

TRAVEL BLACKBOOK

SPECIAL ADVERTISING SECTION

01



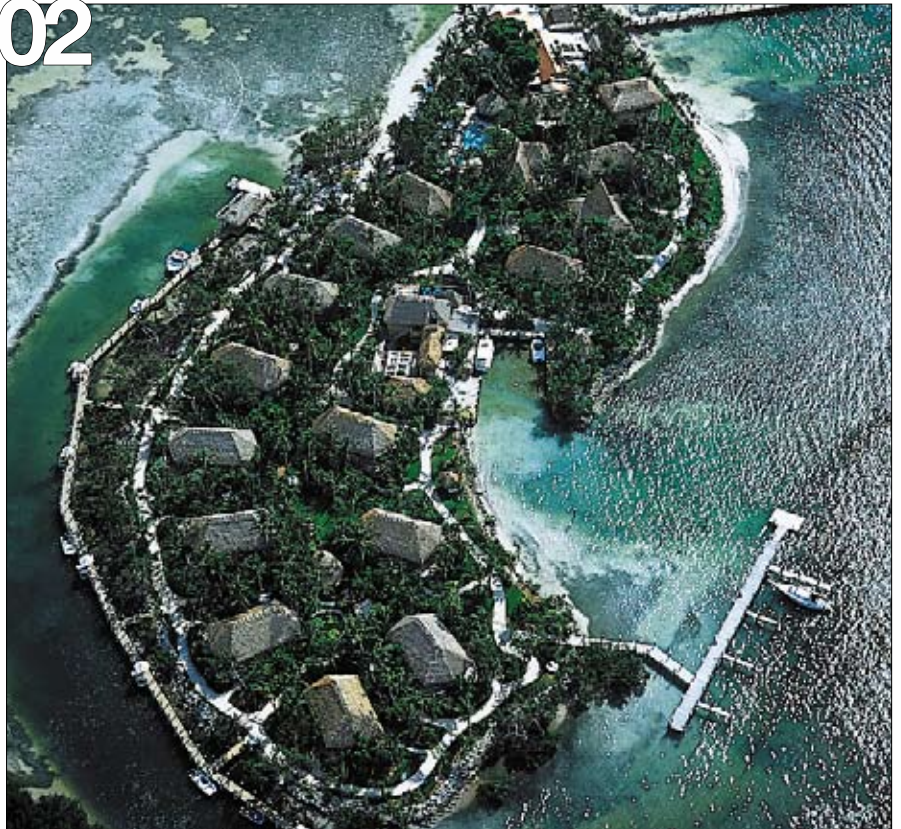
▲ CANYON RANCH HOTEL & SPA IN MIAMI BEACH

Stunning scenery, lavish accommodations, infinite pleasures, incredible dining – and that’s just the beginning. Welcome to Canyon Ranch Hotel & Spa in Miami Beach, a destination of unexpected possibilities. As the newest addition to the award-winning Canyon Ranch family, you’ll feel embraced by the warm welcome, gracious gathering spaces, beautiful appointments and inspiring ocean views. Experience the tranquil, uplifting atmosphere and wealth of possibility that only the greatest name in healthy living can offer. Set on 750 feet of pristine beach, this exciting new hybrid unites à la carte hotel flexibility with the enchanting vibe of legendary Canyon Ranch health resorts. Discover how good “good for you” can taste at any of four unique dining venues, including a chic beachfront restaurant. Enjoy complimentary access to dazzling, state-of-the-art exercise and spa facilities and to a full menu of classes and activities. Tantalizing packages and special promotions put it all within reach. The historic Carillon Hotel has been restored beyond its original splendor and infused with the Canyon Ranch spirit of health, fitness and personal attention. So much comfort, serenity and inspiration awaits – and it’s all convenient to the vibrant nightlife and world-class shopping of nearby Miami, South Beach and Bal Harbour. 800-742-9000. canyonranchmiami.com

