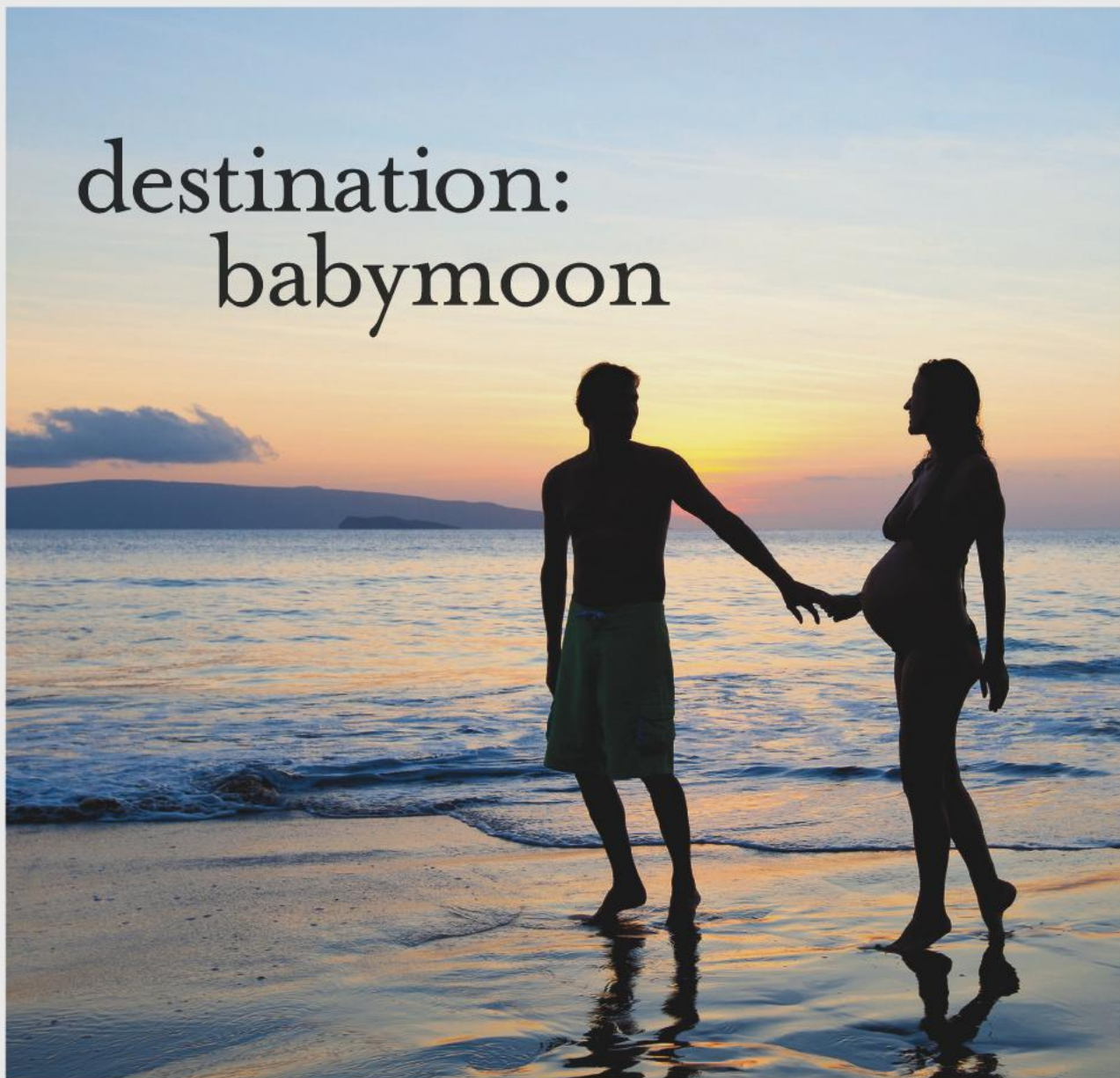


# destination: babymoon



Take a well-deserved break before the big day—and reaffirm just why you chose *this* person to have a baby with—by planning a romantic trip to one of these enchanting locales.

**B**efore you know it, vacations will involve an army's worth of planning and packing. But in your second trimester, when morning sickness is over and you've got plenty of pep, you can still throw a swimsuit in a bag and take a fairy-tale getaway—at an exquisite resort, of course, because you've earned it. Plus, stoking the flames of your love with a relaxing babymoon has real long-term relationship benefits, says Sabitha Pillai-Friedman, Ph.D., a couple's therapist and assistant professor of human sexuality at Widener University in Chester, Penn. "Transitioning to

parenthood can be stressful, but dedicating a vacation to reconnecting can help you be playful with each other again," she says. Before you book, chat about exactly what a romantic destination means to you (it's different for everyone—you'll find plenty of ideas on the following pages), and pledge to have a trip that's totally removed from your day-to-day stress. That means promising to avoid any argument triggers like money or family issues (wait until you're back home to have those important convos), Pillai-Friedman says. Read on for destinations that will have you scrolling through the Kayak app, pronto.

**KICK BACK IN A MEDITERRANEAN-STYLE HAVEN AT**

RANCHO VALENCIA, IN RANCHO SANTA FE, CALIF.



