

inside

HOW TO MAKE YOUR GREAT ESCAPE

WATCH YOUR
WEIGHT P90



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OAHU! P96



the *ever after*



SEXY SPLASH PADS

From glittering man-made grottos to infinity pools atop Singapore's skyscrapers, these four pools set the mood for an exotic escape.

by BROOKE MORTON

the *ever* after

1 The St. Regis Lhasa Resort **TIBET** Leaves of 24-karat gold line the 2,422-square-foot, heated salt-water pool inside The St. Regis in Lhasa, Tibet — steps from the Dalai Lama’s former Summer Palace. Surrounded by pillars, a vaulted ceiling and pillowed seating, the pool feels like the centerpiece of a temple. *From \$345.*

2 Marina Bay Sands Hotel **SINGAPORE** Perched atop the 57th floor of the hotel’s towers and measuring just shy of 500 feet, this infinity pool is the world’s largest — and perhaps the most adrenaline-inducing. Is it sexy or scary? Swim to the edge overlooking the financial district and find out. Either way, you’ll feel a rush. *From \$399.*

3 Fox Hotel, Banff **CANADA** The red-rock grotto, fashioned after the area’s mineral hot springs, is so realistic that it often fools guests into thinking it’s the real deal. There’s plenty of privacy thanks to the strategic placement of rocks and waterfalls, but you’ll be tempted to sneak into the hot pool for an after-hours escapade. *From \$199.*

4 Hanging Gardens Ubud **BALI** If Salvador Dalí ever designed a surrealist pool, this would be it. Suspended high above Indonesia’s jungle, the upper level melts into the lower via sheer rock wall, and its sensual design mimics the feminine lines of the island’s terraced gardens below. *From \$650.*



You rang?
AT YOUR SERVICE
NO COUPLE WANTS TO LIFT A FINGER ON THEIR HONEYMOON. WITH THE SIGNATURE BUTLER SERVICE AT THESE THREE HOTELS, YOU WON’T HAVE TO.



ANTIGUA At Rosewood Jumby Bay (left and above), butlers are on call 24/7 — and they all know you by name. Lounge at the pool or beach, and they’ll deliver an iPod loaded with your favorite songs (email a playlist when you make your reservation), plus sunscreen and treats like drinks, frozen-fruit kebabs and ice-cream sandwiches. *From \$1,050.*

MALDIVES Jumeirah Dhevanafushi is spread across two islands in the southern Maldives. The resort’s beach butlers will arrange for dinners on the sand and private midnight swims at your command. If you want to explore, snorkel butlers give personal tours of the thriving offshore reef. *From \$1,000.*



CALIFORNIA Have a hot bath waiting for you, complete with handmade soaps and essential oils like ylang-ylang, lavender and rose, with bath butler service at **The Ritz-Carlton, Half Moon Bay**. The CD of romantic music playing in the background is yours to keep; all you have to do is strip down, step in and enjoy. *From \$545. — Kristin Conard*

Weight Watcher

Figure out if you’ll be able to take that last sugar-skull-shaped bottle of tequila in your checked bag way before you hit the airport check-in counter. Lift the handle of the **Delsey Hyperlite** or **X’Pert Lite** suitcase after you’ve packed, and a red mark signals if the bag is more than 50 pounds. (\$119, macys.com) — Holly V. Kapherr



FROM TOP: COURTESY ST. REGIS HOTELS & RESORTS; SCOTT FRANCES; OPPOSITE, CLOCKWISE FROM TOP LEFT: COURTESY FOX HOTEL; ZACH STOVALL; COURTESY ROSEWOOD JUMBY BAY; COURTESY JUMEIRAH DHEVANAFUSHI; COURTESY THE RITZ-CARLTON, HALF MOON BAY; COURTESY HANGING GARDENS UBUD

Got Gorgeous

TERMINALLY CHILL

SCORE SOME BEAUTY SLEEP — OR JUST A BEAUTIFYING PEDI — AT THESE SPOTS IN MAJOR AIRPORTS.

1 ➤ “Pampering at the Gate” service from **Xpress Spa** at JFK and SNA brings the portable massage chair to you.

2 ➤ JFK, BWI, SAN, DTW and BOS feature **Be Relax Spa**, a salon for updo’s, eyelash extensions and blowouts.

3 ➤ **JetSetter Spa** at BOS and MIA offers a lengthy list of 25-minute treatments, including mani-pedis, in private rooms.

