



The 2012 movie, “Wanderlust”, starring Gwyneth Paltrow and Paul Rudd, may have stirred up renewed interest in nudism. The story is about a couple fed up with the cold, uptight New York social scene, and they join a hip nudist colony in the relaxed, sunny South.

For seniors who may want to emulate the movie couple and experience life in the all-together, consider the bare facts about these naturist locations:

Sea Mountain Ranch Resort and Spa, 66540 San Marcos Road, Palm Springs CA 92240, 877-928-2827, [www.seamountaininn.com](http://www.seamountaininn.com). From \$250 per night. With hot daytime desert temperatures all year round, being nude here is the way to go. It’s very intimate, with adults-only visitors limited to 100 during sunlight, and only 15 rooms for overnights. There are many activities, including pilate exercises, whirlpool, massage, swimming, volleyball and social dancing.

Cypress Cove Nudist Resort and Spa, 4425 Pleasant Hill Road, Kissimmee, Florida, 34746, 407-933-5870, [www.cypresscoveresort.com](http://www.cypresscoveresort.com). Rate from \$79 a night, also weekly and monthly villa and RV accommodations. If you think Walt Disney World is the happiest place on Earth, you’ve never been to this bare-it-all paradise just down the highway. Bask in Florida sunshine, play tennis, putt at miniature golf, ride a paddle boat on the lake, soak in the spa and work on your tan. On weekend nights, there’s live music and karaoke. A family-friendly resort, with activities and special events for the kids.

Hidden River Resort, 885 Reynolds Bridge Road St. George, GA 31562, 912-843-2603, [www.hiddenriverresort.com](http://www.hiddenriverresort.com) Rate from \$80. Near the Osceola National Forest, this clothing-optional resort encourages activities including horseback riding, biking, hiking trails and gardening. In season, fresh on-site-grown vegetables and fruits are served in delicious home-cooked meals.

The resort offers swimming and exercises in its pool, and boating on the nearby river. Pets are welcome. At night there's entertainment and marshmallow roasts around the campfire. RV campers welcome.

Mira Vista Resort, 7501 North Wade Rd., Tucson AZ 85743, 520-744-2355, [www.miravistaresort.com](http://www.miravistaresort.com). Rate from \$170. Next to the Saguaro National Park, this facility offers comfortable lodging near desert trails, soaring cacti and other natural surroundings. There are 14 guest suites in quaint adobe residences that resemble the 19th Century Old West. Mira Vista has an outdoor pool, whirlpool spa, massage therapy, rec room, restaurant and scheduled entertainment.