

Travel Tips: Health Benefits of Luxury Travel



By [Katie Sotack](#)

Can luxury travel be self-care? In 2017, *CNN* published the article “Travel Makes Us Happy”, but as it turns out, the ignition of our senses by new experiences makes us happy. Recent wellness [luxury travel](#) has entered the market as a [health trend](#) for those who want to increase their sense of well-being. These [luxury vacations](#) aim to go beyond experiential travel, instead of immersing the traveler in the transformational experience of travel and leading to personal fulfillment.

Here are some [travel tips](#) to ensure the longevity of your growth from

luxury travel.

With our culture moving toward environmentally positive retreats and service trips as ways to seek personal enlightenment, is there still room for luxury vacations to bring us happiness? Fear not, there's still plenty of reason to enjoy the spa and beaches at a five-star hotel. Here are the perks to wellness traveling.

1. Adventure: Self-actualization sits on top of our hierarchy of psychological needs. The idea is that when we reach our true potential we leave our ego in the dust. This allows us to live more mindful lives. Luxury wellness vacations may ask you to emerge yourself in theater, hiking, or gaming in order to ignite emotions. This results in a personal transformation towards self-actualization.

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2. Storytelling: For all our bibliophiles out there, luxury travel rips a page right out of your book (but not literally). Wellness locations immerse the traveler in epic storytelling. Like a chapter in a book, the adversity brought on to reach the end goal will inspire personal development.

3. Activity: The reason behind branding these retreats as stories where you're the protagonist is our culture's craving for choice. In the old days, vacationers desired itineraries and classes aiming to guide their journey. Now, we've moved onto mixtures of fitness, nature, cultural immersion, and health foods. These options in activities allow a sense of purposefulness and a full experience within your vacation destination.

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4. Digital detox: Many luxury wellness vacations will not

allow electronics into their vicinity. The idea of giving up our phones for a week produces sweat beads of anxiety on our upper lips as we realize this vacation isn't for Instagram. However, the long term benefits of disconnecting far outweigh the day of mild discomfort. Embark on your spa adventure with total serenity, knowing no one can disturb you.

5. Women only: If your a woman warrior looking to relax and grow in an area uninhabited by men look no further. Certain luxury wellness vacations cater exclusively to female empowerment. With physically, mentally, and spiritually guided activities for growth, these sessions focus on moving past trauma (like divorce, assault, etc.) and inspiring growth.

Where is your ideal luxury vacation location? Share in the comments below!

Vacation Destinations: Where to See the Most Beautiful Springs in the U.S.





By [Karley Kemble](#)

If you're in need of a vacation, but want to go somewhere different, consider the wonders of hot springs! Hot springs are an awesome getaway because of their natural beauty and absolute luxury. Basically the best bathtubs out there, they are great for relaxing your muscles, upping your circulation, and clearing your mind. There are many different springs all over the country, so there are plenty of options for you! Grab your girlfriends or your partner, or just go by yourself! You deserve a [luxury vacation](#) and pampered getaway!

Pack your bags, babe! These hot springs make the most perfect [vacation destinations!](#)

1. Lava Hot Springs, Idaho: You can visit Lava Hot Springs almost any time of year, as it is open 364 days out of the year. The water of Lava Hot Springs is usually between 102° to 112°, perfect for any visit. The natural mineral water will restore your soul and make you feel rejuvenated! While you visit, take a look at the Sunken Gardens for a more dry vacation and admire the beautiful gardens and rock formations.

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[the East Coast](#)

2. Hot Springs State Park, Wyoming: Hot Springs State Park is an all-in-one vacation destination! Obviously, the main attraction are the Hot Springs themselves. The water's kept at a comfortable 104° year-round, and over 8,000 gallons a day circulate the refreshing and beautiful basins. Other noteworthy must-sees include their Swinging Bridge, Rainbow Terrace formations (a result from hot springs water, algae and plankton) and their plentiful Bison Herds!

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3. Franklin Hot Springs, California: California's Central Coast is the best-kept secret! Just a little bit north from the L.A. area, you'll find tons of natural beauty. Cue Franklin Hot Springs. The price point is very affordable and you can enjoy all the on-site amenities, such as fishing and boating. There are a few other hot springs in the area, so hit them all when you go for a visit!

