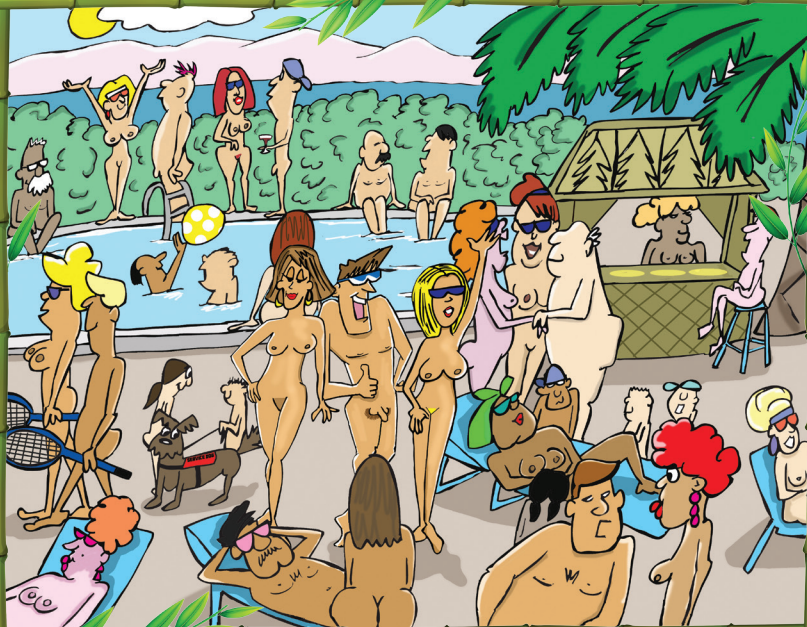


# A BEGINNER'S GUIDE TO *Taking it all off*



ANSWERS TO YOUR QUESTIONS ABOUT SOCIAL NUDITY, BODY ACCEPTANCE,  
AND FAMILY-FRIENDLY NUDE RECREATION AT CYPRESS COVE.

# Congratulations! You've uncovered a new world of fun, freedom, and relaxation!



OK. You're finally here. You took the plunge and are visiting a nudist resort! Aside from all the new and different feelings you're experiencing, you also have all sorts of questions running through your mind. We'll answer some of the basic ones right here. There is also a lot of information on our website at [CypressCoveResort.com](http://CypressCoveResort.com), and you can, of course, always feel free to ask a Cypress Cove staff person, club member, or other seasoned nudist about their experiences with the nude way of life. So, let's get started with some common questions...



## OK. I'm here. Now what?

Most of all...have fun! If you're new to this whole thing, go at your own pace. **Take your time. Relax.** You should never feel any pressure while at Cypress Cove. We are a clothing-optional resort, which means you can remain clothed until you get used to our unique environment. You can even stay clothed if you want or need to, but it's our hope that you are here to participate and enjoy yourself.

Take time to get acclimated. Our beach and lake areas are great places to start. It's nice and quiet and you can take your time getting used to being natural. Then, when you're ready, you can find your way to the sports courts, take a walk, or socialize in the pool complex and Cheeks Bar & Grill. We have found that it only takes first-timers about 30 minutes to get used to things and actually start shedding off their clothes and worries.

You're not alone. We have all had our first-time experience. We're here to support you and make you comfortable. **You're here, you can do this, so have fun!**



## What do people get out of taking off their clothes?

There are many benefits to au natural recreation and every person has his or her favorites. Here are just a few of the things that taking it all off provides:

- **A healthier body image** of your own body and the bodies of others—you find that there is beauty in every body, that our bodies are natural and awesome, and that we are not walking, talking sex objects. We are people, and we are all special!
- **Body acceptance** of your perceived flaws—you see that there is no "perfect body," that we all have "flaws," and that overblown images sold to us by advertisers and others are really what are flawed.
- **Freedom of mind**—when you lose the baggage of misconceptions, hangups, stereotypes, sexual misinformation, poor body image, shame, and judgment, your mind becomes free and enlightened.
- **Deeper relaxation**—when your mind relaxes, your body will follow. Freeing yourself from mental baggage will bring you to a new

