

## articles

### The Art Of The Weekend Getaway

Ah...vacation! Time to relax and refresh your spirits. Taking a vacation is always a treat, but finding the time or money can be tough. If your schedule or budget can't accommodate a two-week jaunt to the Caribbean, why not try a weekend break? Even a few days away can give you the time off you need and help you feel refreshed when Monday morning arrives.

The first step, of course, is to pick a destination. If you live within a few hours' drive of the mountains, the ocean, or a lake, you can book a room in a cozy bed & breakfast and enjoy the scenery. Stuck in the middle of the city? How about two nights at a posh hotel? Most upscale establishments offer a gym, jacuzzi, valet service, and hair salon or mini-spa, so you can pamper yourself all weekend long. (No one ever said you had to leave town to get away from it all.)

An added benefit of the weekend getaway is that you can be spontaneous, which might even save you money. Most major airlines offer super-saver fares for weekend travelers. Check out your favorite carriers' sites to see what deals are in store (some offer additional discounts for reserving online). There are also a number of sites that offer weekly e-newsletters listing last-minute air, car rental, and hotel bargains.

With so many options for short getaways, you'll never have to go too long without a vacation again!



WEIGHT WATCHERS® and POINTS® are registered trademarks of Weight Watchers International, Inc. The number of POINTS® provided here was calculated by Nestlé based on published Weight Watchers International, Inc., information and does not imply sponsorship or endorsement of such number of POINTS® or LEAN CUISINE® products by Weight Watchers International, Inc.

*BestLife*™ and *TheBestLifeDiet*™ used under license from Best Life Corporation.

LEAN CUISINE® is a proud supporter of the Fruits & Veggies—More Matters™ public health initiative to encourage Americans to eat more fruits and vegetables for better health.

Unless noted to the contrary, all trademarks and other intellectual property on this site are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.