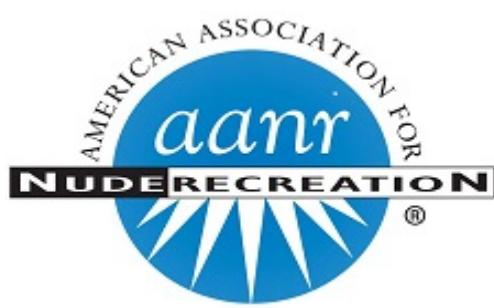


Undressed Press

February 2022

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What nudists say about Wales's best nude beaches

By Demi Roberts

It might still be winter, but cold water skinny dipping is very much on trend

We all like to be beside the seaside - but there are some brave folk out there who like the experience to be even more, ahem, natural.

The wind in their hair, the breeze between the knees - and the sun on their buns - and there are a handful nudist beaches in Wales where you can do just that.

Some are quite well known, others are just for those "in the know" - and there are often a number of local rules and regulations in place.

According to the Crown Prosecution Service, naturists shouldn't be prosecuted unless they are involved in an offence other than public nudity. It says a balance needs to be struck between the naturist's right to freedom of expression and the right of the wider public to be protected from harassment, alarm and distress.

So, with that in mind, we took a look at how nudists and naturists really felt about stripping down to the skin on the Welsh coast.

1. Whiteford Sands, Gower

Whiteford Sands is the most northerly beach on Gower, located on the edge of the Loughor estuary.

The beach is well-known for being a naturist favourite, but according to a community forum, local residents are said 'not to approve' of such activities.

With that being said, at two miles long, Whiteford Sands is very spacious, meaning you'll probably get more privacy than you'd expect.



A reviewer on Naturist Guide said that some nudists at Whiteford Sands were "very chatty and extremely friendly".

They said: "The only others I saw were a couple (clothed) and a single man on the flattish sand dunes just past the lighthouse. He stripped off when he saw me and turned out to be a very chatty and extremely friendly guy. I saw no-one else at all! Quite amazing considering the size of the beach. To read the rest of the article click [here](#).

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Everybody Naked: Can Naturism become a Trend?

Nick&Lins



What's a trend? It's basically something that suddenly becomes very popular. Pokemon was a trend, so were the iPod and platform shoes. Fashion knows new trends several times per year, which dictate the colors and shapes of the clothes that you find in the popular stores. In haircuts, you can find a lot of trends too. Even in haircuts down below. Are you shaven? That's a trend. You're au naturel? That is a trend too.

Why yoga became a trend

Yoga has existed for more than 5000 years. Until little more than a decade ago, in the western world, it was considered mostly something for hippies. Why is it that yoga has only become a trend? This has a lot to do with another trend of the recent years: The work-hard-play-hard mentality. Our agendas are completely full and we have little to no time left for destressing or for exercising.

Yoga proved to be a perfect solution to that problem. It's great exercise, it's a great stress reliever, and most of all, we can do it pretty much where and when we want to. This is very common with trends. They don't just happen for no reason. They are mostly something we've been waiting for, an answer to a current issue.

We are hugely influenced by trends, often without even realizing it. A couple of years ago, everyone seemed to start doing yoga. Hundreds of different types of yoga were suddenly born, including naked yoga. It wasn't that everyone had visited India and discovered yoga or that everyone at the same time thought that this might be a great way of exercising.

Other trends of today

Hairstyles, fashion trends, and pokemon cards aside, trends are definitely not always superficial. The yoga trend is a great example, or the ethical treatment of animals movement in the nineties. Suddenly, everyone seemed to be against fur coats and product testing on animals. Definitely a good thing, if you ask us, and quite long-lasting. As a result, testing on animals is very regulated and considered cruel until today. This was also a trigger of the veganism/vegetarianism trend. Which then again was boosted by the healthy living trend that connected to yoga too.

To read the rest of the article click [here](#).

It's that time of year again . It will be here before you know it. Get involved become a member and let your voice be Heard, VOTE!



AANR 2022 ELECTIONS

In **June**, AANR members will have two ways to vote: **online or by phone**. Instructions will be coming later. For now, if you want to vote online we must have your email address. Couples who typically use the same email address will need separate email addresses in order to vote. If AANR does not have an email address for you, please call **1-800-TRY-NUDE (879-6833)** and provide one. As always, member privacy is our highest priority. We would never share your email address with anyone and you will not receive "spam" from us. If you choose to use it, **online voting is secure and easy.**

AANR cannot stress enough the importance of getting an email address for each one of the members. You will need a valid email for voting purposes and to log into the new system.

