

September 2010

THE CLEAR-SKIN DIET. TRY IT! P.104

SELF

YOU
AT YOUR
BEST

YOUR WEIGHT MINUS 8!

Exactly What to Eat and Do
To Be Thinner in 30 Days

6 Ways to Eat Healthier *Automatically!*

BURN 200 CALORIES
Without Working Out P.138

Have Hotter Sex
No matter what's going
on outside the bedroom

5 Inspiring Stories to... **Feel Happier Right Now**

SAVE YOUR
LIFE GUIDE

“ I Had a Heart Attack at Age 28 ”
Symptoms Anyone Could Miss

Beyoncé
On the power
of gratitude
and attitude!

WIN!
\$384,000+
Worth of
Amazing
Prizes

**Fall
Trends
You'll
Adore**
*Compliments
coming
your way!*

**Fun Fitness
Gadgets
That Practically
Exercise for You**



LOVE YOUR SEPTEMBER

TRAVEL TIME

Sneak away for a steal

This month kicks off “shoulder season,” when prices (and temps) dip. “It’s a great time to travel,” says Jami Counter, senior director of TripAdvisor Flights. We found down-to-earth deals in spicy destinations—leave the passports at home. —Janene Mascarella

DESTINATION	BOOK A ROOM	VENTURE OUT	FIT IN A FEAST
Fort Lauderdale, Florida	Spas here have slashed fees for September. The Atlantic Hotel’s Spa Package includes an oceanfront room, 20 percent off at its spa and \$100 a day in spa credits. From \$219 per night; AtlanticHotelFL.com	With more than 300 miles of inland waterways winding through palatial estates, citrus groves and mangrove-lined creeks, Fort Lauderdale is a kayaker’s paradise. \$65; FullMoonKayak.com	Stroll up from the beach to the Aruba Beach Cafe, where you can find a crab-cake sandwich and strawberry salad with greens, asparagus, feta and pecans. The dancing starts at 10 P.M.! ArubaBeachCafe.com
Vail, Colorado	The Arrabelle at Vail Square, at the foot of Vail Mountain, is reminiscent of old-world European hotels, complete with Bavarian stenciling on the exterior. From \$150 per night; Arrabelle.RockResorts.com	Scale the mountain on foot or ride the Eagle Bahn gondola. In September, the aspen leaves turn a gorgeous gold. At the top, enjoy the view from the Talon’s Deck restaurant. \$27; VailResorts.com	Restaurant Kelly Liken, a Vail gem, serves creative seasonal dishes (you’ll fall for the Roasted Candy-Striped Beets) and cocktails (one Strawberry-Basil Mojito, please). KellyLiken.com
San Juan, Puerto Rico	The sleek, beachfront San Juan Water & Beach Club Hotel is convenient to nightlife, restaurants, shopping, museums and galleries. From \$128 per night; WaterBeachClubHotel.com	Tour the lush hills and waterfalls of Toro Negro Forest, Puerto Rico’s “other” rain forest. It’s about 1,000 feet higher than the better-known (and more crowded) El Yunque. \$169; AcampaPR.com	You’ll go loco for Koco, a modern Caribbean restaurant and rum bar. Chef Hector Crespo recommends the Tropical Citrus Mero Ceviche, scooped up with tostones. OofRestaurants.com
Palm Desert/Desert Springs, California	At the Desert Springs J.W. Marriott Resort & Spa, play tennis on grass, clay or hard courts, get steamy in a Turkish bath or cruise the Venice-like canals. From \$139 per night; DesertSpringsResort.com	Palm Desert has 40 miles of hiking trails and 50 miles of bike paths. To take one of the most spectacular hikes, visit The Living Desert, a nature preserve and zoo. \$12.75; LivingDesert.org	Slide into a cozy banquette at the Cork Tree, a California bistro with a French twist. The Antipasto for Two is full of surprises: kefir cheese, white anchovies, watermelon, even blackberries. TheCorkTree.com

