

FREE

May 2009

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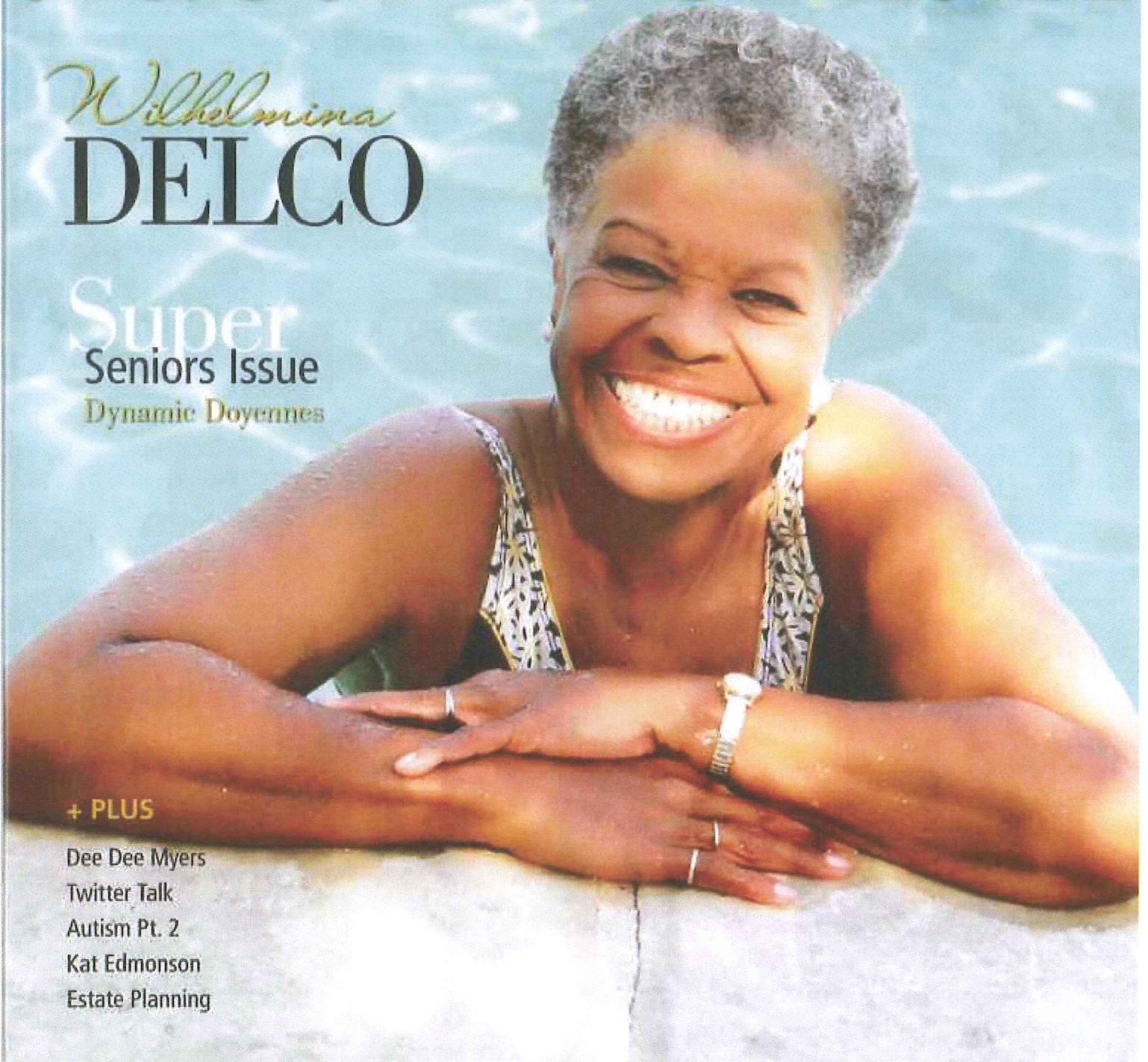
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Wilhelmina
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Super
Seniors Issue
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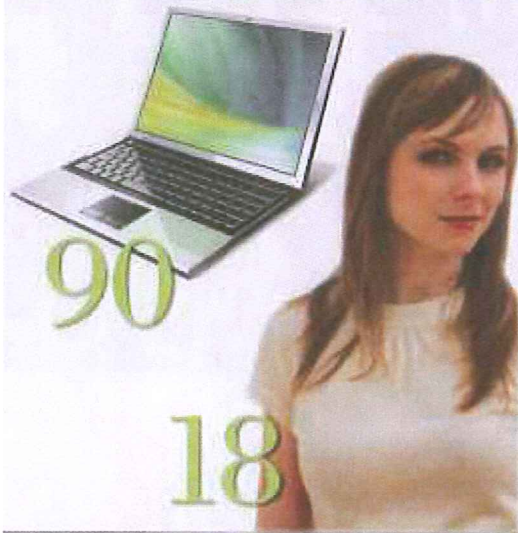
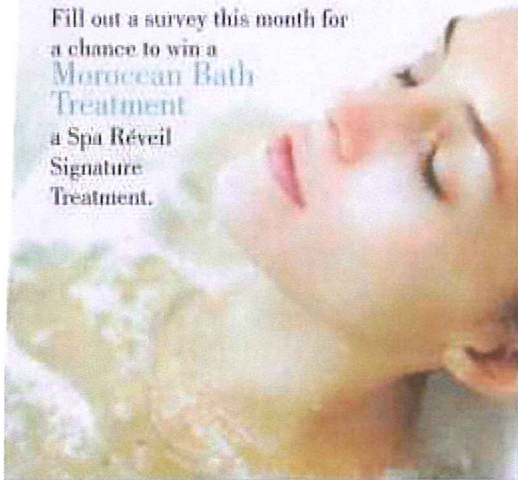
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Autism Pt. 2
Kat Edmonson
Estate Planning



