

girlfriend

plus: WIN A RELAXING
SPA TRIP FOR TWO

getaways

TRAVEL ENTERTAINING STYLE SHOPPING

Fun Fall Escapes

52
TRIPS
FIND
YOURS!

THE INSIDER'S GUIDE TO

**NYC, LA,
BOSTON
& MORE**

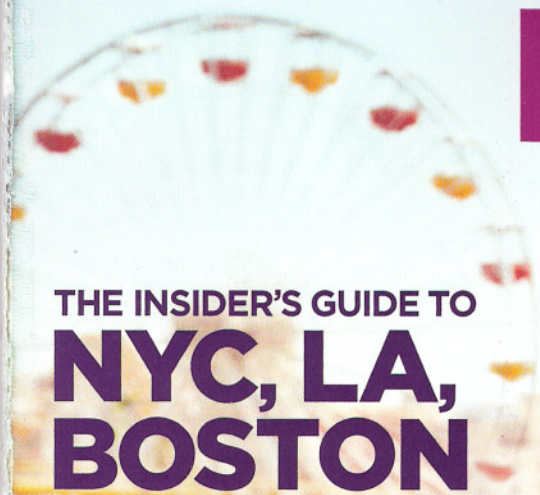
**Wine Parties
Made Easy**

DISCOVER A SECRET

*surf
camp*

Fall/Winter 2008

Book Your Dream Cruise *p.40*



THE SHOE ALWAYS FITS IN South Carolina



Whether you love fitness, shopping, cuisine or culture—there's always plenty to do in South Carolina with your best gal pals. Turn the page to find out how your shoe style can lead you to a fabulous vacation with your friends in the state that always has smiling faces and beautiful places waiting for you.



In Charleston, the **Gibbes Museum of Art** (GibbesMuseum.org; 843-722-2706) is South Carolina's premier art museum housing contemporary and classic works, including exhibits showcasing colonial and Charleston Renaissance pieces.

IMPROV COMEDY: Give into the giggles at **The Have Nots!** comedy improv at Theatre 99 in Charleston on Wednesday, Friday, and Saturday nights. This popular group has been putting on shows for over a decade. They use audience suggestions to craft off-the-cuff comedy sketches (TheHaveNots.com; 843-853-6687).



SPA AND BEAUTY RETREATS

THE PERFECT SHOE: COMFORTABLE FLAT

During the workweek you move at a frenetic pace, juggling meetings and a never-ending to-do list. When it's time to decompress on vacation, you and your girlfriends go all out and treat yourselves to rejuvenating beauty treatments and therapeutic spa days. Comfortable flats are the right look for crossing off a checklist that reads: mani-pedi 10 a.m., massage 12 p.m., tea 2 p.m., yoga class 3 p.m....



WHERE TO STAY KICK OFF YOUR HEELS AT THESE GREAT HOTELS

CHARLESTON

Charleston Place Experience the timeless opulence of an Orient-Express hotel. Ask about the Ladies Ultimate Getaway Package. 843-722-4900, CharlestonPlace.com

HILTON HEAD ISLAND

Daufuskie Island Resort & Breathe Spa A charming antebellum-style beach property with one of the state's finest spas. 800-648-6778, DaufuskiIslandResort.com

PAWLEYS ISLAND

Litchfield Plantation *The Kiwi Collection* designated this onetime rice plantation-turned-country inn as a wow destination. 843-237-9121, LitchfieldPlantation.com



KIAWAH ISLAND

ULTIMATE INDULGENCE: The Spa at **The Sanctuary at Kiawah Island Golf Resort** (KiawahResort.com/spa; 843-768-6340) is a blissful escape to serenity. The menu offers a full range of skincare, massages, and salon services, including hot stone manicure/pedicures and deep conditioning hair treatments. The spa's Lowcountry-inspired treatments are infused with botanical extracts, nourishing seaweed, mineral-rich mud, and natural enzymes.

CHARLESTON

ROYAL RADIANCE: The regal interiors of The Spa at **Wentworth Mansion** (WentworthMansion.com; 843-466-1886) reflect the history of this magnificent Charleston hotel. Along with standard treatments, the spa offers tailored services like the Wentworth Custom Facial, which is designed by an expert aesthetician to match your skin type, and the Wentworth Custom Body Scrub, which combines sea salts and essential oils to buff and nourish your skin.

MYRTLE BEACH

A TREAT FOR THE SENSES: At the Hibiscus Spa, the sea breeze mingles with the sweet scents of papaya, chamomile tea, oranges, and sea salt. Located at the **Myrtle Beach Marriott Resort at Grande Dunes** (Marriott.com; 843-449-8880), the serene ambiance complements the rich beauty and massage menu, which has delicious-sounding skin treatments, like a papaya body scrub, and a full range of relaxing massages, including aromatic, Swedish, deep tissue, and energy therapy.

