

Girls... DO YOU NEED A Getaway?



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We all talk about it, but we never get around to it. *(You know I'm right!)*

We all really want to do it, but we get too busy or the wine buzz wears off. However, making time for your girls (and yourself!!) is essential!

Here are some great options and really easy ways that you and your besties, no matter what your age or the occasion (or simply for no reason at all!!) can start your tradition of doing at least one Girls Getaway per year.

EAU PALM BEACH RESORT AND SPA (MANALAPAN, FL)

An oceanfront wonderland where you are greeted with a glass of champagne and Jonathan Adler designed rooms - reminiscent of Santorini meets Capri. With 2 oceanfront pools, a world class spa, mixology classes & tapas bar, champagne brunches, custom beach bikes, a private beach with yoga included and four (!!) restaurants, this place was made for a girlfriends' getaway.

Did I mention that they have Margarita carts available for your cabana and that they also serve complimentary champagne in the adults-only pool (on a surfboard) during the day just for fun?

You can fly non-stop into Fort Lauderdale from Albany (45-minute drive from airport).

THE LODGE AT WOODLOCH (HAWLEY, PA)

An award-winning all-inclusive adults-only destination spa in Pennsylvania's Lake Region. Your rate includes three crafted gourmet meals daily, MindBody classes and outdoor adventures. Enjoy their amazing pools with hydro-massage waterfalls, indoor/outdoor Jacuzzis, steam rooms, saunas, hiking, kayaking, canoeing, rock climbing, archery and even ice skating. They also offer guest speakers and workshops and feature creative arts and gourmet cooking demonstrations. And in the evening, relax by the fireplace with a glass of wine with your ladies. Only a three-hour drive from Saratoga Springs. Their sister resort, Woodloch Pines - a family resort (which is AWESOME!) is also in Hawley and totally worth the trip!

MANHATTAN

Ladies, you can never go wrong with a Girls Getaway in NYC! We recommend taking Amtrak out of Albany in which case you will be in midtown in 2.5 hours. The best time to visit is the Spring and Fall with September being our favorite month of the year. With that said, we included a handful of hotels with pools below just for those fun summer months when the rest of Manhattan is out of town at the beach (the best time to visit is on the weekends).

Here are some other things that we love about the city.

HOTELS - The Surrey*, Empire Hotel, Royalton Park Avenue*, The Stewart Hotel, The Four Seasons*, Sixty LES, Dream Downtown *Virtuoso Properties

RESTAURANTS - Sorbillo NYC, Boat Basin, Bacon Bar, Uva, JG Melon, Lukes' Lobster, Keste, Il Mulino, Central Park Boathouse

WALKS - Central Park (The Ramble), Brooklyn Bridge, The High Line, Hudson River Greenway, St. Mark's Place, Williamsburg Bridge

OTHER NYC SUGGESTIONS - Brunch (More Brunch), Broadway, Shopping (SoHo), Rooftop Bars (230 Fifth), Wine tasting cruise (or the Circle Line or Staten Island Ferry), Soul Cycle, Empire State Building, One World Observatory, Mani/Pedis, Bagels (Essa, H&H), Spas (Great Jones, Mandarin Oriental), Cooking classes....



UNICO 20°87° is our favorite new Adults Only "Unlimited Inclusions" Resort. It takes the "all-inclusive" concept to a whole new level and puts a sophisticated spin on it all while drawing from the local culture. Your rate covers the usual PLUS excursions (tours, ziplines, etc...) and massages at the spa! They have exercise classes that will actually make you want to work out such as aqua cycling and floating yoga.

They cater to adults of all ages. They have a party pool complete with DJ (accompanied by a live musician) and oversized unicorn and rainbow floats that is absolutely rocking by the afternoon as well as a quiet pool that is super chill. The food was excellent, they offered mixology classes, tequila tastings and the entire place has a real authentic quality to it. Flights into Cancun are typically the easiest and least expensive flights that you can get to a tropical beach destination from Albany. Mexico continues to be one of our #1 recommended beach destinations and a great location for a Girls Getaway. 🌴

At the end of the day, it doesn't matter where you go, it really matters who you're with and that you make time for your girls. www.lifelifetravel.world
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