

time off

Quality time
for you and
your beloved.



Catch rays
at A Stone's
Throw Away

rendezvous for two

These
romantic
getaways
are sure to
raise the
temperature
of your
relationship

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Recall the days when you would snuggle on the beach, embark on a voyage, enjoy a romantic dinner. Reignite the spark that brought you together with a trip, and fall in love again.

BUDGET-FRIENDLY

A Stone's Throw Away Gourmet Bed & Breakfast, New Providence, Bahamas

PERFECT FOR: Secret lovers. Enjoy your privacy in this ten-room cozy hideaway, with a serene view of the gardens and the island, or the breathtaking blue ocean, beach and coral reefs. Inside your suite, admire hand-crafted wood floors and ceilings.

COST: Summer rates begin at \$175 per night; (242) 327-7030 or astonesthrowaway.com.

LUXURIOUS

Anse Chastanet Resort, St. Lucia, British West Indies

PERFECT FOR: Adventurers. As a part of the Total Romance Package, sail away for a half

day on a yacht with your honey, or tour the steamy volcano, sulfur springs and diamond mineral baths in the majestic jungles and palm forests. When you return, relax in your beachside or hillside room with a compli-

TRAVEL SMART

FOR THE LOVER IN YOU

The last thing you want on your romantic getaway is to argue, yet many couples end up there—sometimes before they step off the plane, says Gwendolyn G. Grant, Ph.D., relationship-expert author of *The Best Kind of Loving: A Black Woman's Guide to Finding Intimacy* (Harper Paperbacks). "People don't know when to disconnect," she explains. "That's why vacations are important." To leave the drama and increase the lovin':

GIVE YOUR PARTNER A REALITY

CHECK. If he starts bringing up his boss's getting on his back or the car payments, call attention to it. "Most people don't know that they're even fixated on drama until you tell them," Grant says.

mentary bottle of French champagne, and feed each other tropical fruit. Book early and get the Lovers Early Bird Special, which grants you one night free.

COST: Summer rates for the package start at \$2,515 for a three-night stay; (800) 223-1108 or ansechastanet.com.

SUPERLUXURIOUS

Mandarin Oriental, San Francisco

PERFECT FOR: Connoisseurs. If your appreciation of food and drink is what drew you together, revel in the Gourmand Getaway tour of fine wines and culinary genius. When you arrive, enjoy a complimentary bottle of cabernet sauvignon from Bell Wine Cellars and a bento box filled with cheeses, crackers and dried fruits. Cruise in a limousine to the Culinary Institute of America, take part in food and wine tastings in Napa, and savor meals cooked by master chefs.

COST: \$2,600 for a getaway weekend; (415) 276-9888 or mandarinoriental.com. —J.G. ▶

BE DIFFERENT. Your vacation is supposed to be an escape, maybe even a transformation. You can't enjoy the experience if you're still doing what you do at home.

BRING ON THE ROMANCE. Grant suggests a no-holds-barred approach: Take a shower together. Imagine an erotic rendezvous. Walk on the beach at night and hold hands. "There's a connectedness there that says, 'I love you, I need you, I care about you,'" Grant says. These activities can be crucial to your relationship, so don't be afraid to try them.

MAKE RELAXATION THE GOLDEN RULE.

Banish unhappy subjects from your conversations. What's the value of a vacation if you're dredging up old stuff? Remember: relaxation, in; arguments and disagreements, out. —J.G.

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