Go Online!

www.austinwomanmagazine.com

Fill out a survey this month for a chance to win a Moroccan Bath Treatment a Spa Réveil Signature Treatment.



Join Us!

"Celebrity Bartender Night"

Join us on Wednesday May 6th from 5:30 - 7 p.m. at Ruth's Chris Steak House on 6th Street to help out local charities. Our publisher, Melinda Garvey, will be tending bar. All tips and donations will benefit Wonders and Worries.



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Top 10 REASONS to Escape to GRAND VELAS LET'S COUNT THE WAYS

Grand Velás Resort's
tiered infinity pools.

AS WOMEN, WE KNOW ALL THE REASONS WE NEED A vacation, but we rarely give ourselves permission to just escape, even for a three-day weekend. The beaches of Mexico are close enough to enjoy for as little as a long weekend, so *¡vamos!* (let's go)! Here are the top 10 reasons to simply run away to Grand Velás All Suites & Spa Resort in Nuevo Vallarta.

1 **CLOSE ENOUGH TO TOUCH** – Just a short plane ride over to Puerto Vallarta airport, then hop into the car provided by Grand Velás (included in your all-inclusive vacation), the resort is only 15 minutes north of Puerto Vallarta on Banderas Bay. You're welcomed into an open-air lobby, offered a cool drink and, after just a half-day, you're ready to relax. >>

2 NO SQUEEZING ALOUD – Grand Velas offers some of the greatest accommodations in Mexico. With 267 ocean-view suites, there's not a bad room in the house. The spacious suites have plenty of room to spread out and enjoy yourself, and a view to boot! Sit out on your bougainvillea-filled balcony to enjoy a meal, read a good book or just sip a *cerveza* (beer). A unique added touch: there's a menu of eight pillows you can choose from to satisfy even the pickiest "princess and the pea."

