

{ HOTEL }

Winter Rx

Feeling lethargic, sun-starved and itchy from one too many woolen sweaters? You've got a case of the winter blues. And though medical professionals we most certainly are not, we know the cure is at the **MATACHICA RESORT & SPA** on the Belizean island of Ambergris Caye. Spread across 10 acres of pristine beach, the resort's 26 private villas combine the best of natural island elements (thatched roofs and open-air showers) with the perks of modern comfort (hello, air conditioning). When you're ready for a meal, skip the shoes and dine

barefoot at Mambo, the on-site restaurant that serves seafood so fresh and deliciously prepared that visitors on all sides of the island come here to sample the cuisine. The staff, who greet you warmly by name, are happy to arrange your transportation and activities, like a rejuvenating massage at the resort's Jade Spa. And if you still need convincing, we've got one word for you: **hammocks**. Every villa's got one. Take two naps in yours and call us in the morning. *From \$195 during low season, www.matachica.com*

—JESSICA JONES



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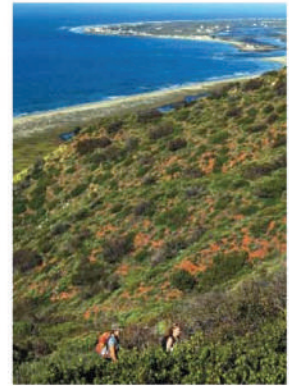
—JESSICA JONES

{ GEAR }

What a Zinger

If drinking plain water feels boring, a new line of infusion water bottles might have you downright excited to drink eight cups of H₂O daily. **ZING ANYTHING BOTTLES** offer a tasty, all-natural alternative to slurping sodas, sugary sports drinks or artificially flavored water. The Aqua Zinger is a stainless-steel and BPA-free plastic bottle with a clever bottom container. Pile your favorite flavorings — mint, cucumber, mango, berries — into the bottom and screw the bottle back on, then fill with water. As you tighten it, blades grind the ingredients and keep the pulp out of your (still or sparkling) water. Looking for something that packs more of a punch? The Vodka Zinger applies the same principle to infusing liquor. *\$26 each, www.zinganything.com*

—JENNIFER BRADLEY FRANKLIN



{ HOTEL + HEALTH }

New Year, New You

For many, a new year means a new you — or at least a more improved you. Many of the best spa resorts out there are offering great and varied options to help on your road to revision. Healthy living starts with healthy food, and both the **CANYON RANCH** (www.canyonranch.com) resorts and the **RANCH AT LIVE OAK MALIBU** (www.theranchmalibu.com) have developed programs for their guests to learn skills they can take home. At Canyon Ranch, the focus is on discovering which diet is right for you. At both the Tucson, Ariz., and Lenox, Mass., locations, medical director Dr. Mark Laponis leads seminars on the Hunter/Farmer Diet Solution and tailors food and exercise regimens to your personal needs.

At the Ranch at Live Oak Malibu, the Farm-to-Table Culinary Experience with executive chef Rob Dalzell teaches guests to prepare five days' worth of different foods from farm-fresh ingredients. You'll learn everything from making soup to canning and cooking with dry heat. If you happen to be committed to the sport of cycling, the resort also offers a wheels-oriented package at the end of this month that is not to be missed. Hosted by avid cyclist Patrick Demosey (yes, from *Grey's Anatomy*) and veteran pro cyclist Tom Danielson, the weeklong package includes guided rides, specially prepared meals, daily massages and more. Even better, a percentage of the camp's fee will benefit youth cycling.

—LISA MARSH



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