

NEW YEAR | HEALTH & FITNESS

# Westlake

Magazine

*Serving Westlake Village  
and Neighboring Communities*

## ANTONIO SABATO, JR.

LAUNCHES WESTLAKE  
ACTING ACADEMY

Award Winning Actress

### KATIE FINNERAN

On Motherhood and New Hit Series

### WHERE TO GET YOUR CHOCOLATE ON!

Just In Time For Valentines

JANUARY / FEBRUARY 2012 \$3.50



**Special: HEALTH & WELLNESS SECTION** | Rethinking Finances In The New Year  
90210's **MICHAEL STEGER** | ABC's **ELLEN LEYVA** Self Matters | Families in  
Transition | Restaurant Guide | Westlake's New **WINEYARD ROCKS!**



# Romantic escapes

What a grand thing, to be loved!  
What a grander thing still, to love!  
~ Victor Hugo

by Linda Lang

...And what a grand thing it is to escape with your special love to a storybook setting where dreamy new memories await. Whether you have a week or more or just a few days to ditch daily routines, an abundance of romantic activities and locales around the globe await your selection.

Romantic sunset at Esencia on the Riviera Maya.



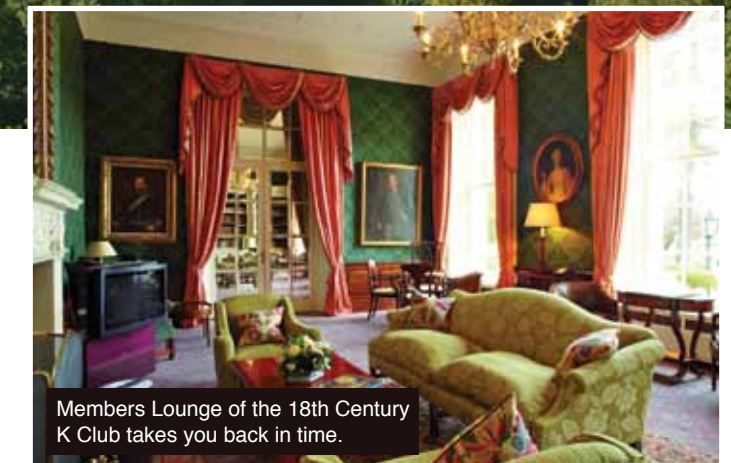
The Kildare Hotel, Spa & Country Club covers 550 acres of Ireland's County Kildare.

## Romance in the Irish Countryside

Set on 550 acres of Ireland's scenic County Kildare countryside is The Kildare Hotel, Spa & Country Club (The K Club, for short), Ireland's AA Hotel of the Year 2011. Just 30 minutes from Dublin, this magnificent 18th Century Irish country manor takes you back to the chivalrous times of knights and ladies while offering the finest in luxurious amenities, accommodations, cuisine, and world-renowned golf.

The original K Club Straffan House, which dates back to 550 A.D., has survived centuries of rebellions, invasions and changes in titled ownership. It was in the 19<sup>th</sup> century that Hugh Barton, who was forced out of France during the Reign of Terror, ploughed his fortune into Straffan House. In 1832, he began building a new house in the style of a grand French château that today serves as the east wing of the 5-star hotel. It was in 1991 that the elegantly-restored country house opened as a luxury resort hotel and country club and has since earned a long list of accolades including "Top Resort" in *Condé Nast Traveler's* 2011 Readers Choice Awards.

Décor of the public areas, 69 guest rooms and suites reflects period splendor with all the modern amenities tastefully present. An extensive art display, including the country's largest privately-owned collection of works by Irish painter Jack B. Yeats (1871-1957), adds to the Irish ambiance.



Members Lounge of the 18th Century K Club takes you back in time.

If you and your loved one are into golf, test your skills on the links featured in the 2006 Ryder Cup and 11 European Opens. The K Club's two Arnold Palmer-designed championship courses are among Europe's finest. Or you can take leisurely walks along the banks of the River Liffey, go horseback riding, clay pigeon shooting, and fly fishing. Afterwards, why not indulge in treatments at the K Spa, said to be one of the best in Ireland?

And what romantic getaway would be complete without fine wining and dining? In the main house, formal fare is offered in the River Room overlooking the gardens. In The Palmer Clubhouse, The Legends Bar Restaurant features quick and healthy options in the bar plus traditional Irish and gourmet dining in the restaurant. The Kwam-Suck-Royal Thai and Oriental Restaurant in the Palmer Smurfit Clubhouse blends Thai and Asian influences with local produce to create Eastern dishes for the Western palate.

For romantic specials and other details, go to [www.kclub.ie](http://www.kclub.ie).



