

Abelow PR  
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## **Exotic New Retreats for the Mind, Body and Soul at Boutique Properties in Latin America**

### **Improve Yourself with Local Art Classes, One-of-a-Kind River Massages, and Fusion Cooking Courses**

*Houston, TX, May 08, 2012* – With summer approaching, relax and rejuvenate while enjoying an exotic, first-of-its-kind, river massage, unlock your creative potential during professional art classes with local artists or discover your inner chef during an authentic culinary immersion. Three boutique properties in Latin America are offering an alternative to traditional getaways with new, spirit-enhancing retreats that focus on personal growth.

Shifting focus to the self, these three packages are expertly designed to indulge the senses in luxurious environments of serenity and cultural celebration.

#### **“River Rejuvenation and Relaxation”**

***Casa Bonita Tropical Lodge – Barahona, Dominican Republic***

Unwind in a hidden natural paradise perched at the base of the Barahuco Mountains, as you treat yourself to Casa Bonita’s unprecedented nature-centric “River Rejuvenation & Relaxation” package, available only through October 31, 2012.

The five-day, four-night package includes:

- **Signature River Spa Treatment** – Delight in a sensory spectacle as you experience the all-encompassing rainforest during an hour-long anti-stress lavender, vital rosemary or energizing lima sensation massage performed in the soothing waters of the river.
- **Romantic Dinner** – Take in the dazzling view of the surrounding mountains and sea beyond, as you delight in Mediterranean and Caribbean-tinged creole cuisine.
- **Excursion to Villa Miriam** -- A private house with a waterfall that is channeled to form several pools and whose cold waters promise to relax the body and refresh the soul.

Rates are based on double occupancy, and include daily breakfast, welcome cocktails, late-checkout and transfer to and from the airport in Santo Domingo. Rates start at \$1,169. Casa Bonita is accessible from major airports. For further info visit [www.casabonitadr.com](http://www.casabonitadr.com) or call (800) 961-5133.

#### **“Artistic Awakening”**

***Hotel Guaycura – Todos Santos, Mexico***

Discover Mexico's best-kept secret and immerse yourself in the culturally inspiring, artist enclave of Todos Santos as you enjoy Hotel Guaycura's new "Artistic Awakening" package, available only through October 31, 2012.

The four-day, three-night package includes:

- **Art Class for Two** – Choose from a portfolio of notable local artists and spend an afternoon trying your hand at sharpening your sculpting, painting, or drawing skills with the guidance of a master in the hotel's art studio.
- **Historic Town Tour** – Spend an afternoon discovering the wonders of one of Mexico's vibrant, "Pueblos Magicos," aptly named 'magical towns' for natural beauty, cultural riches and historical relevance.

Rates are based on double occupancy, and include daily breakfast and accommodations in a classic room. Rates start at \$715. The property is located between La Paz, about one hour's drive to the north, and Los Cabos, about two hours to the south. For more information: [www.guaycura.com.mx](http://www.guaycura.com.mx), 800-468-6039.

#### **"Feed the Soul"**

##### ***Sublime Samana Hotel & Residences – Las Terrenas, Dominican Republic***

Refresh on the Dominican Republic's most pristine shore, as you delight in the culinary wonders of brand new, Sublime Samana's "Feed the Soul" package, available only through October 31, 2012.

The five-day, four-night package includes:

- **Cooking Class** – Master the art of preparing a fusion of French and Mediterranean cuisine during a private cooking class with the head Chef.
- **Tasting Menu Dinner** – Indulge your palette tasting a medley of culturally inspired tapas, ceviches and fresh fish.

Rates are based on double occupancy, and include accommodations in a one-bedroom suite, daily breakfast including one in-room prep, welcome cocktails and transfer to and from the airport in Santo Domingo. Rates start at \$1,309. For further information visit [www.sublimesamana.com](http://www.sublimesamana.com) or call (888) 896-9416.

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