Feel the Burn

1 ➤ SFO, BTV, ORD and DFW have free **yoga** studios. Travel-weary muscles will appreciate a child’s pose or two.

2 ➤ **Hilton Athletic Club O’Hare**’s health club boasts a plethora of cardio equipment, a lap pool, a coed sauna and a steam room.

3 ➤ Open 24/7, **G-Force Health Club** at Dubai’s international airport has all the gear you’ll need to get your sweat on. \$13/hour.

Catch Some Z’s

1 ➤ Headed through DFW, ATL or PHL? Check into a cozy room at **Minute Suites**, outfitted with a daybed. 1-hour minimum, \$34.

2 ➤ Zurich Airport’s spa in the **Radisson Blu** hotel offers private rooms with waterbeds and a sauna. 2-hour minimum, \$43.

3 ➤ Grab a cheap cat-nap and a shower at **Yotel** hotel in London’s LGW and LHR airports. 4-hour minimum, \$118. — Chanize Thorpe



CLOCKWISE FROM TOP LEFT: Plunge into the pool at Riviera Palm Springs' SpaTerre. Spending a day exploring the rock formations. Cozy-cool Hope Springs Resort. Midcentury-modern charm at Ace Hotel Palm Springs.

PICK YOUR *Palm Springs*

RECHARGE IN THIS RETRO-COOL RETREAT WITH A FABULOUS CAFTAN, A TEENY SWIMSUIT AND YOUR BRAND-NEW HUBBY.

For your inner Don Draper ➤

Feed your '60s fixation at the **Riviera Palm Springs**. Sip a dirty martini poolside at Circa 59, or snap your fingers at the piano bar. Don't skip SpaTerre's indulgent couples therapies, like the Desert Sage body polish. *From \$199.*

For the gastronaut ➤

Once upon a Rat Pack, it was all about a chargrilled steak and a schooner of Scotch. No more. Nosh on playful cocktails and small plates like duck rillettes on maple waffle with sous-vide egg at *boîte-of-the-moment* **Workshop Kitchen + Bar**.

For the night owl ➤

Pet-, kid- and artist-friendly **Ace Hotel & Swim Club** is fun HQ. Join the party at the monthly full-moon drum circle or Monday-night cabaret bingo. Peckish? The artisanal King's Highway resto dishes up diner fare till 3 a.m. *From \$89.*

For the spa savant ➤

At **Hope Springs Resort** in nearby Desert Hot Springs, soak in a mineral-rich hot-spring-fed tub, listen to the wind rustling the yuccas, and experience serenity under the hands of one of the in-house massage therapists. *From \$155.*

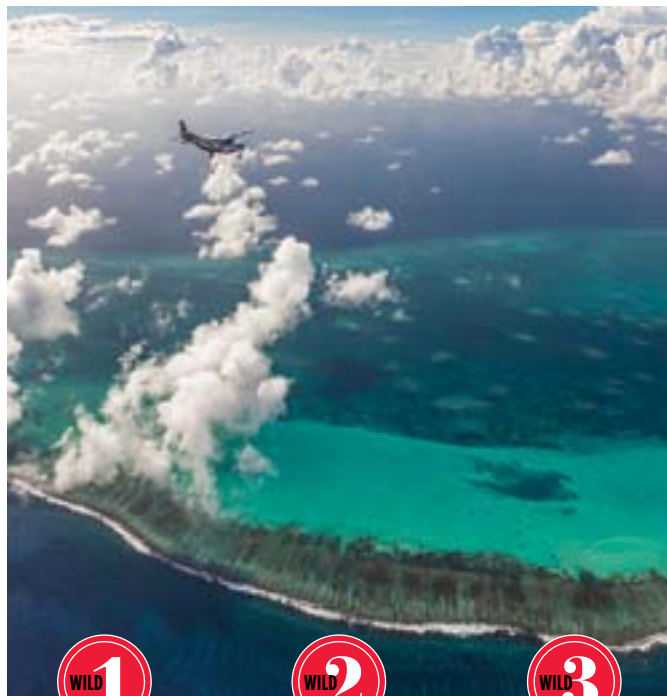
For the frequent flier ➤

The **Palm Springs Aerial Tramway** ascends 8,500 feet in just 10 minutes. In winter, you'll go from bikini weather to snowball fights and snowshoeing; warm up with hot toddies in the vintage lodge. — *Jessica Bryce Young*

WILD vs. MILD BELIZE

by KATARINA KOVACEVIC

SEEK BOTH THRILLS AND SERENITY IN THIS ENGLISH-SPEAKING CENTRAL AMERICAN ENCLAVE.



