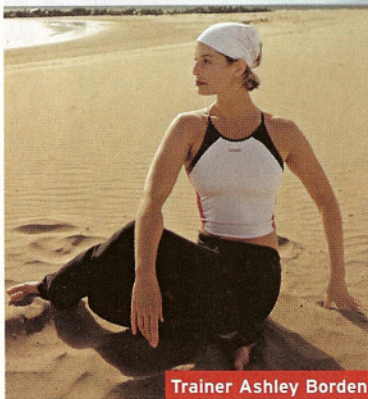


ON THE MEXICAN RIVIERA

Punta Mita Tough Luxe

THIS IS NOT a boot camp," says Los Angeles-based trainer Ashley Borden about the five-day fitness retreat she runs at the **Four Seasons** in Punta Mita, Mexico. Okay, but you won't be drinking mango margaritas with chips and guacamole, either. Instead, it's red snapper and grilled veggies and protein shakes in your oceanfront casita (Borden cleans out the chocolate-covered cherries before you check in). And when you're not eating, you're exercising. Each day begins with an hour-long power walk, followed by a 90-minute session



Trainer Ashley Borden

of strength training. The last workout centers around a 20-minute heart-rate-spiking drill on the treadmill. It's rigorous, to be sure, but the gorgeous Pacific setting and the Four Seasons' service keep the exercise from seeming like punishment. Borden, for her part, makes things lively, mixing trainer mumbo jumbo ("myofascia release") with plenty of one-liners. By the end, you'll want her by your side 24/7. That's possible, too; Borden can be yours for \$14,000 a week. 🏠 Rooms, \$495-\$10,600; retreat, from \$3,500; www.fourseasons.com; www.ashleyborden.com. —STELLENE VOLANDES



VILLA FANTASTICO

The newest villa to rent in Punta Mita is **PALMASOLA**, which is not just one house but eight sinuously curved adobe structures united by a shore-hugging pool. Two of the seven bedrooms have their own massage room; the master-suite terrace has a heated plunge pool. There's a staff to coordinate everything, and guests have access to the Four Seasons up the road. \$11,000 per night; 888-647-0979; www.palmasola.net. —L.D.

THE FIXER

DISNEY WORLD DONE RIGHT

It's a rite of passage for every kid—and too often dreaded by parents. But Michael Hewell's private tour company, **Michael's VIPs**, will fix the perfect Disney itinerary, one without the torturously long lines. Hewell will get you into the best hotels (usually booked a year in advance), reserve VIP tables at the theme park's top restaurants (yes, there are a few), and make sure your children eat breakfast with Mickey, lunch with Donald, and dinner with Pooh (normally impossible unless you reserve way, way ahead of time). And he knows all the tricks and secret handshakes: You'll get on Dumbo before the hour wait kicks in, ride in the monorail's coveted driver's cab, and sneak into the Epcot attractions through a special side entrance. Hewell and his crew of ten can also accommodate, say, a last-minute birthday party catered by a private chef—with all the Disney characters in attendance. \$150 per hour with Hewell; \$100 with a staff member; 407-592-1972; www.michaelsvips.com. —DEBORAH FRANK