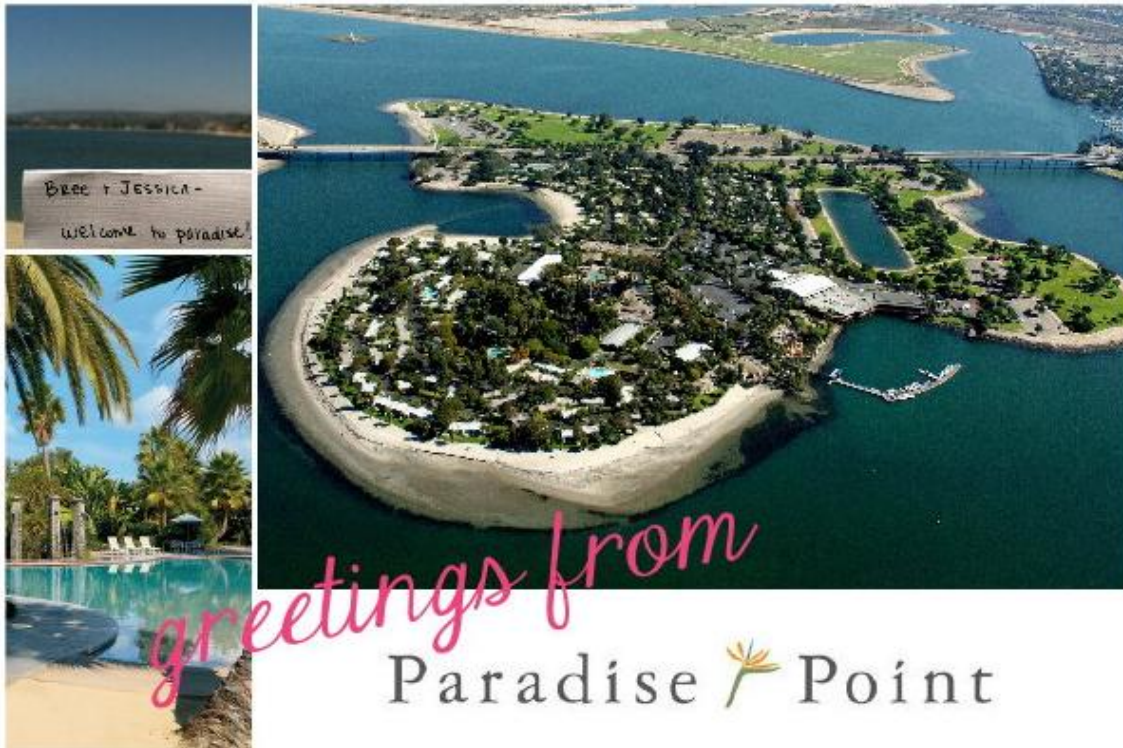


Welcome to Paradise.

BY BREE COOLEY ON AUGUST 01, 2013

3 
VOTE

 Tweet 1  Pinterest 2  Share 7  Tumblr 1



It finally happened. I *actually* took two days for *myself*. I *didn't* even turn on my computer. (which is a big step for me!) I used to think that taking a vacation wasn't something everyone deserved. Ridiculous, I know. But, true. I've spent the past 17 years of my life working. Working on set and working for others. I've dedicated so many years to everyone but myself, that I finally realized it was time to work, *for me*. Work at learning how to unwind, learn to relax and how to de-stress. This isn't something that comes naturally for me, as I'm usually keep my nose to the grindstone from 12-15 hours per day, 6 days a week. I *love* what I do, but it's exhausting sometimes.

I'm planning on a bigger vacation over the holidays, but my mini vacation in **San Diego** did me good for now. *Real good*. [Paradise Point](#) invited [Jessica](#) and I down for a little getaway from the hustle and bustle and boy, was it ah-mazing!



I wanted to getaway and indulge in a "paradise-esque" resort, without leaving the country and that is *exactly* what I found. *Paradise*, state side. From the minute we drove up, we knew we were in for a treat! Palm trees, fountains, ducks, turtles, beach, spa, swimming pools... Most importantly I saw happy, stress-free, smiling faces.



5 rules for a stress-free getaway

1. pack light
2. embrace color
3. laugh
4. live simply
5. breathe

(good thing they had an iron, because I was in a hurry while packing and as a stylist, I'm ashamed to show you this picture!)

When packing for our time in paradise, I really only wanted to bring a swimsuit and pajamas, as my plan was to sleep and swim- but that was impossible. Have you *seen* my closet? But I packed light and brought bright clothes to keep me happy and energized as I enjoyed the entire 44 acres, [Paradise Point](#) had to offer.



Our beachfront bungalow was my favorite part! Maybe I was a mermaid in a former life, because I'm obsessed with water and couldn't wait to plunge in! Give me a pool or bathtub any day and I'm a happy girl! There is *nothing* that the water and a little sun can't cure. Oh and sailboats help too!



Feel THE SAND BREEZE with our Island Bliss Ritual

- Integrating Scrub
- Warm Stone Wrap
- Relaxing Massage

What an experience at [Baleen](#). The most incredible sunset views, pinot grigio & to-die-for strawberry shortcake! I had the pork chop with mascarpone risotto, sugar snap peas, grilled fig and lavender honey glaze. *Lavender Honey Glaze*. Hands down, by far, one the *best* restaurants I've eaten at. *Delish!*



*pina coladas,
gluten,
chocolate,
carbs,
sugar...*

OH, MY!

(swam it off, worth every bite!)

...wine was drank, pina coladas were consumed and cake was *devoured*.

Oh!...and s'mores over the bonfire!



I'm truly grateful for the wonderful experience I had.

Thank you to [@ParadisePointSD](#) for their invitation and *wonderful* hospitality!

I can't wait to come back again soon!

(Paradise Point Resort & Spa provided our stay, but no compensation was provided. The opinions expressed herein are those solely of the author.)