WILD 1

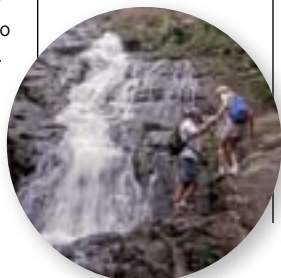
AMBERGRIS CAYE

In San Pedro, strings of seaside tiki bars line the beach, and music thumps from Jaguar's Temple Club & Rehab Lounge, where the DJs don't stop spinning until 4 a.m. **Barhop** to Palapa Bar & Grill, where Caribbean sips and sights are at their best and people go to see and be seen. Throw back a few Kiwi Coolers or the Panty Ripper, a local favorite laden with coconut rum.

WILD 2

BELIZE CITY

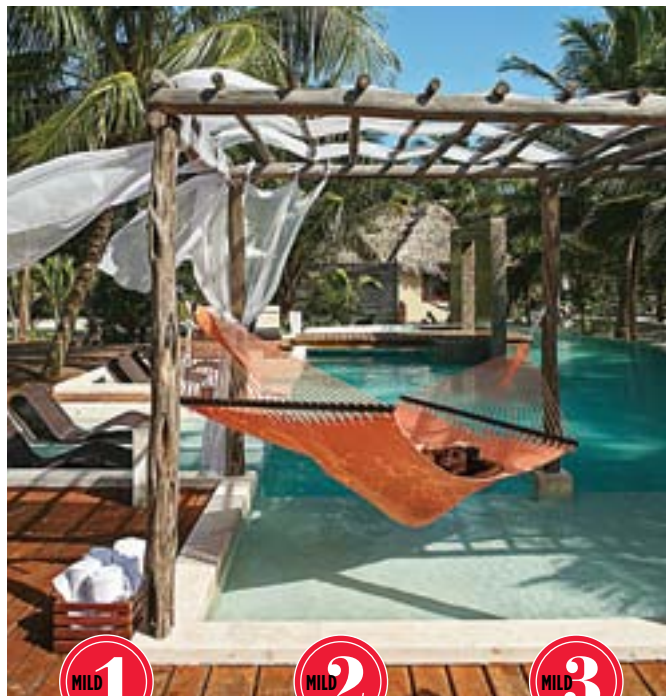
On a **helicopter tour** with Astrum Helicopters, you'll get a bird's-eye view of the Great Blue Hole (above), the largest submarine sinkhole in the world. Keep your eyes peeled for some of the Caribbean's best marine life, like bull sharks.



WILD 3

STANN CREEK

Summit 1,000-foot Antelope Falls in Mayflower Bocawina National Park (left) while **waterfall rappelling** with Mama Noots Bocawina Adventures. Snap some panoramic pics of the vista (it stretches all the way to the sea), and take a moment to relish the vast verdant beauty with a lingering dip in the freshwater swimming hole before making the 500-foot trek down the waterfall's rushing cascade.



MILD 1

PUNTA GORDA

High above the southern Caribbean coast, there's plenty of edibles for foodies bent on discovering a **farm-to-table experience**. Take a farm tour at Belcampo Belize jungle lodge, and ramble through sprawling organic gardens of sugar cane, cacao and coffee. Visit the egg mobile, pet some piglets and taste the native tropical fruits and flavors, which you can blend into chocolate.

MILD 2

AMBERGRIS CAYE

Head to El Secreto resort (above) for a **bamboo ikal massage** ("ikal" means "spirit" in the Mayan language), which relieves any lingering travel tension with native spices, fruits, plant extracts and aromatherapy. The thatch-roof Spa Villa, which comprises a dual massage cabin, steam room, whirlpool tub and private plunge pool, is a truly secluded escape.

MILD 3

CAYO DISTRICT

Sit down to a romantic **chef-prepared picnic** at Mountain Pine Ridge Reserve with San Ignacio Resort. Afterward, nap together in a private hammock for two near Hidden Valley Falls, surrounded by quiet, tropical forest.



CLOCKWISE FROM TOP LEFT: TONY BATH/TONYBATH.COM; ZACH STOVALL (2); © DANITA DELMONT/ALAMY; OPPOSITE: SHUTTERSTOCK



DO-GOOD DIGS

Starting your married life in luxury while giving back to your host country's community? It's like having your (wedding) cake — and feeling great about it too. Choose one of these community-conscious resorts, for a voluntourism opportunity you won't soon forget.

