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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sanibel Island Shells

By Anne Morris

Sanibel Island, located off the southwest coast of Florida, is known for being the best shelling destination in the world. Those who come to Sanibel Island, enjoy the white sandy beaches, but also keep an eye out for the most beautiful shells they can find.

Why is it good for Shelling?

There are over four hundred species of shells that end up on the Sanibel island because unlike most barrier islands that run from North to South the Sanibel islands runs on a perpendicular scale, East to West.

In addition, the Sanibel Island is like a shelf for the seashells. The island is part of a plateau that reaches out in the Gulf of Mexico. If winds start or tides pick up the shells resting on this plateau are agitated and disrupted.

The Best Time To Go Shelling

The best time to go looking for shells is in the winter when the storm season has pushed the shells onto the shallow part of the plateau and left them onto the beaches. It is also best to look for shells during low tide.

This is when there is more beach to explore. It allows you to go onto the sandbar and it is a time when sediment from various levels are piled on to the beach, giving you more variety of shells to pick up.

The best location for shelling

The best location for the smaller shells is near the lighthouse at the tip of the island. If you are looking for the larger shells try the Captiva side. Here are two of the best places to start your search.

*Causeway Beaches-You can enjoy fishing windsurfing, picnicking and swimming as well as shelling. There are hundreds of species located in this area and there is no fee for parking on the beach

Sanibel Island Shells

*Lighthouse Beach and Fishing Pier—Located at the eastern part of Sanibel and round the bay side, this is the place you will find the biggest and the smallest shells on the island.

Anne Morris writes articles about travel. Discover more information about travel at

<http://www.sanibeltoday.com>

and

<http://www.todaybahamas.com>

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Seaside Paradise

By Amy Covington

The folks at the Sanibel Harbour Spa are serious about relaxation. Their 40,000–square–foot spa is devoted entirely to revitalizing frazzled nerves in a calming seaside setting. They carry the tranquil theme throughout, with soothing water sculptures, botanical accents and sea–based treatments. Walking through airports can leave your tootsies in need of attention. As soon as the bellman takes your luggage, head immediately to the spa for a mandatory Pedisage (don't worry, our Spellchecker isn't broken). This is a real treat for overworked feet: gentle cleansing and exfoliation with sea and plant–based products followed by a massage that will leave you feeling as though you've been walking on air, not standing in long airport security lines.

The most strenuous part of your stay is choosing where to eat dinner. From courtside steaks and seafood, to cocktails poolside and romantic sunset dinner cruises, Sanibel has something to please every palate. Your vacation isn't complete without one of Sanibel's amazing body treatments. We recommend the Peppermint Sea Twist with aromatic peppermint oil and fresh European seaweed, which stimulates, rejuvenates and improves circulation, making it an ideal treatment for sore aching muscles and water retention. The Mango Salt Glo is also worth a try: dampened sea salts, rich in minerals, cleanse, exfoliate and stimulate the skin, and a layer of energizing Mango Mist.

Still have the sound of screaming babies from your plane ride reverberating in your head? Sanibel Harbour Spa has just the remedy. The BETAR (Bio Energetic Transduction Aided Resonance) sound bed offers relaxation through sound and music. This unique machine is one of only 16 such systems in the world. Set within a geodesic dome structure, the BETAR bathes you in music and natural sound rhythms via a state–of–the–art sound system, for the ultimate in relaxation.

In terms of accommodations, Sanibel has numerous options, including 240 hotel rooms, 107 concierge–style commotions location in a private enclave within the resort, and several waterfront condominiums.

Amy's passion is writing about the good things in life: food, wine, fashion, and travel. Her writing credits

include Downtown San Francisco Magazine, Dining Out San Diego Magazine, among many others, as well as numerous consumer and luxury websites such as

<http://www.justluxe.com>

and

<http://www.livingluxe.com>



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