LITTLE PALM ISLAND RESORT & SPA ▼

Little Palm Island Resort & Spa is a hidden treasure in the Florida Keys, only accessible by boat or seaplane. There are endless sporting adventures above and below water, a world-class spa, and a dining room that is regularly ranked as one of the best in South Florida offering classic European preparations fused with fresh Floridian, Caribbean and Latin flavors. With names like Osprey, Snowy Egret, and Ibis, the 26 thatched-roof private Bungalow Suites, two Premium Bungalow Suites and two Island Grand Suites offer the ultimate privacy. Discreetly nestled throughout the island amid hundreds of Jamaican coconut palm trees, each bungalow houses two handsomely appointed one-bedroom suites with private sun decks and ocean views. Spa Terre is a refuge that exists solely to promote health and well-being for mind, body and soul. Here we have gathered exotic tropical oils, aromatic herbs and purifying volcanic clays from the far corners of the globe. Savor meals in an elegant, candle-lit dining room, on a terrace perched above the beach where key deer and songbirds visit, or at tables strewn along the beach. Children over 16 years of age are welcome. 1-800-3-GET-LOST reservations; 305-872-2524 direct. www.littlepalmisland.com

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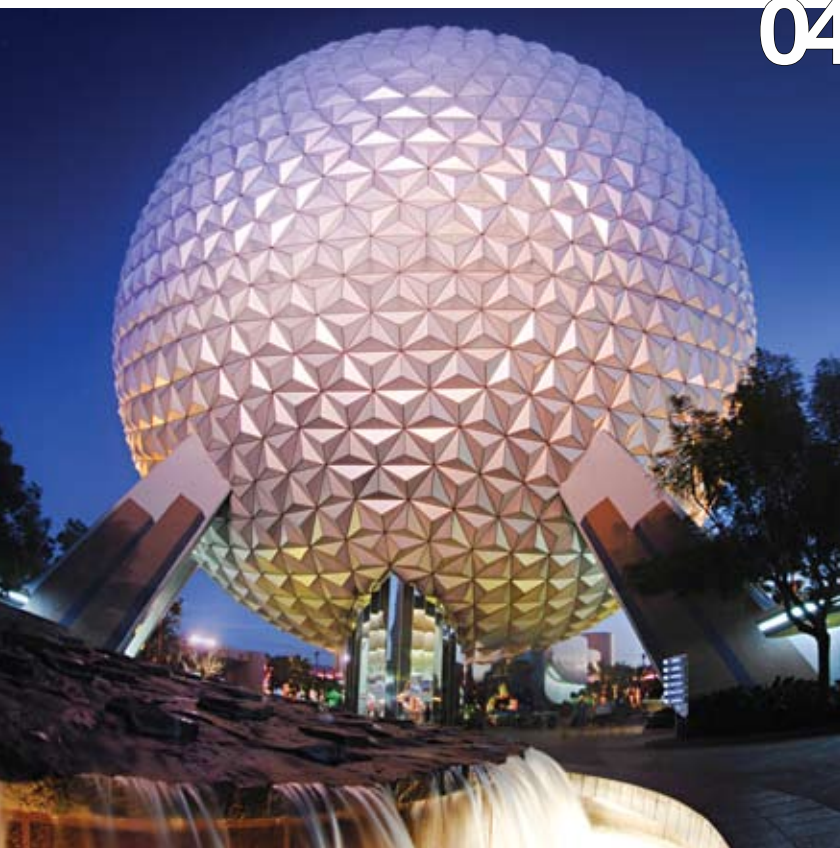


◀ CLUB MED SANDPIPER'S NEW TENNIS PROGRAM FEATURES STAR COACHES

When you first meet Gabriel Jaramillo, you may be surprised to learn he's trained Andre Agassi, Maria Sharapova and Pete Sampras. Humble and amiable, the Colombian native has built a career developing top tennis professionals: eight number one, and 26 top ten players in the world. And now, he's brought his skills to Club Med Sandpiper, just 90 minutes from Miami, Florida. Together with star coaches from the International Tennis Academy (ITA), Jaramillo will lead a new tennis program at the all-inclusive Club Med Sandpiper in Port St. Lucie. The exciting new program will train Club Med guests and elite junior players with a high performance regimen. For serious junior players, the Sandpiper ITA offers intensive weekly programs throughout the year, elite summer camps, and annual boarding to train for professional competition. The junior programs combine technical lessons and drills, fitness training and match play. Club Med Sandpiper guests as young as four years old can train with the pros as part of the all-inclusive package. Daily group classes teach guests to improve their game in a professional training environment. Dedicated players can enroll in reasonably priced professional private lessons and benefit from video stroke analysis and intensive workshops. All-inclusive packages at Club Med start at \$1,050 per person for seven nights. For reservations, visit www.clubmed.us/tennis. Call 1-800-CLUB-MED or your travel professional.