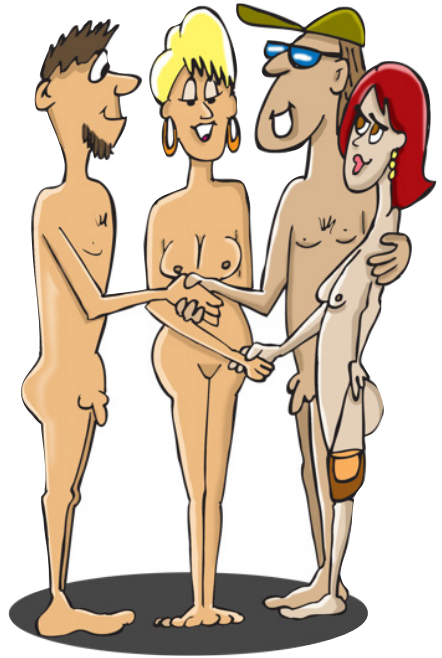
and more profound feeling of peace and calm.

- **An authentic self**—you can finally just be yourself, without all the usual social hangups that are based on what you or others are wearing. When everyone is uncovered, what you see is what you get. You are free to be you.



## What do people get out of taking off their clothes?

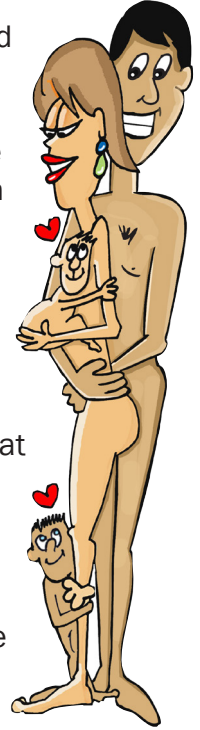
- **Open-mindedness**—uncovering your physical self can help you to uncover your inner self, too, exposing your inner strengths as well as areas where you want to grow as a person.
- **New friends**—who accept you as you are.
- **Closer relationships**—there is something about being nude together that enhances intimate relationships. Non-sexual nudity helps you to go deeper with each other.
- **Closer to nature**—we can all use a dose of nature to bring us some peace of mind. Being nude in nature makes you feel like you are truly and completely part of it.
- **Better health**—getting enough safe sunlight helps our bodies to process much-needed Vitamin D. Fresh air in the lungs helps you breathe better. The wind on your skin is a natural coolant and even acts as a cleaning agent. Want to be healthier? Take off all those unhealthy layers!
- **Unhindered activity**—being active outdoors, or even indoors, is easier without encumbering clothing. Swimming, running, bicycling, boating, playing tennis, pickleball, volleyball, or other sports are all easier and even more fun when you do them au naturel!
- **Fun!**—social nude recreation is just plain fun! Ask anyone at Cypress Cove and they will tell you that fun and freedom is what it all boils down to. Want fun at a whole new level? Want freedom and relaxation like you have never had? You're here...Dive in!



## And whole families do this?

Of course! Cypress Cove provides a wholesome and safe environment where entire families come to relax and spend time in the natural. There are plenty of activities for experiencing together-time, from the beach to boating to pool-time to sports or just plain relaxing together. We even have a huge playground for kids that is fenced and located in the center of our pool complex. The resort also has weekly themed events and annual special events that are appropriate for the whole family.

If you have children or grandchildren, don't think that you have to leave them out of experiencing an au natural vacation or a day at Cypress Cove. Families that spend time together are strong. And families that spend nude time together seem to form even closer bonds. Just ask the many nudists who bring the whole family.



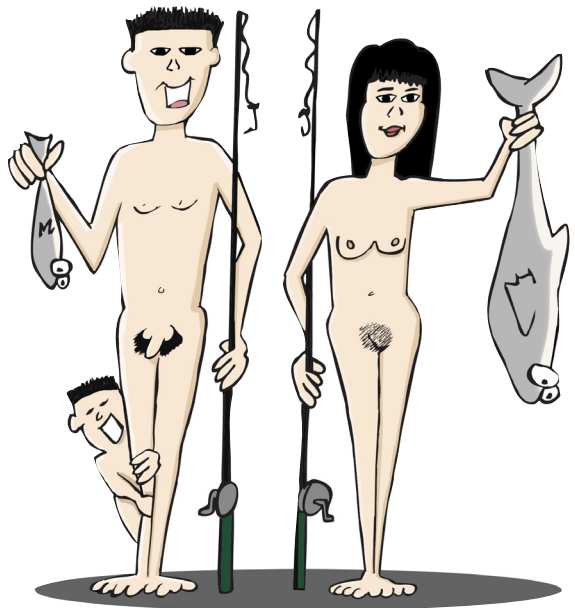
We do expect you to supervise your children at all times while you are here, but Cypress Cove staff looks out for the safety of all of our guests, especially the little ones. In fact, many parents tell us that they feel safer within our gates than they do in public parks and recreational facilities. Our entire community values safety and privacy, and we guarantee that you will all enjoy your time here as you experience the benefits of nude recreation together.

