

Living the Tropical Lifestyle

What Draws People to Islands

While sitting on a beach and reflecting on how short life really is, I wrote a list entitled "What I Love About Islands." This list, as well as many future lists, became a roadmap guiding me towards wiser choices. My lists teach me how and where to invest my time and energy. Written words offer clarity and direction and help weave what is essentially important into my life. Here is a portion of what I love about islands.

The raw sensual appeal of nature
The warm tropical breeze and the taste of sweet, pure air
All the different shades of blue in the ocean
The bright sun shining
The blinding white sandy beaches
The lush green mountains and the huge gorgeous tropical leaves
The sound of swaying palm trees
The coral in the inviting blue waters
The thrill of discovering sea shells
Schools of magnificent tropical fish
Dolphins playing
The morning rainbows
Ripened papayas and mangoes hanging from the trees
The mixtures of orange and pink at sunrise and sunset
The fragrances of plumeria and ginger wafting though the trades
Brightly colored tropical birds singing as they ride on the wind

When was the last time you...

Awoke to walk with a morning sunrise. Marveled at a morning rainbow. Felt the embrace of a warm tropical breeze. Swam in the crystal blue waters. Tasted sweet pure air filling your lungs. Felt the sun shining on your skin. Watched your fingers disappear into fine white sand. Discovered a perfect seashell. Listened to the sounds of swaying palms. Watched colorful tropical birds catching the wind. Hiked along lush green mountains to a gushing waterfall. Read a good book. Rode a horse on the beach. Surrendered to a 3 hour-long massage. Rode an elephant barefoot. Had your feet rubbed for two hours. Enjoyed the sweet fragrance of plumeria and ginger wafting nearby. Sailed with a pod of dolphins. Swam with tropical fish. Ate chilled mangoes and papayas by your own private swimming pool. Took time for a candlelit conversation. Stargazed in a hammock. Gazed at the magical colors of an orange and pink sunset. Danced under a tropical moon. Allowed yourself the time to reflect or do absolutely nothing at all. I created Tropical Living to help you regain your footing and bring balance back into your life.

The First Time I Lay Naked in a Jungle

As an island, spa and tropical lifestyle expert, I have experienced "Leisure in Luxury" at some of the world's most extraordinary tropical spas and have become a tropical spa aficionado. I will always remember my first three-hour Mandi Lulur body treatment in Bali, Indonesia. I lay naked in a tropical jungle on a massage table. Surrounded by lush foliage of giant ferns and enormous elephant ear leaves, I surrendered and enjoyed incredible sensations. My skin was exfoliated from head to toe with a granular paste of finely-ground rice, with the unforgettable scents of fragrant spices and Jasmine flowers. Dried, the paste was gently rubbed in and washed off with warm water pouring over my skin from a coconut shell. A blissful two-hour massage was followed with soothing yogurt poured over my body, moisturizing and softening my skin. Rinsed by hand, I then soaked in a breathtaking stone bathtub overflowing with the luxury of colorful, fragrant flowers. My skin glowed in appreciation. The emotion was simply overwhelming and truly one of the highlights of my life. I slid into my favorite linen bathrobe for a peaceful afternoon lounge by the private pool. I had no idea that something so transformational existed.

Bring more adventure into your life.

Yearning for more fun and adventure? Learn how to scuba dive in the Maldives. Study turtles in the Seychelles. Ride barefoot on the back of an elephant in Bali, return to your spa villa and indulge in a luxurious three-hour Mandi Lulur massage treatment and lounge by your private pool. Kick-start a happier, healthier, more balanced life with a Tropical Living Renewal Vacation.

Designing a Luxury Tropical Spa Vacation

I am a tropical spa aficionado and am very fortunate to have experienced "Leisure in Luxury" in some of the most exotic tropical spas around the world. I honestly can't encourage you enough to escape to a tropical spa for a week or two or three. Experience feeling nurtured, relaxed and relieved to once again be united with your body, mind and spirit. Intentionally design your trip around spa treatments – massage, skin scrubbing, soaking, clearing the meridians of the body and reflexology. Eat clean healthy spa cuisine, stretch, walk on the beach, explore the island, lounge by the pool, laugh, take naps, reflect on your life and write lists, feel the joy of life rise up within you. If you have never experienced living at a luxury tropical spa for one, two, three or four weeks all I can say us what on earth are you waiting for? Just do it.

Rent or Buy Your Very Own Private Island

During these times of unprecedented busyness at home and at work, a regular vacation often doesn't cut it anymore. To really get away from it all, to completely de-stress and to fully relax, people today are adopting the Tropical Living philosophy to vacation—they are renting or buying entire tropical islands. Retreat to your own tropical island—to experience the freedom that comes with complete privacy.