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DISNEY WINE & DINE HALF MARATHON

On October 2, 2010, the inaugural Disney Wine & Dine Half Marathon will be run on a brand new course at the Walt Disney World Resort, and it will be run at night! Where else can you run a half marathon at night? Running through Disney theme parks and world-class Disney entertainment along the way will make the miles fly by, but what's more motivating than finishing inside Epcot® to an exclusive after-hours party inside the Epcot International Food & Wine Festival? Culinary delights and specialty drinks from around the world await you along with an inaugural finisher medal!

This new event will also feature a unique two-person relay team option. Dividing up 13.1 miles between two runners will be two times the fun and help you get to the party faster! Disney Wine & Dine Half Marathon Weekend will also include a Health & Fitness Expo, Disney's Kids' Races and Mickey's Halloween Family Fun Run 5K. Friends and family will be able to purchase tickets to the exclusive after-hours Epcot Food & Wine Festival experience too! This race experience will be the ultimate "Runner's Night Out." Mark your race calendars now for the race weekend with a party you don't want to miss: October 1-2, 2010! Register at www.disneywinedinerun.com today!



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THE PALMS HOTEL & SPA ▼

The Palms Spa, Aveda's only luxury beachfront destination spa in Florida, is dedicated to nurturing guests with highly personalized experiences and rituals influenced by ancient Ayurvedic holistic philosophy and enhanced with high performance, natural and botanically derived products in a tranquil atmosphere inspired by nature. Located within the hotel, a destination that combines genuine service, laid-back sophistication and oceanfront serenity, the 5,000 square foot spa offers massage, skin care, body treatments, signature nail care, hair care, waxing and make-up services. Spa treatment facilities include four indoor multi-purpose rooms, one couple's suite, one hydrotherapy room, co-ed steam room and four outdoor Tiki Cabanas. To further enhance your experience, enjoy the highly praised natural gourmet cuisine and completely organic and sustainable wine list at Essensia Restaurant & Lounge. During May & June, SOBeFiT readers can enjoy complete wellness with a complimentary upgrade to 80-minutes when they book a 50-minute Elemental Nature Massage or Facial. To book, please contact 305.908.5460 or spa@thepalmshotel.com and mention code SOBeFiT. This offer cannot be combined with any other discounts or promotions. Gratuity will be due on the original price of the treatment. www.thepalmshotel.com

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EXHALE AT EPIC RESIDENCES AND HOTEL ▲

2010 marks the much anticipated opening of the exhale spa in the EPIC Residences and Hotel in downtown Miami. With over 12,000 square feet, our sanctuary is an urban spa oasis merging mind and body to support you on your path to overall wellbeing. We invite you to experience exhale's active and multi-disciplinary approach that combines fitness and movement with spa and healing therapies in a modern, tranquil setting. Transformational group fitness venues offer panoramic views of Miami's city skyline and local waterways. Classes include yoga and our proprietary Core Fusion®, Core Fusion® Sport and Core Fusion® Yoga classes. Along with relaxing massages and restorative body therapies, our results-oriented facials include the latest technological advances, while our healing services include detox and cleansing programs, acupuncture, cupping and nutrition. Waxing and nail care round out our unique service offerings. Amenities include a hammam, infrared saunas, and fully-appointed changing rooms. www.epichotel.com

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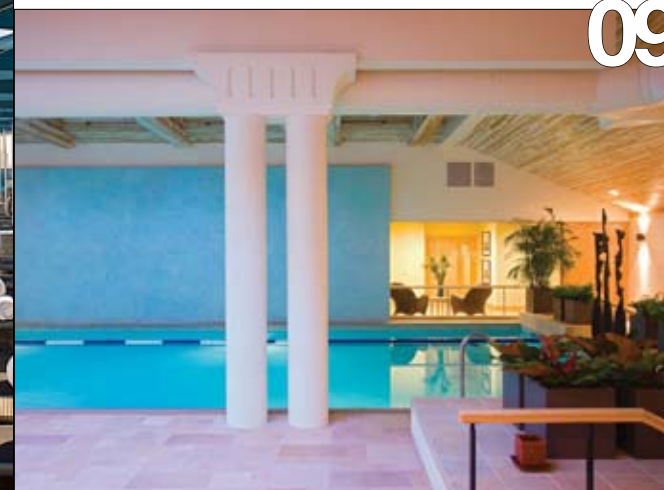
THE SANCTUARY AT KIAWAH ISLAND GOLF RESORT ▶

