



International

Take It All Off for a Holiday in the Buff

Clothing is optional but relaxation is mandatory at these international naturalist hotspots.

By [Chris Ryall](#) | July 22, 2021



Hyères Tourisme

Île du Levant is a haven for naturalists off the coast of the French Riviera.

I confess: I've taken off my clothes for hundreds of people. Being a spa enthusiast, it comes with the territory. Many European spas and thermal baths forbid any attire except a towel in unisex common areas.

Before you think otherwise, my family jewels are proprietary and for mandatory display purposes only! Naturism advocates non-sexual social nudity, encouraging a respect for others and a harmony with nature. It is not to be confused with swingers' clubs; naturist resorts can be adults-only or family-oriented and range from camping-style to luxury-leaning.

Clothing-optional properties can be found around the world, but most are in Europe and North America. These fine resorts will welcome you bare skin and all.

Don't take photos and don't gawk—this isn't a staring contest.

Le Rocher du Secret – Île du Levant, France

The views are golden here, and we aren't just talking about the nude bodies. Romance radiates off this [couples-only, 16-suite French Riviera naturist holiday gem](#), located in the naturist district of Heliopolis. Here, you can go nude in private or join other like-minded naturists at the pool, solarium or hot tub. Gaze out over the Mediterranean from the garden terrace with a cocktail, then savour the fish specialties at one of the nine local restaurants.

Hyères Tourisme

The naturist district of Heliopolis is home to Le Rocher du Secret.

Grand Lido – Negril, Jamaica

Treat yourself to an all-inclusive getaway at [this au naturel all-suite resort](#). After a day of sun, sand and surf, retreat to one of the 26 well-appointed, spacious suites replete with handcrafted beds and upscale amenities. Extras include butler service, a private beach and full access to two (clothing required) luxurious Royalton resorts within a five-minute walk.

Cypress Cove Nudist Resort – Kissimmee, Florida

Welcoming naturists since 1964, including families, [this 300-acre destination resort](#) south of Orlando has 84 guest rooms and apartments, as well as an RV park and campground. Gather cheek to cheek at Cheeks Bar & Grill, dine at Lakeside Restaurant, or buy a gift at the Fig Leaf Boutique. Find heated pools, hot tubs, a sandy beach and ample water sports. You can even learn more about nudism history at the nearby [American Nudist Research Library](#).

Grand Lido Negril

A liberated holiday experience and piercing blue waters await at Grand Lido Negril.

Cypress Cove Florida

Family-friendly Cypress Cove promotes traditional nudist values and healthy fun in the sun.

Residence Adam & Eve – Orient Bay, St. Martin

Don a fig leaf or bare all at this small [luxury boutique property on St. Martin's French side](#), sporting five studios and two suites. You're surrounded by lush tropical vegetation and palm trees, plus a communal pool, hot tub and lounge area. Enjoy a cruise on the resort's 16-metre catamaran, exploring the warm blue-hued sea. Known as the St. Tropez of the Caribbean, Orient Bay boasts the Caribbean's largest nudist beach.

Adam and Eve Residence

The Adam and Eve is located in the protected Parc de la Baie Orientale, a.k.a. the Saint Tropez of the Antilles.

Here are a few tips before you go:

- Enquire as to what areas of the property are clothing-optional
- Keep a towel on hand to use when sitting on a chair or lounger
- Respect people's privacy—i.e., no photos
- Don't gawk—this isn't a staring contest
- Bring sunscreen—and don't forget to apply on those private parts!

Chris Ryall

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Chris has collected passport stamps from more than 85 countries. He is a certified spa addict with a goal of trying every treatment known to mankind. He loves to share his travel and spas experiences while writing for many print and online publications.



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