

## Take Your Resolutions on Vacation with Villas of Distinction®

*Ideas for [Resolution Vacations](#) that Will Keep You on Track*

**Wilmington, Mass. (January 2, 2014)** – The New Year is here and so are those coveted resolutions. Whether it is to spend more time with family and friends, get fit or be less stressed, Villas of Distinction®, the world's premier villa rental company as part of World Travel Holdings, has resolution vacations that will help you realize your 2014 resolution and stick to it.

“Some people think that they have to give up their New Year's resolutions while on vacation and that is just not true,” said Steve Lassman, Vice President and General Manager for Villas of Distinction. “A villa vacation can actually be a motivator and a great way to kick-start a life change.”

Here are some [resolution vacation](#) suggestions from our team of villa experts:

### **Your Resolution: To Spend More Time with Family and Friends**

With five bedrooms, five bathrooms and sleeping up to 10 people, the [Coral House](#) in Turks and Caicos is the perfect place to get away from the hustle and bustle of daily life and find quality time with family and friends. The extra-large family/media room provides endless hours of entertainment, comfort and fun. And, being located on Grace Bay Beach, acclaimed as one of the world's best beaches by *Conde Nast Traveler* magazine, provides a spectacular setting to reconnect with loved ones.

With an array of family-friendly and kid-friendly activities, [Northside Villa](#) in Utah is an exquisite ski chalet and a great place to make memories with family and friends. The 6,600 square-foot residence features five bedrooms, seven baths, a projector screen theater, gourmet kitchen and game room. With daily housekeeping, concierge service and on-call shuttle service, there is no excuse to not fit in quality time making fond memories in the snow during this resolution vacation.

### **Your Resolution: To Get Fit**

If staying fit in paradise sounds enticing, visitors must visit the [Wailea Paradise](#) villa in Maui, Hawaii. Guests can swim laps in the pool that features a natural free-form lava rock encircled whirlpool spa; get a complete body workout in the fully-equipped poolside gym; or hit the beach to keep active by snorkeling, swimming, scuba diving, kayaking and boogie boarding when surf's up.

Most people who want to get fit want to eat healthy too. That is why having Chef Services included in the rates at [Baraka Point](#) in Virgin Gorda is a plus. This beachfront estate which sits peacefully on a headland in the Caribbean Sea offers Ocean Wave Yoga and Pilates sessions on the beach, an air-conditioned gym with al fresco fitness studio and beach activities such as surfing, waterskiing and sea kayaking.

## **Your Resolution: To Be Less Stressed**

What better way to start a journey to less stress than a villa vacation in Tuscany, Italy? Cradled between olive groves and vineyards, the scenery alone at [The Little Hamlet](#) villa will have any guest feeling Zen. Guests can relax in the heated swimming pool or Jacuzzi, schedule a Shiatsu massage, take Yoga lessons or just take a walk and enjoy the fresh air and magnificent views.

Relieving stress is about cleansing the mind, body and soul and guests will experience that at [Eco Serendib](#) in St. John, a luxurious private spa retreat offering an organic garden-to-plate experience. The stunning view of the Caribbean Sea's crystal waters stretch for miles and the refreshing tropical breezes are bound to bring serenity. Guests wanting to focus on less stress must visit the private, on-site Eco Serendib Spa, which includes a sauna, steam shower, treatment room, relaxation lounge and sunken tub, and an array of services such as couples massages, facials, manicures/pedicures and body wraps.

Villas of Distinction's Villas Reservation Experts can help anyone find a vacation that fits well with their 2014 New Year's resolution. Call 1-800-289-0900 or visit [www.villasofdistinction.com](http://www.villasofdistinction.com).

### **About Villas of Distinction®**

Villas of Distinction®, as part of World Travel Holdings, is a premier luxury villa provider with an extensive portfolio of thousands of privately-owned villas in more than 50 luxurious destinations. For nearly 25 years, Villas of Distinction and its team of expert concierges have been helping travelers find their perfect vacation home without a membership fee. The company takes pride in offering customized vacations to meet every imaginable need, with most villas featuring private pools, butlers, maids and chefs. [www.VillasofDistinction.com](http://www.VillasofDistinction.com).

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