

BLANK SLATE: Designers' unique takes on bookshelves

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# TulsaPeople

## Oh, baby!

From nursery décor to common new-parent concerns, everything parents need to know.

## High school sweethearts

Seven couples share their secrets to long-lasting love.

Think **GREEN**. Recycle this magazine.



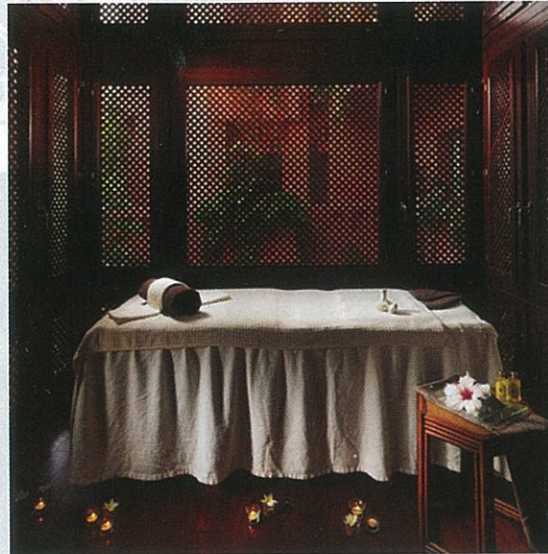
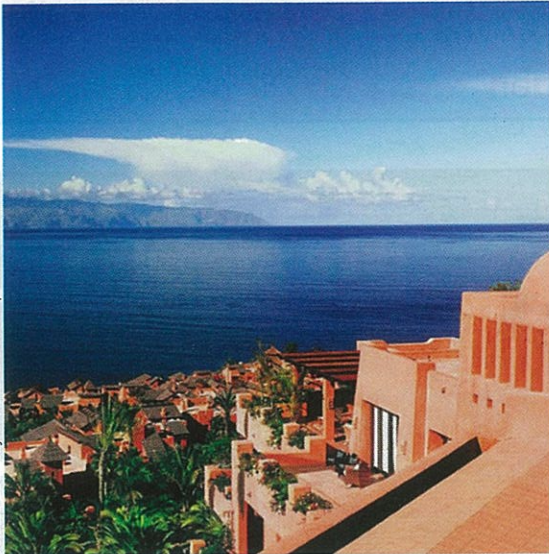
comfort food  
to warm the soul

GET OUTTA TOWN BY TAMMIE DOOLEY

# Babymoonin'

Couples can enjoy a much-needed rest before baby's arrival at these amenity-rich getaways.

Photos courtesy of Abama Golf & Spa Resort.



The five-star Abama Golf & Spa Resort located in Tenerife, Spain, offers packages tailor-made to suit your pre-baby needs, whether enjoying the views on the largest of the seven islands comprising the Canary Island archipelago or a relaxing spa experience.

**EXPECTING A BABY?** Before the 2 a.m. feedings and diaper changes take over your lives, why not treat yourselves to a "babymoon"?

Many couples are deciding that some quiet time now will be a source of tranquility later.

Pre-baby getaways, or "babymoons," offer packages with services ranging from prenatal massage therapy, healthy meal options and educational seminars to a honeymoon-type environment that simply encourages time for reconnection.

The safest and most pleasant time to travel is between 18-24 weeks, according to the American College of Obstetrics and Gynecology.

In a healthy pregnancy, the morning sickness will have passed and most women will feel their best at this point. Any travel, however, should be cleared first with a doctor.

Whether you choose to relax in a spa, wear a bikini on the beach for the last time for a while or pursue a more active vacation in a picturesque setting, here are a few ideas to stoke your imagination and some Internet resources to help you plan.

## Pickles N' Ice Cream! Package, Willows Lodge, Woodinville, Wash.

With five acres of beautiful gardens, Willows Lodge is an 84-room retreat offering a full-service spa and two of the most highly rated restaurants in the Northwest, the Herbfarm Restaurant and the Barking Frog. A 25-minute drive from Seattle, the lodge's babymoon package includes:

- Luxury accommodations for one night;
- One couple's massage;
- A spa pedicure for the mom-to-be;
- Breakfast in bed; and
- Arrival amenity of a pint of ice cream and a jar of pickles as well as a selection of Redhook beer and salty snacks (for him).

