

PHILIPPINE DAILY INQUIRER

LIFESTYLE

A clearer and cleaner slate

Editor
Rachelle V. Moral



TESSA!

TESSA PRILTO-VALDES

Start daydreaming about 2021's trips and get inspired by places to spend those long-overdue vacation days

The new year is finally here! We have never been so eager to welcome the new year with so much excitement, hope and happiness. We reflect on the past year and we have been touched by acts and gestures of compassion, courage and generosity in the face of a perilous pandemic and so many calamities.

In 2022, the world is expected to have a period of calmness, harmony and peace when the year of the Metal Ox arrives on Feb. 12. It will be a time for emotional and spiritual as well as economical reconstruction. The world has gone through tremendous healing and cleansing, so we will be moving forward from 2020 with a clearer and cleaner slate. In other words, the destruction caused by the pandemic, conflicts, misunderstandings, as well as the general economic crisis will be the starting point for a new vision for the world economy.

Promise of travel

This new year brings the promise of travel once again. A return to travel seems within reach, so start daydreaming about (and even low-key planning) 2021's trips and get inspired by places to spend those long-overdue vacation days. Now is the time to grab those travel deals and plot out your new adventures. As always, check for travel restrictions and closures before planning your trip.

I missed traveling to Japan the most last year. Exactly a year ago, we were in Kyoto to welcome 2020. It was wonderful to enjoy family time with lots of Japanese food and winter weather. The ancient capital of Kyoto has numerous thermal spring spas, ideal for relaxing after exploring the temples, gardens and teahouses for which the city is known.

One of the highlights of that trip was a walk through the bamboo grove. This is in Arashiyama, an area where ancient aristocrats had their villas more than 1,000 years ago. On this site, you will see a beautiful bridge called the Togetsukyo and the Tenryu-ji temple with beautiful traditional gardens, a bamboo grove, the Sagano area and Jukuko-ji temple with a breathtakingly green landscape.

Japan spent years preparing for the tens of millions of travelers expected to arrive on its shores for the 2020 Olympic Games. That preparation and investment means better tourism infrastructure and English-language resources. I will surely plan that trip once travel is permitted again.

Next on my travel list is South Korea with my two daughters for some K-pop culture, athletics and on-trend beauty products shopping.

When "Parasite" swept the 2020 Academy Awards, it cemented what savvy travelers have known for years: South



Charly and Nathan Ku



Dr. Vicki Belo-Kho and Dr. Hayden Kho in Kenya



A2A Safaris couple Tracie and Binky Dixon and kids Jao and Orala in Tanzania



Discovery Shores Boracay

Korea is the place to be. I will head straight to the midnight shopping malls in Seoul, but will leave time to explore Korea's more traditional attractions, such as the ancient capital of Gyeongju and the natural beauty of Jeju Island.

Africa in my dreams

I long to visit Africa, as well. I am so jealous that A2A Safaris owners Binky and Tracie Dixon are spending their holidays in Africa. They also arranged for the safari trip of Dr. Hayden Kho, Dr. Vicki Belo-Kho and Scarlet to spend their New Year vacation in Kenya.

With the pandemic forcing a pause on tourism, many desti-



Margie Duavit, Bubu Andres, Pinky Antonio, Sea Princess, Marga Nogrates and Monica dela Cruz



Mermaid instructor En Quintana and Annika Valdes



Goldy and Kenneth Hing, Janelle and Jameson Say and Maan and Dominic Hing



Martin Nievera, Robin Nievera, Ram Nievera and Pops Fernandez

the next couple of years as I will have to just travel local and support as many beach resorts as possible. Top on my list is Discovery Shores Boracay. It is a timeless masterpiece sitting on the white beach of Boracay. It offers a stunning view of a dramatic sunset perfect for romantic scenes.

Guests are invited to witness the majestic view of the sea while dining in the country's best restaurants: The Miele Guide-listed Indigo Restaurant or Sands Restaurant.

Experience pampering beyond the ordinary at the Terra Wellness Spa, or simply relax at the Sandbar beach bar. Other facilities include recreation room, library, Sandbox children's room, 24-hour room service, meeting rooms and a gym.

Discovery Shores Boracay is a member of the prestigious Preferred Hotels & Resorts Lifestyle Collection, a selection of hotels that provide responsive service and local dining that articulate culture and style.

To ensure the welfare of everyone, they have incorporated cleanliness and sanitation protocols in all areas of our operations so that they can welcome you to a clean and safe haven. Discovery is

dedicated to its promise of cultivating a culture of care so that you can enjoy a beautiful, worry-free stay.

To plan a worry-free beach holiday, please contact the Discovery Shores Boracay reservations team (reservations@discovery.com.ph). Kindly secure all travel requirements before heading to the island.

Sea and sun

I was able to get lots of sea and sun at Nuleim Island Club over the holidays. Glad to also catch the family concert of Martin Nievera and Pops Fernandez. I was also able to get some mermaid swimming lessons from En Quintana (@elliquin, on Instagram).

This January, Seattle Wellness Center (info@seattlewellnesscenter.com) and Yoga and Wellness Center (yogaandwellnesscenter.com) will have another Serenity Series at Baleis with yoga teacher Eileen Ramos. It will be a yoga and wellness weekend on Jan. 29-31, 2022 with a combination of ashtanga, vinyasa and yin yoga that will be incorporated into a relaxing vacation.

Wishing you all wonderful days ahead.



Driving brothers Leo, Chris and Tod Po



Sea Princess and Marivic Rufino of Makati Red Cross



Tessa Tordesillas, Maritoni Tordesillas and Marivic Rufino



Sea Princess, Malu Gamboa-Lindo and Popsie Gamboa



Sea Princess and SM Supermall president Steven Tan in Baleis Island

with travel adventures here and abroad. Let's all make 2022 a year of new beginnings and new learnings. Whether you start a course or read a book that caught your attention for a very long time, you will see for yourself how that "educational" resolution is easy to accomplish. Keep widening your horizons and be that positive change to make this a better year! Cheers to moving forward and upward! ☺

