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august 2010

august is for vacation



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mySpaExperience

"Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time." -Sir John Lubbock

We're in the thick of summer vacation season and if you're like most Americans you've been waiting patiently to use your (measly) two weeks of R+R to head to the beach, the mountains, the city or, even your own backyard. In this era of smart phones that beep and flash with emails, texts, and news alerts we need this valuable and often unused time to slow down, find rest, enjoy our surroundings, or just do nothing. So whether you're hitting the highway or finding respite on your porch, here's how to make the most of your 14 days:



- If you're preparing to hit the road follow the boy scouts motto and [be prepared](#). Worrying that you forgot to unplug the coffee maker is no way to start a vacation.
- Spending your vacation days at home doesn't have to leave you with vacation envy. Learn ways to [rediscover your home town](#). Of course going to a spa is a surefire way to renew your mind and spirit - and [mySpa at InterContinental Miami](#) offers some great spa packages!

So you've had a relaxing vacation and now you're back at home. How can you keep that relaxed frame of mind yet still get back in the swing of things? Find [tips to a stress-free return](#) to your normal routine.

Wherever you're headed this month...enjoy!

[miami spa month](#)

...has been extended thru august! Get your 90 min





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