

# europaean escape



Sometimes you need to go far away to unwind. Hop a plane and cross the pond. Whether its sipping an espresso in a piazza or exploring countryside castles, getting a dose of foreign culture can be the perfect way to enjoy your summer.

## TACKLE JET LAG

Be sure to take an eye mask in your carry on. Plenty of rest and water will help you get to your destination ready to take on vacation and help you adjust to the time change on your return home to reality.

**F1 EYE MASKS**, several prints to choose from, \$16, flight101.com



## TRAVEL IN STYLE

BY KATIE SCHUPPLER

Chic and fabulous is what we think when traveling to Europe. Pair sassy heels with a sequin dress for a night out on the town for dinner and dancing.

### DRESS

Monique Boutique, \$290

### SHOES

Ann Taylor, \$148

### EARRINGS

Kavador, \$1,590

### HANDBAG

Jimmy Choo, \$895



## INSPIRED TRAVEL TIPS AND DESTINATIONS

### HOTEL AMIGO, BRUSSELS

Located in the heart of Brussels, the Hotel Amigo is next to the Grand Place, one of the most beautiful squares in Europe. Fans of cartoonist Hergés can book a room with his prints. For foodies there are many activities such as chocolate making classes, Michelin star restaurants and the Brussels Beer Project.

### PORTO, PORTUGAL

Visit one of the world's oldest wine regions. The belle époque Majestic Café and Lello bookshop are must-sees. Take the Linha do Douro train, which follows much of the river valley into the terraced vineyards. Stay at the Intercontinental Palacio Das Cardosas with its wellness center.

### INTIMATE CROATIAN SAILING

Sail across the Adriatic to Croatia on board SeaDream's intimate ships. Visit Split with its rich history, Hvar which is similar to Saint-Tropez and Dubrovnik with its walled city. Request the ship's crew to prepare the Balinese Dream Beds on the top deck for sleeping under the stars.

For more ideas and complimentary amenities for your perfect trip, visit [KathrynTheodoreTravel.com](http://KathrynTheodoreTravel.com).

# caribbean queen

## TRAVEL IN STYLE

BY KATIE SCHUPPLER

Living in the midwest we tend to daydream about a tropical paradise trip. A romper is super easy to throw on for a stroll on the beach or after a day in the sun over your suit. Accessorizing in the sunshine is the latest trend so slip on a comfy wedge and a simple necklace to complete your beachy look.

**ROMPER** Suki & Solaine, \$198

**SHOES** Sperry, \$89.85

**CLUTCH** Jimmy Choo, \$2,350

**NECKLACE** Kendra Scott, \$120



If the shores of Lake Michigan are not enough, jet off to paradise. Off-season pricing can be a steal!

### CHECK YOUR PASSPORT!

If you are traveling internationally, did you know that your passport must be valid for a full six months after your trip? Remember to check the expiration date well in advance!



### INSPIRED TRAVEL TIPS AND DESTINATIONS

#### THE CAYMAN ISLANDS

Grand Cayman, Cayman Brac and Little Cayman offer a ton to do. Among the most unique offerings are a visit to the Crystal Caves, diving to see bioluminescent coral, and a hike to a two million year old preserve. Eat at Calico Jack's during a full moon party! Stay at Le Soleil d'Or on Cayman Brac.

#### FRANCIS FORD COPPOLA RESORTS

Among his resorts are three in Belize. Turtle Inn combines natural wonders with luxury amenities at this beach-front resort. Blancaneaux Lodge is a secluded mountain retreat perfect for visiting hidden Mayan cities. Coral Caye is a secluded island resort behind the Belize Barrier Reef. Enjoy one or all three!

#### PUERTO RICAN DINING

Culinary exploration is hot on this island. El Departamento is half produce market, half restaurant. Marmalade offers four to 15 course tasting menus. Eat at Vongerichten's Fern located at St. Regis Bahia Beach Resort—a great place to stay as well. Don't forget to visit the rain forest El Yunque!

For more Caribbean paradise ideas and complimentary amenities, visit [KathrynTheodoreTravel.com](http://KathrynTheodoreTravel.com).

# all-american road trip



The quintessential summer vacation used to be packing the kids up in the station wagon and heading on an all-American road trip. Whether or not you choose to get behind the wheel or book a flight, visiting new-to-you parts of our country could be your big summer adventure!

**APP-SOLUTELY!** Before you hit the road make sure to download a few handy apps for your trip. **Roadtrippers** not only serves as a trip planner, but it will also tell you interesting destinations along your route! As you traverse unknown highways, **GasBuddy** will show where the closest gas station is and compare prices. In case of an emergency, have **RepairPal** downloaded—it will help you find the nearest mechanic to get you moving again.

## TRAVEL IN STYLE

BY KATIE SCHUPPLER



When you hit the road, you want to be cute and comfy. We love this denim jumpsuit—just add a pop of color with a chic scarf and clutch. Finish it off with easy sneakers.

**CLUTCH** Louise & Eleanor, \$148

**SCARF** Diya, \$39

**JUMPSUIT** Current Elliott, \$278.

**SHOES** Keds, \$46.95

**DITA SPACECRAFT GLASSES** Halsted Eye Boutique, \$525

## INSPIRED TRAVEL TIPS AND DESTINATIONS

### AMERICAN SAFARI

Ted Turner Expeditions' goal is eco-tourism and conservation. Vermejo Park Ranch's guides help guests learn about wildlife. Ladder Ranch has 520,000 acres to explore. Sierra Grande Lodge is built on a geothermal hot spring. Prospect for dinosaur bones, birdwatching or stargaze at these New Mexico properties.