## Southern Charm in South Carolina

How about a delightful AAA Four Diamond B&B in the foothills of the celebrated Blue Ridge Mountains for your romantic retreat? The Red Horse Inn, some 28 miles from Greenville, is one of the top 25 “Best Undiscovered Incredible Romantic Inns”, according to Bedandbreakfast.com and recipient of a “Top 10 Romantic Inns” award from American Historic Inns and iLoveInns.com.

The six exquisitely-furnished guest rooms feature fireplaces, whirlpools, Wi-Fi and views while six luxurious cottages incorporate a kitchen, bedroom, bath and living room with fireplace, plus whirlpools or private outdoor hot tubs. All have TV, DVD players and a host of other amenities. A vine-draped arbor patio and courtyard garden with pond complete the setting.

Minutes away is the charming town of Landrum, with its delightful antique stores, gift shops and nice selection of dining options. Local attractions include two championship golf courses and nine state parks. Here you’ll find some of the region’s best hiking, fishing, and dozens of magnificent waterfalls and historic bridges for which the area is known.

Also nearby is Spartanburg. Born during the Revolutionary War, you can experience its rich history in museums and battlefield tours. The charming town of Asheville, NC, about 45 miles north, attracted many notables in the 1920s including F. Scott Fitzgerald, Thomas Edison and Henry Ford. The famed 250-room Biltmore House and Thomas Wolfe Memorial, boyhood home of the acclaimed author, are among its many interesting sites.



Bedroom in The Red Horse Inn's Springhouse Cottage offers plush amenities.

While The Red Horse does not include a restaurant, the inn keepers do provide custom dining experiences ranging from an inn-made pizza to a gourmet spread served in your cottage. Also offered is a romantic package that provides a dozen roses, chilled champagne, strawberries and dipping chocolate which can be added to any booking. Other packages add a four-course dinner with wine for two, prepared in the main inn and served by candlelight in the privacy of your cottage.

Self-guided excursions include "Covered Bridges and Waterfalls" featuring visits to three centuries of bridges, a superb waterfall and antiquing. It comes with over \$50 in coupons for antique stores, gift shops, restaurants, and the inn’s wine and cheese basket and spa services. Additional itineraries are offered to waterfalls, wineries, potters, and more. Visit [www.theredhorseinn.com](http://www.theredhorseinn.com) or call 864-895-4968.

## Amor in the Caribbean

St. Barts, named by Columbus in 1493 for his brother Bartolomeo, was originally settled by French colonists. Following its volatile path to self-determination, the eight-square-mile isle evolved into a seductive getaway with an eclectic lifestyle. Known for its beauty, vibrancy and respect for privacy, St. Barts has long attracted the yacht crowd, celebs and other notables.

Gustavia, picturesque duty-free capital city surrounding the main harbor, is filled with fabulous shops, designer boutiques and



Pool suite at Hôtel Le Toiny features every amenity.



All villas at the resort offer simple, yet elegant furnishings, privacy and views.

jewelry stores. Some 80 dining spots offer everything from a quick snack to gourmet French, and people-watching from the terraces of waterfront cafés is a relaxing way to immerse yourselves in island ambiance.

Top accommodation choices include Hôtel Le Toiny, a favorite Caribbean hideaway for the discerning since 1992, set on 38-acres overlooking the Bay of Toiny. Done in French colonial style, 15 pastel-colored hillside villas, each surrounded by tropical vegetation, has its own gated entrance and red mailbox flag serving as a “Do Not Disturb” sign. All offer breathtaking sea views, a large terrace, private heated swimming pool and kitchenette.

If you and your Valentine are into fitness, the hotel’s new gym is fully equipped. You can also indulge in the Spa Cottage which offers everything from full body massages with hot shells to hand massages, using custom blends of exotic oils, island fragrances and extracts. Optional activities arranged by the hotel include surfing,

diving, snorkeling, kite and windsurfing, sailing, fishing and tennis. The resort is also home to the island’s popular Restaurant Le Gaïac, known for its innovative French cuisine with a Creole accent and sweeping views of the Caribbean.

Hôtel Le Toiny's Romance Package includes six nights in a one-bedroom villa suite, private sunset yacht tour with champagne, gourmet picnic with wine, 60-minute couples massage and a three-course candlelit dinner at Restaurant Le Gaïac. Also included are daily full American breakfasts, flowers and a bottle of bubbly upon arrival, round trip airport transfers, and a convertible Mini-Cooper rental car, allowing you to explore the island at leisure.

