

Dorado Beach

A RITZ-CARLTON RESERVE



EXPERIENCES

YOUR GUIDE TO OUR RESERVE AND PUERTO RICO



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ANNA COLLINGE
Company Director

MATT BUSBY
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AIDAN PARR
Operations Director

DAVID FARROW
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RICHARD SPITERI
Senior Partnerships Manager

EXPERIENCES

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Hello...

It is and always has been a privilege to work with hotels who embrace the opportunity to create experiences for their guests.

The thrill of visiting somewhere new is as much a sensation as the thrill of returning to a favourite destination. Whether you have been here before or for the first time, we hope that you embrace the location and allow your hosts to help you create wonderful memories.

We are proud to work with this hotel team in sharing information and their knowledge on how you may best experience all that the hotel and its location have to offer.

A saying from the well-known travel writer Freya Stark describes the joy of travel well, I think, "To awaken quite alone in a strange town is one of the most pleasant sensations in the world. You are surrounded by adventure."

We hope you enjoy this adventure and that your time is well spent.

Safe travels,

Steven

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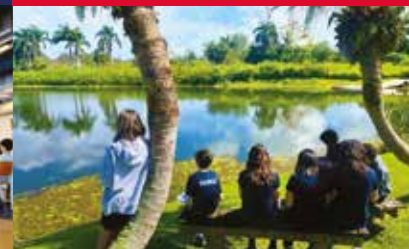
DISCOVER TASIS DORADO

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- 40 Clubs and Extracurriculars
- Educational Travel Opportunities
- Exchange Programs with TASIS sister schools in Switzerland, England, and Portugal
- Cum Laude Society Member

The **TASIS School in Dorado**, Puerto Rico, is an independent, college-preparatory day school with English as its primary language of instruction. Founded in 2002 and located 21 miles west of San Juan International Airport (SJU), the school serves 850 children comprising 16 nationalities from PPK to 12th grade.

At TASIS, modern facilities, a safe campus, and beautiful natural surroundings foster the education of the whole child through engaging curriculum, social-emotional learning, and excellence.



TASIS DORADO
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To schedule your personal visit and to learn more about the TASIS School in Dorado and our creative, well-rounded, and high-achieving students contact our **Admissions Office** at admissions@tasisdorado.com or visit tasisdorado.com/apply

f i t y
tasisdorado.com



READ DIGITAL



DISCOVER PUERTO RICO

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DEAR GUEST,

I am pleased to welcome you to Dorado Beach, a Ritz-Carlton Reserve. Nestled on Puerto Rico's coast, Dorado Beach is an extraordinary crown jewel, hand-selected to foster a connection with the surrounding environment and immerse guests in local culture.

Designed to allure the world's most discerning travelers, the property embraces the natural splendor of this unspoiled corner of the world. Tucked away on 1,400 acres of the former Laurance S. Rockefeller estate, Dorado Beach is proud to keep this rich tradition alive.

We're proud that Dorado Beach, a Ritz-Carlton Reserve was recognized as the first-ever eco-luxury resort in the Caribbean. Guests can connect with nature and local culture on a deeper level through a bevy of one-of-a-kind lifestyle experiences.

Seek out the natural wonders of Puerto Rico and explore both land and sea with Jean-Michel Cousteau's Ambassadors of the Environment program; or unwind at the award-winning Spa Botánico, a five-acre spa sanctuary

built on a pineapple field that blends local ingredients and soothing indigenous traditions to impart a holistic sense of well-being.

I want to personally thank you for selecting Dorado Beach, a Ritz-Carlton Reserve for your accommodations, and I hope this magazine proves to be of excellent value during your stay. Whatever you choose, our Ladies and Gentlemen will make certain you have a personal and memorable experience.

Sincerely,

Ana Henriques
General Manager, Dorado Beach,
A Ritz-Carlton Reserve

Dorado Beach
A RITZ-CARLTON RESERVE

“We’ve created the ambience to facilitate happiness, peace and love.
Those things, in the end, are the reason for life.”

FEDERICO STUBBE, DORADO BEACH DEVELOPER



Once a plantation, Dorado Beach, a Ritz-Carlton Reserve is now one of the most exclusive Caribbean luxury resorts in Puerto Rico, inspired by the legacy and memorable vacation experiences of its original developer, Laurance S. Rockefeller.

Its remoteness, discreet individualized service and deep respect for the environment distinguish it from other ultra-luxury resorts by allowing extraordinary moments to unfold in the most unexpected ways.

Dorado Beach, a Ritz-Carlton Reserve offers a true sense of barefoot resort elegance, a five-star retreat among resorts in Puerto Rico that embraces the natural splendor of an unspoiled corner of the world.

From the dedicated butler who creates a personally tailored experience, to the indulgent spas, dining and adventurous recreational opportunities, Dorado Beach is a true luxury sanctuary designed to allure the world's most discerning travelers.

WELCOME TO

DORADO BEACH, PUERTO RICO

“In the midst of the complexities of modern life, with all its pressures, the spirit of man needs to refresh itself by communion with unspoiled nature. In such surroundings – occasional as our visits may be – we can achieve that kind of physical and spiritual renewal that comes alone from the wonder of the natural world.”

LAURENCE S. ROCKEFELLER

YOUR PLACE IN PARADISE

SUITES & RESIDENCES

Suites and Residences feature signatures tied to Puerto Rico: the ocean just outside your door; the personal attention of an Embajador; outdoor living space; an open-air shower and artwork capturing the colors of nature.





DINING

BEYOND THE PLATE

Food creates a connection among people and with places, an appreciation for what is familiar and new.

At Dorado Beach, dining is a culmination of elements, an exploration of flavors and techniques from Puerto Rico and around the world. From every table, the ocean is a constant reminder that there is always more to experience.

COA

A CONNECTION TO THE LAND & CULTURE

Our chef sources the best seasonal products and serves them in our interpretation of a grill concept. Coa Bar highlights our custom-made “Mi Brasa” wood-burning oven. The restaurant also features “La Cava,” with over 650 prestigious wine labels, making it one of the largest wine lists in the Caribbean.

Coa Bar features a carefully curated selection of rums and other high-end spirits that highlight local flavors. We also have an innovative tapas menu.

The name “Coa” comes from the language of the Taino, Puerto Rico’s indigenous Caribbean people. A “coa” is a wooden tool fashioned for harvest that enabled the development of agriculture on the island. With its connection to the harvest, Coa uses local ingredients in the most traditional farm-to-table way.

For Puerto Rico’s indigenous Taino people, the coa was the tool that allowed them to harvest the land. In reverence to this history, ingredients at COA are sourced seasonally and from local farms and purveyors, and signature dishes carry the flavor of Mi Brasa, a traditional, Spanish wood-burning oven.





GATHERING AROUND THE TABLE

ENCANTO BEACH CLUB BAR AND GRILL

Encanto Beach Club Bar and Grill offers a casual, modern setting and delicious food in a unique open-air dining experience.

The warmth of the Puerto Rican sun, the subtle melody of kids splashing in the pool, the breeze coming off the Atlantic Ocean. The open-air Encanto Beach Club Bar and Grill invites guests to partake in one of the world's oldest traditions: sharing a meal. The poolside, beachfront restaurant features Mediterranean coastal cuisine, island-inspired cocktails and grilled meats and seafood.

OPEN-AIR ELEGANCE

POSI+IVO SAND BAR

Dining here is a reminder that the simplest things can bring great joy. A colorful sunset as it melts into the ocean.

The feeling of sand between your toes. The incredible flavor of pure ingredients. Open to the elements yet shaded by a beautifully carved ceiling, Posi+Ivo Sand Bar features Asian-inspired and Latin fusion dishes that invite diners to experience different culinary traditions in one sitting.



Dorado Beach

A RITZ-CARLTON RESERVE

SIMPLE PLEASURES

LA COCINA GOURMET

This market-style café and boutique features Puerto Rican coffee, homemade gelato, fresh pastries and light snacks.

It's also home to the Culinary Center, where the resort chefs offer the secrets behind dishes from their home countries.





Dorado Beach
A RITZ-CARLTON RESERVE

FROM OUR KITCHEN TO YOURS

CULINARY CENTER

A longing for a home-cooked meal or the desire to experience something new is at the heart of La Cocina Gourmet's Culinary Center.

Hosted within a beautiful, residential-inspired kitchen, the center hosts wine dinners and cooking classes showcasing seasonal ingredients and international cuisines. Led by our culinary experts, hands-on classes teach professional techniques and creative recipes for all skill levels, and five-course wine dinners feature course-by-course pairings. The Culinary Center also hosts themed journeys including a market featuring fresh produce flown in from Miami. Classes and wine dinners are intimate gatherings of no more than 10 guests and should be reserved prior to or upon arrival.

“Spa Botanico is a wonderland for well-being, reflecting a shared vision to create a transformative wellness experience infused by the healing power of nature.”

TRACY LEE, CO-CREATOR & ADVISOR

OUR INSPIRATION

SPA BOTÁNICO



Visionary owners, internationally respected designers, botanical experts and local healers imagined a spa that pushed the limits of what has been done typically and thought beyond these limitations.

The five-acre site is blessed with mature trees, expanses of space, natural light and the soothing sounds of nature. All of these things have been embraced, respected, and incorporated into every detail of the design and allowed for the creation of something truly magical and transformational.

Bringing local healing practices back into focus and reinforcing our deep connection with the natural world was the inspiration behind Spa Botánico. The experience begins as you enter the Apothecary Portal, filled with local botanicals used in myriad ways for health, beauty and culinary purposes. It is a monument to well-being and draws guests deeply into the experience beyond its doors.

Treatment rooms are 350 square feet, free-standing pavilions, each with its own garden, outdoor showers and soaking tubs. Many treatments take place on tables set within the garden as guests listen to the breezes undulating through the trees surrounded by the powerful scent of bay rum leaves, lemongrass and ginger.

Custom works from local artists adorn the walls of each individual space. Two of the twelve treatment rooms are tree houses perched high above the site, reached only by steps winding around the trunk of mature trees that have been keeping watch over this land for decades.

Spa Botánico has taken traditional healing remedies and blended them with modern treatments and technologies. Deviating from the norm while honoring what has always been here: that is the essence of Spa Botánico.



ADVENTURE, ENLIGHTENMENT & RELAXATION

ACTIVITIES & EXPERIENCES

While many beachfront resorts in Puerto Rico have plenty of activities to hold your attention from morning to night, it takes a special kind of place like Dorado Beach, a Ritz-Carlton Reserve to capture it for a lifetime.

One-of-a-kind experiences – from a sun-drenched beach and an old-growth forest to a sunken garden – our Puerto Rico beach resort makes each moment more fascinating than the last. Along with nature’s charms, discover opportunities for adventure, enlightenment and relaxation. Retreat to an open-air spa that climbs into the treetops. Or explore the scenic beauty of this exclusive Puerto Rico beachfront hotel’s historic 11-mile Rockefeller Trail. With endless experiences at Dorado Beach, you’ll have a lifetime of stories to add to your rich travel narrative.



POOLS

Enjoy beautiful ocean-front views of the Atlantic from the infinity edge Positivo pool and cabanas, located steps from the hotel’s main arrival pavilion. Here guests can enjoy sunsets over a palm-fringed coast while they rest their feet in the golden sand, or al fresco bites and a great selection of hand-crafted specialty cocktails and refreshments from the adjacent Positivo Sand Bar.

For a more lively experience the whole family will enjoy, the Encanto Beach Club pool offers an expansive pool for adults and splash pools for children along with delectable poolside cuisine from the open-air Encanto Beach Club Bar and Grill.

CABANAS

For a private retreat on the beach, enjoy a half-or full-day cabana rental with two relaxing options.

The Positivo Sand Bar pool offers four cabanas to accommodate four guests each with refreshments and other amenities. The Encanto Beach Club Bar and Grill pool offers nine large cabanas that can accommodate between two to six guests depending on the cabana type, including refreshments and other amenities.

GOODWINDS WATER SPORTS

Goodwinds has one of the most extensive water sports programs for kids and adults in Puerto Rico, offering a wide array of short courses and experiences, as well as instructional programs for those who wish to learn sailing, kitesurfing or windsurfing. The lesson program and instructor training have been designed by Olympic Windsurfer and Co-Owner of Goodwinds, Karla Barrera and husband Phil Morstad, who is Goodwinds’s Head Instructor with years of teaching and competitive experience. Come and visit Goodwinds at Barlovento and begin your adventure today!



THE WATERMILL

Located at Dorado Beach Resort, families can enjoy a \$12 million aquatic playground fashioned after a traditional Puerto Rican sugar mill.

- Two thrilling 30-foot high water slides
- Refreshments available from The Watermill Grill
- Lazy river channel with wave machine
- Only available Saturdays and Sundays
- Multiple pools for adults, kids and toddlers
- Golf cart transportation





LAND EXPERIENCES

Land carries the stories of those who stood there before. It invites exploration.

It gives life and helps it grow. Experiencing the land in Puerto Rico is strolling amid the cobble streets and colorful houses of Old San Juan; trekking through a preserved cave that ends with a breathtaking view; and following the journey of Puerto Rican coffee from bean to cup.

ROCKEFELLER NATURE TRAIL

A favorite of residents and guests since the resort's opening, the historic Rockefeller Nature Trail is a walkable, open-air sanctuary from land to sea.

From your door, explore the vast 11-mile trail throughout the eco-resort, winding through forests, past fairways and along Puerto Rico's soft beaches and secret coves to eventually return you home. Along the way, you'll be captivated by the unusual and exotic birds, creatures, trees and plants.