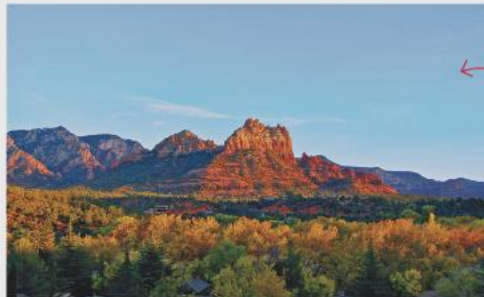
Soak up the SoCal sun while nursing a cool drink.

If run-of-the-mill accommodations often leave you feeling more blah than va-va-voom, you'll find it easy to ramp up the romance at Rancho Valencia, where each "room" is a Mediterranean-style casita, surrounded by 45 acres of olive groves. You two may be loath to leave your suite, with its **soaking tub and private patio**, but if you do venture out, sign

up for a mommy-to-be massage or a soak in the Watsu pool at the newly renovated spa, or take one of the on-site Porsches for a complimentary spin. If you're feeling that second-tri energy boost and are confident in your hand-eye coordination skills, play a tennis match, then end your perfect day with a **hot air balloon ride** at sunset. *Sigh.* (From \$552 per night, ranchovalencia.com)

**RETREAT TO THE RED ROCKS AT**

L'AUBERGE DE SEDONA, IN SEDONA, ARIZ.



This landscape is sure to inspire awe.

Should D-day stress have you in need of a mental reset, **head to the desert.** This oasis is encircled by Sedona's dramatic red rock formations, which give a mystical cast to your stay. And no need to cringe at the notion of a molting-hot vacay—the resort sits alongside Oak Creek, where the air is cooler than out on the sand. Set the stage for a

boots-knocking by availing yourselves of your room's **private fireplace and outdoor cedar shower**, or cash in on the four-course creekside dinner included in your babymoon package. When that's done, feel your most relaxed in years by signing up for **meditation and chakra-healing sessions**, prenatal spa treatments and astronomy tours. (From \$395 per night, lauberge.com)

**DRINK IN THE FRESH MOUNTAIN AIR AT**

TOPNOTCH RESORT, IN STOWE, VT.



That pine-scented breeze is good for the soul.

Your first glimpse of this sprawling resort, perched in the hills above a picturesque New England town, will send you beelining fireside, where you can get cozy with your partner and gaze at the snow-topped peaks. Wander through Stowe's **quaint craft shops**, then hit the **factory tour at Ben & Jerry's** (everyone gets a free sample, but

shamelessly play the preg card and you just may get more). Back at the resort, your Bump on Board package includes a **maternity massage, unlimited fitness classes** (think: gentle yoga), a body pillow, midnight snack and gift card for the local jewelry store (did someone say push present?). (From \$235 per night, topnotchresort.com)

**SIP SWEET TEA IN THE SOUTH AT**

THE INN AT PALMETTO BLUFF, IN BLUFFTON, S.C.



Relish the easygoing, slow-as-molasses vibe.

Deep in the heart of the Lowcountry, this inn is actually a collection of colonial-style cottages and suites set on 20,000 acres of preserved wilderness. The weeping willow trees, slow-moving May River and expansive porches will make you feel like you just walked onto the set of a Nicholas Sparks movie. Grab your partner and **explore the trails on**

**beach bikes**, or take a tour through the surrounding forest, where you can spot wild boar, deer and armadillos. At night, after you've had your fill of good old Southern food (shrimp and grits, anyone?), you can take part in the **nightly s'mores-roasting ritual** while you cuddle up and stargaze. (From \$400 per night, montagehotels.com/palmettobluff)

(continued on p. 37)



**HIT THE BEACH ON A BUDGET AT**

BREEZES BAHAMAS, IN NASSAU, BAHAMAS



Stop. Hammock time!

The chilly winter you left behind will feel very far away amidst this **all-inclusive resort's** powdery white sand beaches and aquamarine ocean. Revel in a taste of summer by taking a dip in one of the property's three pools while you flaunt your bump in a bikini, or just nestle into one of the waterside hammocks. And if the midday Caribbean sun gets a bit

too hot—or you want a spot where you two can whisper sweet nothings in private—hide out in the **cabana (with waiter service)** included in your babymoon package. And best of all, at these prices you can keep stashing cash for the new nursery as you nod yes to (included!) facials, kayaking and room upgrades. (From \$200 per person per night, breezes.com)

**pack it up**

Hitting the road with a baby on board requires toting along a few extras in your carry-on, so discuss your must-haves with your doctor before departing. Here, a list of essentials you may not have thought to bring, from Sheryl A. Ross, M.D., an OB-GYN in Santa Monica, Calif.

- A medical short list**  
Include your OB's contact info, your insurance information and the address of the hospital closest to your hotel (just in case!). Attach a copy of your prenatal records (your doctor can help you out with these).
- Healthy snacks**  
Stash a box of healthy bars or nuts in your bag so you can nosh on the plane or at the resort if you get ravenous at one of those awkward in-between mealtimes.
- Prenatal vitamins**
- A mini first aid kit**  
Pack up some Tums for heartburn, stool softener tablets to keep you regular, antibacterial wipes to clean off armrests on the plane and hand sanitizer to fend off germs.
- A list of foods to avoid**  
Do a quick search if you're traveling out of the country.

Still looking for your perfect vacay destination? Head to [fitpregnancy.com/feb2015](http://fitpregnancy.com/feb2015) to ogle 10 more amazing getaways.

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