

CHASING THE AURORA BOREALIS

EXPLORE THESE BEAUTIFUL PLACES WHILE WAITING FOR SUNDOWN AND THE **NORTHERN LIGHTS**

FOOD: CHEFS ENVY THIS COOKING **SCHOOL** / GROWN-UP **PICKY EATERS** / BEST **ICE-CREAM PARLORS** / ORLANDO'S TOP **EATS**



JULY 15, 2013

AMERICAN WAY

AMERICAN AIRLINES + AMERICAN EAGLE

Sgt. 1st Class Leroy A. Petry
Served in Afghanistan
2011 Medal of Honor recipient

COURAGE

The **MEDAL OF HONOR** gathering in **Washington, D.C.**, embraces a multigenerational collection of American heroes

ENTER TO WIN
12th Annual
WARRIOR CONTEST
(Turn the page)

TWICE MONTHLY

{ HOTELS }

Not Your Average Turndown Service

According to the **NATIONAL SLEEP FOUNDATION**, nearly two-thirds of adults say they don't meet their sleep needs consistently throughout the week. Couple that with jet lag or a stressful schedule on the road, and getting quality sleep while traveling can be as foreign a concept as the country in which you're lying awake. Although hotels have always been in the business of sleep, more and more are embracing their role in the overall travel experience. As such, they are enhancing your chance of a good night's slumber by offering so much more than mere turndown service. These options are sure to induce sweeter dreams for even the most restless guests.



HÔTEL FOUQUET'S BARRIÈRE, Paris
The Zs: A "spabulous" package with an 80-minute spa treatment, Cinq Mondes Eau Egyptienne pillow spray and a pillow menu with three categories.

From \$1,467; www.lucienbarriere.com



SOLAGE CALISTOGA; Napa Valley, Calif.
The Zs: Private after-hours "starlight" spa usage and a signature Mudslide treatment that features the zero-gravity, NASA-researched SO SoundChair.

From \$470; www.solagecalistoga.com



PARK HYATT BEAVER CREEK RESORT & SPA; Avon, Colo.

The Zs: Slumber massages at Allegria Spa, a Sound Sleep TV channel, in-room slumber kits and sleep elixirs/bedtime snacks. From \$199

per night; www.beavercreek.hyatt.com



THE BENJAMIN, New York

The Zs: A Sleep Concierge, a 12-choice pillow menu, sleep-inducing massages at Federico Hair & Spa, bedtime snacks, a work-down call to remind busy executives it's time for bed and a money-back sleep guarantee. From \$299; www.thebenjamin.com

—KRISTY ALPERT



WORTHY BUY

Here's a better way to weather bad weather: the **Blunt Metro XS**. This sleek, chic umbrella keeps you dry and won't poke anyone in the eye. Stylish and compact for easy transport, the sturdy Blunt holds its shape in blustery conditions. And, true to its name, it has rounded tips, not spikelike points, so it never transforms into a windblown weapon. **\$49**, www.bluntusa.com

—J.S.

{ TRAVEL + PETS }

A Pet-tastic Stay

EVERY DOG HAS ITS DAY, BUT THE REALLY LUCKY ones have their nights at **PARADISE 4 PAWS**, a luxe pet resort with locations near Chicago's O'Hare and Midway international airports, as well as a new outpost at Dallas/Fort Worth International Airport. Catering to canines (although felines are also welcome), Paradise combines convenience with the highest creature comforts, providing everything from curbside pickup and drop-off to pet massage therapy and dog and cat grooming. The some 20,000-square-foot, state-of-the-art facility ensures a five-star stay.



Select dog suites overlook expansive, rubber-padded indoor play areas replete with bone-shaped splash pools and have flat-screen TVs and round-the-clock webcams, so owners can keep watch from afar. Cats can bed down in their own gated community of tasteful bungalows, with ready access to an Adventure Jungle composed of climbing rungs and custom-made cat trees. The poshest feline accommodations feature window perches and aquariums for their endless entertainment. In addition to on-site obedience training, Paradise offers such pampering perks as gourmet snacks and bottled water, individual cuddle time, one-on-one fetch, bedtime reading and kitty laser tag, as well as treadmill workouts and swimming sessions for pets trying to head off those extra pounds. From \$27 per night for cats and \$49 per night for dogs; www.paradise4paws.com —JOSH SENS

HOTELS: CLOCKWISE FROM TOP LEFT: COURTESY-HÔTEL FOUQUET'S BARRIÈRE; COURTESY-PARK-HYATT BEAVER CREEK RESORT & SPA; COURTESY-THÉ BENJAMIN; COURTESY-SOLAGE CALISTOGA