Whether walking, jogging, biking or riding a golf cart, there's no better way to immerse yourself in the drama and diversity of Dorado Beach than the Rockefeller Nature Trail. Simply step out your door, reconnect with nature and share the vibrant wonders of Dorado Beach's "Great Park" today!

HORSEBACK RIDING

Explore the private nature reserve of La Hacienda Esperanza, where a secluded beach and historic estate are among the discoveries.

ZIPLINING

The longest zipline in the Americas soars above Orocovis in Toroverde Adventure Park, offering both a thrilling ride and a breathtaking view.

CAVE EXPLORATION

A hike through Cueva Ventana passes preserved geological formations and leads to a limestone cliff overlooking a lush mountain valley.

RAINFOREST EXPERIENCE

El Yunque National Forest is home to more than 240 species of plants and animals, and a hike along its rustic trails is rewarded with a refreshing dip at La Mina Falls.

GOLF AT TPC DORADO BEACH

For those who venture on the never-ending quest for dream rounds and ideal playing conditions, TPC Dorado Beach shares their passion for the game. With two distinct golf courses designed by Robert Trent Jones, Sr., this Puerto Rico golf resort's lure is not just the magnificent scenery, but the masterfully challenging golf course layouts that have made it a favorite PGA tour destination.



THE EAST COURSE

Robert Trent Jones, Jr.'s restoration of the historic East Course to the original vision put forth by his father brings this classic seaside course into the 21st century with a subtle rebirth as a modern masterpiece.

Original panoramic site lines to the ocean have been restored on 15 of 18 holes. Native sand harvested from surrounding beaches highlights the contoured bunker complexes.

Ultra-dwarf champion Bermuda greens support double-digit speeds with a number of hole locations on every green. And now, playing over 7,200 yards, the East Course is as formidable from the championship tee as it is forgiving from the forward tee.

THE SUGARCANE COURSE

The Sugarcane Course, built in 1972, is a challenging course although it boasts larger fairways and greens. The course demands you to negotiate forced carries and deep bunkers. The back nine is surrounded by newly created rivers and lakes and offers a much different look than the front nine.

Players have an opportunity for birdies early in the round, but by the 8th hole the course begins to show its teeth. Par is a great score on almost every hole on the back nine, with a few birdie opportunities mixed in! Good thing the Clubhouse awaits golfers after their round, whether it's for a cold beverage, a magnificent meal cooked to order, or to just relax on our deck that provides great views of the course.

GOLF ACADEMY

Whether you are a beginner golfer or elite player, our team of PGA professionals understands that each individual has different abilities and objectives, and we strive to tailor your program based on your unique needs. Our program offers private and semi-private playing lessons and golf clinics using the most advanced technology such as Trackman and V1 video.

GOLF SHOP

Monday - Sunday | 7am - 6pm

Tee Times: 787.626.1010 | TPC Dorado Beach offers the best rental clubs on the market.



“We are all connected to the ocean. Without healthy oceans, no life, not even on land, can exist.”

JEAN MICHAEL COUSTEAU

AMBASSADORS OF THE ENVIRONMENT

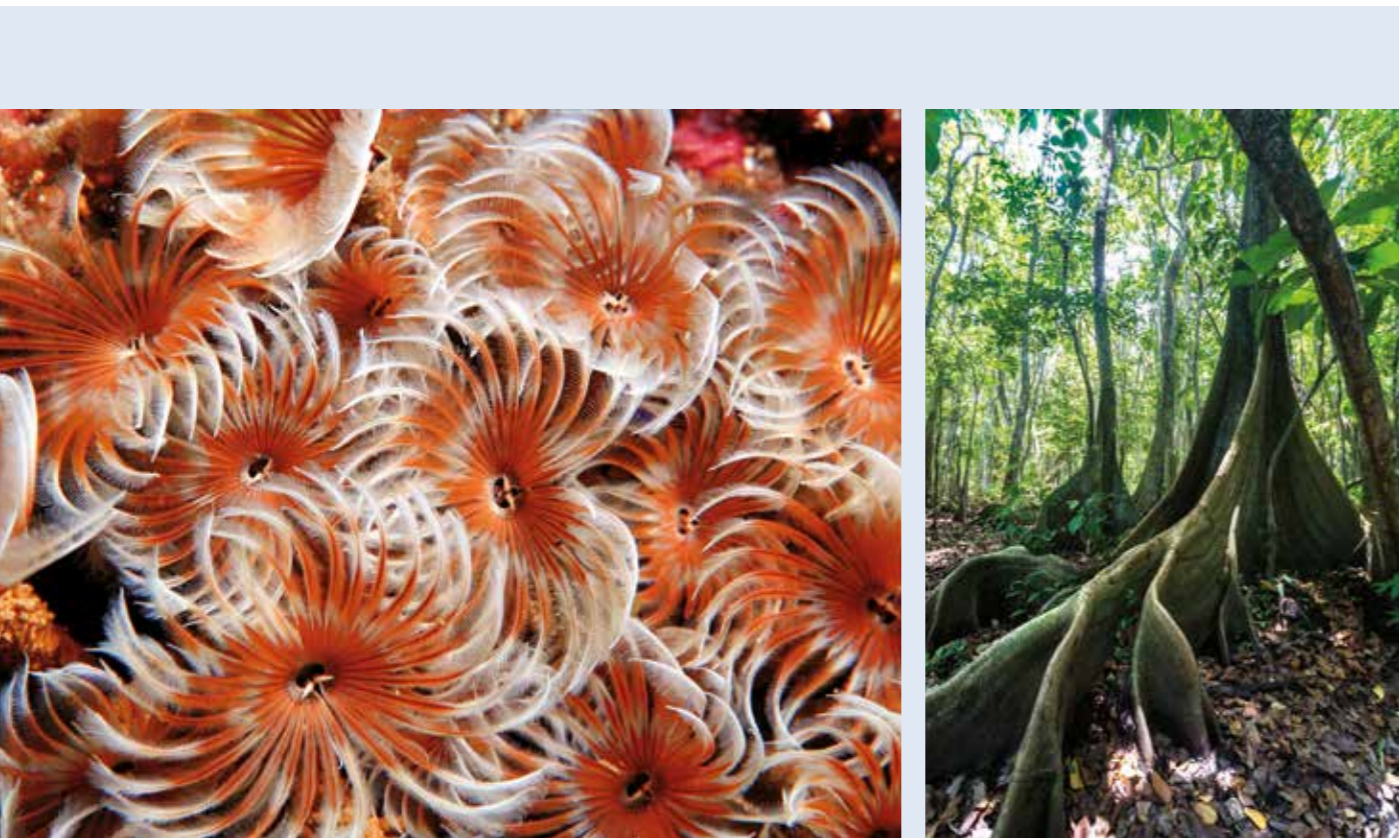
The Ambassadors of the Environment Program provides an unforgettable ecotourism experience at Dorado Beach, a Ritz-Carlton Reserve.

All activities are led by a Cousteau-trained marine biologist, from snorkeling in our coral reefs to kayaking on Sardinera Bay to hiking in our endangered mangrove forest. What makes this program so unique is none other than the name behind it: Jean-Michel Cousteau. Invoking a sense of nostalgia for groundbreaking documentary film-making, pioneering the modern conservation movement, and taking ocean exploration to a whole new level, the Cousteau family has long inspired generations of people to look with curiosity at the wonders of our oceans and has challenged us to contemplate how we can live more harmoniously with all of the inhabitants of our water planet.

When Jacques-Yves Cousteau and his team invented the Aqua-Lung, which evolved into modern SCUBA gear, they had no idea that they were changing the way humans would come to view the world. A crew of adventurers and inventors with a lust for exploration, they were simply following their life passion of being able to swim alongside fish and discover depths that had never been reached by our own species. Jacques designed waterproof housing for cameras so he and the team could document their expeditions from the famous boat Calypso, and thus the Cousteau crew introduced the public to life underwater. His famous television series *The Undersea World of Jacques Cousteau* enabled many people to experience the world's oceans and its creatures up-close for the very first time.

When Jean-Michel was just seven years old, Jacques strapped a tank onto his son's back and they dove into the Mediterranean together. Jean-Michel has had an insatiable passion for scuba diving and exploring aquatic environments ever since. Carrying on his father's legacy, Jean-Michel continues to spread ocean awareness through film-making, educational programs and conservation efforts all over the globe with his non-profit organization Ocean Futures Society (OFS).

We are proud to host the educational component of OFS, Ambassadors of the Environment, here at Dorado Beach. The tours are both recreational and educational as our biologists guide guests on a hands-on exploration of the various ecosystems that thrive in this exclusive paradise.



Snorkeling adventures introduce our guests to our coral reefs here in the Caribbean. Beautiful blue tangs, decorated sea urchins and the elusive octopus are all creatures that call the reef home. Our forest adventures offer an amazing opportunity to see the coquí frog, an animal only found in Puerto Rico that is revered here for its beautiful nighttime chirping. Curious manatees and sea turtles can be seen on our exciting kayaking tours through the protected waters of Sardinera Bay. Youth programs include sustainable cooking classes that employ solar ovens and our organic garden, discovering the native Taíno culture through arts & crafts and a simulated archaeological dig, introductory snorkeling classes and much more.

All of the ecological excursions begin at our LEED certified building, where we demonstrate environmental design and efficiency through both the concept and operation of our educational center. Many of the materials used during the building's construction were sourced locally and are made of recycled material, rainwater is harvested from the roof to supply water needs, solar panels are used to heat that recaptured water, and natural light filters through the large windows to minimize energy usage. These and many other features provide guests with a great example of environmental design in action. Jean-Michel's passion for sustainable architecture resonates throughout the facility.

The goals of our program flow seamlessly with those of the former stewards of this beautiful land: conservationists Clara Livingston and her successor Lawrence Rockefeller. These two shared a vision of a natural landscape that blends harmoniously with an unobtrusive human landscape—a celebration of nature rather than a domination of it. Just like the Cousteau family, they were innovators in their day, beginning a legacy of preserving nature's resources and taking the time to slow down and really appreciate the simple beauty that surrounds us. Far from the distractions of a city, that ethos is carried on today in a program that encourages guests to pause, take a deep breath, and enjoy all of the pleasures that come with being outdoors.

Jean-Michel loves to reminisce about a beach stroll he once took with his late father, during which Jacques told his son, "You know, Jean-Michel—people only protect what they love." Our mission is to share the wonders of the ocean and this island with everyone who visits, stimulating a sense of both awe and stewardship. The connections we make with nature today will stay with us the rest of our lives, and we want everyone to take with them a sense of personal rejuvenation, intimacy with our environment and the inspiration to protect it.

MEETINGS & CORPORATE FUNCTIONS

For a meeting to be successful, guests must leave inspired. At Dorado Beach, inspiration comes naturally and from nature. Gatherings are hosted in spaces facing the ocean, and hard work is rewarded with jungle adventures, exquisite meals and relaxing spa treatments.



MEETING PACKAGES

Simple, seamless and entirely customizable. Offers and packages combine ocean-view venues, bespoke services and meeting expertise.

BESPOKE SERVICES

Experts to handle every detail of your meeting including planning, decor, floral design, catering, entertainment and photography.

MEETING VENUES

Venues, including a ballroom and boardroom, feature ocean views and beach-inspired accents. A private dining room and several lawns are available for more social gatherings.

GOLF

The hotel's two golf courses offer a little friendly competition or a well-deserved break. Designed by the legendary Robert Trent Jones, each course features 18 holes, challenging play and natural beauty.

TEAM BUILDING EXPERIENCES

Invite your team to develop a stronger connection through customized activities and excursions. Create a wine-pairing menu at La Cocina Gourmet Culinary Center, or explore the historic Rockefeller Nature Trail by night.

Dorado Beach

A RITZ-CARLTON RESERVE

WEDDING EXPERTISE

The hotel brings together an events manager, culinary talent and salon stylists to offer a complete event experience from beginning to end. Local services, including planning, entertainment, floral design and décor, can also be arranged.

BALLROOM OR BEACHFRONT

Both indoor and outdoor gatherings are set against the beauty of the Atlantic. Designed for celebrations of fewer than 470 guests, the hotel can host events on the sand, upon an ocean-facing lawn or terrace, or within a striking ballroom.

HAND-CRAFTED CUISINE

Hotel chefs hail from around the globe, bringing expertise in traditional cuisines and innovative techniques. Guided by executive chef Christian Clair, you will select a menu that captures your imagination, desires and palate preferences.



SOCIAL GATHERINGS

During life's greatest joys, we long to be among those we love. It may be the wedding you never imagined until you uttered the word "yes." The birthday you said you wanted to pass quietly yet secretly yearned to mark with grandeur. The anniversary you never thought would arrive yet how quickly the time goes in good company.

HONORING TRADITIONS

Intricately detailed and filled with customs and ceremonies, Indian weddings require an elevated attention to detail. Décor, cuisine and traditional elements can all be honored at the hotel.

A NIGHT OF ROMANCE

Couples can reserve Spa Botánico for themselves with Noche Romántica Botánico. The after-hours experience includes a private soak in the purification garden and a chef-crafted dinner.

COLIN COWIE PARTNERSHIP

The resort is a favorite destination for the wedding and event planners of Colin Cowie Lifestyle, who use the endless beach and unique venues to create magical celebrations.

EXCLUSIVELY YOURS

Enjoy the resort all to yourselves. Buyouts are ideal for group meetings, incentive trips and executive retreats and include customized banquet menus, spa treatments and adventures with Ambassadors of the Environment.



WELCOME

TO THE BEAUTY AND ELEGANCE OF DORADO BEACH

As a concierge, I feel privileged to assist you explore this part of the world.