## But is it really okay for kids?

Absolutely. Kids take to it right away, too. Most are "born nudists" anyway. What parent hasn't experienced times when they could hardly keep that little one in his or her clothes? Kids are often quicker to accept social nudity because they have not yet been influenced or conditioned to think that certain body parts are "bad," "shameful," or "gross." It is not until a little later in life that we receive those messages from fearful yet well-meaning parents, other influencers, or media and entertainment. For children, running around in the buff is natural because they are unencumbered by negative feelings toward the human body. They already live in the freedom that we adults must rediscover.

Even teenagers can adapt and benefit from au natural recreation. What a great time to talk with them about having the proper views of the human body and of sexuality! Adolescence is usually a stressful time where dealing with growth and body changes can impact a young person well into adulthood. Seeing how other bodies have developed, how normal it is to have a different body type, how no one is "perfect," and how it is possible to interact with the opposite sex without confusing nudity with sexuality can all be very healthy lessons for teens and young adults.

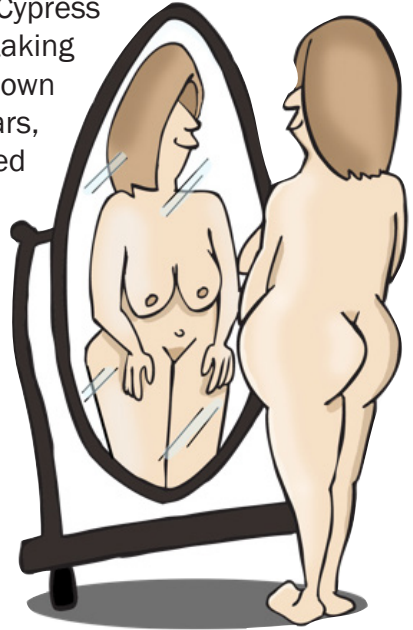
Want to raise children that have healthy attitudes toward their bodies and the bodies of others? Spending time at Cypress Cove can be as educational and life affirming as it is fun and recreational. Don't discount bringing your teen son or daughter with you for a retreat. They can get used to it at their own pace and will probably thank you for the whole experience later.



## Can this help with women's body issues?

Ask any woman that you see around Cypress Cove and she will likely tell you that taking it all off helped her to overcome her own negative body image problems. For years, women have been unfairly subjected to unrealistic comparisons with physical "ideals" in advertising and entertainment and the sexualization of their bodies. This has caused much damage to female self-image and self-worth and many social problems for us all.

Taking off your clothes might seem counterintuitive, but in actuality it helps. When you see other people uncovered, you quickly realize that no one is perfect, no one is the same, and that there is beauty in every body.



You begin to accept yourself as you are. You find that you are accepted by others who are here to experience a new freedom just like you.

Cypress Cove is a great place for your girls' day out or weekend getaway! Why not visit together? Sometimes, experiencing this freedom is better with a BFF or with a sister or mother. We host many such groups and even have a Women in Naturism club on-site that supports women in their quests to find body freedom.





## Men have concerns, too. What if...Well, you know?

Men have body image issues, too. Though they are not as vocal about it, men also often compare their bodies to other men. As it is with women, men can find freedom from such unnecessary comparisons when they visit Cypress Cove.

But what about the problem of erections? Won't guys get excited when they are in mixed nude company? Not really. When you experience wholesome, social nudity, you quickly realize that it is not a sexual event. It becomes very natural and you acclimate quickly. If you let your mind relax, you will find freedom from all the sexualization and over-stimulation that has bombarded you for years. You will see people as people and not as sexual objects. This can be a very healing experience for many men.

Sexual stimulation is not the only time that men get erections. Erections are a natural process in the male body and they occur throughout the day as the body adjusts to blood circulation needs. So, just because it happens, that doesn't necessarily mean a man is sexually aroused. Our bodies' natural processes should be understood and respected. A man should never feel condemnation or unfair judgment when his body just does what it is designed to do.



