



Lifestyle

## 9 Adult-Only Hotels For When You Need A Break From The Kids



Lindsay Tigar · May 31, 2019



Sometimes you want to escape with your kiddos — and sometimes you want to get as far away from them as you can. Sure, you love your babies, but a getaway with your partner, **your girlfriends** or simply a retreat for one is just what the OOO ordered. Here, a collection of adults-only hotels and properties all over the world that pack in plenty of adventure, relaxation, **gourmet cuisines**, and scenery — not to mention, some peace and quiet. So, next time you're looking for a place to escape from the diaper changes, carpooling, and cooking, book one of these grown-up getaways.



## Ballfyn

**Where:** County Laois, Ireland

Set on more than 600 acres in the heart of the Slieve Bloom Mountains, this five-star property will have you feeling like royalty. There are only 21 rooms here, all decked out with opulent interiors that highlight Irish art and nods to the fascinating history of the area. While you're on the property, you will have the quintessential Irish countryside experience, too — complete with opportunities to try your hand at fishing, horseback riding, clay pigeon shooting, archery, falconry, and more.

**Average nightly rate:** \$1,500

**What's included:** Food, beverage, and most sporting activities.





**Where:** Negril, Jamaica

As the name suggests, this destination hotel is pretty much what you dream of when you think of romance. Featuring tree-house-style boutique rooms, you and your number one will feel as if you escaped to a tropical garden in your own private oasis. It currently ranks in the top 1 percent of hotels for TripAdvisor, as well as in the top 25 Hotels for Romance and the Top 25 for All-Inclusive Resorts in the Caribbean. Go for a dip in their private beach, drink a cocktail by the pool, get lost in the blooms that dot the property, and book a day at the spa for two — all sans kiddos.

**Average nightly rate:** Varies by season, but year average is \$380

**What's included:** All meals and standard drinks, as well as non-motorized water equipment.



**Where:** Lake Atitlán, Guatemala

Where adventure and luxury meet in the middle, you'll find this hidden gem in Guatemala. Though there are only 15 accommodations on the vibrant property, all of them allow you to connect to the local culture. With Latin American artworks, local crafts, and jaw-dropping views of the lake and nearby volcano, it's a getaway built for curious couples. Nearby hiking trails, access to women-led weaving cooperatives in San Juan, and other activities are all within reach. Because of its location on the map, you can visit any time of the year, allowing you to experience 'the land of eternal spring' first hand, no matter when the mood (or last-minute flight) strikes.

**Average nightly rate:** \$188

**What's included:** Your stay.



4

## Auberge Du Soleil

**Where:** Napa Valley, CA

If you're craving a getaway that centers around your all-time favorite past time — um, drinking wine, duh — then there's no other adults-only resort for you than this one. It's at the center of the vines of California wine country, and is home to Michelin-star dining. Here, you can spend your days tasting the local grapes, and your evenings can be spent at their award-winning spa, at their famed restaurants or even taking a private yoga class to relax. Bottoms up — and namaste here forever.

**Average nightly rate:** \$1,075

**What's included:** Your stay.



5

## La Casa Que Canta





**Where:** Zihuatanejo, Mexico

You may recognize this destination if you're a major movie buff. How come? It made its first debut in the 1990s as the backdrop for *When a Man Loves a Woman*. Since then, it's been a popular spot for Hollywood, as well as for romance-seeking couples. There are 25 oceanfront suites, all made of brick, palapa, and wood, overlooking La Ropa Beach. Around the property, you can relax and reconnect in a saltwater pool, a jacuzzi, and an infinity spa. Plus, for beauty fans, this is the only place in the country of Mexico where you'll find a Spa by Clarins!

**Average nightly rate:** \$435

**What's included:** Complimentary welcome drinks and guacamole, a mini bar and fresh fruit that's replenished daily.



6

## Hedonism II

**Where:** Negril, Jamaica

For a different type of couple getaway, consider challenging your comfort zone at this adults-only find. As the resort describes it, you can go wild or mild at this property, by participating in group sex or swinging, or just enjoying the view. Swimsuits are optional here — and public sex is allowed in certain areas — but you're also welcome to be a voyeur. No phones allowed, but all food and drink included, this can be a life-changing getaway for the right duo.

Here's one person's **NSFW take** on the experience.

**Average nightly rate:** \$442

**What's included:** Authentic Jamaican cuisine and top-shelf alcohol.



7 Ventana Big Sur

**Where:** Big Sur, CA

Connect your mind, body, and soul at this destination located on the most beautiful stretch of Highway 1 on the Pacific coastline in California. There's a little bit of everything from the Golden State to enjoy here — from a dining terrace with quite the view, an infinity-edge hot tub overlooking the ocean, and the clothing-optional Mountain Pool and Japanese hot baths. Because it's meant to inspire your creativity and engage your senses, you can participate in a variety of activities, too, including meditation, art classes, and more.

**Average nightly rate:** \$675

**What's included:** Meditation, yoga, tai chi, organic garden tours, sommelier wine and cheese hour, guided walks and hikes, and more.



8 Club Getaway





**Where:** Kent, CT

Want to return to summer camp.... as an adult? If you're Team Yes Please, consider booking a getaway with your partner or your group of friends to this destination. Only a cool 90 minutes away from New York City, you can enjoy this super-fun and scenic hub situated on 300 acres in the Berkshire Mountains. Complete with a lake for jumping in, paths built for hiking, zip lining courses designed to make your heart race — you won't want to return to adulthood.

