

WIN A SPA TRIP TO MANDARIN ORIENTAL MIAMI (PAGE 12)

spa

travel+beauty+living

HOW TO DETOX
INSIDE & OUT

HEAL YOUR SOUL
5 STEPS TO
FORGIVENESS

relax & restore at home

- stress-relieving **yoga p**
- **decor ideas** that sooth
- ways to use **aromathe**

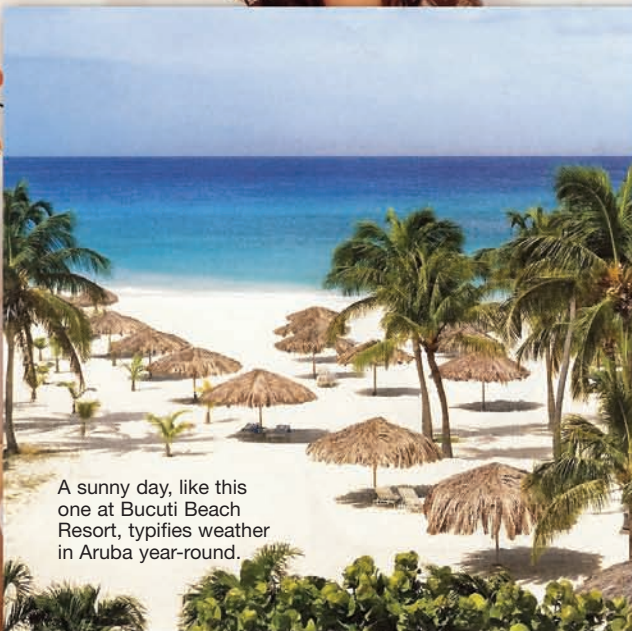
**+15 SPA
GETAWAYS**
that can change your life

get fit!
step-by-step
KICKBOXING
workout (page 54)

FEBRUARY 2009 U.S. \$4.99



Our (



A sunny day, like this one at Bucuti Beach Resort, typifies weather in Aruba year-round.

ARUBA. While the rest of the Caribbean prepares for hurricane season in summer and fall, Aruba attracts savvy visitors all year long, thanks to its reliably dry weather and location outside the hurricane belt. Even better, the island is full of authentically Caribbean properties that still offer low “hurricane season” rates. The new Cunucu Arubiano Eco-Lodge (from \$265 per night, cunucuarubiano.com) is one such property—its charming collection of cottages is located within a donkey sanctuary. **Bucuti Beach Resort** (from \$250 per night, bucuti.com), another traditional Aruban hotel, stocks locally made products from Aruba Aloe in its guest rooms.

BEACHES. The Caribbean is famous for some of the most beautiful public beaches in the world. With a little effort you can leave the crowds behind and enjoy a few of the region’s less populated gems. When it comes to crystal-clear water and stunning marine life, Aruba’s **Baby Beach** (near Seroe Colorado on the island’s

southeastern tip) is a must. Fronted by a reef of ancient elkhorn coral that is home to thousands of brilliantly colored fish, Baby Beach will leave even the most jaded snorkeler slack-jawed by the underwater spectacle. (Note that while it is in proximity to an oil refinery, the splendor of the reefs’ marine treasures make it worth a visit.)