Recommended by Andrew Harper’s *Hideaway Report* and repeatedly voted to *Condé Nast Traveler’s* Gold List, Hôtel Le Toiny is also affiliated with Relais & Château, Virtuoso Hotels & Resorts and American Express Fine Hotels & Resorts. Visit [www.letoiny.com](http://www.letoiny.com).

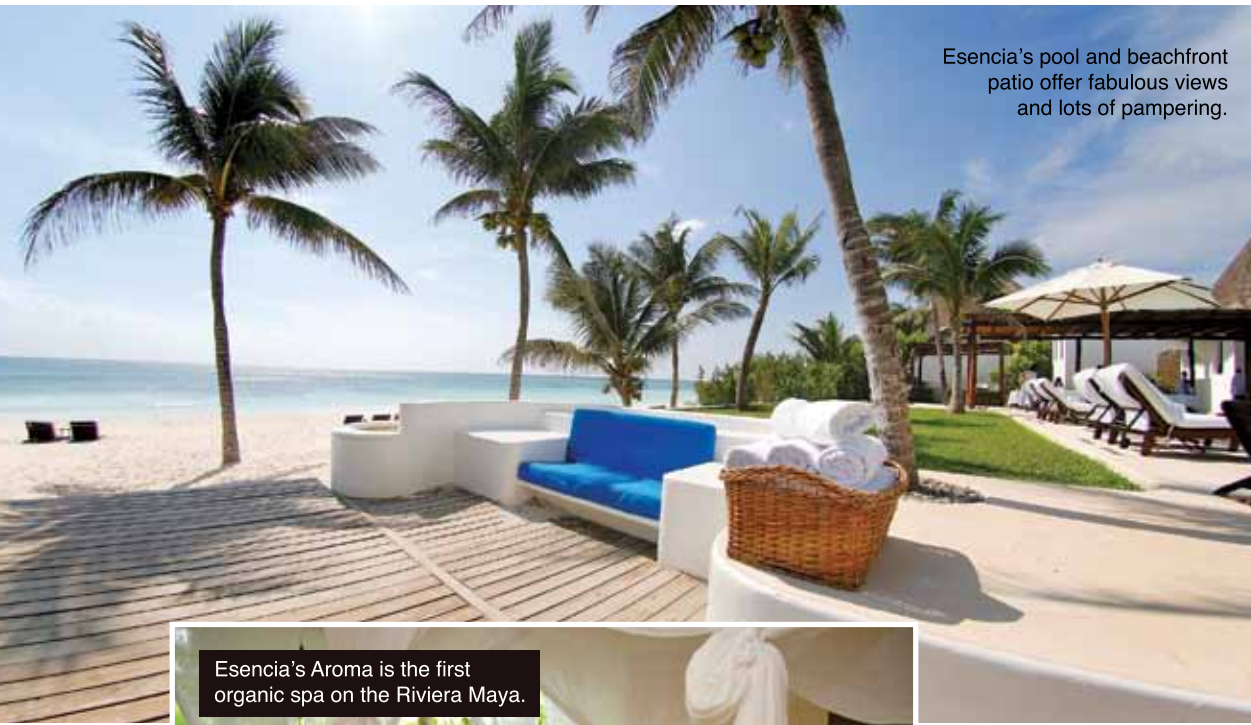
## Boutique Hideaway in Cancun

When you think of Cancun, mega-resorts generally come to mind. If you like the destination but prefer something more intimate, check out Esencia, a charming oceanfront boutique hotel with only 29 rooms. Originally the home of an Italian duchess who still visits upon occasion, it offers all the personalized service and amenities of a world-class resort with the privacy, luxury and personal touches expected in a residence.



Views of the historic Blue Ridge Mountains from the Inn are breathtaking.





Esencia's pool and beachfront patio offer fabulous views and lots of pampering.



Esencia's Aroma is the first organic spa on the Riviera Maya.

spices to tropical fruits, vegetables and produce, many of the ingredients are harvested daily from the resort's gardens to compliment the top-quality seafood, meats and exotic ingredients from around the globe. The chef can also prepare dishes to your specifications. Informal dining is found at the Poolside Pavilion where the duchess traditionally enjoyed her morning coffee while watching life along the beachfront waken with the sunrise.

Esencia's "Essence of Love Package", offered through April 30, 2012, includes five nights in an ocean view suite with daily breakfast, in-room candlelight welcome, couples massage, gourmet picnic, candlelight dinner with a bottle of champagne, and roundtrip airport transfers. For details, go to [www.hotelesencia.com](http://www.hotelesencia.com).

