... Ah, Jamaica!

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Guests at the spa are given two dietary tracts from which to choose — macrabiotic and traditional Jamaican cuisine. A combination of both taste choices is also available.

"We cater to whatever our guests' needs and desires are,"
Mr. Cherkiss explained.

Of the two, the macrabiotic is by far the most restrictive. "This is a more refined vegetarian diet," said Mr. Cherkiss. Meat, poultry, sugar, preservatives and dairy products are strictly a no-no. Here, the diet consists of soups, seafood, vegetables and greens all cooked by natural gas. "This way you preserve the quality of the food," adds Mr. Cherkiss who says he wouldn't dream of preparing the food with electricity.

For the less disciplined, however, there is the standard tasty Jamaican fare of jerk chicken and pork; ackee and salt fish; red bean soup and curried goat.

There is also juice fasting, but only at the request of the client. "Fruit and vegetable juices are a wonderful way to clean out the system," Mr. Cherkiss says, but we prefer doing this with guests who have some familiarity with this technique. Still, even with this, he adds, comes a degree of caution. "We recommend that this be done for no more than two or three days, and certainly not for a week."

Recreational activities for guests include swimming (guests can opt for the pool at Lady Diane's or the Caribbean Sea for a dip), and the spa staff can arrange for tours of Montego Bay and the Jamaican countryside. Again, as with most resorts in the city, there are no televisions, radios or newspapers and in some instances, no telephones. Remember, you are, after all leaving the world of stress far behind. And in return there are lots of nice perks like daily massages, friendly faces and most importantly, peace of mind.

The cost for this tropical panacea? Not a thieves ransom, as you're probably imagining. Single accommodations are \$110 a night plus a 15 percent surcharge per person, while a double occupancy for two is \$170 along with the 15 percent surcharge.

"There's a drastic change of attitude when people leave," says Mr. Cherkiss. "You really are stress free."

If this sounds like just what the doctor ordered, don't waste another moment wallowing in the doldrums of despair: Call Mr. Cherkiss, quickly at 1 (809) 952-4415.

Not to be outdone, the tiny town of Negril also has a spa. Jackie's on the Reef, also owned by another New Yorker, Jackie Lewis, encompasses the same New Age concepts found at Lady Diane's. What's more, there are also healing crystals that promote peace, tranquility, love and serenity in each room. Bookings fill up rapidly, so make yours today. Call 1(800) 255-7727 for more information.

THE LAND OF L'AMOUR

If, on the other hand, romance and not stress has your heart all a-flutter, Jamaica again is the place to be.

From a beautiful start of an already great beginning, the mellowing of an ageless love story or simply just to keep the home fires burning, the island has something for everyone.



The Rose Hall Great House, Montego Bay

Planning to pop the question? There's no better place for a proposal than The Ruins in Ochos Rios. Diners at the restaurant — which features both Jamaican and Chinese cuisine — will marvel in the majesty of the beautiful natural waterfall, adorned with exotic flowers on the eatery's terrace. The sight alone is enough to ignite your matrimonial flames.

If he's a hard nut to crack, and you still can't get him on bended knee, take a stroll up the road to the Dunn's River Falls, another natural wonder. I'm thoroughly convinced that there's something in the water that can coax a lover out of the hardest heart in the world. Couples stroll in the water hand-in-hand and can't stop kissing!

But don't wait until you get back to the states to make it legal: Tie the knot right there. The Holiday Inn in Montego Bay, for example, has a complete wedding package.

"All we need is 24 hours notice for the preparations," says Sales Manager Grace Martin. Included in the \$169 package (exclusive of hotel accommodations) are the services of the Justice of the Peace, the marriage license, witnesses, champagne, native flowers and a wedding cake.

Longtime lovers celebrating an anniversary also have something to cheer about. Arrangements can be made for the happy couple to commemorate the big day for only \$64. The cost includes champagne, anniversary cake and flowers, and for a few dollars more (\$65, to be exact) there's a splendid candlelight dinner in any one of the hotel's restaurants.

IT'S SO HARD TO SAY GOODBYE

Whether your trip to Jamaica is a much-needed get-away or a romantic liaison, the hardest part comes when you realize the party's over and you have to depart far home. But the spirit of the country and its people will live in your heart forever, and bid you a hasty return to the Caribbean delight.

Once you've been there, the "real" world just isn't the same.

Maybe it's true what they say: There's something magical in the

The author, Robyn-Denise Yourse, is the editor of The WASHINGTON AFRO-AMERICAN.