### VIRGINIA HORSE COUNTRY

Drive to Middleburg from Dulles stopping at historic Civil War sites. Visit Middleburg and 50 wineries within an hour's drive. Pack a picnic and watch twilight polo. Stay at Salamander Resort with 340 rolling acres perfect for horseback riding. Also enjoy ziplining, cooking classes and exquisite dining in the area.

### NAPA

Farmhouse Inn just south of Healdsburg is a perfect base to explore Napa. Their concierge will plan your visit to the Inn's 12 winery partners who will offer complimentary VIP experiences. The hotel's sommelier is even available for a day tour. The Inn has six concierges who will share their secret favorites.

For more great road trip ideas and complimentary amenities, visit [KathrynTheodoreTravel.com](http://KathrynTheodoreTravel.com).



# midwest weekend

Quick getaways within a few hours of Chicago are likely to be on your summer itinerary. Whether it's a lake or urban destination, there is no shortage of places to go.

## TRAVEL IN STYLE

BY KATIE SCHUPPLER

Pack up and head to the lake for a little R&R with this flowy dress accessorized with a gorgeous scarf and a picture perfect hat. This outfit is the perfect combination for a relaxing weekend at your favorite local vacation spot.

- SHOES** Teva, \$100
- SCARF** India Hicks, \$58
- HAT** Bloomingdale's, \$190
- DRESS** M2057 by Maria Pinto, \$385



### THE PERFECT BAG!

They aren't called "weekenders" for no reason. These small duffel bags are just the perfect size to pack up and go for a few days.



'CASSIDY' FAUX LEATHER DUFFEL BAG, nordstrom.com, \$70

## INSPIRED TRAVEL TIPS AND DESTINATIONS

### BIG CEDAR LODGE, MISSOURI

"There's so much to do or nothing to do, depending on how you like it." Perched high in the Ozark Mountains and overlooking Table Rock Lake, this lodge has the feel of a wilderness retreat with luxurious amenities. Enjoy horseback riding, hiking, biking, golf, fishing or nothing at all!

### CANOE BAY, WISCONSIN

This romantic hideaway on the banks of a pristine lake offers a feel of being one with nature. Envision Prairie-style cottages designed by a Frank Lloyd Wright protégé, breakfast brought to your bedside or a private meal in the resort's wine cellar.

### DETROIT MICHIGAN

Once a symbol of urban ruin, Detroit is embarking on a resurgence. Take the People Mover for a one-way loop through the heart of the city then visit the Renaissance Center with its Wintergarden and Riverwalk. The Motown Museum, casinos and sports stadiums are within walking distance of Westin Book Cadillac Hotel.

For more getaways from Chicago and complimentary amenities, visit [KathrynTheodoreTravel.com](http://KathrynTheodoreTravel.com).

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# spa-cation

One of the hottest trends in travel are vacations that couple healthy activities with wellness and beauty treatments. Vacation should be spent relaxing so you return your hustle and bustle of every day life completely renewed and re-energized!

## ESSENTIAL MOOD MAKERS

Be sure to throw a scented candle or essential oil spray in your bag. They will keep the relaxation aura going once you've left the treatment room in your hotel room.



**WILD ROSE SOY CANDLE IN VINTAGE CARNATION GLASS**  
 miltonandmargies.com, \$22



## TRAVEL IN STYLE

Keep your wardrobe relaxed for your spa retreat. Go for natural fabrics like cotton and linen that breathe to keep your chill vibe all spa-cation long.

**BAZAAR WIDELEG PANT**  
 Anthropologie, \$118

**FRENCH SAILOR SHIRT**  
 L.L. Bean, \$35

**ROSE QUARTZ BEADED BRACELET**  
 Johnlewis.com, \$82

**DITA STORMY GLASSES**  
 Halsted Eye Boutique, \$550

**VEGAN CORK TOTE**  
 Corkor, \$211

**FRYE MIRANDA GLADIATOR**  
 Zappos.com, \$228



## INSPIRED TRAVEL TIPS AND DESTINATIONS

### BODY HOLIDAY, SAINT LUCIA

This all-inclusive resort is personalized to each visitor. Design a program around yoga, a weight loss goal or overcoming limitations among others. It is set on a secluded white-sand cove with cuisine from its organic garden and a daily spa treatment. This is the ultimate getaway for body and mind.

### RANCHO LA PUERTA, MEXICO

Stay in this gorgeously landscaped destination spa which started the wellness craze. Set in the shadow of Baja California's Mt. Kuchumaa, enjoy guided hikes, yoga, fitness classes, lectures, cooking demos, all meals, local transportation, and a stay in a lovely casita.

### LAKE AUSTIN SPA RESORT, TEXAS

This resort offers the sanctuary of a world-class spa and the warmth of a best friend's lake house with 40 thoughtfully appointed rooms. Enjoy 100+ spa treatments, water activities on Lake Austin, fitness classes and gourmet meals. Author talks and special guest instructor classes are also included.

For more great spa destinations and complimentary amenities, visit [KathrynTheodoreTravel.com](http://KathrynTheodoreTravel.com)