AANR will be using a firm called **Vote-Now** to provide election services this year. Vote-Now will be communicating with members about voting, so don't be alarmed when you get something in your email from Vote-Now.

A **Voter's Guide** and voting instructions will be included in the **May issue** of The Bulletin. There you will find candidate information and proposed legislation. The guide will also be available in the members section of www.aanr.com.

Get to know your candidates!
Visit AANR on Facebook, Twitter, and at www.aanr.com

How a Visit to Nude Hot Springs Helped Me Confront My Fear of Aging

BY ASHLEY BROOKS

This is part of Travel Firsts, a new series featuring trips that required a leap of faith or marked a major life milestone.

I am uncomfortable.

Sitting in the warm co-ed pool of Harbin Hot Springs in Northern California and surrounded by strangers, I've elected once again to leave my bathing suit bottoms on and remain only topless. Having been to an all female night at a Japanese-inspired bath house once before, I am familiar with the concept of being naked amongst strangers. But this is the first time I am in broad daylight and in a mixed-gender environment. All around, wooden signs prohibit both conversation and sexual activity, though their casual tone sounds more like a suggestion than a rule.

To my back and slightly up the paved incline is a small shrine shrouded in fig trees to Quan Yin, which naked patrons of all ages bow in front of before making their way to the hot baths and the cold plunge to do "rounds." To my left, a woman is audibly having an experience with a jacuzzi jet as we all pretend to ignore her; to my right is a couple cuddling on the steps; and deep in the far corner of the pool is a young woman with her nose buried in a paperback copy of *Daisy Jones and The Six*. Damn, a book. That would have helped.

Closing my shaded eyes, I try to slow my breathing. Faced with a choice, I could either storm out of the pool to wait for the friend I came with in the hot car, clothed but still uncomfortable; or I could take deep breaths and stay. Isn't that the much touted goal of meditation, to stay still even whilst uncomfortable? I look up at the clock on the wall in front of me, reminiscent of the one at the local pool I swam at as a kid, and tell myself, Thirty minutes. Just stay thirty minutes.

I couldn't help wondering: At 37 years old, why am I already—or, still—hesitating?

Leaving me in the warm pool, my friend has already made her way toward the more intense hot and cold plunges. At 44, Ciana DeBernardo is a self-admitted nude bathing convert, as well as my nude bathing mentor. After her own first experience at 35, which was co-ed and "not easy," she says she felt a radical transformation in herself and her comfort within her own body. She was immediately hooked.

"It's like anything—the more you do it, the easier it gets," she says. "Especially as women, we can feel guarded, but as I've gotten older I've also realized this body won't be around forever. Why not enjoy it while it's still there?"

To read the rest of the article click [here](#).



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THU, FEBRUARY 17	CARTAGENA, COLOMBIA	10AM 6PM
FRI, FEBRUARY 18	FUN DAY AT SEA	
SAT, FEBRUARY 19	BONAIRE	9AM 10PM
SUN, FEBRUARY 20	CURAÇAO	8AM 10PM
MON, FEBRUARY 21	FUN DAY AT SEA	
TUE, FEBRUARY 22	SAN JUAN, PUERTO RICO	8AM 4PM
WED, FEBRUARY 23	AMBER COVE, DOMINICAN REPUBLIC*	9AM 5PM
THU, FEBRUARY 24	FUN DAY AT SEA	
FRI, FEBRUARY 25	NASSAU, THE BAHAMAS	8AM 4PM
SAT, FEBRUARY 26	FUN DAY AT SEA	
SUN, FEBRUARY 27	TAMPA, FLORIDA	8AM

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Travelites Nudist Retreat- Club News

February 5 Chinese New Year Celebration - Year of the Tiger

Feb12 - Valentines & tailgating

Feb 13- Super Bowl Party

Travelites Nudist Retreat- March Club News

Only those people who are totally vaccinated are welcome any day.
Reservations are requested.

March 5- Annual Chili Cook off

Travelites Nudist Retreat- March Club News

Only those people who are totally vaccinated are welcome any day.
Reservations are requested.

March 19 - St. Patrick's Celebration and hot tub party

Club supplies entree. All attendees are asked to bring sides and desserts.