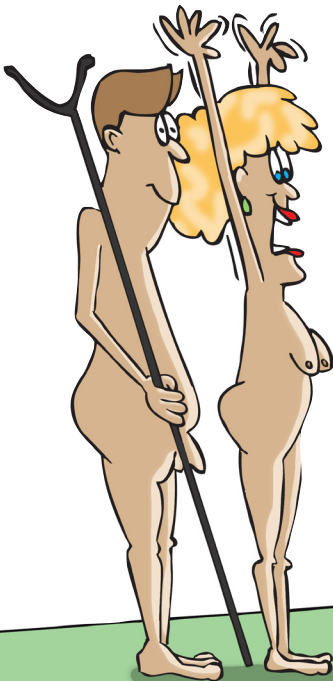
That said, we do have certain nudist etiquette regarding erections that is based on mutual respect and common sense. Guys, if you do get a natural erection, don't make a big deal about it. Simply cover it discreetly and think about something else until it subsides. Again, there is nothing to be embarrassed about, but not everyone understands what is going on with you. Out of respect for that, don't bring attention to yourself. The erection will pass quickly and you will have learned an important lesson about how you can actually control your own body.

Remember, no parts of the body are "bad" or "gross." Respect is key.

## Can you really separate nudity and sexuality?

Nudists (or naturists, same thing) and others who have adopted wholesome views of the human body have been saying for over 100 years that "nudity and sex are not the same thing." Yes, you can be unclothed in mixed company and not have to "go there" in your mind. And that doesn't mean that people who enjoy social nudism have become asexual either. We have simply learned that, like a light switch, you can "turn off" sexual thinking and see humanity in a new and better way. Sex is good, in its proper place and time, but being nude does not imply something sexual; it is simply our normal and natural human state of being. If you come to Cypress Cove with this mindset, you will thoroughly enjoy yourself.

Remember, this isn't about "seeing" or "being seen." It's about "being." Nudist philosophy teaches that our bodies are good, including all parts of them. We have nothing to be ashamed about, and so long as our minds are in the right place, it is possible to enjoy social interaction and recreation wearing nothing but the skin you were born with.



Because we can, and do, separate sex from basic nudity, we learn and teach respect for every individual. You will find more acceptance and respect at Cypress Cove than anywhere else because our total openness creates just that atmosphere. When you stop hiding, you become free to be your true self.

We are sexual beings, but we are also so much more than that. Isn't it time to get rid of the old baggage and find a new and healthier way of thinking and being? If you are reading this booklet, you are already on your way to that discovery.

## How should I act around other nude people?

As a guest of Cypress Cove, your behavior will determine your experience. If you are here with the right mindset, you're going to benefit from all the great things that the nude way of life has to offer. If, on the other hand, you are here just to "scope out" nude people or for any other reason, we will know right away and you will be asked to leave. Our goal is to make Cypress Cove a safe and fun place to experience clothing-free recreation for everyone.

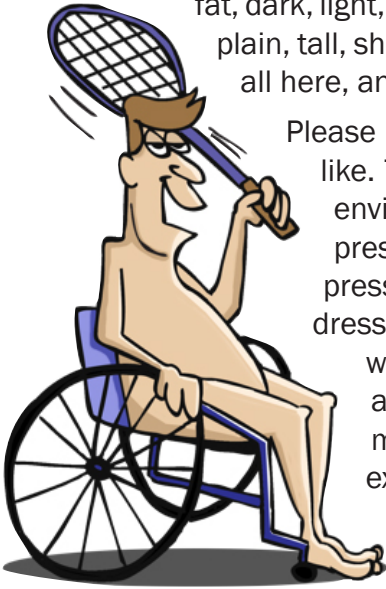
But you're here to participate and have fun, right? Great! Here are a few things to remember regarding nudist etiquette:

- Always carry a towel to sit on. We have some at the front desk if you don't have your own. Some folks like to wear sarongs for this purpose and that's fine, too.
- Don't stare, and don't make people wonder where your eyes are looking under your dark sunglasses.
- Relax and be respectful. Don't talk about people's bodies or use crude joking.
- Make others feel comfortable and safe.
- Don't do anything that you wouldn't do in front of others at a family reunion or corporate picnic.
- Above all, show courtesy and respect.



## Will I feel comfortable?

If you're worried about how you look, don't be. You'll quickly see that Cypress Cove is a place for "every body." Young, old, skinny, fat, dark, light, physically fit, physically challenged, pretty, plain, tall, short, hairy, bald, active, slow, we have them all here, and you'll fit right in, too.



Please remember, it isn't about what you look like. That's not why we're here. In this relaxing environment, you will not feel the same pressures that you feel in your clothed world—pressures to look a certain way, pressures to dress in certain styles, pressures to live up to what your costumes say about you. That all goes away when you take it all off. For many visitors, this can be a truly healing experience.

