

# BAL HARBOUR

## Traveling Well: Tips & Tricks from the Experts in Bal Harbour, Miami's most fashionable beach destination

Traveling well isn't *just* about staying at the most luxurious 5-star hotels and getting champagne turndowns. From remembering to pack stilettos and sneakers to booking the right spa treatment, keeping yourself looking fabulous and energized is key whether traveling for business or pleasure! To help jetsetters navigate the dos and don'ts of travel wellness, Bal Harbour asked three top experts from the destination to share their tips and tricks as travelers begin a year full of new destinations and experiences.

### Maintaining Your Diet

**Expert: Brad Kilgore, Chef at J&G Grill, The St. Regis Bal Harbour**

**Tip:** Packing your own meal for the airplane or any mode of transportation is crucial. Avoid purchasing unhealthy prepared meals. When I travel, I pack a protein such as a turkey sandwich, bag of nuts, or protein bar. These are light in calories and keep me full.

**Bal Harbour Experience:** At The St. Regis Bal Harbour Resort, guests can have their traditional mini-bar transformed into the Wellness Mini-Bar personalized by dietary needs, such as low sodium, low fat, and high protein bars and shakes.

### Packing It All In

**Expert: Laure Heriard Dubreuil, CEO/Founder, The Webster**

**Tip:** For trips in-between climates, take a cashmere scarf for colder evenings, layers and outfits that go from evening to night, and makeup that includes cool and sunny shades. Also, I use my Olympia Le-Tan clutch to protect jewelry in my luggage and as an accessory at night.

**Bal Harbour Experience:** For travel essentials, The Webster at Bal Harbour Shops has it all. Colorful House of Waris psalm scarves; limited edition Flamingo Print Pajamas by Piamita (great as separates and daywear); and the Olympia Le-Tan "Webster's New World Dictionary" clutch is a great conversation piece.

### Healthy Skin

**Expert: Celene Gee, Owner, Gee Beauty Bal Harbour**

**Tip:** Traveling dehydrates and dulls skin, especially when moving in-between climates. Stay hydrated by drinking water, using serums with Hyaluronic Acid, masks, and hydrating sprays with rose essence. I like Dr. Sebagh's serums, Tata Harper Hydrating Floral Essence and Talika Eye Therapy Patches to use while napping on a flight to firm and de-puff.

**Bal Harbour Experience:** Gee Beauty, a makeup and skincare studio at the Bal Harbour Shops, offers world-class products and services. Exclusively available at the shops, the *Ultimate Diamond Microdermabrasion* treatment stimulates collagen production while resurfacing and exfoliating skin for a smoother, younger-looking complexion.

### **About Bal Harbour, Miami's most fashionable beach destination:**

A name forever associated with the ultimate shopping experience, Bal Harbour, Florida has developed into a must-visit travel destination with the addition of new hotels, gourmet restaurants, and celebrated cultural programs. Recently named the number one most

productive shopping center in the world, the luxurious open-air Bal Harbour Shops are a haven for fashionistas and well-heeled travelers. This sun-drenched beach community offers a range of stylish hotel accommodations, including the exquisite flagship St. Regis Bal Harbour Resort, the beautiful ONE Bal Harbour Resort & Spa, the boutique Bal Harbour Quarzo, and the iconic Sea View Hotel. The latest additions to the bustling restaurant scene include legendary chef Jean-Georges Vongerichten's J&G Grill at The St. Regis Bal Harbour, celebrity restaurateur Stephen Starr's Makoto restaurant and ONE Bal Harbour Resort & Spa's Mister Collins.

For more information on Bal Harbour, please visit: <http://www.balharbourflorida.com/> and follow Bal Harbour on [Facebook](#) and [Twitter](#).