

# Technology Detox Program available on Sunset Key sets mind free

## Travel Journal

Electronic devices have taken over a chunk of our lives. For those who, like me, want a laid-back, relaxing getaway from the computer, Blackberry, cellphone and other devices, the Westin Sunset Key Guest Cottages may be the answer.

Located on an island 10 minutes by ferryboat off Key West, the resort has a white sand beach, pool, and Latitudes restaurant with an alfresco Gulf-front section to enjoy meals fanned by calming, balmy breezes.

A "Re-boot Package" designed to help people decompress includes two nights' accommodations with breakfast daily, a Blackberry hand massage and an additional 50-minute spa treatment, loaner fishing pole and bait, reserved chaise lounges at pool and beach, and, my favorite thing — an R&R amenity, including a personal journal, a Hemingway paperback novel, a magazine and sketch pad and pencils, which is ideal

to refresh mind and body. It also includes an optional Technology Detox Program for anyone needing a little playful intervention with those oh-so-addictive electronics.

The optional Technology Detox Program features, at no additional charge, island ambassadors who will confiscate any electronic devices that have proved addictive to guests and allow them to earn minutes back on the techno tools by investing in downtime.

Guests earn 10 minutes

techno time for every hour of rest logged at the beach, pool or spa. An R&R log is provided and all surrendered electronics are kept in a safe deposit box. I call it Relaxation with a capital "R."

Georgina Cruz, Vero Beach

## SUNSET KEY

It is located 500 yards off the island of Key West and is owned by Tom Walsh, who also owns the Westin Key West Resort & Marina.



The beach at the Westin Sunset Key Cottages is ideal for relaxation and techno-detox.

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