

April 2016

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15 minutes to flat

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faster—
and
smarter**



16
fresh,
slimming
recipes

**Healthy
skin
secrets**
Smooth,
clear &
glowing

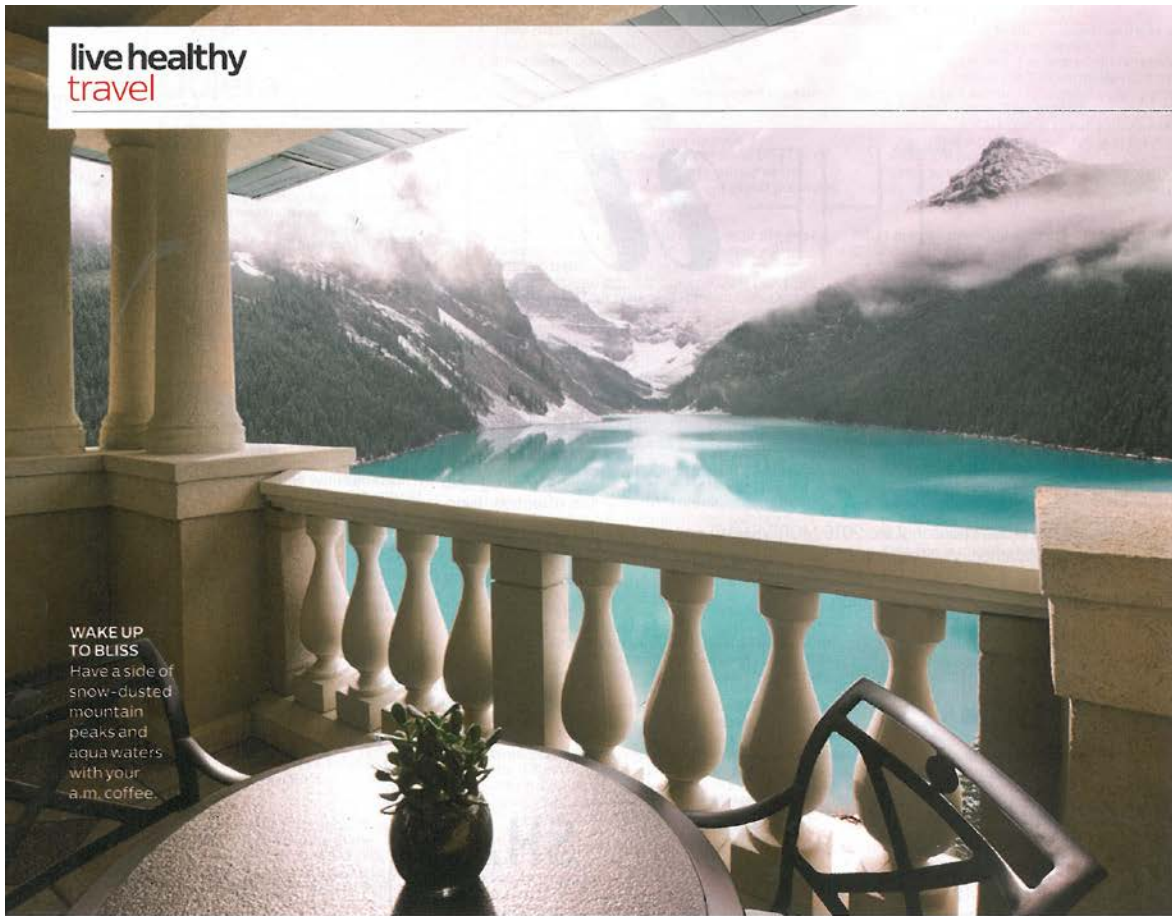
**How
blissful
couples
stay
close**

April 2016
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News from...

NJFPR
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Circulation: 1,638,925



WAKE UP TO BLISS
Have a side of snow-dusted mountain peaks and aqua waters with your a.m. coffee.

Room with a view

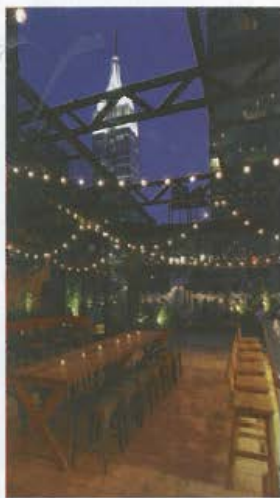
A breathtaking vista keeps your sense of adventure, excitement, and escapism going even while you kick up your heels in your hotel.