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4. Fanning Springs State Park, Florida: This spring promises clear, cool water to all those who visit! Take a dip in the springs, or snorkel and swim if that's more your style. Whatever the case, cabins are available to rent on-site, so you can stay as long as you'd like. Looks like it's time to cash in those vacation days!

5. Blackstone Hot Springs, New Mexico: New Mexico may not be the first vacation destination that pops into your head, but you won't be sorry if you visit Blackstone Hot Springs. Blackstone offers luxury lodging: newly remodeled for the ultimate pampering experience! Whether you enjoy basking in the sun or hiding in the shade, there are plenty of ways to sit back and relax. They take guests and walk-ins, so it's

perfect for any travel plans.

Have a favorite hot spring? Share it with us! We'd love to hear about it.

Vacation Destinations: Top 5 Getaway Spots on the East Coast



By [Karley Kemble](#)

Everyone deserves a getaway once in a while! Sure, stay-cations are a great way to unwind, but sometimes it's best to leave your little comfort bubble and explore! The East Coast is the ultimate vacation destination, well known for amazing beaches and five-star views. You really can't go wrong with a visit to any of the East Coast states.

Whether you're due for a quick weekend trip, a longer excursion, or a [romantic getaway](#), consider some of these luxurious East Coast locations:

1. Martha's Vineyard, Massachusetts

Probably the most timeless East Coast destination, Martha's Vineyard is a very popular summer getaway for celebrities and regular folks alike. There are lots of things to do here: you can kick back on the beach, stroll around the beautiful Mytoi Japanese Garden, or even ride the Flying Horses – the world's oldest carousel. Did we forget to mention that the summer weather is basically perfect? You'll rarely ever see temperatures that top 90 degrees!

2. The Hamptons, New York

Live the Kardashian life you've always dreamed about, and take a trip to The Hamptons! No matter where you stay, you will be absolutely delighted by your surroundings. Stay at a beachfront hotel or the famous Greek Revival Inn and take in the breathtaking views. Check out Jackson Pollock's home studio, eat some lobster rolls, and snap some pics of the Montauk Point Lighthouse you've seen all over Instagram. What are you waiting for? Start planning now!

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3. Cape May, New Jersey

Did you know Cape May is one of the oldest vacation destinations in the U.S.? If that's not enough proof of its excellence, perhaps some of the following details will pique

your interest. You will be wowed by the lavish Victorian houses and extensive year-round activities. Do a little wine tasting, treat yourself to a spa day at the many resorts, or even take a cute trolley tour around town (all super fun [date night](#) ideas!). No matter what time of year that you plan your getaway, you'll surely find something to do.

4. Newport, Rhode Island

Not to be confused with its namesake in California, Newport in Rhode Island is a perfect location for an East Coast getaway. Another year-round getaway, Newport is home to the Breakers, one of the most well-known cottages (read: mansions) in the East U.S.. The best part? It's open for tours, so you can plan all of your future house goals! You'll also want to check out the Ocean Drive boat tours for one-of-a-kind views of the Atlantic coast. Give it a go!

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5. Chapel Hill, North Carolina

Chapel Hill has definitely mastered the small-town charm. The ever-famous Franklin Street is well-known for its stores, restaurants, and quaint coffee shops. It'll also be in your best interest to take a trip over to the Coker Arboretum and soak up all of the beautifully maintained gardens. If you're into sports, Chapel Hill is the mecca of all things basketball – they even have a whole museum dedicated to Carolina's team!

Where are your go-to places on the East Coast? Share your favorites below!

Top 5 Cost-Efficient Tropical Vacation Destinations



By [Noelle Downey](#)

With summer in full swing and the warmer, long days finally here, it's easy to want to take full advantage of this gorgeous weather and plan a trip to some exotic tropical locale. However, what sounds sweet in theory can be sour in practice when it comes to dishing out your hard-earned dollars for your dream vacation. But never fear, if you have an itch to travel this year that you just *have* to scratch, Cupid is here for you. We've compiled a list of the top five most beautiful tropical vacation destinations you can visit on a budget, for a splash in the waves and a walk on the beach that won't cost you every dime you have.

If you're looking for the perfect

tropical vacation destination that checks all the boxes of a luxury travel experience but won't wreck your bank account, this list is for you!

1. San Juan, Puerto Rico: If you're looking for a relaxing way to spend a few days with your family or searching for the perfect spot for your next romantic getaway with your sweetheart, San Juan in Puerto Rico might just be for you. With gorgeous architecture and tropical views, this small village comes with opportunities for shopping, sightseeing, and splashing in the surf on gorgeous Puerto Rican beaches. Windsurf on the ocean waves or get a bite at the cute eateries this hidden paradise has to offer without stressing over your back account this summer!