One of the things I love most about being a concierge is building relationships with my guests, local businesses and of course my hotel colleagues.

This area is filled with natural beauty, shopping and activities. Allow me to guide you through your stay so you experience all the highlights of this magical island we call Puerto Rico.

You will find a diversity of natural beauty here, with unlimited opportunities to explore the sea, the forest and the mountains. You will find our people warm and caring. Island life has a way of tying different

cultures together and providing us with a vibrant lifestyle.

Whether your interest is in nature, food, art, architecture, or shopping, Puerto Rico has something to offer.

I invite you to come to the concierge desk so we can share with you the best ways to explore our island home. We are here to assist you throughout your stay.

Thank you for choosing Puerto Rico and the Dorado Beach, a Ritz-Carlton Reserve as your vacation destination.

Sincerely,

Svevo Borin

Chef Concierge, Dorado Beach,
a Ritz-Carlton Reserve

THE CONCIERGE TEAMS

TOP PICKS

OF PUERTO RICO

EXPERIENCE THE BIOLUMINESCENT BAY OF VIEQUES

Puerto Mosquito (Mosquito Bay) is located on the southern shore of the island of Vieques. This magical bioluminescent bay (bio bay) has been officially declared the brightest recorded in the world by the Guinness Book of World Records 2008.

TAKE A SCENIC TOUR OF THE NORTH COAST BEACHES

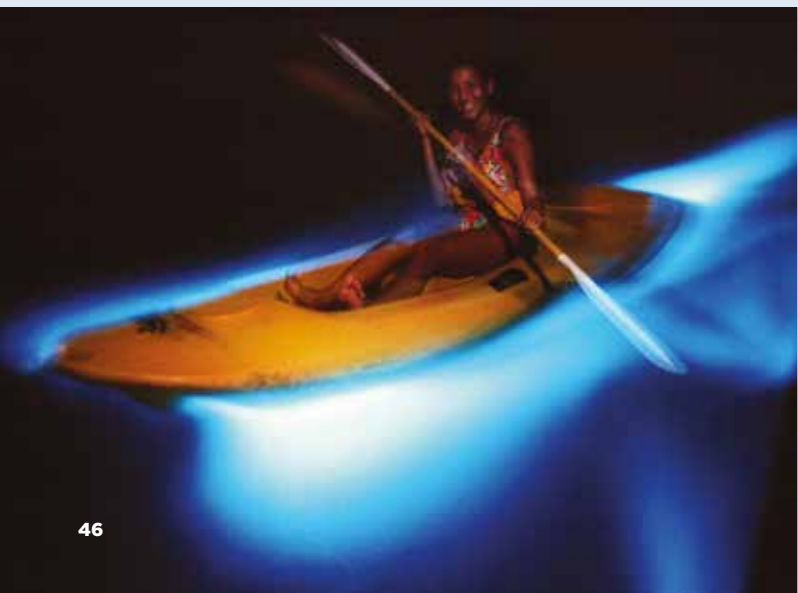
If you dream of relaxing on a quiet beach, getting lost in the beauty of waves crashing, and being lulled by their melody, you may want to stay on the north coast, rent a car and explore.

DRIVE THE PANORAMIC ROUTE OF PUERTO RICO

This is one of the world's most stunning stretches of highway: La Ruta Panorámica Luiz Muñoz Marín. This network of roads winds through some of the country's most off-the-beaten-path forests, palm-fringed valleys and hillside villages, and it's a perfect romantic jaunt for weekend getaways and longer vacations alike.

EXPLORE EL YUNQUE FOREST AND WATERFALLS

The only tropical rainforest in the U.S. National Forest system, El Yunque is a must-see for nature lovers. And you can do more than simply wander the many paths that wind through this unspoiled paradise; you can actually jump in its waters for a cooling dip.



TAKE A TRIP TO OLD SAN JUAN

Old San Juan is special in every way, known for its rich history, 5-century-old forts, romantic ambiance, Old World elegance, exquisite food, and festive atmosphere. Savor the beaches of Luquillo and its kiosks. The Luquillo kiosks (or kioskos) are a much-loved part of Puerto Rico. This long row of humble (think almost ramshackle) buildings are right on Route 3 along the beach in Luquillo. But don't let their appearance discourage you — stop in and you will be in for an experience that is uniquely Puerto Rican.

VISIT PARGUERA AND THE SURROUNDING ISLANDS

This seaside fishing village has managed to retain the casual, low-key ambiance with the warmth and charm that makes the west coast of the island a favorite destination in Puerto Rico.

TAKE THE FAMILY TO CABO ROJO

Cabo Rojo is known by Puerto Ricans as one of the most family-friendly beach destinations on the island. Cabo Rojo is situated right on the southwest corner of the island, blessing this town with miles and miles of beaches on the Caribbean Sea.

RELAX AT CULEBRA AND VIEQUES

Vieques is affectionately known in Puerto Rico as Isla Nena ("Baby Girl Island") and is equally beloved by locals and visitors alike. It is truly a destination to unwind, slow down to island time, and beach-hop, swim and snorkel. Culebra is a seasonal destination for nesting turtles, and a low-key Eden for tourists who seek something different. It also boasts Flamenco Beach, arguably one of the best in the world.

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Puerto Rico is a land rich in history and culture. It is an island where the sun kisses white sand beaches, and crystal-clear Caribbean waters gently lap the shore. It is where the bustling city meets the lush rainforest, where vendors fill the streets by day and music and revelry fill the air by night.

A visit to the vibrant island of Puerto Rico would not be complete without spending some time in the capital city of San Juan. It is diverse, lively and the perfect place to bring along the whole family. In this guide, we're going to explore the best spots in town to bring along the kids, the grandparents and everyone in between — because Puerto Rico is an island meant to be discovered by all.

VISIT THE MUSEUMS

To appreciate the Puerto Rico of today, it helps to root yourself first in the past. Old San Juan, or “San Juan Antiguo,” is the perfect place to immerse yourself in the history of the island. The whole family can enjoy a day spent exploring this cultural hub of Puerto Rico. Walk through 500-year-old forts, visit historic churches and stop by the World UNESCO Site — La Fortaleza and San Juan National Historic Site.

The historic district of Old San Juan is also home to a variety of museums where you can explore the past through exhibits and displays. This is an excellent way to kick off your trip, helping the entire family gain an appreciation for the historical figures and events that have shaped the island.

The Museo de Arte de Puerto Rico boasts a stunning curation of artwork, ideal for families with a proclivity for the arts. For families with young kids, the Museo del Niño de Carolina is Puerto Rico's only dedicated children's museum. You'll find over 100 hands-on interactive exhibitions geared toward expanding your young one's learning. Kids will also enjoy outdoor grounds, including a go-kart track, a miniature zoo and a small ferry that offers “Jungle Trips” through the Blasina Lake.

HEAD TO NATURE

While the vibrant energy of the capital city offers plenty for the family to see and do, for a more subdued day, take the short drive to the nearby El Yunque National Forest. El Yunque National Forest is the only tropical rainforest in the United State's national forest system. Nearly 29,000 acres of wilderness showcase one of the most biologically diverse rainforest systems in the world.

The whole family will enjoy the breathtaking scenery and outdoor recreational opportunities on offer there. Hike alongside clear rivers, splash in pools of cool water and watch as waterfalls tumble from incredible heights.

To kick off your day, visit the Palo Colorado Visitors Center. The kids will enjoy the small gift shop located in the visitor's center, and from here, you can join a ranger-led walk. This educational opportunity will help everyone learn more about the flower, fauna and wildlife of the park.

SPLISH AND SPLASH

One of the key attractions of Puerto Rico is the beach. The island is known for its brilliantly sunny days, sandy beaches and warm Caribbean waters. With around 300 miles of coastline, there's a beach for every taste.

If you're traveling with the whole family, a beach day can make for the perfect day out. Parents and grandparents can enjoy sunbathing and relaxation while the kids splash, swim and build sandcastles. For teenagers, there are opportunities to enroll in surfing classes, and everyone can enjoy sampling fresh cuisine from beachside vendors.



Numerous beaches are a good fit for a family outing near San Juan, including the following popular options:

- **La Monserrate, Luquillo:** With calm waters and lifeguards, this is a great place to bring the kids. It's also an excellent spot for swimming, snorkeling and kayaking. You'll also enjoy the lounge chairs for rent, showers for rinsing off and gazebos for a picnic lunch.
- **Balneario de Carolina:** One of the most popular beaches for families, kids will love the attached water park, while adults will find respite at the on-site microbrewery. Pull out an umbrella and watch as the kids splash and splash their way down the beachline. This beach also features lifeguards on duty as well as paramedics on site.
- **Flamenco Beach, Culebra:** A large, spacious beach, Flamenco Beach is a great way to invest in a day of relaxation. This is a boat ride away from San Juan, but a worthwhile day trip. It's a wonderful spot for swimming, and an assortment of food stands will provide you with an easy lunch option. Lifeguards watch over swimmers, adding to your day's tranquility.

Along with stunning beaches, San Juan is also home to numerous family-friendly water parks. For example, Coqui Water Park features thrilling speed slides with massive vertical drops. A lazy river also provides the family with a way to kick back, relax and soak up the sun.

SHOP LOCAL VENDORS

After everyone has expended their energy enjoying the sights and sounds, it's time to snag some goods to remember the day by. San Juan is a first-rate destination for family shopping.

Kids can find handcrafted toys, colorful trinkets and fun mementos to remember the trip by. Meanwhile, the adults can browse the incredible handiwork of local artisans and craftsmen. Whether you are looking for a new piece of artwork for the home or a whimsical reminder of a family adventure, stroll the streets and pop into shops and markets to discover the best of San Juan's shopping.

STOP FOR A DELICIOUS MEAL

All your adventures will lead you to work up an appetite. When the kids are expressing their hunger, San Juan delivers an array of meal options. For a quick bite, stop in a local cafe and munch on freshly baked bread and simple sandwiches, or pop over to a street vendor and enjoy a delectable taco.

When you have a little more time, bring the family to a local restaurant to sample famous Puerto Rican dishes such as mofongo and pastelón. San Juan does an excellent job of catering to the whole family, with numerous dining establishments that feature ample outdoor seating spaces to gather multiple generations together.

So as you plan your next Puerto Rican adventure, be sure to bring along your loved ones as you explore San Juan.



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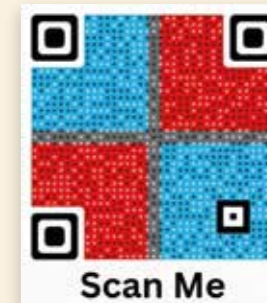
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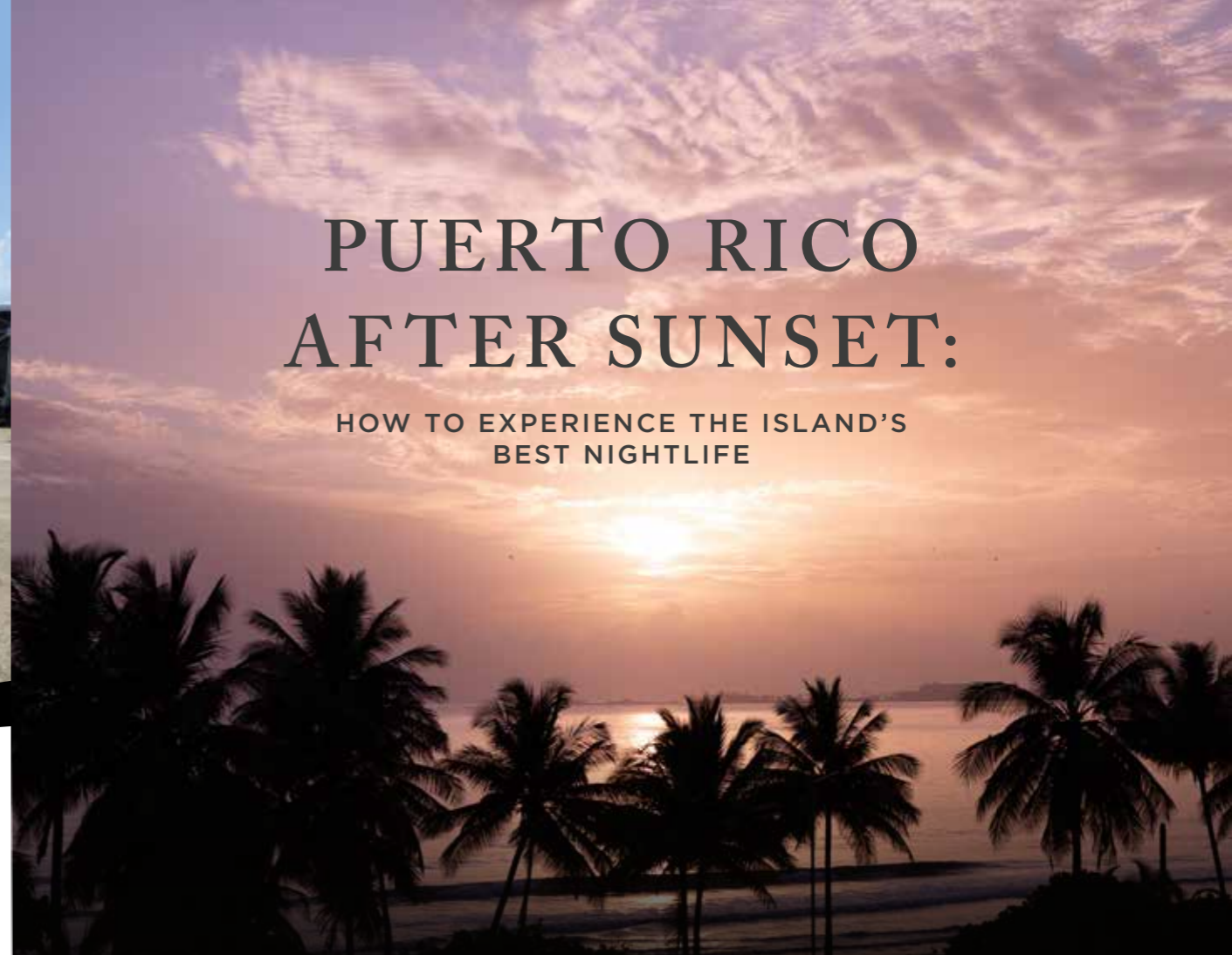


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PUERTO RICO AFTER SUNSET:

HOW TO EXPERIENCE THE ISLAND'S
BEST NIGHTLIFE



Whether you're strolling through the beautiful historic streets of San Juan after dinner or feeling the sand between your toes as you enjoy a midnight walk on the beach, you're almost guaranteed to find a party in Puerto Rico. Boricuanos know how to have a great time, and the nightlife in Puerto Rico is always intoxicating. Fun-filled late-night bars, high-end jazz clubs and unbelievable dance parties can be found on every corner. And you don't even need to enter these enchanting establishments to have a fantastic time, as the streets themselves are filled with world-class music for everyone to enjoy.