BEAUFORT & PAWLEYS ISLAND

BANISH STRESS: South Carolina's serene vibe and pretty coast provide a great backdrop for the many yoga schools sprinkled throughout the state. You can find sessions that cater to all levels. At the **Yoga Chandra Center** in Beaufort (YogaChandraCenter.com; 843-441-0766), unwind with Thai yoga therapy that energizes and relaxes your mind. **Yoga at the Beach** on Pawleys Island (YogaAtTheBeach.com; 843-235-9960) is a school run by four women with an emphasis on emotional wellness and physical health.

GREENVILLE

The Westin Poinsett The only four-diamond hotel in Greenville, guests enjoy quality service and an unbeatable location. 864-421-9700, www.Westin.com

KIAWAH ISLAND

The Sanctuary at Kiawah Island Golf Resort Located just 30 minutes from historic Charleston, The Sanctuary captures the spirit, history and charm of the beautiful South. 800-576-1570, KiawahResort.com

NORTH MYRTLE BEACH

Avista Resort North Myrtle Beach's newest oceanfront condominium resort offers a relaxing stay conveniently located near the Myrtle Beach excitement. 800-968-8986, AvistaResort.com



GAFFNEY & HILTON HEAD ISLAND

DESIGNER OUTLETS: Less than an hour from Greenville in Gaffney, enjoy the rush of the bargain hunt at **Prime Outlets** (PrimeOutlets.com). This cheerful yellow-and-white, colonial-inspired complex has smile-worthy prices on high-end labels. Browse through more than 80 brands and factory stores, including Coach, Polo Ralph Lauren, and Pottery Barn. You'll also pick up excellent deals at **Tanger Outlets** (TangerOutlet.com) in Hilton Head Island.

MOUNT PLEASANT

HIP SHOE PARLORS: The girly interiors and bounty of brands make **Susan Michelle Shoes** (SusanMichelleShoes.com; 843-971-7625) a mecca for footwear aficionados. Situated in the Belle Hall Shopping Center in Mount Pleasant, this five-year-old boutique carries everything from funky urban favorites (Jeffrey Campbell, Dolce Vita) to comfortable classics (Arturo Chiang, Born).



CULINARY ADVENTURES

THE PERFECT SHOE:

SOPHISTICATED HEEL

Cookbooks fill your bookshelves and the TV's always tuned to a cooking show. On the weekends, you head to the farmers' market in the morning and spend the afternoon trying new recipes to share with friends. When you go away, you want to sample new cuisines and spices. Your ideal getaway involves lingering over meals with great conversations and savoring delicious wines.

ISLANDS & COASTAL AREAS

LOWCOUNTRY CUISINE: South Carolina's distinctive cuisine reflects the state's historic mix of cultures in notes of French, Spanish, African, and Caribbean influences. She-crab soup, Charleston red rice made with bacon, fried green tomatoes and macaroni and cheese are among the region's signature dishes. To find the perfect restaurant for your next trip, visit SavorSouthCarolina.com for a restaurant guide.

SUCCULENT SEAFOOD: Alongside staples, such as grits, Carolina Gold rice, okra, and tomatoes, many regional specialties are prepared with seafood. Given the coastal flair of Charleston and beyond, local chefs turn freshly caught shrimp, oysters, and blue crabs into delectable seafood platters. In Beaufort, **Blackstone's Cafe** is the place to go for Sea Island classics like shrimp and grits and seafood omelets. (BlackstonesCafe.com)

PAWLEYS ISLAND

AWARD-WINNING CHEFS: A champion of traditional Lowcountry cuisine, Louis Osteen is a James Beard award-winning chef. His **Fish Camp Bar** (LouisAtPawleys.com; 843-237-8757) serves up pan-fried flounder sandwiches on ciabatta, shrimp rolls, and other classics in a whimsical sea shack-inspired eatery.

LATTA

COOKING CLASSES: Acclaimed cookbook author and food-lebrity Tyler Florence trained in the Palmetto State and is best known for helping people overcome their cooking challenges. Follow his example and hone your own culinary chops with cooking tours and classes at schools large and small. Plan a culinary getaway with six girlfriends to the cooking school/charming B&B **Abingdon Manor** in Latta (AbingdonManor.com; 888-752-5090).



CULTURAL EXPLORATIONS

THE PERFECT SHOE:

HIP STILETTO

Your free time is filled with art, live music, and cultural happenings. You're the group's event planner because you always know what's going on and where the best bars and restaurants are. Your wardrobe is fashion-forward and for fall, you'll have sleek ankle boots and geometric heels tucked in your weekend bag.



