

YOU+ LIFE



Bon voyage, digi-stress

You're on vacay *with* your friends, so why are you Snapchatting them? The impulse to log on is so hard-core, some hotels now offer tech-free travel packages (phones and iPads surrendered upon arrival) to help guests unwind. Being glued to a screen can **keep you from bonding with your crew**, Baylor University researchers find, so if you just can't part with your cell, limit yourself to one—OK, two—check-ins a day (say, at 10 A.M. and 3 P.M.).



SELF PLUS

Hold your device over this page for a slideshow of hotels offering digital detoxes. (Think romantic weekends, too!) Get the app—details, page 12.