This incredible island will show you what it means to experience a night to remember. We recommend stopping by any of these beloved night-life destinations filled with exquisite dancing, extraordinary cocktails and moonlit swims in beautiful glowing waters.

ENJOY A LATE-NIGHT BITE

There can be absolutely no doubt that Puerto Rico is an outstanding culinary destination, with highly rated chefs recognized the world over for their innovative and mouthwatering dishes calling this island home. These gastronomic geniuses, combined with the unbelievable ingredients readily available throughout Puerto Rico, are a match in culinary heaven.

New and exciting discoveries can be found right alongside phenomenal classic dishes beloved by generations. Whether you're looking for freshly speared grilled seafood, traditional indigenous flavors, or even mouthwatering banana-leaf baked goods unique to this enchanting island, you can rest assured your cravings will be more than satisfied as you wander through the streets at night.

INDULGE YOUR COCKTAIL CRAVINGS

Luxurious and creative cocktails are ubiquitous in Puerto Rico, where high-quality spirits have been a point of pride throughout the island's history. Today, bartenders are taking advantage of the unique ingredients native to the island and the beautiful classic cocktails that have become a staple here — combining them with new and exciting techniques that have taken the bartending world by storm.

Of course, one of the most intoxicating cocktail scenes in Puerto Rico is found in Old San Juan. Just a short drive from Dorado, this picturesque historic sector is filled with an intimate mix of old- and new-world styles, bringing together the best of both and offering you an evening experience like no other.



DANCE THE NIGHT AWAY

The fun-loving beats of salsa, merengue and bachata are just some of the magnificent sounds you'll hear throughout your adventures here. Puerto Rico is known for its spectacular music scene, and the island really comes to life with rhythm after dark. Puerto Ricans have dancing in their blood, and riveting dance clubs can be found throughout Old San Juan and the beautiful sandy shores surrounding the island.

Luckily, there's no need for expert-level dancing skills to enjoy these clubs. Several establishments offer world-class Latin dance lessons throughout the week, allowing you to learn from the best of the best. We recommend calling clubs ahead of time, as certain spots even offer free classes on specific nights.

BATHING IN BIOLUMINESCENCE

Puerto Rico is surrounded by some of the most bewitching blue waters in the world. However, the most awe-inspiring waterfront views might actually be at night. One of the island's most enchanting sights would have to be the bioluminescent bays scattered throughout.

Laguna Grande is certainly the closest bioluminescent bay to San Juan at about an hour and 15-minute drive outside the city. Many visitors enjoy taking a quick dip in these dazzling waters, and moonlit kayaking is another wildly popular evening activity. If you're looking for an even more thrilling adventure, we recommend trekking over to Mosquito Bay. This unbelievable spot is recognized as the brightest bioluminescent bay in the world, and your jaw will drop when you see these gorgeous glowing waters first-hand.

STUNNING SUNSET CRUISE

What could possibly be better than setting sail to watch the sun set across one of the most magnificent views imaginable? The answer is nothing, which is why we highly recommend embarking on one of the many sunset cruises leaving the shores of Puerto Rico every night.

Various tour companies offer these exceptional excursions, with opportunities ranging from memorable catamaran adventures to romantic private sails for two, guaranteeing a perfect ending to a perfect day.

FUN-FILLED STREET PARTIES

One pastime that encompasses all things Boricua would have to be the night-time street parties. Whether they're planned for months in advance or come together at the spur of the moment, these lively and fun-filled events are the height of Puerto Rico's night-time culture. Live music, incredible food and world-class entertainment come together to create a special moment right in the middle of city streets or along the sandy shorelines.

While certain destinations, such as La Placita in San Juan, are well-known to locals and tourists alike, there are many other street parties you'll simply have to wander upon during an evening stroll through town.



EXCEPTIONAL LOCAL ENTERTAINMENT

Another fantastic opportunity to enjoy local culture is by catching a comedy show or luxury theatrical performance. Puerto Rico has a strong affinity for the arts, valuing high-quality music, performance and visual creativity. As a result, there are several exceptional theaters and cultural centers around the island hosting several highly-rated comedy shows and Broadway-worthy productions throughout the year.

World-renowned artists like Plácido Domingo, Lin-Manuel Miranda and Menudo have taken the stage in these beautiful performance centers. Many of the theaters in Old San Juan list their upcoming shows on their websites, and we highly suggest taking a look to see what wonderful opportunities they have in store during your stay.

Puerto Rico is an island filled with wonder and beauty, but its true splendor comes to life after dark. Whether your perfect evening includes swimming in glowing moonlit waters or dancing the night away on the city streets, you can rest assured you'll never forget your time on this awe-inspiring island.



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THE WORLD OF LODGING:

HOW HOTELS BEGAN AND INSPIRED HOSPITALITY

Regardless of distance or attraction, part of what makes us human is the desire to get out and explore. We want to experience life outside of the daily grind. We gather at our favorite restaurants, talk about the grand opening of the newest attractions, scour the internet to keep up with trends, and plan exciting vacations.

Since the beginning of homo sapiens, we've been migrating from one place to the next. Sometimes, it has been for survival, while other times, it's for nothing more than our wish to revel in new experiences. Throughout time, a place to stay has been vital to our comfort and experience.

In short, we rely on the hospitality industry as part of our basic needs and for our entertainment, making it a large part of our lifestyle choices. But what is the history of hospitality, where did it begin, and how did it become a part of who we are?



THE BEGINNING OF HOTEL HOSPITALITY

Well over 1,300 years ago, during the Keiun era in Japan, Fujiwara Mahito established the world's first inn, the Nishiyama Onsen Keiunkan. The inn was originally intended to serve as a refuge.

The inn was constructed around the mountainous hot springs of the Kai region. It's also located in the Yamanashi Prefecture, home of Mt. Fuji. Though the UNESCO World Heritage volcano isn't visible from the historic inn, its surroundings and free-flowing hot springs offer beauty and relaxation.

The Nishiyama Onsen Keiunkan, founded in 705 AD, has been acknowledged by the Guinness World Records as the world's oldest inn. It has been passed on to members of the founding family for 52 generations. Over the centuries, it has undergone changes necessary for modern upkeep, but the calming springs and breathtaking views remain untouched.

Following the success of the Nishiyama Onsen Keiunkan, various hotels began popping up across the globe, including in caves and igloos. Some of the world's first hotels were located in the United Kingdom, Sweden, Poland, Spain, Germany, Italy, Switzerland, and Puerto Rico, to name just a few places.





LUXURY HOTELS

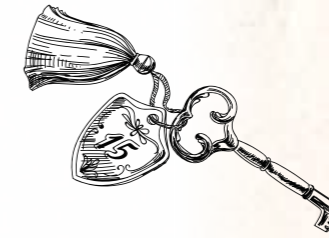
In the medieval period, accommodations in Europe, particularly, were mostly used as convenient places for coach travelers to stop and rest on a short-term basis. These hotels, or inns, offered simple accommodations, food, and drink.

However, in the nineteenth century, the hotel industry underwent significant changes, as more people were enjoying travel as a leisure activity, and industrial changes to transport enabled vacationers to travel further than ever before.

In 1829, what can be considered the first 'luxury' hotel opened. This was Tremont House in Boston, Massachusetts. Tremont House was the first hotel to offer indoor plumbing, a reception area, free soap and bellboys. From then on, ideas of luxury travel started to grow rapidly.

Tourists started preferring an all-inclusive experience to ease the stresses of travel, and concierge services and luxury accommodations grew in popularity. More and more hotels began offering help with luggage, car rentals, spa appointments, tours, dinner reservations and everything in between.

Nowadays, the world's top luxury hotels offer complimentary services and amenities, such as access to fitness centers, spas, salons, pools, hot tubs, in-room jetted tubs, fireplaces, minibars, full kitchens, separate bedrooms, robes, high-end bedding, first-class décor, 24-hour room service, on-site restaurants, children's entertainment and perks like passes to golf courses and local events.

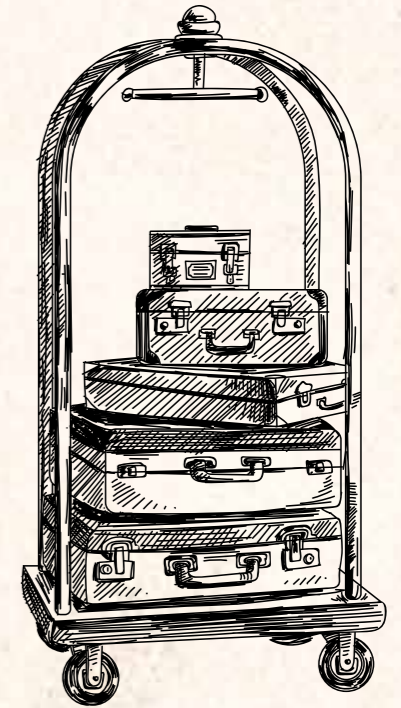


HISTORY OF CONCIERGE SERVICE

During the Middle Ages, concierges were members of royal courts hired to serve royal families. They were responsible for every need of the royal family and their guests and, later, for overseeing castle staff, among other duties.

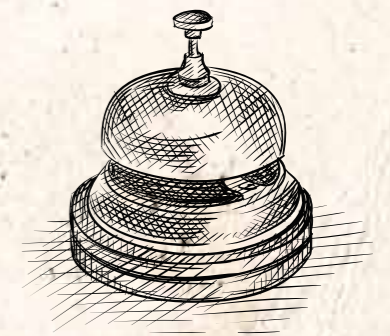
Throughout the 1800s, as leisure tourism rose with the construction of all-inclusive hotels, hotels began to add concierge personnel to their staff, as did government offices and prisons. Concierges became multilingual, personal secretaries who were on site to provide guests with a warm welcome, personalized itineraries, local connections, and more.

In the 1920s, eleven concierges met in Paris in an effort to improve their network and share ideas that would provide the best service to their guests. This group became Les Clefs d'Or (or "The Golden Keys"), which has become a renowned association of hotel concierges worldwide, with over 4000 members operating in over 80 countries.



In the United States, San Francisco's Fairmont Hotel became the first hotel in the country to offer concierge services. After Tom Wolfe completed his hospitality training in Europe, he returned to California and set up a post in the hotel's lobby in 1974, making him America's first official concierge. He later founded the US chapter of Les Clefs d'Or.

Today, concierge services are found in most luxury hotels, and offer exceptional service for their guests. They aspire to fulfil every request, from dinner reservations and room upgrades, to pre-travel arrangements and engagement planning.



THE FUTURE OF HOTEL HOSPITALITY

In 2007, hotel hospitality took a turn with the birth of Airbnb. Before long, the rental of air mattresses in an apartment spread quickly across the globe and kick-started a multi-billion-dollar trend. Airbnb was so popular by 2016, that Airbnbs were the official lodging for the Rio Summer Olympics.

Airbnbs are similar to hotels in that they come with various rooms, sizes, locations, styles, services and amenities, and each has a unique story. Six million active listings and four million hosts worldwide make Airbnb an integral part of hotel history.



STANDARDS AND EXPECTATIONS

With business and pleasure intertwining, the hotel hospitality industry is now held to a much higher standard than it has ever been. No matter our reasons for traveling, there's no denying that we like to feel special — especially when we can go somewhere exotic or that offers a unique experience.

Hotels are only a part of hospitality but are a very large and important part of our travel expectations. Hotels have

become our home away from home, our associations with wonderful memories and an influential reason we return to some of the same places over and over again.

Today, there are inns, luxury hotels and B&Bs in almost every corner of the world. As you sit on your hotel bed, in a chair by a fireplace or out on the deck taking in spectacular views, waiting for your room service to arrive, take a moment to reflect on the history that has allowed you to enjoy this moment.

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HOW TO IMMERSE YOURSELF IN THE LOCAL Arts Scene

Wherever you envision your next vacation, a vibrant art scene awaits.

The concept of an “art scene” is expansive, encompassing everything from live performances to physical artwork. With a bit of planning and some guidance from our list, there’s a creative experience to satisfy any traveler. In preparation for your next vacation, learn how to incorporate the arts into your itinerary and elevate a long-awaited getaway.



