

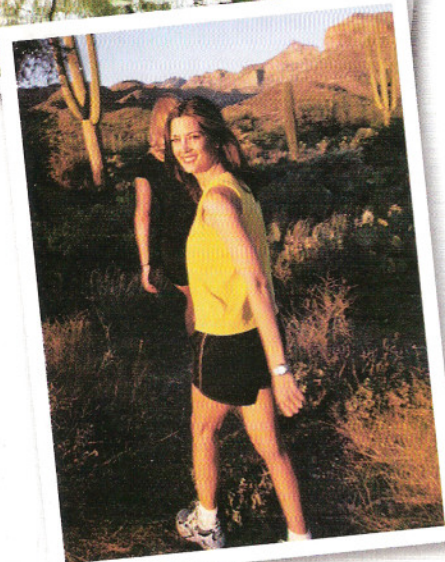
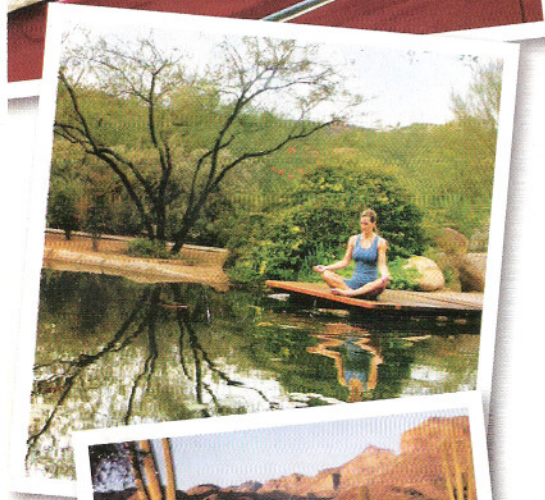
TRAVEL + LEISURE

JANUARY 2009

T+L 500 World's Best Hotels

+
2009 TREND
REPORT:
HOW TO
TRAVEL
WELL
IN SPITE
OF IT ALL

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GRAB YOUR
BEST GAL PALS
AND HEAD OUT FOR
A REJUVENATING
VACATION TO
CELEBRATE THE
NEW YEAR.



{THE NEW RULES}

Girlfriend Getaways

It's that time of year when you raise your champagne glasses to toast another year of friendship. It's been a busy year and you've done a lot together, so instead of scribbling down resolutions, it's time to celebrate everything you've accomplished and try something new. The only list you'll need this year is what to pack and these new rules for starting fresh.

NO.

1

CELEBRATE GOOD HEALTH

The Canyon Ranch experience is one you'll want to share with your best girlfriends—there's plenty to do no matter how similar or different your interests are. Tucked into the mountain foothills of Tucson, Arizona, in the stunning Sonoran Desert, Canyon Ranch is an oasis of good health, where year-round sunshine gives your skin a vibrant glow and luscious cuisine nourishes your vitality.

From indoors to outdoors, Canyon Ranch has a holistic approach to well-being. Work out with your girlfriends in more than 40 daily fitness classes or jump-start your own personal exercise program. Head out for a scenic hike together or go on a solo bike adventure. When it comes to dining, gifted chefs and nutritionists have designed delicious dishes that meet an exacting set of culinary and nutritional standards. Chock-full of whole-some ingredients, their balanced menus boost your energy and enhance your health.

While you're there, Canyon Ranch's renowned lifestyle experts can tailor a life-changing fitness strategy that's right for you. If you have a specific goal in mind, you might plan your trip around one of the specialized Canyon Ranch programs, such as The Path to Healthy Weight, Beauty Inside & Out, and Celebrate Spirituality and Energy Awareness—and when you visit with friends, look for great promotional offers and group rates. It's the vacation everyone loves and no one forgets.

NO. 2 SIMPLIFY YOUR SCHEDULES

You juggle great jobs and busy social lives, but always find time for each other—whether it's catching up over Sunday brunch, meeting to do some after-work shopping, or just texting to check in. Now it's time to drop the proverbial ball and just kick back on the beach. Throughout Mexico and the Dominican Republic, Dreams Resorts & Spas offer a chance to spoil yourselves with Unlimited-Luxury® around the clock and free your mind from stress because everything is covered—including 24-hour room service.

YOU JUGGLE GREAT JOBS AND BUSY SOCIAL LIVES—NOW IT'S TIME TO DROP THE BALL AND JUST KICK BACK ON THE BEACH.

Over the next two years, the popular resort brand will continue to expand and some of its most exciting ventures include the recently unveiled Dreams Huatulco Resort & Spa in Oaxaca and the soon-to-open Dreams Riviera Cancun Resort & Spa.

Just north of Puerto Vallarta, check out one of Mexico's most up-and-coming tourist destinations at Dreams Villamagna Nuevo Vallarta, which opened last month on the Riviera Nayarit's breathtaking Banderas Bay. The lavish resort sits on one the area's most beautiful and pristine beaches, offering magnificent views of the Sierra Madre. For an action-packed holiday, there are golf courses, a dolphin facility, and a turtle protection reserve nearby.

Near ancient Tulum in the Riviera Maya, the newly opened Dreams Puerto Aventuras is a beach hideaway, complete with thatched palapas shaded by palm trees, where you can give into your inner beach bums and do nothing.

