

STEAMY TRAVEL INSPIRATION

7 Nude Travel Experiences to Add to Your Bucket List

Jun 18, 2018 by Katherine Alex Beaven

While some may consider stripping down in front of complete strangers uncomfortable, others find it to be a thrilling experience. Whatever feeling it evokes, there's no denying it: Nude vacations are on the rise -- and we don't just mean [nude beaches](#). Nakations are becoming such a trend that new concepts, like naturist restaurants (The Bunyadi in London, for example) and [topless cruises](#), are cropping up. Perhaps it's the idea of getting back to nature, the lack of pretense and judgement (it's hard to tell a CEO from a bartender when they're both naked), or the feeling of freedom and adventure that appeals to travelers. Sure, the thought of being naked in public might cause a little anxiety, but it's actually known to increase body positivity and self-esteem. Plus, the exhibitionist angle often works as an aphrodisiac for couples. Another bonus? It'll keep your suitcase light. If you've ever been curious or don't know where to start, check out our bucket list of nude travel experiences.

4. Visit a Clothing-Optional Resort



Beach at Hedonism II, Jamaica/Oyster

Staying at a [clothing-optional resort](#) takes a lot of guts, as you'll constantly find yourself running into fellow naked guests. For the full naturist experience, we recommend choosing a completely nude-optional resort over just a topless-optional resort. Many of these resorts do have separate clothing-optional and fully nude sides -- a great feature for any anxious first-timers (and those who realize the experience isn't quite for them). If you want to kick it up a notch, sexually adventurous resorts like [Hedonism II](#) in [Jamaica](#) are big bucket-list spots for swingers.

6. Find Your Zen in a Candlelit Nude Yoga Class



[Unnar Ýmir Björnsson/Flickr](#)

You may not have to travel far for this one, as nude yoga is gaining popularity across the country. However, we'd like to suggest an extra element for your practice. Candlelit nude yoga is a surprisingly zen-inducing alternative to regular vinyasa flow. The absence of clothing frees up the body and allows it to move in a more fluid motion, though it might be best to space out your mats a bit farther than usual for all those downward dogs.