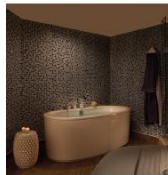


HAUTE LIVING

Haute TRAVEL

BY KATIE SWEENEY



SEASIDE DETOX
Clockwise from above: a private tub in the spa at Kona Kai Resort; Vessels restaurant; a view of the marina on Shelter Island

HOT WINTER ESCAPES

This January and February, why not head to warmer climes for some fun in the sun? Whether you want to pop down to SoCal for a quick weekend getaway or go on a long trip to an exotic faraway destination, we've got you covered.

SAN DIEGO

Shelter Island is quite possibly the most picturesque place in San Diego. The man-made mini peninsula is home to the Kona Kai Resort & Spa, a charming property with a private beach and massive marina. The Kona Kai was built in the 1950s as a luxury resort and playground for the rich and famous. Today, it's a chic boutique hotel with modern furnishings, a beachy vibe, and a private club. Rooms have crisp white bedding, leather headboards, ikat-pattern rugs, turquoise accents, and a private outdoor space. A pool and hot tub are surrounded by lounge chairs, private cabanas, and a tiki-hut bar. Vessels, the resort's restaurant, serves up delicious surf and turf—spicy tuna tacos, hearty vegetable salads, and thick-cut pork chops with mustard-parsley spaetzle and crispy bacon. Want to go stand-up paddleboarding in the bay or ride a bike around the island? The



Kona Kai has plenty of daily activities like these, plus an assortment of fitness classes, that will get you moving. No trip to the resort is complete without an afternoon at SpaTerre, an underground spa featuring six treatment rooms. The spa offers everything from manicures and waxing to a milk ritual inspired by Cleopatra. If you're getting a massage, you must try the heated sandbox. Imagine sinking into a heated alpha-quartz sand bed for a massage unlike anything you've experienced. You'll find the warm sand has an incredibly soothing effect on body and soul.