

NEW YEAR | HEALTH & FITNESS

Westlake Magazine

*Serving Westlake Villages
and Neighboring Communities*

ANTONIO SABATO, JR. LAUNCHES WESTLAKE ACTING ACADEMY

Award Winning Actress

KATIE FINNERAN

On Motherhood and New Hit Series

WHERE TO GET YOUR CHOCOLATE ON!

Just In Time For Valentines

JANUARY | FEBRUARY 2013 \$3.50



Special: HEALTH & WELLNESS SECTION | Rethinking Finances In The New Year
90210's **MICHAEL STEGER** | ABC's **ELLEN LEYVA** Self Matters | Families in
Transition | Restaurant Guide | Westlake's New **WINEYARD ROCKS!**

Southern Charm in South Carolina

How about a delightful AAA Four Diamond B&B in the foothills of the celebrated Blue Ridge Mountains for your romantic retreat? The Red Horse Inn, some 28 miles from Greenville, is one of the top 25 “Best Undiscovered Incredible Romantic Inns”, according to Bedandbreakfast.com and recipient of a “Top 10 Romantic Inns” award from American Historic Inns and iLoveInns.com.

The six exquisitely-furnished guest rooms feature fireplaces, whirlpools, Wi-Fi and views while six luxurious cottages incorporate a kitchen, bedroom, bath and living room with fireplace, plus whirlpools or private outdoor hot tubs. All have TV, DVD players and a host of other amenities. A vine-draped arbor patio and courtyard garden with pond complete the setting.

Minutes away is the charming town of Landrum, with its delightful antique stores, gift shops and nice selection of dining options. Local attractions include two championship golf courses and nine state parks. Here you’ll find some of the region’s best hiking, fishing, and dozens of magnificent waterfalls and historic bridges for which the area is known.

Also nearby is Spartanburg. Born during the Revolutionary War, you can experience its rich history in museums and battlefield tours. The charming town of Asheville, NC, about 45 miles north, attracted many notables in the 1920s including F. Scott Fitzgerald, Thomas Edison and Henry Ford. The famed 250-room Biltmore House and Thomas Wolfe Memorial, boyhood home of the acclaimed author, are among its many interesting sites.



Bedroom in The Red Horse Inn's Springhouse Cottage offers plush amenities.



Views of the historic Blue Ridge Mountains from the Inn are breathtaking.

While The Red Horse does not include a restaurant, the inn keepers do provide custom dining experiences ranging from an inn-made pizza to a gourmet spread served in your cottage. Also offered is a romantic package that provides a dozen roses, chilled champagne, strawberries and dipping chocolate which can be added to any booking. Other packages add a four-course dinner with wine for two, prepared in the main inn and served by candlelight in the privacy of your cottage.

Self-guided excursions include "Covered Bridges and Waterfalls" featuring visits to three centuries of bridges, a superb waterfall and antiquing. It comes with over \$50 in coupons for antique stores, gift shops, restaurants, and the inn’s wine and cheese basket and spa services. Additional itineraries are offered to waterfalls, wineries, potters, and more. Visit www.theredhorseinn.com or call 864-895-4968.

Amor in the Caribbean

St. Barts, named by Columbus in 1493 for his brother Bartolomeo, was originally settled by French colonists. Following its volatile path to self-determination, the eight-square-mile isle evolved into a seductive getaway with an eclectic lifestyle. Known for its beauty, vibrancy and respect for privacy, St. Barts has long attracted the yacht crowd, celebs and other notables.

Gustavia, picturesque duty-free capital city surrounding the main harbor, is filled with fabulous shops, designer boutiques and