

YOUR BODY: THE OVER-40 OWNER'S MANUAL

MORE

JULY/AUGUST 2006

ENERGY
CONFIDENCE
STYLE
LOVE YOUR LIFE
AFTER 40

OUR BEST
INVESTMENTS
From stocks
to shoes

ANTIAGING BEAUTY
The makeup face-lift

EATING THE SAME,
GAINING WEIGHT?
Memorize this tip, page 170

CHIC
COMFORT
CLOTHES

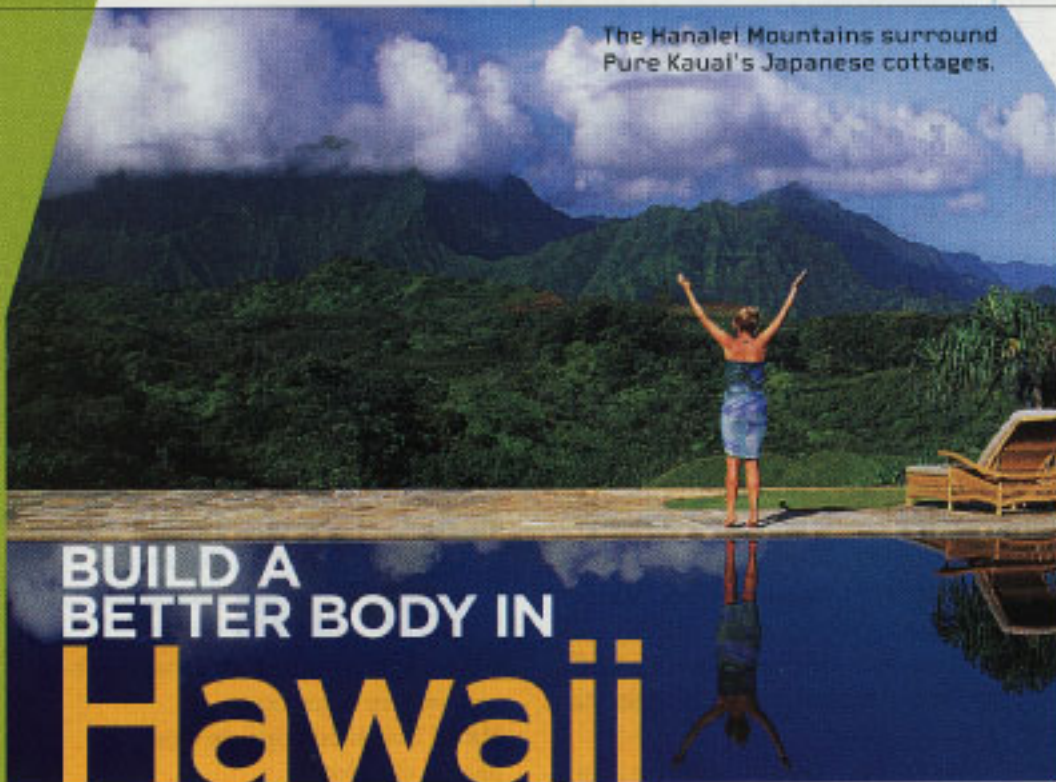
ANN CURRY

Fearless, forthright
and for real at 49

✕ UNLEASH YOUR
INNER ROCK DIVA
And other
summer thrills



The Hanalei Mountains surround Pure Kauai's Japanese cottages.



BUILD A BETTER BODY IN Hawaii

A CUSTOMIZED BOOT CAMP FOR WOMEN ON KAUAI REWARDS ADVENTURING WITH PAMPERING

I don't know about you, but I used to run in the morning, especially when I traveled—along the Atlantic coastline, through London's Hyde Park. So what happened? Morning e-mail happened. It took a fortieth birthday gift to myself—a week of physical fine-tuning and spa indulgence at outfitter Pure Kauai's new Adventure Boot Camp for Women—to jump-start my fitness life.

"This is typical of women in their forties who've put their bodies last," Ocean Wind (yes, that's really her name) tells me as she makes her way across my back on her knees. The 52-year-old masseuse is my new hero. She's had her hands on me for only a few minutes when she says, "You fell on your tailbone." She's right. "And your

knee is stiff," she adds. She's nailed it.

I assumed boot camp would be group-oriented and intimidating, but this morning, I surfed the gentle waves of Hanalei Bay alone with an instructor. Yesterday, I hiked the Na Pali Coast at my own pace, and relaxed in a private yoga session. Pure Kauai's one-on-one, no-pressure approach has even inspired me to test my comfort zone with kiteboarding. Now it's easy to breathe in sync with the ocean, which I'm watching from the massage table in my cliffside cottage. I may be newly toned, but it's my mind that's really in shape.

The six-day program costs \$3,200 per person, double occupancy, and includes meals, a personal trainer, spa treatments and guided activities (purekauai.com).

—SALLIE BRADY

ESCAPE WITH MORE: ON GREAT WALKS

It's been over 20 years since The Wayfarers led its first walking tour, and this summer the highly regarded outfitter is offering its first women-only trips, featuring a seven-day easy walk along the Jurassic Coast of **DORSET**, England, a moderately paced tour of **UMBRIA**, Italy, and a more intense trek from **SANTA FE** through the high desert and mountain trails of New Mexico. Readers of *More* who book a trip will get a five percent discount on any itinerary throughout 2007, along with perks such as a private cooking class on the New Mexico walk. Trips start at \$2,195. The next girlfriends getaway, Dorset Discovered, is August 20 to 26 (thewayfarers.com).

GAIL SHEEHY'S NAPA VALLEY



In her new book, *Sex and the Seasoned Woman*, the author dishes on how women over 40 can live the passionate life. One of her secrets: romantic road trips with her husband, Clay Felker.

TOP PICK WINERIES "Clay and I fell for Napa and Sonoma when a friend took us to what looked like a pocket-size Château Latour called the Jordan Vineyard and Winery in Healdsburg. The owner introduced us to Malpeque oysters and Jordan's Cabernet Sauvignon. There's also Francis Ford Coppola's Rubicon Estate off the Saint Helena Highway, which is famous for Rubicon, the estate's flagship Bordeaux blend."

WHERE TO EAT "We love the Champagne and varietals at Domaine Chandon's restaurant, which overlooks Yountville."



Jordan Vineyard

I splurge on the wicked foie gras with poached pears appetizer and the vanilla-scented kabocha squash and lemon ravioli."

WHERE TO STAY "On our first trip to Napa, we got the last room at the Mount View Hotel & Spa [mountviewhotel.com]. The suites were named after Hollywood royalty, and ours was the Clark Gable and Carole Lombard room. How romantic can you get? We also like the Calistoga Ranch [calistogoranch.com], where long hikes end in deep-dish massages and a flute