2. Cancun: While Cancun is often viewed as one of the pricier options for tropical travel, if you're looking to take the plunge and book that Cancun vacation you always dreamed about, 2017 might be the year to do it. Travel experts claim that airfares and hotel prices are at an all-time low for vacationers headed to Cancun's tropical paradise, so book your trip and prepare to enjoy some deliciously authentic Mexican food and a couple margaritas at the beach this year!

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3. Playa Grande, Costa Rica: If you're looking to catch some waves and appreciate some good times, this often overlooked gem in Costa Rica is the place to do it on a budget. Take a tip from travel experts and book a posh Air B&B instead of heading to a hotel this summer to save even more in this area.

And if you get tired of the sleepy atmosphere in this relaxing paradise? Call a taxi and travel the 45 minutes to Tamarindo, the nearby party town where you can dance the night away and enjoy all flavors of tropical drinks.

4. Ko Olina, Oahu: Dying to experience resort life on the Hawaiian islands but worried a trip like that will bamboozle your bank account? In 2017, indulge your travel bug by booking a flight to Ko Olina on the island of Oahu, a resort town that's super family (and budget) friendly. With competitive hotel prices and air fares to the other islands forcing Oahu as a whole to make price cuts to their resort and vacation packages, head to Ko Olina for a luxury vacation that the whole family can enjoy. This one in a lifetime opportunity may not be around for long, so book now and strike while the iron (and the island sun) is hot!

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5. San Juan del Sur, Nicaragua: Looking for the perfect place to book your next girl's trip or the most popular vacation spot for your bestie's bachelorette party? Look no further than this Nicaraguan beach town that offers tons of great bars and party spots as well as gorgeous beaches and loads of opportunities to splash in the waves with your favorite ladies. Pack your bikini and call your girl squad, because this vacation spot is so often overlooked for it's gal pal potential that the prices are super reasonable. So chip in and make sure that this girl's trip is one none of you will ever forget!

Will you be making any of these luxury vacation spots the next trip on your list? Let us know in the comments.

Luxury Travel: Perfect Places to Snap Your Own Celebrity Instagram Moment on Your Next Vacation



By [Melissa Lee](#)

Summer is here, and so is vacation season! If you're trying to find your next getaway spot, checking out some of the hottest [celebrity travel](#) locations may be the way to go. While you're there, why not try taking your own celeb-quality Instagram moment to *really* make yourself feel like a star? After all, you deserve it!

Interested in finding the perfect luxury travel location for your

summer vacation? Cupid has exactly what you need!

It seems like celebrities are constantly on the most glamorous vacations. But, thanks to their nearly-perfect Instagrams, we've compiled a list of the perfect getaway spots for you to visit this summer:

1. Maui: Hawaii is the ideal spot to head to if you're looking for a tropical, relaxing getaway. Known for their tranquil vibe, Maui is the place to go if you're focused on laying by the beach, tanning, and drinking your fave cocktail. In fact, that's exactly what [Lea Michele](#) was up to when she was recently photographed there!

2. Jamaica: If you're looking for another beach-y getaway but Hawaii isn't *quite* up your alley, Jamaica may be right for you. *Bachelor* star Bob Guiney and wife Jessica Canyon enjoyed being newlyweds when they visited for their honeymoon.

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3. Punta Cana: Although Punta Cana is known for being yet another gorgeous, tropical spot, celebrity mom [Holly Madison](#) took her daughter on a family vacation to Nickelodeon Hotels & Resorts Punta Cana. If your family can't decide on where to head this summer, this might be the solution to your dilemma – it's both kid-friendly and complete with beautiful beaches!

4. Mexico: Both ideal for either a romantic vacation or a wild girls trip, Mexico is the place to be. *Bachelor in Paradise* stars and celebrity exes Amanda Stanton and [Josh Murray](#) were recently photographed taking a relaxing walk along the beach during their weekend getaway.

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5. Florida: If you're leaning toward the more simple route, Florida is the perfect place to just hang by the beach and go out at night. Not too long ago, former *Jersey Shore* star Pauly D and girlfriend Rocio were seen taking a romantic stroll on the beach together.

What are your favorite vacation spots? Share below!