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Fri Sep 5, 3:01 AM ET

Women travelers 18 years and older are invited to provide details about their favorite girlfriends getaway experience. A prize of a complimentary resort weekend getaway will be awarded to individuals submitting the top three girlfriend getaway experiences. To enter the contest, women must submit their favorite girlfriend getaway experience along with representative photos or a two-minute video. There is no purchase necessary to enter the Girlfriend Getaways Contest and all submissions must be received by Oct. 15.

Phoenix, Ariz. (PRWEB) September 5, 2008 -- Calling all girlfriends, sisters, daughters and moms! [Givetoyourself.com](#), a Web site on the country's top girlfriend getaways, is sponsoring a competition to select the top 20 girlfriend getaway experiences for 2008.

Women travelers 18 years and older are invited to provide details about their favorite girlfriends getaway experience. A prize of a complimentary resort weekend getaway will be awarded to individuals submitting the top three girlfriend getaway experiences.

To enter the contest, women must submit their favorite girlfriend getaway experience in 800 words or less along with representative photos or a two-minute video to either www.youtube.com/group/givetoyourself or www.flickr.com/groups/givetoyourself/. Entries may also be e-mailed to contest @ givetoyourself.com, or mailed to 2301 E. Washington Street, Phoenix, AZ 85034.

There is no purchase necessary to enter the Girlfriend Getaways Contest and all submissions must be received by Oct. 15.

Resort weekend getaway prizes will be awarded from Stowe Mountain Lodge in Stowe, VT, Vail Cascade Resort & Spa of Vail, Colo. and L'Auberge Del Mar in Del Mar, Calif., all properties of Destination Hotels & Resorts.

This exclusive list of top women-only getaways will be promoted nationally and featured on www.givetoyourself.com, a new girlfriend getaways Web site created by Aspire's CEO and Chief Inspiration Officer Renie Cavallari.

Givetoyourself.com provides women with details on the top girlfriend getaway packages

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around the country, including featured amenities, special girlfriend package components and pricing. The user-friendly Web site makes it easy to find the perfect girlfriends escape.

The primary reasons for women getting away are to bond with friends and leave their responsibilities at home to "refuel" themselves, according to Cavallari.

"Women benefit immensely from escaping their everyday personal and professional responsibilities and bonding with female friends," says Cavallari. "The important first step is giving yourself permission to take that much needed and well-deserved break."

Cavallari is the author to the must-read Official Girlfriend Getaway Guide, which provides you a quick and easy approach to planning a fun-filled, relaxing, and rejuvenating girlfriends' getaway. Whether you are ready to have a break or you still don't know if you need one, this brief step-by-step handbook is a perfect getaway planner.

The book provides self-tests that help you determine if you need a getaway, who to go with, and how to get the most out of your time away. It also has a planning checklist, a list of hot getaway locations, great ideas and packing tips, and ways to save on your budget. To order, please visit www.girlfriendsgetawayguide.com.

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