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Mini Getaway



Let's face it, you *need* a break. Between projects, meetings and business lunches, you don't have two weeks to lounge in some tropical place (if you did, you'd probably never come back). But what about a mini vacation? It's perfect to take the edge off of all that office tension you've built up.

Women are more likely than men to feel guilty about taking time off from work, according to a [2009 study](#) from Expedia. The same study found that women more often cancel or postpone vacation plans because of work. But how can you fit that much-needed vacation into your busy schedule?

"Plan ahead," says [Kim Mance](#), travel expert and editor-in-chief of [GoGalavanting.com](#). "A healthy balance is important when taking a mini vacation. As business women, our curiosity to see and conquer all can get the best of us." She warns against over-scheduling yourself. Instead, "sit in the park, stroll slowly through a historic cemetery, sip coffee or attempt to speak the local language. Just try to get rested."

Here are a few ideas to get this vacation started:



You don't have to travel far to get away from the everyday stresses of life. Go Local! If you're on a budget but still need a break, try checking in to a local [B&B](#).

Visit a [winery](#). There's nothing better than a relaxing vacation served with a nice glass of wine. Usually your girlfriends know just what you need to calm down. Make it a [girlfriend](#) getaway.

Don't have time to plan? "A lot of larger cities offer great [3-day passes](#) through the Tourism Office, which often highlight many of their major attractions."

Bonus PINK Link: Check out how to have a [stress-free vacation](#).

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By Artesia Peluso

"Travel often pushes us to our limits, and it presents a great time to reflect on the things that mean the most." Kim Mance