VISUAL ARTWORK

Newcomers to the art world may be most familiar with visual artwork, such as sculptures and paintings. As a traveler, there are ample ways to reconnect with your sense of creative wonder. While you’re at it, you’ll learn more about the history and values of a new culture. Here are some ways to view top-tier artwork during your next trip.

Museums

These cultural buildings are guardians of precious artwork, manuscripts and other historical remnants. Museums often feature special events like workshops, films and date night activities; and depending on the city, admission might be free. Be sure to interact with museum employees, who are often eager to share their knowledge and point out unusual works of art.

Murals

Mural spotting is a low-cost way to explore a new area and squeeze in your steps. Many cities are known for their stunning murals and street art created by both amateur artists and commissioned professionals. Philadelphia, PA, for example, offers an official walking tour of its famous murals, as well as a self-guided option for the free-spirited traveler.

Local Galleries

Galleries are like bite-sized museums. Small and manageable, they’re ideal for young families and other travelers with busy schedules. For a low-pressure activity, stroll through a gallery on any weekday afternoon. You can even purchase a small gift to support a local artist and surprise a friend at home. For more serious art aficionados, dedicate a full day to discovering the best galleries in the local area. If you find a unique piece that speaks to you, you may be able to arrange shipping for it to meet you upon your return home.





LIVE PERFORMANCES

Of all the arts, performances may be the most immersive. Make room in the itinerary for the following activities, which will expand your imagination and transport you to new worlds.

Theaters

Like concerts, theaters typically offer something for everyone. Many feature trailers and other information online, so audiences can do their research before committing to a play. For a romantic date night, attend a well-renowned play in a cozy theater, followed by a post-theater dinner. For little ones, musicals and pantomimes will deliver a lot of fun and laughter. Theater can be enjoyed all year round; for summer vacationers, why not catch an outdoor theater production?

Comedy Clubs

Traveling can be stressful, but vacations themselves should be blissful. Enter official “vacation mode” at a local comedy club: they’re casual spots to relieve stress, contemplate new perspectives and connect with loved ones through laughter.

MUSIC

After a day at the museum, music helps you decompress while continuing to uncover the soul of a city. Here are some activities for the musically inclined.

Concerts

Cities often feature singers with global acclaim as well as local favorites at renowned concert venues. Concerts are a fun vacation activity for those traveling with friends or partners; with no work to worry about the following day, you can let your hair down and sing your heart out well into the night.

Although we recommend purchasing tickets beforehand for big artists, venues will likely have extra tickets available for those less well-known, which can make for a super fun, spontaneous evening out.

Operas

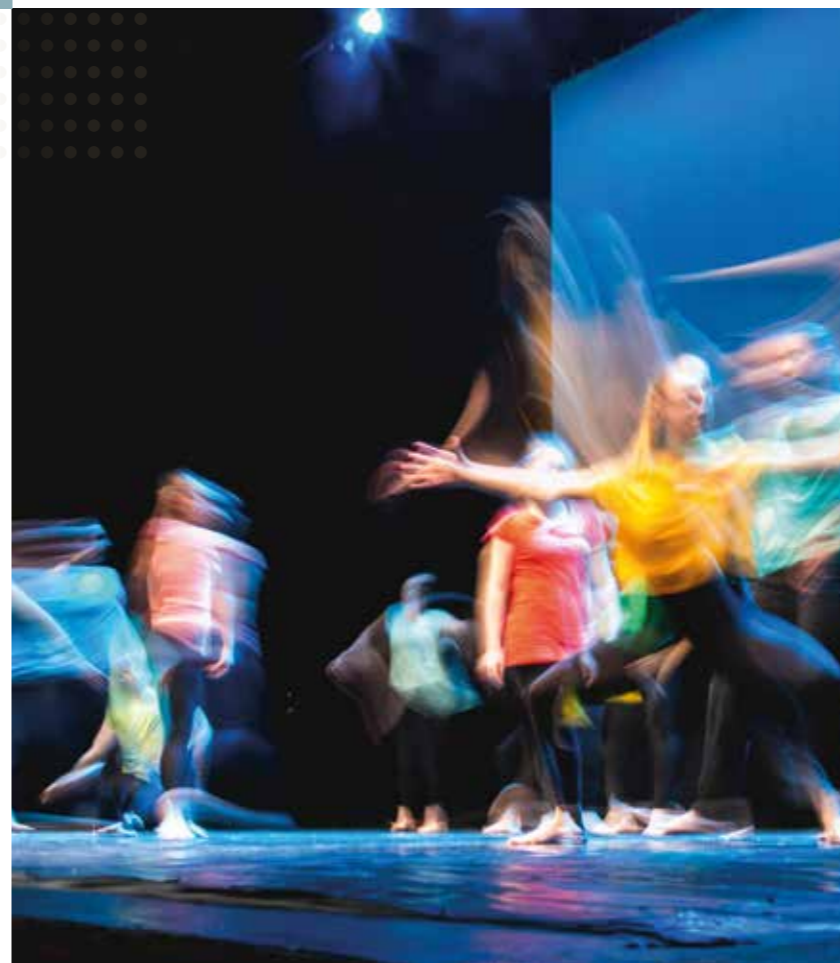
For a high-class evening with friends, or a one-of-a-kind date night, make a trip to the local opera. Audiences will enjoy a unique experience of musical

storytelling, as well as a rare opportunity to dress up in semi-formal attire. Operas tend to last two to three hours or more, so prepare with a nice meal beforehand.

If you can’t catch the opera, tours may still be available for famous opera houses: for example, the Sydney Opera House in Australia or the Metropolitan Opera in New York City. For architect buffs, a thorough tour may surpass the musical event.

Bars

Vacationers often exchange bits of wisdom from their travels, and many emphasize the importance of local dive bars. These hidden gems sometimes feature up-and-coming performers, which can transform a casual dinner into a musical event. Piano bars and jazz clubs are also great options for those in search of music, quality drinks and a chance to dance.



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MOVIE THEATERS

For movie buffs, catching the latest blockbuster while traveling is a must. Since you're on vacation, why not treat yourself to tickets to a luxury movie theater? These often feature plush seating, restaurant dining and a fully functioning bar.

For a dose of nostalgia on vacation, look for drive-in movie theaters: They're a hit among movie-watchers of all ages.

FESTIVALS

Depending on where and when you vacation, it might be festival season. For some vacationers, festivals are at the top of the agenda: These gatherings often include live music, dancing, art, delicious food, and bountiful drinks.

Travelers may be more familiar with international festivals like Burning Man, Carnival of Rio de Janeiro and Oktoberfest, but we recommend taking a detour and uncovering smaller, more localized events. Ask a travel guide or another insider for recommendations: When you're open to new experiences, you never know when the next festival may begin.

Capturing moments that
last a lifetime



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TIPS FOR ELEVATING YOUR EXPERIENCE

Adding any of these final details can transform your experience from enjoyable to unforgettable.

Schedule chauffeur transportation.

When you're on vacation and planning a luxurious outing, the event calls for deluxe transportation. With chauffeur service, you can travel to the theater, museum or another special event with safety and style.

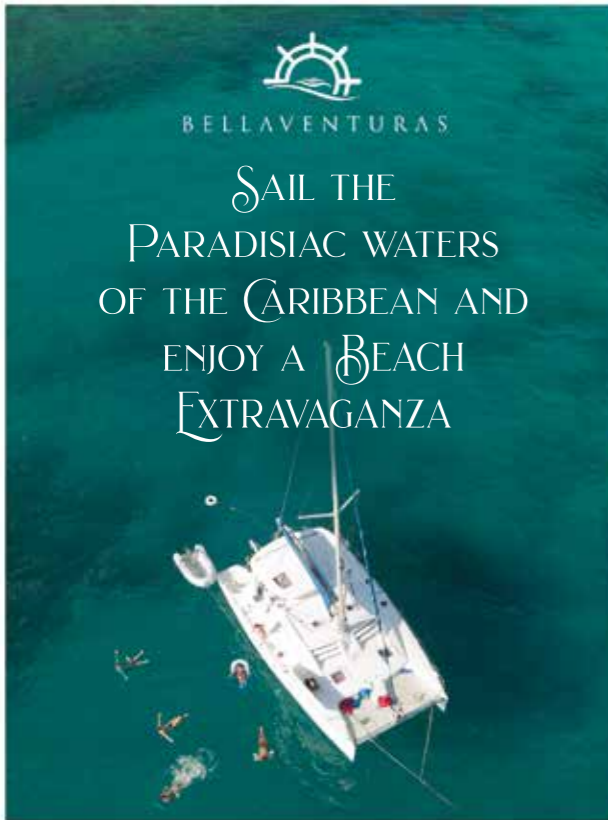
Make dinner or drink reservations.

Making dinner reservations instantly elevates a night out. Ask your concierge for recommendations, or help getting into that well-renowned restaurant you've been wanting to try.

Purchase private boxes at an event venue.

Some event venues sell private suites, premium seating or other luxury options. For a once-in-a-lifetime concert or your partner's favorite play, selecting the best seats is a worthy investment.

The arts offer a universal language for human experience. Whether you're a theatergoer, a museum patron or a musical novice, you can form lasting connections with faraway places through any of these activities.



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Fun in the Sun: TOP 10 BEACHES ON THE ISLAND



It's no secret that Puerto Rico has stellar beaches, and the town of Dorado is no exception. It's home to upscale resorts like Dorado Beach, a Ritz-Carlton Reserve, as well as many magnificent beaches. Check out the 10 best beaches in the Dorado area, whether you have small children, like to surf, plan on exploring nature or just want to soak up the sun!

DORADO REEF PUBLIC BEACH

The closest beach to the Ritz-Carlton Reserve, Dorado Reef Public Beach is an excellent and free beach on the outskirts of the Dorado Del Mar neighborhood. It's nestled on the coast, offering majestic ocean views

of brilliantly blue water. While the beach is public, it's secluded from public view, so you can enjoy a relaxing beach day without feeling the bustle of the neighborhood behind you.

MAMEYAL BEACH

Mameyal Beach is one of Dorado's hidden gems, surrounded by large rocks that make it secluded from public view. It's one of the most majestic and peaceful beaches to visit and a safe place to splash around, just keep an eye on the waves! You can also have a quaint picnic in one of the many gazebos in the area, giving you a break from the hot sun while you snack.



ISLA VERDE

Another super family-friendly beach is Isla Verde Beach. With a long stretch of soft sands and stunning views, this beach is one of the most popular in the San Juan/Metro Area. There is something for everyone to enjoy here, from surfing and lounge chairs to restaurants and bars.

PLAYA EL UNICO

Despite being one of the best beaches in the area, Playa El Unico is a bit of a hidden gem, so there is usually plenty of space to lay out your towels. The beach has great waves, and it's popular with experienced surfers. Keep an eye out for the surf forecast before you head to the beach, to ensure safety and to time your surf just right.

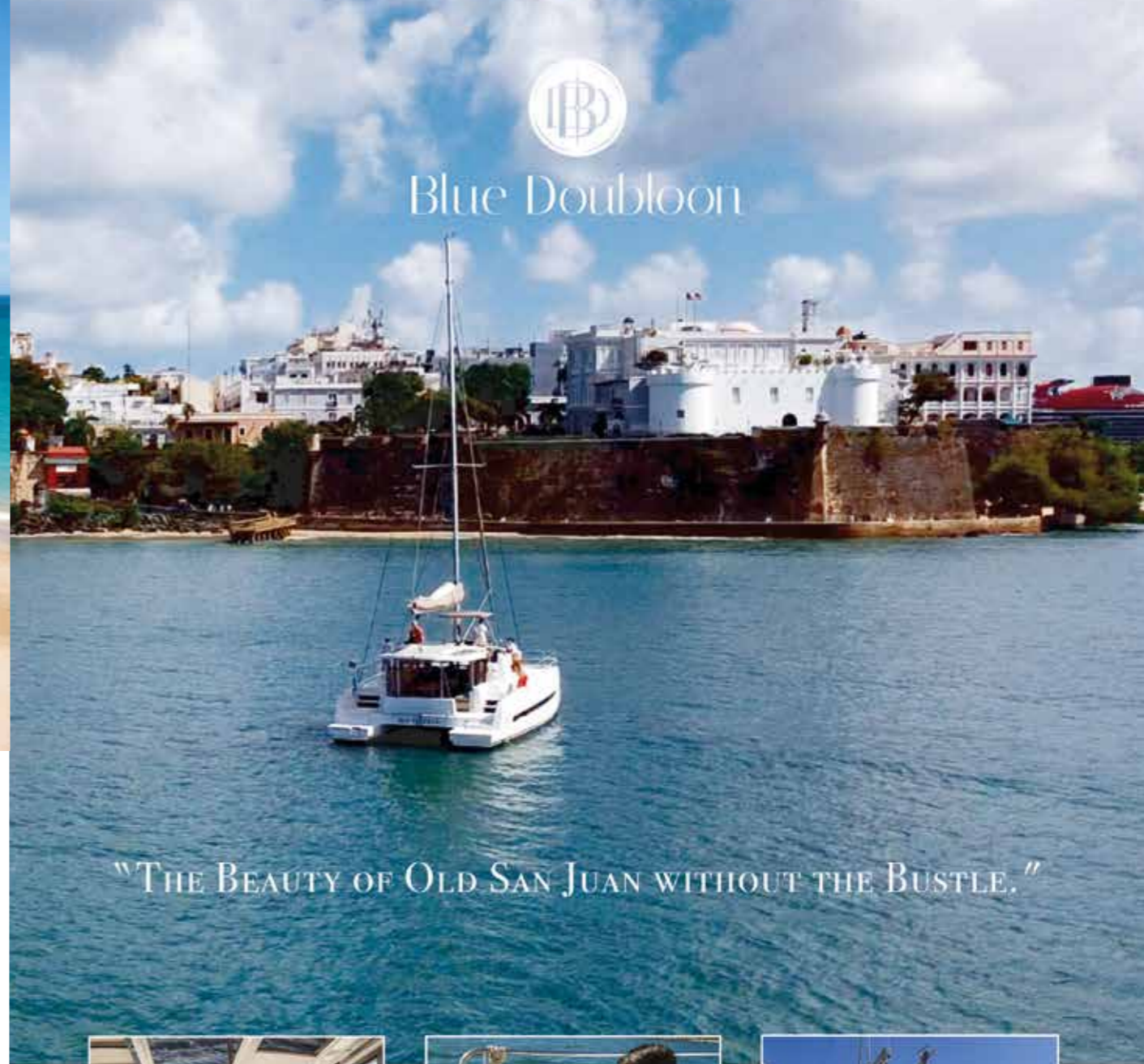
KIKITA SURF BEACH

Kikita Surf Beach is one of the most picturesque beaches near the Ritz-Carlton Reserve, with gigantic palm trees and panoramic ocean views. It's a delightful spot for

vacation photos and a relaxing day on the beach. Experienced surfers can catch waves or sunbathe during the day before enjoying a lovely and romantic stroll along the sand in the evening. As the sun sets in the water, the sky becomes a dazzling mix of pinks, purples and oranges, making it a charming place for a beach date or even a vacation proposal.

