



Clockwise from top left: A tablecloth at Katherine Rally, in Bali; co-owner Katherine Dupps displaying Katherine Rally's pillows; textiles in the showroom.

SHOPPING

ALL ABOUT BATIK

A handful of designers are reviving Indonesia's centuries-old fabric with new dyeing techniques, materials, and cuts.

BALI You can spend an entire day browsing Seattle native Susi Johnston's **Icon Asian Arts** (17 Jalan Oberoi, Seminyak; 62-361/733-875; iconasianarts.com), where shelves are filled with vibrant textiles from across Java. • American husband-and-wife team Katherine and Rally Dupps create bold geometric patterns for **Katherine Rally** (by appointment; 18 Jalan Kajeng; 62-87/860-580-964; katherine-rally.com), their cheery line of pillows, table linens, and wall hangings. **JAKARTA** Silk dresses in turquoise, crimson, and saffron, plus one-of-a-kind cashmere shawls, are the standouts at **Bin House** (10 Jalan Purworejo; 62-21/3193-4948; binhouse.com).

EAT

SOUTHERN CHARMS

Whatever you do, don't call it Cajun. Chef-owner David Guas's month-old **Bayou Bakery, Coffee Bar & Eatery** (1515 N. Courthouse Rd., Arlington, Va.; 703/243-2410; lunch for two \$40) may serve pillowy beignets and slow-cooked jambalaya, but its soul-satisfying offerings (braised-pork-shoulder sausage infused with cayenne, anyone?) plumb the depths of Louisiana's complex cuisine. "New Orleans is another country—and it goes way beyond Cajun or Creole," says Guas. "With Bayou, I'm saying, 'This is what we really eat in my hometown. I hope you enjoy it.'" We can't imagine you won't. —CATESBY HOLMES



Chef-owner David Guas at his Bayou Bakery, left. Right: His four-layer red velvet cake.

HAVE RESOLUTIONS, WILL TRAVEL



HOLIDAY TRIPS

Looking to start 2011 on the right foot? Here, four trips to get you motivated. —COLLEEN CLARK

STAY FIT Ian Fleming penned the James Bond character at the **GoldenEye Hotel & Resort** (goldeneye.com), which just reopened in Jamaica. On-site trainer and Olympian Iona Wynter draws on 007's athleticism with Jet Ski ab workouts and snorkel classes.

DE-STRESS In Ireland, **Monart Destination Spa** (monart.ie) helps guests get back to the day-to-day grind with physical therapy-inspired exercises that seek to improve posture at the desk, stimulate circulation, and promote relaxation.

QUIT SMOKING Do away with nicotine for good at **Anantara Si Kao Resort & Spa** (anantara.com), in the Trang province of southern Thailand. A naturopathic doctor leads support sessions, treats withdrawal symptoms, and recommends Ayurvedic treatments.

REST UP During the four- to seven-day sleep improvement program at Design Hotels' **Hospes Maricel** (designhotels.com), in Majorca, doctors use electrodes to examine your REM cycles and spa technicians perform soporific oceanside massages.