Make time for turtles ➤ Help the sea-turtle-rescue effort at **Casa-Magna Marriott Puerto Vallarta Resort & Spa** in Mexico by searching the beach for turtle eggs under the watchful eye of a biologist. Newlyweds can name a baby turtle before releasing it back to the ocean. *From \$139 per couple (room only); \$183 per couple (all-inclusive).*

Reforest the rainforest

➤ The Red Macaw Project is **Los Suenos Marriott Ocean & Golf Resort's** ongoing initiative to preserve the red macaw's habitat in Costa Rica. Plant a tropical almond tree — a favorite nesting tree for the birds — on the property's golf course. *From \$189, high season (November through April).*

Pamper a pooch

➤ Soft for Spot? **The Regent Palms** in the Turks and Caicos Islands has partnered with Potcake Place, a dog rescue based in Providenciales named for the island strays that gratefully wolf down leftovers from cooking pots. Couples have the option to take a puppy to the beach, help transport the dogs to a stateside family, or adopt a precious potcake of their own. *From \$625. — Marla Cimini*



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the *ever* after

7 a.m. SUP LIFE Greet the day in Honolulu by downward dogging on a paddle board anchored in the calm waters of Māhala Bay at **The Kahala Hotel & Resort**. Zen out as the rising sun casts a pink hue across the beach and the ocean laps at your boards.

8:30 a.m. BLUE LAGOON Forget **Plumeria Beach House** restaurant's A-list regulars like Elton John and Angelina Jolie — it's the bottlenose dolphins zooming around its lagoon that you'll be compulsively Instagramming. Sign up at **Dolphin Quest** to splash around with Hoku, a dolphin born right onsite.

A *perfect* DAY IN ... OAHU

Get stoked for our 24-hour itinerary for Hawaii's most populous island.

by VICKY HODGES

10 a.m. TAKE A HIKE Make like the locals and stroll hand in hand through the **Kapiolani Community College Farmers Market**, tasting mango and lilikoi jams and sipping milk out of freshly chopped coconuts at the base of **Diamond Head**. Afterward, trek up the volcanic cone snapping selfies, flanked by breathtaking views of Waikiki.

12:30 P.M. TREAT YOURSELVES
Drive to the Nuuanu Pali Lookout for epic views of the north side of Oahu; then coast down to the curving coves of Lanikai Beach. Cool off with some shave ice at Island Snow in Kailua, one of President Obama's favorite spots. Don't forget to add ice cream to the bottom and top off your cup with a splash of sweetened condensed milk.



2 p.m. EAT LOCAL Keep eating. No, really. Join the friendly throng queuing up for locally caught garlicky shrimp scampi at **Giovanni's Shrimp Truck** near Kahuku (make sure you bring cash). For dessert, feed each other chocolate haupia cream pie at **Ted's Bakery** just past Kawela on Sunset Beach.

3:30 P.M. WAVE WATCHING
Continue hashtagging (#honeymoon, #beachbliss) with serious beach-hopping along the North Shore from Turtle Bay to Haleiwa. What's more exciting — watching surfers hang 10 on gnarly rip curls or driving the cliffs along the winding rocky shore?

5 p.m. SCOUT FOR SWAG Stroll the boho boutiques and galleries of **Haleiwa**, immersing yourselves in authentic Hawaiian surfer style. Hit **Clark Little Art Gallery** for unreal photos of those ultimate North Shore waves.

7:30 p.m. FRESHEST CATCH
Head back south for **The Kahala's** beach-side seafood buffet, aptly called Bounty of the Seven Seas. Or opt for butter-poached lobster at **Hoku's**, epitomizing Oahu luxury ever since Elvis donned his first lei in the '60s. Schedule an evening lomilomi couples massage at the spa's private suite to end your day as blissed out as it began.

FROM TOP: Pool meets seashore at The Kahala Hotel & Resort. Island Snow's shave ice is the perfect flavor palette. Messy and delicious peel-and-eat garlic shrimp at Giovanni's Shrimp Truck. Cuddle up for beach-hopping up the Oahu shore. Lanikai Beach's turquoise waters. Take in Oahu's gorgeous vistas from Diamond Head.

FROM TOP: COURTESY THE KAHALA HOTEL; VICKY HODGES; COURTESY JORGE ANDRINO/GIOVANNI'S SHRIMP TRUCK; © BLEND IMAGES/ALAMY; MIXA CO. LTD./GETTY IMAGES; MICHELE FALZONE/PHOTODISC/GETTY IMAGES