DREAMS
VILLAMAGNA
IS ON ONE OF THE
MOST GORGEOUS
BEACHES ON
BANDERAS BAY



Dreams Puerto Aventuras Resort & Spa • Mexico



Dreams Villamagna Nuevo Vallarta • Mexico



Dreams Palm Beach Punta Cana • Dominican Republic



Dreams Huatulco Resort & Spa • Mexico



Dreams La Romana Resort & Spa • Dominican Republic



WHAT TO PACK

A STYLISH SPRING DRESS:

The fabulous dining at Canyon Ranch, Enchantment Resort, and Dreams Resorts & Spas is so good, you'll want to dress up for it.



CHIC SUNGLASSES AND SUNSCREEN:

The sun shines year-round in Arizona and Mexico, so protect your skin and nourish your body at the Enchantment Resort's Mii amo Spa and Dreams Resorts & Spas.



COOL HIKING SHOES:

The natural beauty of the Sonoran Desert, which surrounds the award-winning Canyon Ranch, is a place you'll want to



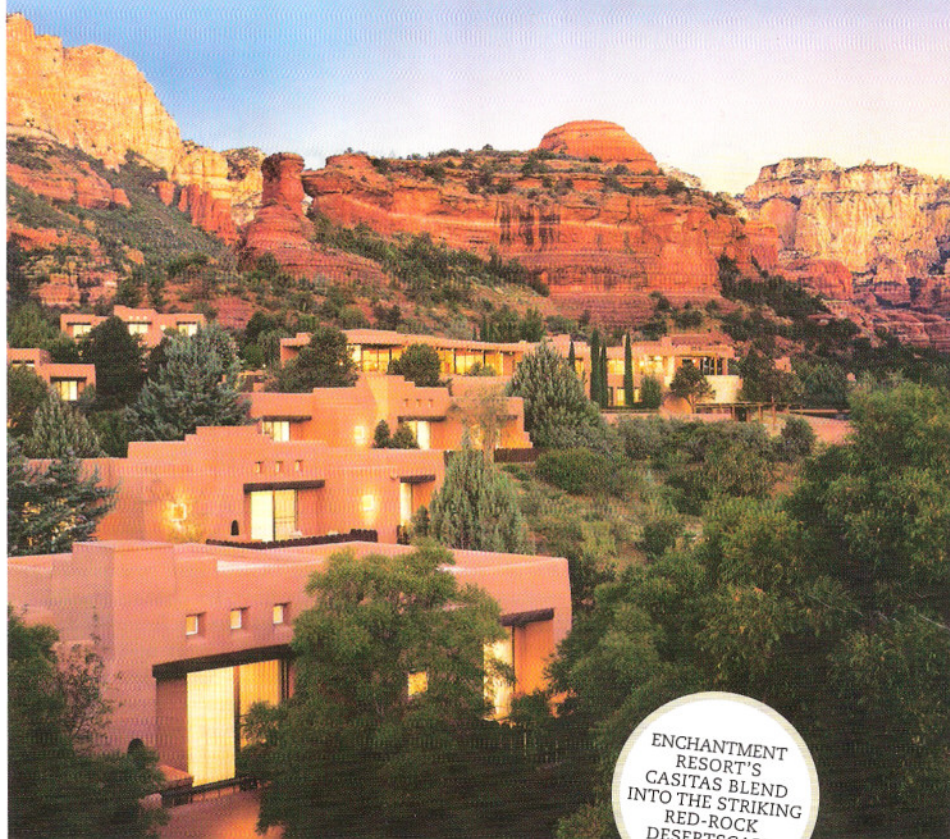
explore; you might even glimpse a roadrunner or hear a distant coyote.

YOUR FAVORITE GOLF CLUBS:

Arizona and Mexico are golf hotspots. There's easy access to courses from Enchantment Resort and Dreams Resorts & Spas. At Canyon Ranch, visit the state-of-the-art training center staffed by PGA pros.



Special Advertising Section



ENCHANTMENT
RESORT'S
CASITAS BLEND
INTO THE STRIKING
RED-ROCK
DESERTSCAPE

NO. 3 LEARN TO RELAX

How many times have you said you're going to spend an entire day at the spa? Meanwhile, you've probably only managed to meet up for a mani-pedi between errands. In Sedona, Arizona, enjoy a full spa day of rejuvenating services at the Enchantment Resort's Mii amo Spa—the table Thai massage is absolutely invigorating and the jojoba butter wrap will leave your skin super-soft. Modeled on a Native-American pueblo with simple lines, adobe brick, and indigenous stone, the airy two-level spa has an organic feel that blends into the surrounding Boynton Canyon. The native people believed this was a sacred place capable of awakening the senses, and you will no doubt feel the magnificent scenery's power to renew.

For all the rushing around you do, you could run relay races in your heels—and win—but in Arizona's rugged grandeur, put on some sneakers for some serious exercise. The Enchantment Resort's luxurious adobe accommodations are surrounded by red-rock formations and pine forests. The gorgeous weather is just right for hiking, swimming, mountain biking, playing tennis and golf, or just relaxing with cool games like bocce ball.

After a full day, unwind over delicious meals and good wine in the clubhouse's great restaurants: the AAA Four Diamond-rated Yavapai Restaurant boasts a Wine Spectator Award-winning wine list and a Sunday jazz brunch, while Tii Gavvo has a more casual bar and Southwestern atmosphere for lunch and dinner.

★ HOT PLACES TO GO NOW ★

Canyon Ranch: canyonranch.com 800-742-9000

Dreams Resorts & Spas: dreamsresorts.com 866-237-3267

Enchantment Resort: enchantmentresort.com 800-826-4180

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