**Average nightly rate:** \$459

**What's included:** All meals, activities on the site, and for an additional fee, the booze package.



9

## CHIC by Royalton

**Where:** Punta Cana, Dominican Republic

Want to not only get away — but party hard? Consider escaping to this destination that offers daytime foam parties, fashion shows, and nightly performances. It's basically non-stop entertainment for the 18 and up crowd, all set under a gorgeous tropical landscape. You can stick to a traditional booking or upgrade to their Diamond Club, which offers complimentary snacks and top-shelf beverages, as well as private pools and beach areas.

**Average nightly rate:** \$300

**What's included:** All food and drink.

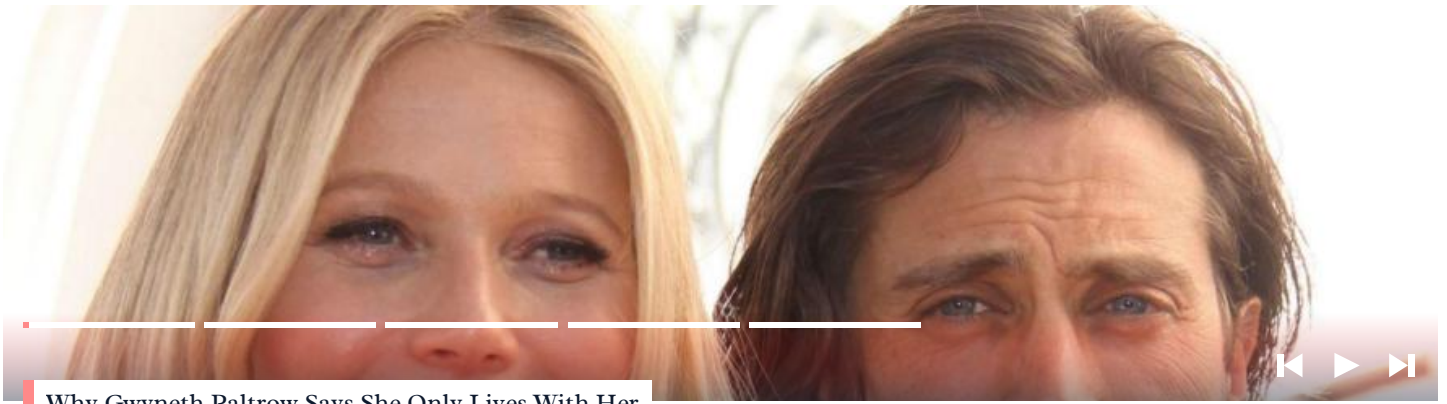
**You might also like:** [These 7 Hotels Will Make You Feel Like You're At Summer Camp For Adults](#)

TOP ARTICLES

1/5

Glam





## Why Gwyneth Paltrow Says She Only Lives With Her Husband Part-Time

[READ MORE >>](#)

#PARENTING

#SUMMER

#TRAVEL

SHARE



Lindsay Tigar

Also by Author:



14 Female Entrepreneurs Share Their Must-Have Products For Productivity



The Ultimate List Of Places You Should Go This Summer



9 Adult-Only Hotels For When You Need A Break From The Kids

## Related



Lifestyle · Lindsay Tigar



Wellness · Holly Dawsey





14 Female Entrepreneurs Share Their Must-Have Products For Productivity

Skeptical, I Took CBD For Stressful Situations – Here’s What Happened

Sponsored by Holiday



Lifestyle · Lindsay Tigar

The Ultimate List Of Places You Should Go This Summer



Lifestyle · Erika Stalder

8 Successful Women Share Their Guilt-Free Strategies For Saying No

Wellness

Doctors Determine That Menstrual Cramps Are Just As Painful As Having A Heart Attack

Catherine Santino · May 31, 2019



Anyone who has dealt with **menstrual cramps** knows how excruciating they can be, sometimes even debilitating. In fact, according to the **American Academy of Family Physicians**, up to 20 percent of women have their lives interrupted by period pain. That's a decent portion of the population, yet menstrual pain is often dismissed as a moderate symptom of the menstrual cycle. Most of us pop an over-the-counter pain pill and work through the cramping.

But now one UK professor is taking a step towards changing that. John Guillebaud, professor of reproductive health at University College London, reported to **Quartz** that some patients describe menstrual pain as “almost as bad as having a heart attack.” Though I have never had a heart attack, this sounds about right.



“menstrual cramps are as painful as heart attacks”

Cool cool

id like a lil acknowledgement that I’ve been having a heart attack at work or school once a month for 26yrs





Guillebaud certainly isn't the only medical professional who's heard similar **complaints from women when it comes to their periods**, yet there's very little research surrounding causes and treatments for menstrual cramps. Frank Tu, director of gynecological pain at NorthShore University HealthSystem, told the publication that many physicians are taught that ibuprofen is a sufficient for this kind of pain. Sigh.

Dr. Richard Legro of Penn State College of Medicine added that he's currently studying possible treatments, but has had a hard time getting funding for his research. Women deserve to know more about their **reproductive health**, and hopefully one day soon, we will stop having to convince the medical community of our pain and more sufficient treatments will be developed.

In the meantime, we'll just be over here with our hot water bottle.

**You might also like:** [Burnout Is Officially A Medical Diagnosis — So Take That Vacation Day](#)

#MENSTRUAL CRAMPS

#PERIODS

#WELLNESS

#WOMEN'S HEALTH

SHARE









I WANT TO LOOK LIKE A  
SNACK THIS SUMMER BUT I  
CAN NOT STOP EATING THE



Glam

Copyright © Glam

Roku f t i p y n ^ Back To Top