PLAYA PARCHOLA

One of the lushest and most stunning beaches, Playa Parchola has a grassy area that leads you down to the sand. You'll find this beach on many lists of the best beaches in Puerto Rico, and it's less than a mile from the Ritz-Carlton Reserve. It's popular among tourists, but locals tend to avoid it because it can get crowded during the summer. It's well cared for, so you won't see any trash or dying plants near this beach.



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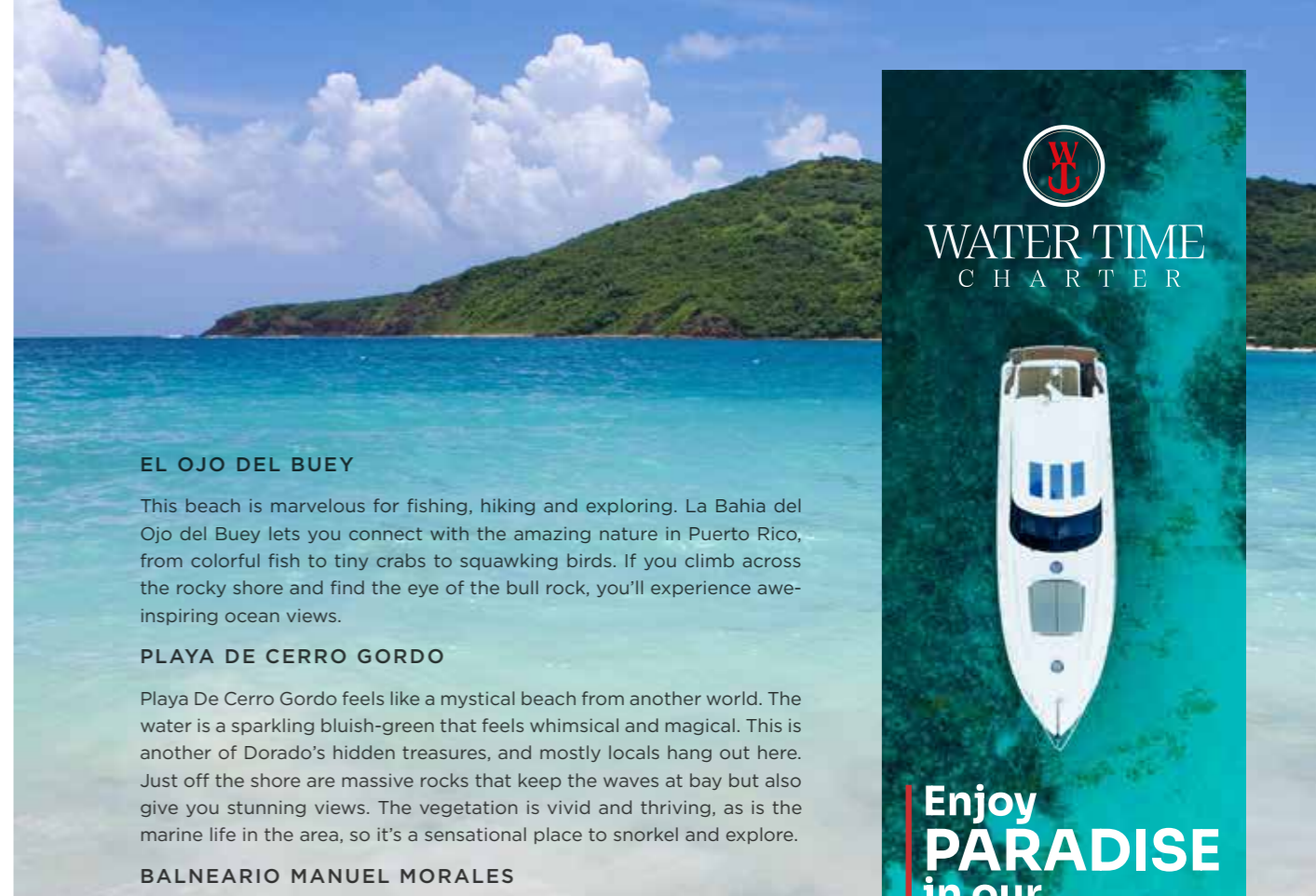
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EL OJO DEL BUEY

This beach is marvelous for fishing, hiking and exploring. La Bahia del Ojo del Buey lets you connect with the amazing nature in Puerto Rico, from colorful fish to tiny crabs to squawking birds. If you climb across the rocky shore and find the eye of the bull rock, you'll experience awe-inspiring ocean views.

PLAYA DE CERRO GORDO

Playa De Cerro Gordo feels like a mystical beach from another world. The water is a sparkling bluish-green that feels whimsical and magical. This is another of Dorado's hidden treasures, and mostly locals hang out here. Just off the shore are massive rocks that keep the waves at bay but also give you stunning views. The vegetation is vivid and thriving, as is the marine life in the area, so it's a sensational place to snorkel and explore.

BALNEARIO MANUEL MORALES

Balneario Manuel "Nolo" Morales is a stunning spot near the Villas De Playa II neighborhood. The area is posh, surrounded by upscale resorts and hotels, including the Ritz-Carlton Reserve. The water is crystal clear, and the beach is well shaded, so it's ideal for folks who don't want to deal with sunburn on their relaxing beach day. This beach has decent amenities, with BBQ grills, picnic tables, gazebos, bathing areas, a parking lot, toilets, showers and a lifeguard. It's also managed by the National Park Company and the water quality is checked regularly.

BALNEARIO LA MONSERRATE

For a beach a little further out of town, there are some great options in Luquillo. An hour drive from Dorado, Balneario La Monserrate beach boasts magnificent ocean views and swaying palm trees along the shoreline. It is managed by the Puerto Rico Department of Natural Resources and therefore has some extra amenities. These include bathrooms, picnic areas and showers. Camping is even allowed at this stunning beach with prior permit.

BEACH DAYS IN PUERTO RICO

Puerto Rican beaches have so much to offer visitors, from substantial waves for surfing to soft sand for lounging to calm water for swimming. Whether you want to explore Puerto Rican nature, perfect your vacation tan or build sandcastles with the kids, the beaches here have everything you could want.



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VACATIONING ON THE WATER

Watersports for Every Taste

There is a specific allure to vacationing near a body of water. Listening to the gentle lapping of the ocean waves on an island can soothe the soul. Gliding across the still waters of a mountain lake can restore inner tranquility.

From rushing rivers to large expanses of ocean, often, our vacations revolve around time spent near the water. Not only do bodies of water make for beautiful backdrops for vacationers, but they also provide ample opportunities for activity. Next time you book a trip near the water's edge, consider taking part in one of these adventurous watersports for every taste.

SURFING

Riding a wave with nothing but a surfboard beneath your feet is perhaps one of the most inspiring, humbling and powerful experiences. Surfing gives riders the unique opportunity to connect with the ocean in an intimate way. Surrounded by nothing but ocean blues, you'll find yourself enveloped in another world where time seems to stand still as your heart is pumping in rhythm with the water.

For those who are new to the sport, many vacation destinations offer one-on-one lessons. This is the perfect way to get your feet wet and test your strength as you paddle into the waters.





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PADDLE BOARDING

Where surfing is an adrenaline-filled rush, paddle boarding is an almost hypnotic experience. Requiring equal parts balance and core strength, paddle boarding can be done on almost any body of water. Paddle alongside dolphins in the ocean. Glide across a lake in the mountains. Push yourself to the limits as you paddle a rushing river.

For an extra special experience, sign up for paddle board yoga and put your balance to the ultimate test.

PARAGLIDING

See the waters from a whole new angle with a trip into the skies. Paragliding involves strapping a parachute to your back and taking flight through the use of the natural air currents often found near bodies of water.

Paragliding over the ocean offers the ultimate chance to see marine life in abundance. Swoop over schools of fish and bales of turtles. End your day with a sunset flight for the perfect tranquil connection to nature.

SCUBA DIVING

Dive into the depths of the ocean waters with a scuba diving trip. This is the perfect group excursion, with tours focusing on everything from exploring shipwrecks to coral reefs. Feel yourself plunge away from the daily norm as you head further and further into the deep blue.

For beginners, you can even sign up for scuba lessons in an indoor pool or lake. This is a great way to master the basics before heading out into the open waters.

SAILING LESSONS

Cast off, raise the sails and glide across the waters. Sailing lessons are a fun activity that will put your mind and coordination skills to the test.

Learn the ropes as you spend a day sailing under the tutelage of an experienced sailor. You may quickly discover a deep love for the captivating experience of moving across the water in sync with the winds. Sailing is a great activity no matter where your travels take you. You can join sailing groups on lakes, seas or ocean waters.

SNORKELING

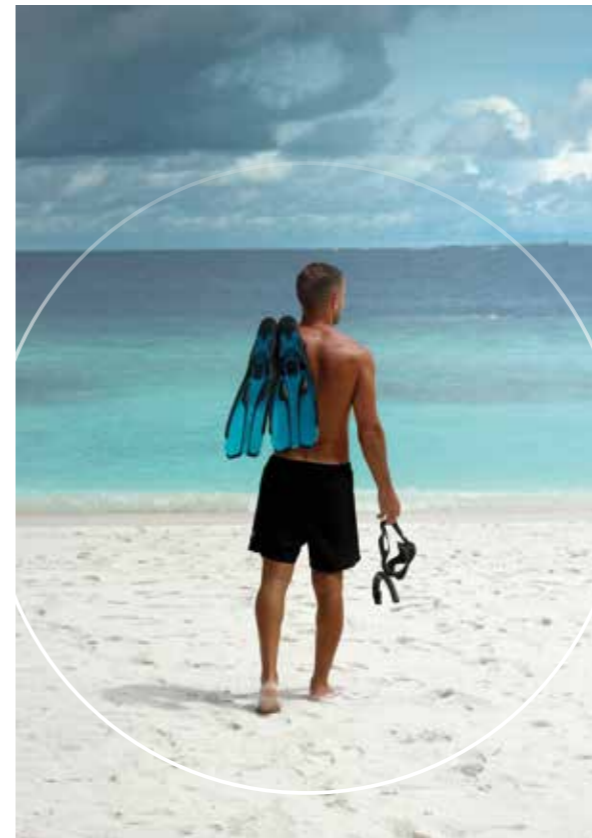
A more laid-back alternative to scuba diving, snorkeling allows you to immerse yourself in the marine life of the area. Extremely popular throughout the world, snorkeling provides you with the chance to put your head underwater and take in the sights.

One of the best ways to get the most out of snorkeling is to book a day trip with a local tour guide. Many tours will provide you with light snacks and a meal while taking you by boat to the snorkeling locations in the area. Often, you can pair a day spent snorkeling with a sunset sail complete with drinks — the perfect way to unwind after a day of activity.

KAYAKING

Offering a little more stability than a paddleboard, kayaks are a great way to explore large bodies of water. You can kayak in the ocean, lakes and rivers. In fact, many of the best destinations for kayaking include connected waterways where you can paddle between lagoons, rivers, bays and lakes.

Consider spending a full day traversing the waters. Pack a picnic lunch and relax on a secluded beach. Kayaks are the ultimate water taxi, allowing you to explore remote areas and small waterways.



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GUIDED FISHING TOURS

Bring home the big catch with a day spent fishing. Guided fishing tours provide you with the chance to explore more of the area while enjoying the thrill of the hunt. When visiting the ocean, a deep-sea fishing tour can offer you a one-of-a-kind experience catching fish larger than life.

For lake or river trips, fishing guides can show you how to target the area's most prized catches. At the end of the day, bring back the catch and learn how to cook a local dish.

JET SKIING

Practice your balance with this high-speed watersport. Renting jet skis for the day is a great choice for those who enjoy glazing across the waters at speed.

For ocean vacations, jet skis can often be rented directly off the beach. Simply hop on and explore the waters. For lakes, marinas often provide the opportunity to rent jet skis by the hour or by the day. Head out with family or friends and race across the expanse.

WATER SKIING

Put your leg muscles to work with a day spent water skiing. Rent a speed boat and bring along the whole crew. Water skiing is the perfect combination of strength and balance. Grab hold and hang on tight while the boat speeds up, and you follow behind.