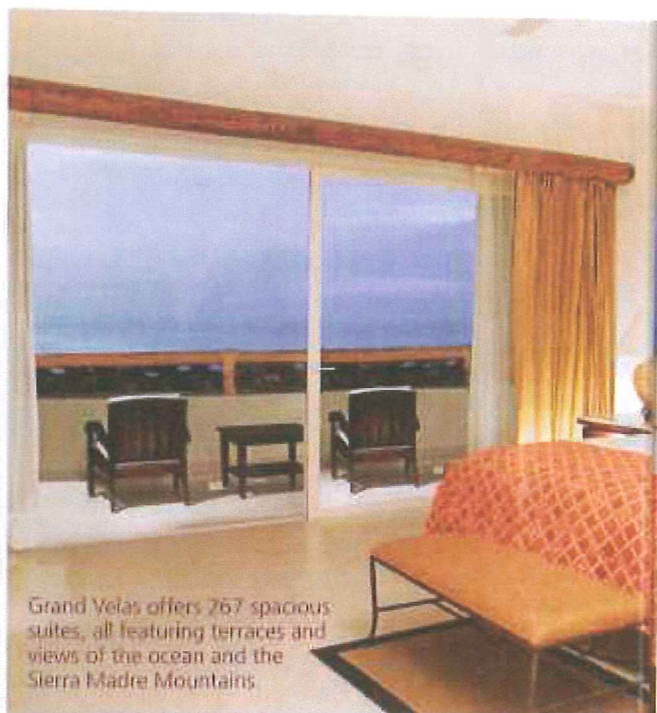
3 SERVICE WITH A SMILE – You experience a different level of service at a Mexican resort than in other countries, and Grand Velas is at the top of the heap. Awarded an AAA Five-Diamond Award for the third consecutive year, it's easy to see why vacationers keep coming back to Grand Velas. The service is impeccable and begins the minute you arrive. Santana, our bellman, offered to bring anything we needed to our suite. When we asked for a few beers, we ended up with 18 ice-cold beers delivered to our room. *Bueno!*

4 IT'S INCLUDED! – Total relaxation is found at an all-inclusive resort. There's no looking at bills, perusing prices, or worrying about the extras. Allow yourself the luxury of this all-inclusive resort and order anything your heart desires, including 24-hour suite service and a fully-stocked mini bar (you consume, they restock).

5 YUMMY TO YOUR TUMMY – Start your day with a delicious breakfast at the oceanside outdoor restaurant, Azul. Choose from a buffet of Mexican delicacies: *huevos* (eggs) of any style and dishes you typically only find in Mexico, such as *chiliquiles*. Enjoy lunch poolside from the snack bar, Selva del Mar, such as quesadillas, Pico de Gallo and chips with guacamole. However, the real treat comes at dinner when you dine in one of three gourmet restaurants: Frida, fine Mexican dining; Lucca, Italian-Mediterranean; or Piau, traditional French gourmet cuisine. And, since it's all-inclusive, you won't mind helping yourself to a decadent chocolate dessert!

6 SALUDI CHEERS! – You can drink yourself silly (even with no alcohol involved) with all the tasty beverages offered throughout the day. I recommend a latte with breakfast, a chilled juice on the beach, and Modelo Light in the afternoon by the pool. Swim up to the Aqua Bar for a traditional frozen margarita that you can enjoy either in the pool or in the expansive infinity Jacuzzi. At dinner, order from the restaurant's top-notch wine selection, which might be a nice French Chardonnay or a Chilean Merlot.

7 THAT HITS THE SPOT – The award-winning spa at Grand Velas will likely surprise you with a unique experience. Beginning with their hydrotherapy ritual, you'll step into a



Grand Velas offers 267 spacious suites, all featuring terraces and views of the ocean and the Sierra Madre Mountains.

treat for the senses. You are escorted through an herbal steam, eucalyptus inhalation room, Swiss shower, pressure shower, sauna, whirlpool, warm and cold plunge pools, and a reflexology pool for your feet. Also, in your treatment room, you'll enjoy other unique aspects of the spa, including a foot ritual prior to your massage, special hot stone and hot oil treatments and ancient Mayan customs.

8 CATCH THE RAYS – There's plenty of sun to soak up at Grand Velas. Pristine grounds surround the three-tiered infinity-edge swimming pool. Warm, tropical breezes breathe life into the lush gardens that encompass the resort grounds. Grab a lounge chair by the pool, check-out an iPod, borrow a book from the lending library, and be waited on hand and foot.

9 SAND AND SURF – If you'd rather get your feet in the sand and "do" the beach instead, the resort offers lounge chairs, each with a sun hood that you can use for shade or remove

