

# Housekeeping Works Overtime and Other Confessions From a Nudist Resort

By Jordi Lippe

The idea of a nudist resort can be both alluring and terrifying. We all stumble upon clothing optional beaches from time to time, but to book a vacation that is all about the nudity is a different story. We decided to get the skinny (and the not so skinny) on what really goes down at a modern-day clothing-optional hotel. Alejandro Perez, Niche Market Manager for Karisma Hotels & Resorts including nudist enthusiast property Hidden Beach Resort, strips down the misconceptions and bares all on the naked truth about what really happens at a nudist resort.

## **It's Not All About Sex**

One primary misconception is the conflation of nudism with sex. Actual nudists claim that nudist/naturist is a lifestyle that revolves around body acceptance and freedom. "Being a nudist is a liberating experience," Perez said. "Our hotel as an example, is focused mainly on couples and we promote friendliness and togetherness among our guests and that's exactly what we get." Apparently you should Google "swingers resorts" if that's more your cup of tea.

## **Don't Expect To Find a Date**

"The resort is focused mainly on couples; therefore, this is not the typical place a single man/woman would go," said Perez. "Nevertheless, we don't close our doors as long as there is a proper behavior and we can all vacation in harmony without making others feel uncomfortable." Research states that 75-80 percent of nudists are indeed married, with many being introduced to the lifestyle through their spouse. So, while it may seem like heaven being surrounded by a bevy of naked beauties, you're better off going to the local bar to find a date.

## **There's Was Once Naked Plane (Yes, a Naked Plane)**

For many the simple act of going to a nudist resort seems strange. But, with properties looking to one up each other in terms of unique experiences you better believe there have been some wild moments.

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“Back in 2003, we brought the first international naked plane, where all our guests came ‘au natural’ from the airplane,” says Alejandro. “It was so much fun, better yet it was different.”

### **Housekeeping Works Overtime**

Unlike most hotels, there’s a lot more intimate exposure to the facilities and amenities at a nudist resort. Given the unique nature of the property, the resort goes above and beyond to maintain cleanliness. “We make sure to have towels all around the property, by this I mean, everywhere,” Perez said. Towels can be found in the restaurants, gyms, disco and other public areas. “We are very strict in always handing towels and cleaning promptly each used area. Our housekeeping department is very cautious and proactive with the cleaning of rooms and public areas.”

### **We Know When It’s Your First Time**

"You can tell it is their first time the first day because they are only topless or wearing some covering clothes." Going nude is not 100% mandatory, but it is a nudist resort. By the second day most folks feel a little more comfortable about taking it all off.

### **You Have to Follow the Rules**

Maybe you think a nudist resort is a bunch of hippies roaming around doing whatever they please. You would be wrong. “We don’t accept any public display of sexual activity in our common areas or public places,” Perez said. “We don’t accept any cameras as well, in order to protect each guest.

### **Whatever You Do, Don’t Say Nudist Colony**

The term nudist colony or camp went out of vogue in the eighties. “A colony usually refers to a complete family, meaning younger children, father, mother, grandfather and so on. It’s a lifestyle that is practiced and held for generations,” Perez said. “In our resort we like to promote the nudist experience for adults only with a super combination of outstanding food and beverage, accommodations and service.” There’s a lot of variation among resorts. There are purely naturist resorts such as Hidden Beach, and then there are clothing optional resorts and other resorts focused on the swinger lifestyle. Make sure you do your research before booking!