For those who are new to the sport, signing up for lessons hosted by a marina or resort can be a perfect way to learn the basics.

For your next ocean, lake or river vacation, be sure to check off a few new watersports. These activities offer an incomparable way to connect with the waters, and you never know when you might discover your new favorite sport.






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FINE DINING:

EVERYTHING YOU NEED TO KNOW ABOUT THIS UNIQUE EXPERIENCE

Fine dining is a luxury gastronomic experience. Every detail, including the food presentation, the color scheme and the tableware, helps craft a unique, unforgettable experience. Whether it's a special treat or a regular part of your lifestyle, experiencing the world of fine dining is a true pleasure — especially while on vacation.

Over the years, the meaning of fine dining has evolved. What used to be all about fancy plates and crystal glasses has expanded into a global art form. We've all heard of 5-star restaurants and Michelin Stars, but what is their significance in the world of fine dining? This article will cover everything you need to know about fine dining and some tips on reserving your spot at the latest, hottest high-end restaurants.

WHAT IS FINE DINING?

Fine dining isn't just about the meal; it's about the entire experience. From the moment you leave your car with the valet until your plates are cleared off the table, everything is painstakingly thought out and top tier.

When thinking about fine dining, the first thought that may come to mind for many is the price. Fine dining may be much more expensive than your average, everyday restaurant, but the cost is warranted. A fine dining experience is like no other, providing an elegant, unique moment in time where you can enjoy the finer things in life.

Fine dining restaurants often have exclusively trained staff, well-renowned chefs, skilled bartenders and sommeliers. Along with high-quality meals and impeccable service, fine dining establishments paint an alluring picture with breathtaking architecture, fancy cutlery and dishware, and eye-catching decor. The brand aesthetic is meticulously designed to complement the distinct ambiance of the restaurant and ensure your experience is worth every penny.



WHAT TO EXPECT

Many of us may not know what to expect with our first fine dining experience. It can be both exciting and overwhelming, as certain things — like dress code and etiquette — are important parts of fine dining that we may not be accustomed to thinking about, yet they help us get the most out of the experience.

Menu and Food

One of the most exciting parts of dining at a high-end establishment is the menu and food. The food at fine dining restaurants is top tier, and you can be sure that everything on the menu has earned its place there.

Every restaurant is different, but prix fixe or tasting menus are common in fine dining. Prix fixe menus offer a limited selection of high-quality options for guests to choose from for each course at a fixed price. With tasting menus, the dining experience is left in the hands of the chef, allowing them to choose all the courses. Most fine-dining restaurants usually offer between four and seven courses.

Many fine dining establishments will have a sommelier on their team. These knowledgeable professionals develop the wine list, pair wines with the chef's dishes, and offer recommendations to guests. Sommelier service offers a unique experience to discover new wines and pairings you've likely never tried before.

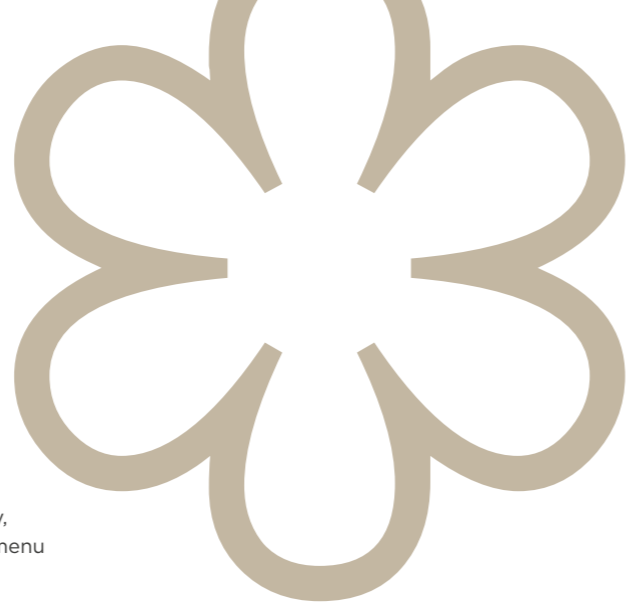
Dress Code

One thing you may get stuck on is what to wear. Many fine-dining restaurants have dress codes in place. We've all seen the tailored suits, elegant pearls and gowns depicted in fine dining movie scenes. In the real world, the dress code can vary drastically. Dress codes can range from no jeans, sneakers or athletic wear to requiring a suit and tie. Before choosing an outfit for the night, it's best to check the restaurant's website.



Etiquette

Along with following the dress code, proper etiquette is essential to a successful fine dining experience. If you're newer to fine dining, some of the unspoken etiquette rules in these establishments may come as a surprise. For example, it's not uncommon for many fine dining restaurants to have a child-free policy. It's also discouraged for guests to speak too loudly, as this is seen as disruptive. Menu customizations are also not the norm in fine dining. Often, fine dining menus have been meticulously designed by an expert chef, so special requests and substitutions are limited.



WHAT IS A MICHELIN STAR?

A distinctive factor in the quality and desirability of a fine dining restaurant is its awards for outstanding cooking. A Michelin Star is one of those awards that can skyrocket the popularity of a restaurant overnight. A Michelin Star is a global achievement and takes into account universal criteria, including mastery of techniques, personality expression through cuisine, value for money, the balance of flavors and consistency across the entire menu over time.

Restaurants can receive up to three Michelin Stars, but even having one is a huge accomplishment. One Michelin Star is rewarded for top-quality ingredients and exclusive dishes with distinct flavors. A restaurant with two Michelin Stars is acknowledged for refined food inspired by personality. The highest award of three stars is dedicated to establishments with food that is artfully inspired and destined to become classics.



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WHAT TO CONSIDER WHEN MAKING RESERVATIONS

When making reservations at highly desired fine dining restaurants, you should do your research beforehand. Understanding essentials like the dress code, parking specifications and popularity will make life a lot easier when deciding on a restaurant and reserving your spot. Some extremely high-end restaurants even have strict rules and dining requirements regarding maximum or minimum party sizes and cancellation policies. Be sure to call as far in advance as possible. Many popular fine dining spots are booked out for days and sometimes weeks ahead.

ASK THE CONCIERGE

Unsure about securing a reservation? Hotel concierges often have connections to many local high-end restaurants. They might be able to book a reservation at some of the hottest spots with little to no effort. That leaves you with nothing to do but prepare for the night and enjoy an amazing dining experience.

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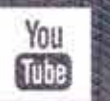
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You are relaxing on the beach and sipping fresh juice. The air temperature feels just right, and the swaying of a nearby palm tree adds a calming ambiance to the day. You look at your smartwatch and realize that today is the last day of your vacation.

Then, you have a thought — what if this slice of paradise was the place you called home? What if you were to actually move to your favorite vacation destination?

More and more people are having this same realization, particularly as the world shifts to a focus on remote work and as real estate continues to be a lucrative investment.

Whether it's the beaches of Jamaica or Colorado's high country, if you have visited a destination and fallen in love with it and are considering moving there permanently, the following guide is for you. Learn everything you need to know about moving to paradise.

WHAT TO CONSIDER BEFORE MAKING YOUR MOVE

Travel is one of the best ways to learn more about the world and to find out what makes you happy. It is often during a trip to a faraway destination that you learn the most about yourself and what makes you tick.

It is for this reason that it is quite normal to realize during a vacation that you want to permanently move to a new location. Perhaps you grew up on the East Coast, and a trip to Colorado makes you realize that you are, in fact, a mountain enthusiast. Or, maybe, you have spent all of your life living in the US, but during a vacation to the banks of Lake Como in Italy, you find a deep connection to the culture and landscape of this faraway country.

Before you take the plunge and move to a new location, take time to reflect on your potential upcoming move. Ask yourself a few key questions:



one

1. What do I love about this place? This can help you focus on what type of property you'll want to purchase and can even open the doors of possibility to widen your search to similar locations. For example, if you love the calming waters of the Caribbean, you might consider looking at beachfront properties on multiple islands.

two

2. What would my life here look like? If you are retired, then making a move to a new location might not change a lot about your everyday life. If you are still working, make sure to think through the logistics of your career. Will your work come with you? Or will you need to find a new job?

three

3. What are the specific benefits of relocating? Creating a list of why you will benefit from making the move can help you express your plans clearly to family and friends and can help solidify why you want to take the leap. Outline everything about what your new home will provide that your current living situation does not.



What the experts say...

Dorado Beach, a Ritz-Carlton Reserve is a luxurious destination situated on what was originally the Rockefeller estate in Dorado, Puerto Rico.

Nowadays, Dorado Beach is the home of a selective group of discerning individuals and families who demand a one-of-a-kind residential experience.

Surrounded by Tasis international day-school and the recently inaugurated world-class Doctor's Center Hospital Orlando Health, the Dorado Beach community enjoys unique and varied luxury living experiences.

Its secluded beach, fitness and wellness center, The Watermill: an aquatic wonderland, pools, tennis courts, three golf courses designed by Robert Trent Jones, Sr. that are a PGA favorite,

its culinary offerings from Puerto Rico and the world, and the Dorado Beach, a Ritz-Carlton Reserve - one of only five in the world - are part of the unparalleled experience.

A short 30-minute drive to San Juan's cosmopolitan metro area, you will find the San Juan Bay's yacht clubs, famous for its home and visiting mega-yachts and deep blue fishing community.

Dorado Beach is the place where you can live, work, and play in a year-long Caribbean weather and relaxed luxurious lifestyle. Just 2.5 hours flight time from the mainland USA; it cannot get any better.

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What the experts say...

Puerto Rico is a remarkable destination for those seeking a luxurious and fulfilling lifestyle, with a unique blend of tropical beauty, warm weather, and cultural richness.

Luxury resort communities on the island offer a range of amenities and features that cater to a variety of lifestyles, including world-class golf courses, water-based activities, top-notch dining options, and access to a vibrant local culture. Many communities are situated in stunning natural settings with breathtaking views of the island's pristine beaches and tropical landscapes.

One of the many reasons people are attracted to living in a luxury resort community in Puerto Rico is the island's natural beauty, world-class amenities, and active, adventurous lifestyle. Additionally, Puerto Rico offers the

world's most advantageous tax incentives through Act 60, which makes it an especially attractive destination for those seeking to reduce their tax liabilities.

By working closely with our clients to understand their needs and preferences, we can guide them towards luxury resort communities that offer a combination of natural beauty, high-end amenities, and a fulfilling, active lifestyle. Whether they are seeking a peaceful setting or an adventurous one, we are confident that our expertise and personalized approach will help them find the perfect place to call home in Puerto Rico.

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How to Make Your Move

Once you are ready to move forward with your plans to relocate, there are numerous logistics that will come into play. The specific steps you need to take will depend a lot on where you are moving from and where you are moving to, but the following tips are good guidelines to consider as a starting point.

- **Make plans for your current home.** For many who relocate to a vacation property, they will retain their existing home rather than selling it. If you plan to keep your current home, put together a plan for the property. You can either retain it as a secondary home, or you can use it as a source of rental income. If you plan to sell your current home, take some time to sit down with your real estate agent to find out the best strategy for selling, buying and moving based on your market conditions.

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The process of acquiring real estate in Puerto Rico differs from that of the mainland. Under our legal system, real estate is governed by Civil Code Laws that come from our long-established Spanish legal traditions. Acquisition of a property in Puerto Rico requires a careful review of details such as title studies and property taxes (CRIM). That is, buyers need to make sure they are legally buying what they are being sold.

In Puerto Rico, signing the purchase deed is not a guarantee that the property will be legally registered under the buyer's name in the Property Registry. The reason is that when documents are submitted, they are evaluated by the Registry to make sure all legal requirements of a Real Estate purchase in Puerto Rico are fulfilled. In other words, it's the Registry that decides if transactions are recorded or not. Its purpose is to provide citizens with a public and reliable depository of real estate transactions that are held in Puerto Rico.

As a Real Estate Attorneys and Real Estate Licensed Brokers, we offer fully bilingual legal and notary public assessments for all Real Estate Transactions that you carry out in Puerto Rico.

We lead our clients through the legal pathways of real estate transactions, in all matters pertaining to rent, purchase, sale, liens, property taxes (CRIM), short-term rentals, among others. Our team offers a dynamic legal approach to achieve assertive, cost efficient and diligent solutions to your Real Estate Ventures in Puerto Rico.

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- Consider schools and timing for kids. If you have children, ideally, you'll want to line up your move with the start of a new school year. Make sure to spend some time vetting the schools around your new home, considering both private and public options.
- Start paperwork well in advance. If your move takes you outside of your home country, you'll want to ensure that you begin paperwork long before your move. Do ample research into what it takes to set up temporary or permanent residency.
- Work with your accountant. Depending on where you move, your taxable income might change, and you might need to file taxes differently. Make sure to inform your accountant of your plans and work with them to get everything in order prior to your move.



What the experts say...

During the past decade, Puerto Rico has experienced an economic boom and increase in moves. Act 60, formerly Acts 20/22, has been one of the main triggers for the influx of newcomers.

Acting as a grant, this incentive offers newcomers who become residents of Puerto Rico dramatically low tax rates. To be able to enjoy the incentive benefits, it is necessary to be a resident of the island or be physically present for at least 183 days a year and purchase real estate. During this period, you will be able to enjoy everything our island has to offer. We have some of the best and most unique beaches in the world, the only rainforest in the national forest system, one of the best cuisines you will ever enjoy and some of the most welcoming people.

