

## Adults-Only Summer Fun

When was the last time you laughed so hard your cheeks hurt? What do you do that brings feelings of joy and excitement into your life? No matter what your relationship status might be, taking time to relax and have fun is integral to your overall health and happiness. For those in a relationship, time spent together having fun is important in helping to maintain feelings of closeness and connection. With all of the day to day responsibilities and stressors that are a regular part of life, having fun together is a necessary ingredient for a healthy, happy lifestyle. In my experience, couples who aren't having fun together outside of the bedroom are far less likely to be having fun together inside the bedroom.

Frequently, clients come to me for help in their relationships and their reason for seeking treatment is because they no longer feel close, connected, or "happy" with their partner. When I explore what they typically do for fun together, many identify things like: watching TV, reading a book, going out for meals, etc. Those are nice hobbies, and perhaps they are part of one's much needed daily self-care regimen; however, I question whether or not these things truly bring them a feeling of *fun* or *excitement*.

Lucky for us, the summer is the perfect time to embark on a new adventure and find new ways to add more fun and excitement to our lives. Whatever your interests may be; whether you're partnered or single—there is something for everyone. Below is a sampling of some of the Camps, Resorts, Beaches, and Getaways that I found while looking for creative ideas for some Adults-only fun. For those looking for clothing optional adult fun, I've included those as well. Send the kids to stay with family for a few days, hire a pet sitter, and pack your bags! It's time for the adults to have some fun.

### **Adults-Only Camps**

Club Getaway, located in the Berkshire Mountains of Kent, CT is an impressive 300 acres of beautiful land, offering a wide variety of all-inclusive weekends, including many that are for Adults Only. Four of their Adults-Only weekends are featured on their website, each offering a unique set of activities to meet your needs. For example: "Young Professionals" weekend is for individuals between the age of 20s-30s; "Boomer Weekend" is for adults ages 50+; "J-Weekends" are exclusively for Jewish Professionals; and "Camp Out" is for LGBT singles and couples, ages 21+. Beer and Wine are complimentary at dinner for any weekend. Examples of their activities include: cooking classes, zip-lining, yoga, wine tasting, hiking, water-skiing, and various sports. "And when the sun sets, the party begins. Dance the night away knowing you get to do it all over again tomorrow." See their website for complete details at: [www.clubgetaway.com](http://www.clubgetaway.com)

Wine Camp, located on the North fork of Long Island is a 4-day Wine Camp adventure. "Wine Campers participate in hands-on learning experiences in the vineyards and wine cellars, working with winery owners and winemakers. Attendees are introduced to exceptional local wines and food,

in the gorgeous setting the North Fork provides.” Attendees also get to take home a case of wine (12 bottles). For more information, see [www.liwines.com](http://www.liwines.com)

Wanderlust Festivals are typically 4-day events. The events are currently offered at various locations all over the U.S., Canada, and Australia (according to their 2015 schedule).

“Wanderlust Festivals are all-out celebrations of mindful living. We bring together exceptional yoga and meditation instructors, musicians, speakers, artists, and chefs for transformational retreats in the world’s most awe-inspiring natural resorts.” For event dates and locations, visit their website: [www.wanderlust.com](http://www.wanderlust.com)

### **Adults-Only Luxury Resorts**

Miraval Resort is located in the Santa Catalina Mountains in northern Tucson, AZ. “The Miraval experience is: fresh, locally-sourced ingredients to make gorgeously flavorful food; signature self-discovery and growth activities that make the heart-pump and the head re-think; fabulous spa services that ignite the senses; an unrivaled team of well-being specialists to help you make positive and lasting change in your life; and the feeling of being taken care of from your first point of contact.” In addition to their world-class spa, they also have an on-site challenge course, featuring 10 high ropes and 7 low ropes activities; a rock climbing wall, zip lines, fitness classes, and wellness classes—just to name a few! If you’re looking for a luxury getaway without leaving the country, I highly suggest you consider the Miraval Resort. Learn more about them at: [www.miravalresorts.com](http://www.miravalresorts.com)

Glenmere Mansion is located in New York’s Hudson Valley. Their gorgeous Tuscan-style Mansion features luxury accommodations with only 18 Guest Rooms. “Located within its manicured 150 acres, Glenmere boasts an outdoor heated swimming pool, large whirlpool spa, fitness center, 2 har-tru tennis courts, 2 har-tru bocce courts, and a championship croquet court. Visit our new 8,000 sq. ft. Spa featuring a marble bath house/hammam. Golf courses, Woodbury Commons Outlet stores, the Harness Racing Museum, apple and pumpkin picking and the 11-mile Heritage Trail are just minutes away.” Guests must be 18 years or older. For an escape that feels like a little piece of Italy right here at home, Glenmere Mansion is sure to be a perfect fit. To see photographs of this beautiful getaway and/or book your stay, visit their website: [www.glenmeremansion.com](http://www.glenmeremansion.com)

### **Adults-Only Beaches (Clothing Optional)**

Haulover Beach, Miami Florida- Located between the Intercostal Waterway and the Atlantic Ocean, it is part of Haulover Beach Park.

Gunnison Beach, NJ -Tucked away at the North end of Sandy Hook.

Higbee Beach, Cape May, NJ -Located at the tip of Cape Island.

Little Beach, Maui Hawaii- Located just North of Big Beach (Makena Beach) in South Maui. You’ll have to half-climb to the top of the a cliff at the North end, and then walk down to the beach.

Black’s Beach, San Diego, CA- Located north of Scripps Pier, beneath the Torrey Pines Gliderport. Technically, the nude portion of the beach is called Torrey Pines State Beach, but locals

still refer to it as Black's beach. Also note, because it is located at the base of a cliff, it's a bit of a steep hike down—and back up!

[NOTE: The most comprehensive guide to nude beaches and recreation is Lee Baxandall's "World Guide to Nude Beaches and Resorts" available from Amazon.com].

### **Adults-Only Resorts (Clothing Optional)**

Sea Mountain Resort, Palm Springs, CA- The exact location is unknown, as they will not release the address until after you have booked your stay (to maintain the highest levels of privacy). It is a gated estate with 24-hour security. "The number one best ranked for romance and elegance." There are way too many amenities to list them all. Some of the highlights include: A heated mineral springs swimming pool, a European style pool and nude tanning garden areas, Nude mineral water whirlpool access 24 hours, Nude cedar wood sauna by nude Pools, World class massage for one or two – Voted "Best of Spafinder." Evening parties and events nightly – with a Nude dance area, Clothing optional outdoor recreation, and their 24-hour Club Taboo Gardens. For more information, see their website at: [www.seamountaininn.com](http://www.seamountaininn.com)

Desert Sun Resort, Palm Springs, CA- "A world Famous Luxury Nudist Resort." Amenities include: A Spa, restaurant, night club, tennis court, fitness center, pools, and a fire pit. For more complete details, see their website at: [www.desertsunresort.com](http://www.desertsunresort.com)

Mira Vista Resort, Tucson, AZ- "A Premiere Clothing Optional Resort." Amenities include: A massage treatment center, restaurant, Clubhouse Lounge & Bar, tennis courts, pool tables, ping pong tables, a large heated pool, and a water volleyball pool. For more complete details, see their website at: [www.miravistaresort.com](http://www.miravistaresort.com)

☀ Have fun and enjoy your Summer! ☀

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