

## escape enlightened explorer

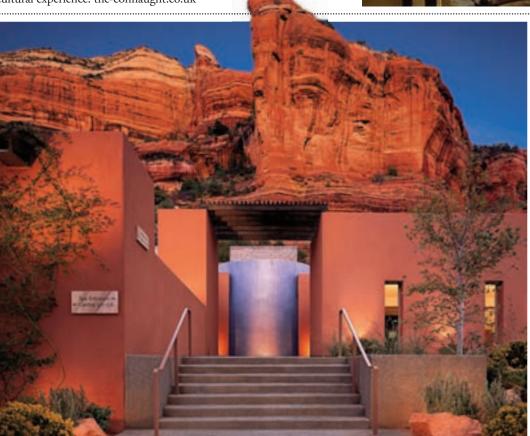
## **LONDON** LANDMARK

rost city of the 2012 Olympic Games in July and August, London is the place to be this summer. And the Connaught, a Victorian-era, five-star hotel in the heart of the Mayfair district, is lauded as one of London's most prestigious accommodations.

Recent restoration has introduced new state-of-the-art technology and contemporary design to the historic structure, while faithfully preserving the Connaught's beautiful period details and distinctive character. Since its opening in 1897, the hotel has had only six general managers.

An ideal base for exploring the sights, the Connaught also houses two designer bars and one of the city's top restaurants, helmed by awardwinning chef Hélène Darroze. Afternoon tea at Espelette, a highly recommended addition to your itinerary, is an authentic and indulgent cultural experience. the-connaught.co.uk





## BAREFOOT CHIC

o need to worry about what to wear to dinner at this secluded Bahaman getaway—at Kamalame, a sarong is well within the dress code. In stark contrast to the busy beaches of Nassau, Kamalame's 19 rooms and suites offer an idyllic escape far from the crowds.

Located on a small barrier island just off the coast of Andros Island, the resort is set among 96 acres of tropical foliage and ringed by warm turquoise waters teeming with brightly colored fish. For an active adventure, snorkel or scuba dive along rich coral reefs to spot manta rays and parrotfish, take a dip in the resort's 50-foot freshwater swimming pool or book a guided fishing trip. Dining options at the "Great House" highlight classic Caribbean cuisine, paired with a signature selection of wines and cocktails. kamalame.com

## **INSPIRED** RELAXATION

The red rocks and rushing rivers of Sedona, Ariz., are a haven for travelers seeking spiritual inspiration and natural beauty. Start your journey at Mii Amo, a top destination spa nestled in Boynton Canyon, with a three-, four- or seven-night allinclusive package that includes daily meals, spa treatments, a private consultation, activities, fitness classes and lectures.

The design of Mii Amo's 24,000-square-foot, two-level resort resembles that of a Native American pueblo, an aesthetic in harmony with the surrounding scenery. Dramatic views of the red-rock canyon amaze at every turn, and a full range of specialized spa treatments awaken a deep sense of relaxation and well-being. Mii Amo is the first spa in the U.S. to offer the innovative WaveMotionTable, a massage table that inspires a feeling of weightlessness. miiamo.com

