

All Topics

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Shed self-consciousness (and clothing) at Jamaica's Hedonism resort

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"Get a bustier. A red bustier."

"Spike heels and a lace-up corset."

"Why are you packing so much? You're going to a nudist colony in Jamaica!"

My friends had plenty of advice for packing for [Hedonism II](#), which is actually *not* a nudist colony. However, clothing is optional.

The adults-only all-inclusive Caribbean resort's recent head-to-toe makeover is drawing younger, active and upscale singles and couples.

Pack more than your birthday suit since there are so many things to do. Dancing, kayaking, tennis and snorkeling around coral reefs -- and "Sexy Theme Nights," such as Glow Pool Party (dress code: literally flashy).

Hedo II is among resorts studding Seven Mile Beach, a global vacation hotspot on a west coast peninsula in Negril.

As a nudie newbie, I was surprised how quickly private parts faded from

distractions to part of the scenery, and how quickly self-consciousness can be shed along with clothing.



There are plenty of places to play at Hedonism II, a fun, recently renovated clothing-optional resort on Seven Mile Beach in Jamaica.

(Robin Soslow)

The vibe

Here, you can stay in or stray from your comfort zone. Pick your level of heat: friendly, flirty, frisky or risqué.

The palm tree-studded setting feels classy-casual and safe. Security guards patrol for unwanted advances and photo-snapping, which is prohibited to protect guests' privacy.

The highly sociable environment attracts repeat guests, many way past their 12th visit. Singles come to find their groove or get it back, couples to recharge romance, the mild to get wild. I met people from Germany, Japan, Scotland, Los Angeles, Fort Worth -- it's an erotic United Nations summit.

Worldwide clubs like the Young Swingers and Fluffernutters book blocks of rooms, and the recent upgrades kicked off a flurry of girlfriend and buddy getaways.



A long boardwalk leads from the grounds of Hedonism II to a beautiful Caribbean beach on the west coast of Jamaica.

(Robin Soslow)

The un-dress code

Day and night, get as sexy-silly and clothes-free as you want, from barefoot to buck-naked. The only clothing-required spots are the restaurants, where Caribbean casual works well. A notable exception: the nude beach grill, where guests must completely disrobe within 5 minutes of arrival -- a rule strictly enforced. Go bare or go elsewhere.

Want to role-play? Glam up? Strip down? Slip into a costume, glow bracelets or body paint and shimmy to the nightly theme parties, which include Fetish Fantasy, Toga & Foam (toga-design lessons are offered), Rock Star, and Hats & Heels.

Sensuous entertainment

Live bands play early evenings, then a troupe of sensational dancers, singers and acrobatic duos transforms the terrace stage into an intimate Las Vegas.

Next, hit the theme party or piano bar, where lusty sing-alongs often inspire impromptu burlesque atop the baby grand. Midnight to 3 a.m., dance (or rock the stripper pole) to hits, soca and dancehall at the disco.



The Hedonism II resort price includes various activities such as boating, snorkeling, kayaking, paddleboarding and party cruises.

(Robin Soslow)

Good clean fun

By day, loll on the sand or shaded daybeds, float in pools or the gentle Caribbean, cruise on the party catamaran, play poolside games like Truth or Dare, and swing in hammocks.

Or burn off buffet and booze calories with no-extra-fee activities, including kayaking, paddleboarding, windsurfing and scuba. I loved reef snorkeling by a foliage-crowned isle 5 minutes offshore named Booby Cay. Please, no snickering: The name refers to a local seabird.

I swam past long-spined black sea urchins, all kinds of corals, lavender sea fans and dozens of kinds of fish: sergeant majors, angelfish, butterfly fish, parrotfish, blue chromis and electric-blue, diamond-dotted yellowtail damselfish.

Landlubbers can move at tennis (lighted courts), pool and sand volleyball, basketball, fitness classes and two dance floors.

Get a room

The updated rooms feature ceiling mirrors, push-button light effects, stylish showers, private decks and patio hot tubs.

Menus for the resort's variety of restaurants, grills and bars are overseen by executive chef Anthony Miller, born in Dallas, where he began cooking at the Adolphus Hotel. He draws from Jamaica's bounty of organic ingredients and attributes their bright flavors to the water and mineral-rich soil. Cowboy pineapples, Otaheite apples, heavenly ginger -- so many healthy temptations to balance house-made desserts and other guilty pleasures. No chance of going hungry or dieting. Crave a hand-crafted pizza, Hummingbird cocktails or sex on the beach (shooter) at 2:45 a.m.? You got it.

So did I venture from the designated Prude Beach to Nude Beach? Let's just say all my cheeks are red. As regulars tell Hedo virgins: "The hardest thing isn't taking your clothes off the first time. It's putting them back on."

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