March 26- Welcome to spring, gazing at new blooms and plants.
Heavy Hors d'oeuvres pot luck.

April 16 - Second night of Passover, authentic Seder - RSVPs are definitely welcome a little change for guests Clothing optional . Club will serve traditional holiday food.

March 19 - St. Patrick's Celebration and hot tub party
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Heavy Hors d'oeuvres pot luck.

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please contact Travelites Nudist Retreat at 803.695-1937;

email cheri@travelites.info.

The hot tub will be on.

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7 Reasons Why Sleeping Naked Means Sleeping Better

By Sara Novak



If there's one place where it's truly acceptable to be yourself, it should be the bedroom. No matter how conservative your attire in the outside world, in your bed you should be able to strip down to your birthday suit and feel those high thread count sheets against your bare behind. And though you run the risk of being walked in on by your kids (do give them a head's up), sleeping nude may be worth it. Research shows there are many benefits of sleeping naked — it can improve not only your snooze, but also other aspects of your health. Is it better to sleep naked though? Here's what the research says about going au naturale come bedtime.

Sleeping Naked Helps You Fall Asleep Faster

If you've ever awoken in the night because you're sweating bullets or it's just too warm in your bedroom, then sleeping nude can help. According to research published in the Journal of Physiological Anthropology, "the effects on sleep stages differ depending on the use of bedding and/or clothing...because heat exposure increases wakefulness and decreases slow wave sleep and rapid eye movement sleep." Clothing and excessive bedding may make it harder to fall asleep because your body isn't at the optimal temperature.

Keeping Cool Improves Sleep Quality

The right temperature not only helps you get to sleep, but it improves sleep quality once you're catching zzz's. When room temperature is between 66 and 72 F, it helps the body's sleep systems take over sooner. Research has shown that the cooler you are under the sheets, the deeper you'll sleep at night and the less likely you are to wake up in the middle of the night. So if you don't have flannel pajamas holding in the heat, you're much more likely to enjoy a good night's rest.

Bare Skin in Bed Could Help You Lose Weight

While it may seem a bit far-fetched to think that sleeping naked could help you shed pounds, it's actually true. An NIH study found that if your skin remains cooler while you're sleeping, it can help you burn calories. Staying cool while you snooze speeds up your metabolism by producing more brown fat to keep you warm, which is actually good for losing weight. Brown fat is a specific type of body fat that's activated when you're cold. It works to maintain your body temperature by breaking down glucose and fat molecules. And according to the study, "men exposed to a cool environment overnight for a month had an increase in brown fat with corresponding changes in metabolism."

To read the rest of the article click [here](#).

2022 Noteworthy Events



2022 Meetings and Events

January 2022

January 15
AANR-Southwest Midwinter Meeting
Star Ranch
McDade, Texas

January 27-30
AANR-East Winter Meeting
White Tail Resort
Ivor, Virginia

January 28-30
AANR-Florida Winter Meeting
Neighborhoods of Paradise Lakes
Lutz, Florida

February 2022

February 4-5
AANR Midwinter Meeting
Cypress Cove Nudist Resort
Kissimmee, Florida

April 2022

April 8-10
AANR-Northwest Spring Board
Meeting
Serenity Mountain Retreat
Estacada, Oregon

June 2022

June 2-4
AANR-Florida Summer Meeting
Lake Como Nudist Resort
Lutz, Florida

June 20-23
AANR-East Summer Meeting
White Tail Resort
Ivor, Virginia

July 2022

July 5-11
Nude Recreation Week
ALL AANR Clubs and Resorts

July 9
International Skinny-Dip Day
ALL AANR Clubs and Resorts

July 15-17
AANR-Northwest Convention
Kaniksu Ranch
Loon Lake, Washington

July 17-23
AANR-Midwest Convention
Fern Hills Club
Bloomington, Indiana

July 31
AANR-Western Canada AGM
TBD

August 2022

August 8-13
AANR Convention
Suwannee Valley Resort
White Springs, Florida



AANR Mission:

AANR exists to protect, promote, provide and preserve nude recreation by Protecting nudists and naturists from policies at the local, state and federal levels that interfere with the right to enjoy clothing-free recreation in appropriate settings;

Promoting nude recreation by educating government leaders, employers and the public; Providing support services and community to our members;

Preserving the financial viability, integrity and strength of the AANR organization. Preserving the financial viability, integrity and strength of the AANR organization. Join TODAY !



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