

A License to Chill

Being on the road doesn't mean you have to be constantly on the go. Just remember the three R's: relax, rejuvenate, and recharge. By Jenna Schnuer

CONTRARY TO WHAT you may believe, you *can* live without your cell phone and laptop — at least for a few hours — and even be a better person for it. Savvy travelers know that finding a place to unwind is one secret to surviving endless road-tripping. Here's where you can do just that in some of our favorite cities.

BUENOS AIRES

➤ If shopping soothes your soul, a visit to the city's largest crafts market, Feria Artesanal de la Recoleta, which is open on weekends, will leave you feeling reborn. Postshopping, rest your feet at one of the area's sidewalk cafés. Libertador and Pueyrredón avenues, La Recoleta, 011-54-11-4343-0309

➤ While everybody else is rushing around you — making for great people-watching — you're sitting serenely at a table at one of the city's best-loved spots, the 150-year-old Café Tortoni. Don't give in to the temptation to go, go, go. Stay put. Order another coffee (with, of course, a sweet pastry or a cured-ham sandwich) and just sit — for a long time. 011-54-11-4342-4328, www.cafe-tortoni.com.ar

CANCÚN

➤ You're outside, on a private terrace. You can hear the ocean. You're getting a massage. You feel better just thinking about it, don't

An oceanside massage cabana at Spa Moana at the Hyatt Regency Maui Resort & Spa, Hawaii





Vosges Haut-Chocolat, Chicago

you? Mayan Sanctuary Massage at Kayantá Spa at the Ritz-Carlton, Cancún. \$180. 011-52-998-881-0808, www.ritzcarlton.com

➤ Go to the beach. Immediately. Playa Norte is a calming break from whatever ails you. It's on the northern end of Isla Mujeres, an island eight miles from Cancún. Express boats from Gran Puerto Cancún leave every half hour. www.isla-mujeres.net

CHICAGO

➤ Curry, coconut, and milk chocolate? Sweet Hungarian paprika and dark chocolate? A trip through the truffle counter at Vosges Haut-Chocolat will send your endorphins, your mood, and your tongue into happy overdrive. (312) 644-9450, www.vosgeschocolate.com

➤ Guise Chicago's 45-minute Old Town shave is part old-fashioned straight-razor shave and part modern facial. Kick back in the chair and relax — your skin may never be this smooth again. \$40. (773) 929-6101, www.guisestyle.com

DALLAS/FORT WORTH

➤ Float away on the wings of a monarch at Texas Discovery Gardens' butterfly habitat. Beware: Spending time among butterflies

could render you useless for the rest of the day. It's that relaxing. Adults, \$3; seniors 60 and older, \$2; children ages three to 11, \$1.50; children younger than age three, free. (214) 428-7476, www.texasdiscoverygardens.org

➤ Just steps away from the Fort Worth Convention Center, the Fort Worth Water Gardens will cleanse your head of work

chatter and, for that matter, anything else that angsts you. Free. (817) 871-5755

HAWAII

➤ Palm trees. Soothing, rhythmic ocean waves. Friendly, expert attention to your every need. What's not to like? Bring your skin back from the dull with the new Pacific Islands Renewal treatment at Spa Moana at the Hyatt Regency Maui Resort & Spa. The 50-minute treatment includes a pineapple-papaya enzyme exfoliation, a healing wrap, coconut moisturizer, and a scalp-and-foot massage. \$160. (808) 661 1234, www.maui.hyatt.com

➤ Tuddie Purdy's tour of his macadamia farm doesn't take all that long, and he's such a nice guy that even if you weren't in Hawaii, you'd feel downright serene for at least a week after chatting him up. Free. Two miles west of Kualapu'u on Lihi Pali Avenue, above the high school, Molokai, (808) 567-6601, www.molokai-aloah.com/macnuts

LAS VEGAS

➤ We're not afraid to admit it: The music of Neil Diamond always makes us feel better. See Jay White's Neil Diamond tribute show at the Riviera's Le Bistro Theatre.



Horseback riding in Red Rock Canyon, Las Vegas