If you decide to move to Puerto Rico, you will be enjoying year-round tropical weather and will always be just a couple of minutes away from the beach. When the time comes, and you decide to purchase Real Estate in Puerto Rico, it is very important that as a buyer you make sure that you are legally buying what you are being sold. Therefore, it is always advised to seek legal counseling before making any real estate transactions, even more, when these are done as a requirement for Act 60. To live in Puerto Rico is to wake up in paradise every day, we are the heart and soul of the Caribbean. Join us!

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by Cristina I.
Rivera-Chirina

INVESTING IN A PROPERTY

Finally, the last step in your move is to invest in a new home. There are numerous options available when moving to a vacation destination. You can consider fractional ownership, sharing the costs of the property with others. However, keep in mind that with fractional ownership, you will need to retain a secondary home as you will be sharing access to the property as well.

Conversely, you might find that purchasing your own property is the ideal choice. This allows you to invest in the exact type of home you prefer and gives you the opportunity to make this your primary residence.

As you begin your search, make sure to take the time to create a list of must-haves and nice-to-haves. For example, if you are relocating to California because you enjoy spending time in the wine country, you will want to ensure that your must-haves list includes owning a property in one of the state's numerous wine regions. This list will help ensure that your new home will meet your expectations and prevents you from relocating only to miss out on what drew you to the area in the first place.

Deciding to invest in a permanent vacation is one of the best ways to enjoy some of the most stunning locations the globe has to offer. So go ahead, relax and stay awhile.

“Then, you have a thought
— what if this slice of
paradise was the place
you called home?”



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TASIS Dorado

The **TASIS School in Dorado**, also known as *TASIS Dorado*, is an independent, non-sectarian, coeducational, not-for-profit, college-preparatory day school affiliated with the TASIS Schools in Switzerland, England, and Portugal. Founded in 2002 and 15 miles west of San Juan, the school is set among 20 acres in the *Sabanera Dorado* neighborhood. It aims to develop creative, informed, and well-balanced graduates who embrace leadership and service, are prepared to passionately engage in serious scholarship, and strive to pursue lives that contribute to the greater good.



In 2023-24, the school will unveil two state-of-the-art facilities, the **Wellness & Athletics Center (WAC)** and the **TD HUB**, home of the **Center for Innovation in Teaching & Learning (CITL)**. The WAC will include newly equipped spaces such as an indoor gymnasium, a *Toro Verde*-sponsored rock climbing wall, a fitness center, a wellness resource lounge, and a culinary classroom for students to exercise, relax, and engage in physical and wellness activities. The two-story HUB features a renovated and expanded *Dining Hall* offering a reimagined culinary experience encouraging students to gather, eat, and recharge. The CITL, which resides on the second floor, is a dynamic, collaborative environment that inspires the community to learn together, exchange ideas, and creatively problem-solve. These spaces, cutting-edge technology, and equipment will enhance TASIS Dorado's distinct educational experience.

Future Success

TASIS Dorado offers over **30 Advanced Placement (AP)** classes, teamwork, and small student-teacher ratios. The Middle States Association of Colleges and Schools recognized the school with the *“Program of Distinction”* in the **Early Childhood Education Award**.

A new **Leadership and Entrepreneurship Program** provides students in grades 3-12 with skills and opportunities for personal growth and future success, ultimately encouraging high school students to apply to the **TASIS Dorado Leadership Academy**. The annual **Exploration Week** offers middle and high school students hands-on experience and insight alongside industry experts in various fields. The school is a member of the **Global Online Academy (GOA)**, an elite consortium of some of the world's highest-rated private schools, which will amplify passion-driven learning for high school students through unique elective course offerings.

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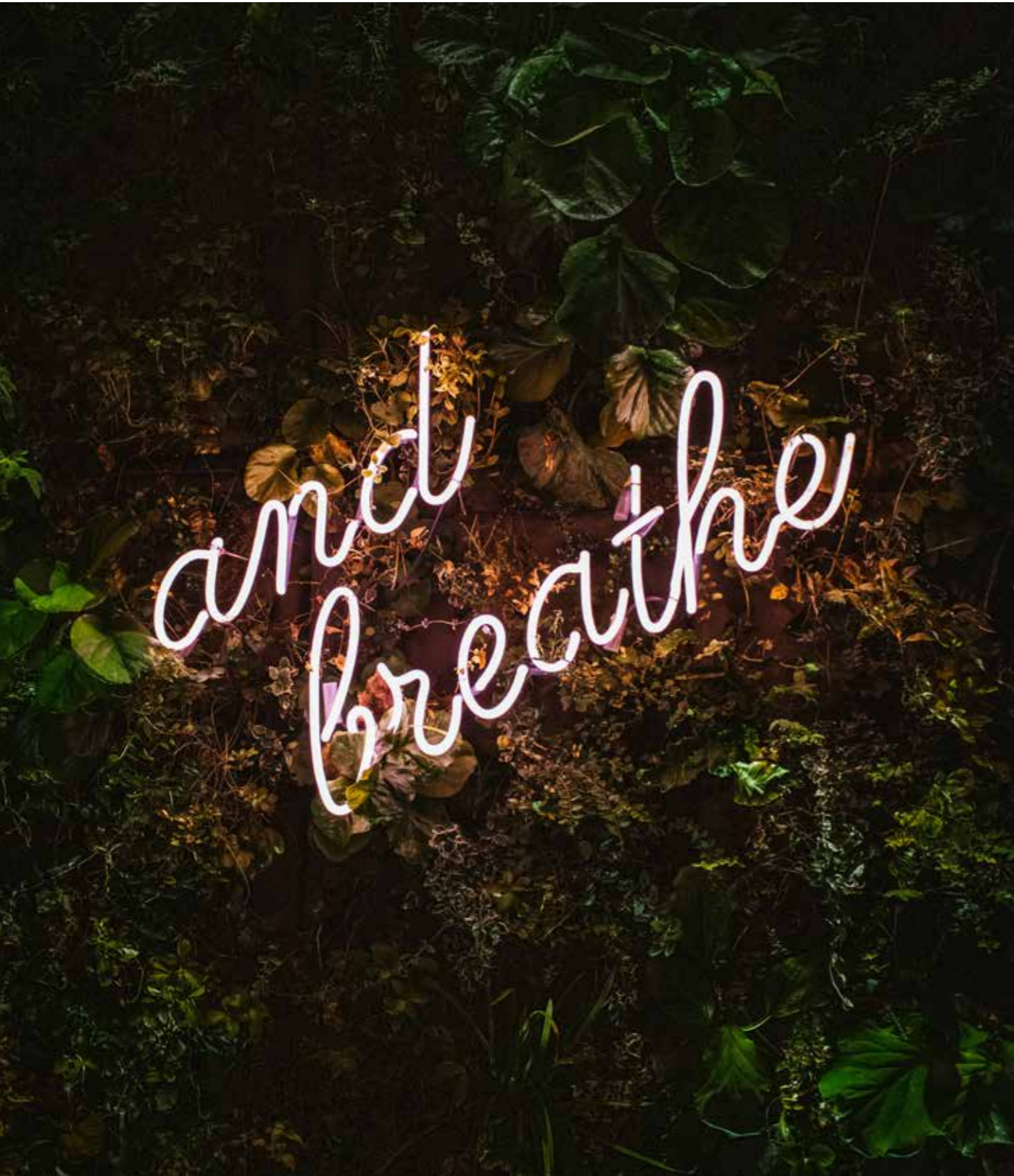
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THE FUTURE OF HEALTH IS HERE –

AND ITS FOCUS IS YOU



In our modern world, life moves at a remarkably fast speed. Emails, texts and messages are sent instantaneously around the globe. Work is accomplished from anywhere, and the pressure to remain “always on” can feel immense. All this can take a serious toll on both our physical and mental health. Without adequate time for rest and rejuvenation, we can begin to feel like a candle that has been burned out on both ends.

For this reason, many are pausing to consider how to better incorporate health and wellness into their everyday life. People around the globe are asking themselves, how do I stop, take a break and slow down? How do I contribute to my whole being? The result is that a new wave of health and wellness is cascading through our lives with tremendous potential to help us all feel a little more balanced.

Let’s take a look at a few of these key movements toward better health and how they take a renewed focus on holistic wellness.

STRIKING A WORK/LIFE BALANCE

During the pandemic, a massive shift took place. Companies that once resisted the work-from-home movement transformed overnight. People set up makeshift workstations in kitchens, living rooms, bedrooms and shared spaces. Simultaneously, the lines between working and personal hours became increasingly blurred.

Now, many are pushing back, adopting creative methods to reinstate a better balance between work and life.

For many, this means leaving their laptop in their office at the end of the day, switching on that “Out of Office” message, and arranging working hours to line up with their family’s schedule. Additionally, people are taking the time to get away on trips with family and friends, leaving the workload behind.

A work/life balance is critical to our well-being. When you take time to focus on work and also take time to focus on play, you are better connected to your family and kids. Sleep becomes drastically improved, contributing to improved mental and physical health. No matter how high a performer you are, everyone needs time to let their mind reset and to feel connected to others.

MOVING & EXERCISING MINDFULLY

Exercise has become synonymous with getting fit, losing weight or crushing records. This hustle mentality has had negative effects. For some, it has been discouraging, making movement something only extreme athletes can attain. For others, it has resulted in a burnout experience where an all-or-nothing mentality rules the day at the gym.

Now, people are resetting their relationship with movement. Moving mindfully allows people to establish a healthy relationship with exercise and activity. Activities such as yoga and pilates are continuing to gain in popularity as people embrace the powerful effect of strengthening the mind and body together.



What the experts say...

Top Tips to Look and Feel Vacation-Ready

You’ve finally booked a much-needed vacation and hand-picked outfits to impress. But how do you make sure your skin and body are also resort-ready? Feeling confident, and selfie-ready during your time off makes every experience more enjoyable—and with the right cosmetic treatments, you can do just that. Here are 4 pro tips to plan your pre-vacation treatments, according to leading cosmetic surgeon, Dr. Rodriguez Terry:

Plan Ahead: It takes several days to see the full effect of treatments like fillers, lip injections and Botox. Schedule treatments at least a week from your departure date to allow side effects to subside and enjoy the final look in time.

Keep It Simple: Avoid experimenting with new products or treatments right before vacation. Try to slot in any new treatments well in advance of your trip, and stick to touch-ups closer to departure. Sticking to a familiar practice and treatment regimen is important as well, as the effectiveness of treatments can vary by practitioner.

Avoid Invasive Treatments: When prepping for a trip, go for treatments that require minimal downtime. Invasive surgeries or harsh skin treatments may interfere with plans and keep you from enjoying your time to its fullest.

Communicate Clearly: Take time to share your plans and itinerary with your practitioner before committing to any treatments, and follow their advice for prep and aftercare. Oh, and don’t forget to pack sunscreen to protect your investment

Dr. Rodriguez Terry
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Additionally, as science shows us the powerful benefits of exercise, people are investing in more ways to move. When we exercise, we not only contribute to our physical health, preventing illnesses and diseases, but we also improve our mental health. To stay motivated, many people opt to join gyms or sign up for a class that features an enjoyable activity, such as a dance class. For others, training for an event with a friend keeps them on track.

Working out at home relieves the pressure many people feel in public spaces. The internet is full of home-workout videos, and many brands produce home equipment, ranging from small weights to treadmills and exercise bikes. Often, memberships to online classes are offered with the purchase of this equipment, so you can participate in a full program according to your own time commitments and ability.

TAPPING INTO NATURAL HARMONY

Nature has a deep power to soothe, heal and restore. As our world becomes increasingly digital, there is a new draw toward the natural harmony of the outdoors. More and more people are putting down their phones, unplugging from the outside world and immersing themselves in outdoor experiences.

When we spend time in nature, we gain the benefits of the sun, which increases vitamin D in our bodies. This is beneficial in preventing illnesses. Additionally, time spent outside reduces your stress and improves your mood.

Finding ways to incorporate nature into your life can be as simple as going on a lunchtime walk outdoors. Or it can be as elaborate as planning a full week-long backpacking excursion through the mountains. You can relax in a park or go for a run on the trails. Regardless, people are reconnecting to the great outdoors and finding revitalizing power in time spent under the sun and stars.



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PLANNING A VACATION FOR WELLNESS

We have long turned to vacations as an opportunity for relaxing and getting away from everyday stressors. However, today, more people are seeing vacations as the perfect opportunity to focus on their health and wellness. If you find yourself inspired to give a wellness vacation a try, there are several ways to plan a trip that feeds your well-being.

For starters, ask your hotel about yoga practices, gyms and fitness classes. Many resorts will have a large list of options when it comes to wellness-related activities. This is the perfect opportunity to not only tap into activities you know and love but also to branch out and try something new.

You can also ask your resort about medical spas. These spas specialize in medical treatments designed to detox, rejuvenate and restore your body. Treatments often include cosmetic surgeries, injectables, laser skin treatments, and more. People suffering with health issues, stress, weight management and low self-confidence will often be able to find a suitable treatment at a med spa.

Additionally, when planning a wellness vacation, look for opportunities that pair nature and movement together. For example, if you are vacationing on a Caribbean island, yoga at sunrise on the beach might afford you the ultimate opportunity to soak in the wellness of movement and nature. Even if your travels take you to a big city, you might discover Tai Chi in the park or city trail runs that renew your body and mind.

Finally, focus on incorporating relaxation and rest into your wellness vacation. A trip to the day spa for a full-body massage and skin treatment or an afternoon simply basking on the beach in the sun can help transform your being and your outlook. Wellness is, after all, a complex combination of feeding our mind and body, ensuring that movement and mindfulness are incorporated into our daily routine. So, take a breather, take a break and commit to wellness in a new way.

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