

805 LIVING

**NEW
YEAR
FRESH
START**



At the newly renovated Alohilani Resort Waikiki Beach light-colored décor plays up views of crystal blue skies and sparkling aqua seas.



KEIKI-FRIENDLY WAIKIKI

A dramatic transformation has just been completed at the modern **Alohilani Resort Waikiki Beach** (alohilaniresort.com; from \$229), across the street from the *keiki*, or kid-friendly, sandy-bottom Kuhio Beach.

The hotel was gutted, except for the lobby's three-story-high oceanarium, a 280,000-gallon saltwater tank stocked with 1,000

tropical fish. It was decided that the locally beloved icon, which has been part of the hotel since it opened in 1969, simply had to be preserved. The children just stand there and they're mesmerized," says sales and marketing director Patsy Narimatsu.

The resort has an open, airy feel with high ceilings in the lobby and white and beige furnishings

throughout. Children can enjoy the Monkey Pod Kid's Club with a bubble jet pool, corn-hole and oversize Jenga games, and movies projected onto an outdoor wall. A fifth-floor saltwater infinity pool overlooks the beach. Restaurants Momosan Waikiki and Morimoto Asia Waikiki feature the cuisine of Japanese chef Masaharu Morimoto.

VITAL IN VEGAS

A nutrition consultation may not top the average Sin City bucket list, but **Canyon Ranch SpaClub at The Venetian Las Vegas** (venetian.com; from \$169) makes wellness seem more appealing than indulgence. The 134,000-square-foot facility has the requisite treatments, fitness centers, and salon, but the presence of on-site exercise physiologists and registered dietitians set it apart.

Laura Kruskall, a registered dietitian who has worked at Canyon Ranch for 18 years, conducts consultations (\$109–\$189) on subjects such as healthful eating, weight loss, diabetes management, and bone health. She begins with a client assessment and food intake review, and then suggests changes based on goals.

The take-away is the realization that healthful eating doesn't have to be expensive and that nutritious meals can



be prepared in the same amount of time it takes to get dinner from a fast food drive-through, says Kruskall, who is also director of nutrition sciences at the University of Nevada, Las Vegas. "You can be healthy right in Vegas," Kruskall says, "and still have fun." ♦

Canyon Ranch SpaClub at The Venetian Las Vegas lends balance to the city's nonstop action with relaxing and invigorating offerings, such as Experiential Rains showers.