

# BEAUTY, BALANCE & REJUVENATION



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With the endless cyclical factors such as the spiking prices of gasoline and the slumping job market, we need a little balance to rejuvenate us on the inside and give us a glow on the outside. By Debra Kennedy.

Often times we do not realize how stressed out we actually are until we take a little vacation and return feeling refreshed and renewed. Taking a break from it all is the ultimate way to achieve a feeling of harmony in our lives.

I was feeling a bit overwhelmed and stressed with my workload and all of the other tasks that I deal with on a daily basis. Each year I plan a vacation and each year I return from vacation exhausted! This year, I returned feeling completely refreshed. I could say my vacation was magical. There is something that brings a smile to your face when you visit Walt Disney World. Instead of cruising the Caribbean, baking ourselves on the beaches in Cabo or jammin' out in Jamaica, my family opted for Florida this year. It was so wonderful, I decided to share my experience with you so that you too can plan the perfect getaway.

## Here is my list of simple tips for your trip:

Stay on a Disney property for the total experience as well as a few perks such as 'extra magic hours' (exclusive times the park is open to only resort guests) as well as complimentary resort transportation to every park. We stayed at the Walt Disney World Swan and Dolphin Resort and loved it! From the beautiful surroundings to the superior service, this luxurious facility is just what you need to resurge. The resort is nestled in between Epcot and Hollywood Studios and you can see spectacular fireworks nightly from your balcony. We also enjoyed dining nightly. The resort offers 17 distinctive restaurants as a wind down from an adventurous day. My favorites were Shula's Steak House and Fresh Mediterranean Market. I have visited Disney and stayed off property as well as on and believe me, the experience is much more enjoyable when you can relax and park hop and someone else is driving.

**Now that you have settled into your resort, it is time to visit the parks.**

## Debra's Favorite Rides/Shows:

### MAGIC KINGDOM

Space Mountain (An oldie but goodie.)  
 Splash Mountain  
 Big Thunder Mountain Railroad  
 Pirates of the Caribbean  
 Dinner with Cinderella (Call ahead for this to reserve your spot.)  
 Nightly Disney Character Parade (Featuring half a million lights.)

### EPCOT

Test Track  
 Soarin'  
 Mission: SPACE  
 Hollywood Studios  
 Rock 'n' Roller Coaster  
 Tower of Terror  
 Beauty and the Beast (live entertainment)

### ANIMAL KINGDOM

Kilimanjaro Safaris  
 Kali River Rapids  
*It's Tough to be a Bug!* (show)  
*Festival of the Lion King* (show)

After your magical experience, you will need a few days to enjoy the beautiful sunny weather and do some light reading or relax in the lazy river at the Ginn Reunion Resort, just a few miles from Disney. I love this property because of the large villas, spa, world class dining and 5 pools, all for a very minimal cost. We spent 5 nights there just relaxing and enjoying family time.



This is one of Orlando's best kept secrets. We did however visit Universal Studios for another park adventure and also enjoyed Islands of Adventure. To be quite honest, I did not realize how stressed out and exhausted I was until I returned from vacation and had a new energy level as well as complete happiness and harmony.

Now that I have taken all of the guess work out of planning your perfect vacation and have given you the best of the best for your complete enjoyment, I know you will enjoy the benefits as much as I did.

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