By SARA ANGLE

What's the first thing you do when you walk into a hotel room? If you're like many people, you make a beeline for the window. With good reason: A view of nature can actually improve your vacation, says Ann Sloan Devlin, Ph.D., a professor of psychology at Connecticut College and an expert in environmental psychology. "Nature is inherently fascinating to look at and restorative," she says. And a glittering city skyline can energize you, motivating you to get out and explore. We scouted out five destinations boasting the most phenomenal panoramas you've ever laid eyes on.

↑ Mountain scenery Fairmont Chateau Lake Louise, Alberta, Canada

Located within Banff National Park, the Fairmont Chateau was built more than 100 years ago as a base for mountain climbers, making it an ideal spot for outdoor adventures. It's easy to scope out your activities for the day—the building was designed to maximize views of Victoria Glacier (ask for a Lakeview Room) and the Rocky Mountains and Lake Louise (ask for a Mountain View Room). When you manage to pry yourself away from the windows, the on-site Mountain Adventure Guides will help you fill your itinerary. Depending on the time of year, the chateau offers naturalist-guided hikes, skiing, snowboarding, snowshoeing, ice-skating, canoeing, rock climbing, or even spelunking. (From \$319, fairmont.com/lake-louise) →



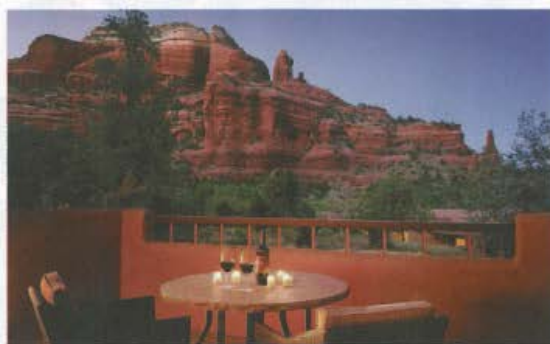
↑ **City lights**
Refinery Hotel,
New York City

City skylines after dark can actually be more appealing than nature scenes, according to findings in the *Journal of Environmental Psychology*. But while natural views are soothing and relaxing, cityscapes tend to be stimulating. So the sight of the Empire State Building from your window at the Refinery Hotel may inspire you to take a trip to the landmark's 86th-floor observation deck, which is open until 2:00 a.m. Not a night owl? Channel your extra energy into an early-morning cycling class instead; the hotel offers trendy rooftop workout classes in partnership with Wellthily, a healthy hospitality company. Request the Refined You Package for even more wellness perks, including Wellthily tablets with on-demand meditations, workouts, and guides to healthy local spots. (From \$469, refineryhotelnewyork.com)



↑ **Caribbean coastline**
Jade Mountain Resort,
Soufriere, Saint Lucia

In the cliff-side open-air rooms at Jade Mountain, you'll feel as if you're floating in space, high above the island's white-sand beaches, crystal-clear waters, and vibrant coral reefs, staring out at the picturesque Piton Mountains. Many of the rooms have a private infinity pool, which creates the dramatic illusion that ocean waves are rolling into your room. You might be tempted to never leave, but do make time to visit the resort's organic farm and to snorkel offshore. (From \$1,650, jademountain.com)



↓ **Dramatic desert landscape**
Enchantment Resort,
Sedona, Arizona

Gaze out at Boynton Canyon from the private patio of your room at the Enchantment Resort, in the Upper Sonoran Desert. The property is surrounded by stunning red rock, which you'll be able to take in from wherever you are—the pool, the restaurant, the golf course, the tennis courts, or the fitness center. Hike one of 12 specialty routes, including a path that passes by archaeological ruins, an evening trek to witness the red rocks illuminated by the moon, and a five-mile heart-pumping trail run. (From \$475, enchantmentresort.com)

VACATION VIEWS
Left: Catch the bright lights of the big city from the rooftop lounge. **Above:** Tranquil waters abound, both in and outside your room. **Below:** Watch boats dock from your soak-in tub. **Bottom:** Sip wine with a view of the red rocks.



↑ **Ocean vista**
Inn Above Tide,
Sausalito, California

Every room at this tranquil hotel has panoramic views of San Francisco Bay, which laps against the inn, plus the city skyline and Angel and Alcatraz Islands. If you're lucky, you may spot harbor seals playing in the water from your personal deck. For your time outdoors, request an Adventure Map created by the hotel's owner, who's also a cartographer. The best hiking, biking, and driving routes and points of interest in the area are handpicked for you. (From \$385, innabovetide.com) ★