### Local Resort Takes You a World Away

If you want the dream destination without the journey, Terranea Resort in Rancho Palos Verdes occupies 102 magnificent oceanfront acres overlooking sweeping panoramas of the Pacific, curving coastline and Catalina. The setting couldn't be more romantic with 85% of the rooms—all with balconies, villas, restaurants and bars featuring ocean views.

Romantic moments have long been the norm at Terranea. It was here that Jason married Molly in the 2010 season finale of "The Bachelor" and the 2011 "Shedding for the Wedding" series was shot. Its spectacular grounds have also been used in many of Hollywood's major film and TV productions including all of Johnny Depp's "Pirates of the Caribbean" movies, "Aviator" with Leonardo DiCaprio, "Pearl Harbor" starring Ben Affleck, and "Charlie's Angels" featuring Drew Barrymore, Lucy Liu and Cameron Diaz.

The elegant design blends authentic Mediterranean with the area's natural aesthetics. Accommodations include spacious guest rooms and suites, bungalows, and two- to four-bedroom oceanfront villas and casitas, most with fireplaces. Flat screen TV, wireless high-speed Internet, multi-media desktop work station, and in-room safe large enough to accommodate a laptop are among the many amenities.

Dining options include Terranea's signature restaurant, mar'sel, (Spanish for "sea" and French for "salt"), offering an alluring view with its creative California cuisine. Nelson's, directly above the Pacific with a view of the Point Vicente Lighthouse, features area favorites and relaxation by outdoor fire pits. More casual fare is offered throughout the day at Catalina Kitchen.

As for activities, the 50,000-square-foot oceanfront Spa, Fitness and Wellness Center and Salon offer total indulgence. If you want to bring your clubs, the oceanfront Links at Terranea is ranked #2 of the Top 10 Par-3 Courses by *Golf Magazine*.

Terranea is celebrating February with a month-long salute to lovers. Rates are nightly so you can choose your length of stay. The "KISS" (Keep it Simple Sweetheart) package includes

Set on a private 50-acre beachfront estate on the Riviera Maya just 20 minutes from the old-world town of Playa del Carmen, Esencia offers two swimming pools, a spa, gourmet dining, access to all the area's activities, and a lot of prudent pampering. Simple, yet elegant, guest quarters feature native hardwood furnishings, crisp white walls and floors, twelve-foot high ceilings, mahogany louvered doors and large windows that frame tropical garden and sea views. Fine Egyptian linens, down pillows, satellite LCD TV, DVD, iPod docking station, iPod minis preloaded with music, and refrigerator with complimentary water, soft drinks and beer are some of the amenities. A multilingual staff, concierge, valet service, house butlers, and personal in-suite chefs are among the available services.

Esencia's Aroma is the first organic spa on the Riviera Maya. Featured treatments include massages, herbal saunas and facials – all performed using traditional organic ingredients incorporating indigenous fruits, plants and herbs, many of which are grown on the estate. Complimentary group yoga and meditation classes are also available.

In addition to enjoying miles of splendid white sand beaches, you can ask the concierge to arrange a host of activities including horseback riding, fishing, boating, snorkeling, wind surfing, parasailing, scuba diving, golf, and jungle tours.

The property's signature Sal Y Fuego (Salt & Fire) Restaurant offers sophisticated international cuisine with a Mexican flare served in a casual, refined setting. From fresh herbs and exotic



Plush living area of the resort's lobby invites relaxation.

accommodations with breakfast for two in bed daily and a dinner for two at mar'sel or Catalina Kitchen. "Date Night" is for those who need to bring the kids but seek some alone time. While mom and dad enjoy a romantic dinner for two in mar'sel or Catalina Kitchen, the kids have supervised fun of their own at Tidepools kids club. Families will especially enjoy the perks of a spacious two- to four-bedroom villa or casita that offers a living area, kitchen and dining room.

The "His and Hers" escape includes two nights of luxury accommodations with two rounds of golf on The Links and two 60-minute treatments in the award-winning Spa at Terranea. Check out additional specials being offered by the Spa such as the "Love Yourself" package which includes such enticing options as the Chocolate Soaking Bath and Sweet Cherry Enzyme Mini Facial.

Romance packages are valid February 1-29, 2012. For details, visit [www.terranea.com](http://www.terranea.com) or call 1-866-802-8000.



Wherever you choose to celebrate with your special someone, we wish you a very Happy Valentine's Day. ❖❖❖



The Links at Terranea is ranked #2 of the Top 10 Par-3 Courses by *Golf Magazine*.





*Katie*  
**FINNERAN**

AWARD WINNING ACTRESS  
ON MOTHERHOOD & HER NEW HIT SERIES

**ROMANTIC TRAVEL**

With Family - Possible?

**LIVING FIT 2012**

Bring It On!

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