MYRTLE BEACH

NIGHT SCENE: Catch music's biggest names in concert at The **House of Blues** in Myrtle Beach (hob.com). This legendary venue also hosts events and its famous Gospel Brunch at 9 a.m. on Sundays. The down-home brunch smorgasbord of Southern specialties is served with a rousing musical performance.

LIVELY THEATER: The two-level marble lobby in Myrtle Beach's **Carolina Opry** (CarolinaOpry.com; 800-843-6779) exudes Old Southern grandeur. Harkening back to the days of variety shows, the award-winning Carolina Opry has been running for over two decades and brings modern flair to this classic tradition with a wide range of talent from pop and rock to country, gospel, Broadway, and beyond.

CHARLESTON & GREENVILLE

GREAT ART: The **Bob Jones University Museum & Gallery** in Greenville (bjumg.org; 864-770-1331) opened earlier this year, bringing an exciting new addition to the state's art scene; on Thursdays and Fridays, they host Highlights of the Collection tours.

STEP INTO THESE PERSONALIZED VACATION IDEAS



HEALTH AND FITNESS ESCAPES



THE PERFECT SHOE: SPORTY SOLE

For you, the most refreshing part of a vacation is trading your stale gym routine for exhilarating outdoor recreation. Pack comfy sneakers, hiking boots, and golf shoes because South Carolina's beach-to-mountains appeal and fresh air will inspire invigorating workouts.

BLUE RIDGE MOUNTAINS

HIKING: From South Carolina's nook of the Blue Ridge Mountains to its scenic Atlantic Coast, the state offers hundreds of miles of trails in its parks, historic towns, and seaside villages. In autumn, South Carolina's fall foliage peaks upstate in October, when hickories, maples, and oaks paint the hillsides in vivid hues of amber, gold, and red. **Table Rock State Park** in Pickens County has some of the state's loveliest trails. (SouthCarolinaParks.com)

KIAWAH ISLAND & PAWLEYS ISLAND

GOLF: With plentiful lush courses stretching from the mountains to the sea, South Carolina has earned its reputation as "The Golf Capital of the South." Under crisp fall skies, tee off on greens that *Golf for Women* has deemed some of the country's best. The luxurious **Kiawah Island Golf Resort** (KiawahResort.com; 800-576-1570) and meandering **Willbrook Plantation Golf Club** (mbn.com; 843-237-4900) keep jumping up on their list of favorites.

GREENVILLE & BEAUFORT

BIKING: Whether you're a mountain biker or a beach cruiser, South Carolina has excellent cycling destinations. For thrilling mountain biking, check out the Old Firetower Bicycle Trail in **Paris Mountain State Park** near Greenville (SouthCarolinaParks.com; 864-244-5565), which passes through wildberry-dotted woodlands populated by deer, squirrels, and colorful birds. If a retro cruiser is more your speed, quiet seaside communities, like Beaufort, provide gorgeous backdrops for relaxing rides on sunny fall days.

MOUNTAIN & BLACKWATER RIVER AREAS

RAFTING, BOATING, AND KAYAKING: In early fall, the warm weather holds out for a few more waterside adventures. For thrill-seekers, rafting on the renowned **Chattooga River** is an absolute must-do in the Upcountry's Waterfalls and Whitewater region. In the central Lakes and Blackwater Rivers region, scenic rivers provide well-mapped water trails for avid kayakers and canoers. (PaddleSC.com; SCTrails.net)



SHOPPING GETAWAYS

THE PERFECT SHOE: STYLISH FLAT



You express your creativity through your personal style and attention to detail. Your friends always ask you, "Where did you get that?" because you always come home with a suitcase full of great finds. On trips, you look for one-of-a-kind accessories that transform outfits and collect objects that add character to a room. You'll spend hours window-shopping for inspiration, so bring fashionable flats.

MYRTLE BEACH

STYLISH STORES: The **Market Common**, located on the former Myrtle Beach Air Force Base, (MarketCommonMB.com) is a sleek, modern complex where urban meets ocean. Among the great shops, you'll find Anthropologie, Banana Republic, and Copper Penny Shooz, which carry the hottest brands in footwear and handbags, including Kate Spade, Michael Kors, and Sigerson Morrison.

CHARLESTON

TRENDY HOTSPOTS: This past March, **King Street** cinched its reputation as Charleston's fashion center when top designers and celebrity fashionistas converged in Marion Square Park for the city's second annual fashion week. Boutiques and big-name shops line this popular promenade, where established brands, such as Brooks Brothers, Nicole Miller, and Ann Taylor, sit next to showcases for emerging designers, such as Hampden Clothing. And the various book shops and music stores will also catch your eye.

FOR MORE INFORMATION ON GIRLFRIEND GETAWAYS TO SOUTH CAROLINA VISIT WWW.CAROLINAGIRLS.TRAVEL