It's a centuries-old tradition—an afternoon spent relaxing on a grand southern porch, sipping tea and enjoying time with family and friends. The Sanctuary at Kiawah Island Golf Resort has recreated this personal ritual by combining the old-world charm of Charleston with unique treatments that incorporate Kiawah's renowned coastal ecosystems. The treatments reflect the balancing properties of the ocean, maritime forest and South Carolina's botanical gardens. Combined with southern hospitality, the spa offers custom treatments like the Mint Julep Facial, Lowcountry Verbena Body Polish, and a variety of massage services. The spa features 12 treatment rooms, a private treatment suite, and a full-service salon featuring hair services, manicures and pedicures. Spacious lounges, provided for men and women, come complete with showers, individual lockers, private vanity and dressing areas, steam rooms, saunas and a vitality mineral water whirlpool for relaxing. The spa also features private men's and women's solariums where guests can read, relax and sip fruit-infused water and teas between or after treatments. Come visit us today. www.kiawahresort.com

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IT'S YOUR TURN TO WIN AT GULFSTREAM PARK! ▶

For more than 70 years, Gulfstream Park has been home to the finest thoroughbred racing in the winter months. January through April features the rising stars of the Triple Crown glory, and offers year-round wagering on the nation's top tracks. With the addition of the casino in 2006, Gulfstream Park became a premier entertainment destination in the South Florida area. Gulfstream has the most penny slots in South Florida, 20 no-limit, live action poker tables and some of the newest and hottest games available, including \$5 electronic blackjack and electronic roulette. Be sure to try the legendary Christine Lee's, featuring Asian specialties and tender prime-aged sirloins. After, stop by Gerry Kelly's MI-VI, the hottest nightlife destination around, where pulsating music and DJs keep the dance floor moving every Thursday-Sunday. Finally, no visit to Gulfstream Park is complete without a trip to The Village, South Florida's newest outdoor shopping and entertainment destination, featuring a sizzling collection of fashion boutiques, home accessory shops, signature restaurants, outdoor cafes and nightclubs. Visit today! www.gulfstreampark.com

TOPNOTCH RESORT & SPA, STOWE, VERMONT

Truly transcendent. Consistently acclaimed as one of the Top 10 spas in the U.S., the Spa at Topnotch now is better than ever. In a newly-renovated 35,000 square foot sanctuary, guests find a full-service, European-style spa offering more than 120 rejuvenating and exotic treatments and services. From the indigenous (Vermont Herbal Fusion, Mount Mansfield Saucha, Little River Stone Massage), to the eclectic (Shirodhara, Hammam Foot Ritual, Thai Massage), every path is a journey to bliss. Hand-selected tiles and hardwood floors, elegant wall coverings and understated furniture all make the Spa at Topnotch one of the most comprehensive and stunning in the country. Tucked into over 100 acres in the charming village of Stowe, Topnotch is renowned for endless recreational pursuits in a thoroughly luxurious atmosphere. The resort is part of the Preferred Boutique collection, a unique hotel assemblage celebrating distinctive travel destinations that showcase style, service and personality on an intimate scale – all attributes that have long defined the experience here. www.topnotchresort.com.



TRAVEL DIRECTORY

01 CANYON RANCH

canyonranchmiamibeach.com
800.742.9000

02 LITTLE PALM ISLAND

littlepalmisland.com
305.872.2524 or 800.3GETLOST

03 CLUB MED SANDPIPER

clubmed.us/tennis
1.800.CLUB.MED

04 DISNEY WINE & DINE

disneywinedinerun.com

05 THE PALMS HOTEL & SPA

thepalmshotel.com
305.908.5460

06 EPIC RESIDENCES+HOTEL

epichotel.com
305.999.2563

07 MONDRIAN

mondrian-miami.com
Room Reservations: 800.697.1791
Marina: 305.514.1983
Water Sports: 305.514.1927

08 KIAWAH ISLAND GOLF RESORT

kiawahresort.com
305.999.2563

09 TOPNOTCH RESORT & SPA

topnotchresort.com
800.451.8686

10 GULFSTREAM PARK

gulfstreampark.com
954.454.7000

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