(877) 424-3930, [www.willowslodge.com](http://www.willowslodge.com)

## Babymoon Bliss, Royal Palms Resort and Spa, Phoenix, Ariz.

With stone walkways curving throughout the property's citrus groves and exotic foliage, a stay at the regal Spanish Colonial mansion invites time for quiet immersion. The Royal Palms Resort has partnered with Moonbeams, an upscale maternity, baby and children's store, and Jennifer Bowen Photography to offer couples a memorable stay before the big arrival.

The package includes:

- Two nights of luxury accommodations;
- Jennifer Bowen Photography "Baby Bump" pre-pregnancy photos at the Royal Palms with optional discounted "Bundle of Joy" newborn photography;
- \$50 gift certificate to shop at Moonbeams;
- Whatever-your-craving in-room amenity;
- Cigar and cognac for dad-to-be;
- Mom-to-be prenatal massage and pedicure at Alvalora Spa;
- Dad-to-be 60-minute therapeutic massage;
- Candlelit drawn bath for two; and
- Selection of complimentary in-room movies, such as "Expecting Moms," "Look Who's Talking" and "Three Men and a Baby." Includes a variety of gourmet popcorn, sparkling water for mom-to-be and chilled beer for dad-to-be.

(800) 672-6011, [www.royalpalmsotel.com](http://www.royalpalmsotel.com)

## Abama Golf & Spa Resort, Tenerife, Spain

The five-star Abama Golf & Spa Resort commands the best views on the largest of the seven islands comprising the Canary Island archipelago. The island of Tenerife is 186 miles from the African coast and 807 miles from the Spanish mainland. The Abama Spa offers a holistic experience structured around the five pillars of well-being: rejuvena-

tion, relaxation, revitalization, balance and beauty.

Facilities and services include:

- Yoga classes for expectant mothers;
- Jacuzzi and hydrotherapy pool at the spa;
- Thermal circuit and complete fitness center;
- Ten dining options and four bars;
- **Dave Thomas**-designed golf course;
- Sánchez-Casal Tennis Academy;
- Exclusive beach accessed by a funicular (cable railway); and
- Seven swimming pools and two natural pools;

All packages are tailor-made.

[www.abamahotelresort.com](http://www.abamahotelresort.com)

### "It's All About Me and You" Spa Package, Fairmont Hotel, Chicago

For something closer to Tulsa, Chicago's Fairmont Hotel offers a package that includes:

- Accommodations for two in your choice of a Fairmont room or one-bedroom suite;
- Breakfast buffet for two in Aria restaurant;
- Two 60-minute myMassage spa sessions; and
- Choice of one myEssentials service for each myMassage session. This includes a foot scrub, paraffin of hands or feet, or hot stones.

(800) 257-7544, [www.fairmont.com/chicago](http://www.fairmont.com/chicago) ■

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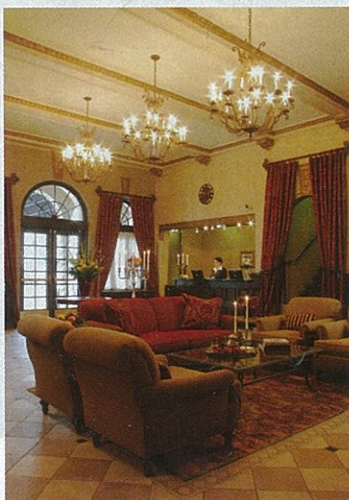
*These resources are excellent places for additional considerations and ideas:*

[www.babymoonguide.com](http://www.babymoonguide.com) – a general guide for planning.

The BabyMoon Web site ([www.baby-moon.eu](http://www.baby-moon.eu)) and BabyMoon blog ([www.babymoonblog.com](http://www.babymoonblog.com)) have a travel counselor who can recommend, research and book your vacation.

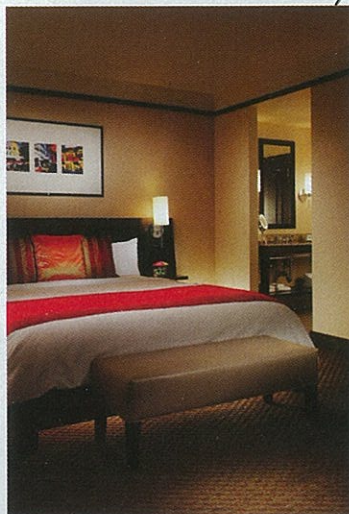
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