You don't have to look like anyone else either. Things like jewelry, hair styles, body hair preferences—these are things that are as individual as the people here. Don't worry about what other people look like or about fitting in with them. Come here and just be you.

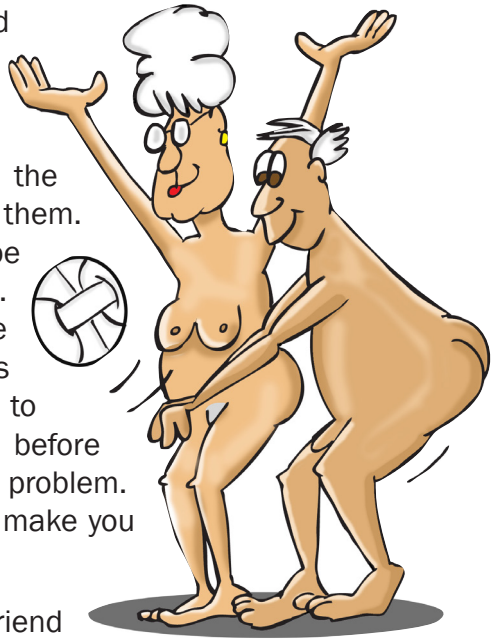
Also, if you are physically challenged, you will not feel alone. We have many visitors just like you, and our resort property has features to accommodate your needs, including wheelchair accessible hotel rooms, swimming pool lifts, and ramps.

We are always happy to see how nude recreation can help those with physical challenges to accept their bodies and enjoy a natural state of being. You also provide a great example to others in how to unconditionally accept all bodies. We are happy to have you as a guest!



## Can this really be for everyone?

Social nudism can be for anyone, but it may not be for everyone. Read that again: Social nudism can be for anyone, but it may not be for everyone. If you're coming to Cypress Cove to experience the benefits listed earlier, you will find them. Some people, though, might not be ready to take this sort of plunge. That's okay. We realize that some people need time to process this new way of thinking. Others have to work through some real issues before they can consider trying it. No problem. When you're ready, we're here to make you comfortable and support you.



If you are a reluctant spouse or friend of someone

who wants to try nude recreation but you are not yet ready yourself, don't feel bad and don't feel like you have to stay home.

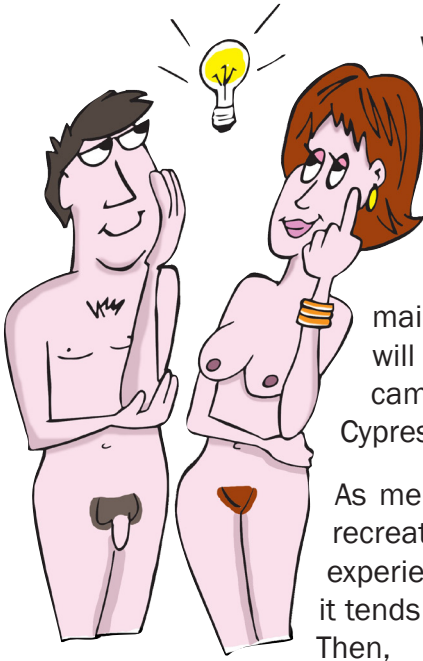
Consider visiting Cypress Cove as our guest anyway. Since we are clothing-optional, you can choose to remain completely or partially covered while your spouse or friend goes nude. No pressure.

Being here, seeing things for yourself, and having fun together might just be the things you need to help you through your own body awareness journey.

Taking it all off is natural, relaxing, fun, and exhilarating. It's life changing, and we appreciate you entrusting Cypress Cove Nudist Resort with a part of your au natural experience.



## What can I expect during my first visit?



When first visiting Cypress Cove, you will be welcomed by our front desk staff in the main office where you will also be checked-in. With all the business out of the way, you will then be given a tour of the grounds so you'll know where all the resort's main features are located. After that, you will be free to get settled into your room, campsite, or go right out and start enjoying Cypress Cove.

As mentioned, if you are new to au natural recreation, you might want to start your experience at our white, sandy beach where it tends to be quieter and sparsely populated. Then, when you feel acclimated and comfortable, you can explore the rest of the resort. Of course, some people just jump right in and head for the pool complex to socialize. It's completely up to you how you want to proceed. You will never feel pressured in our relaxing environment.

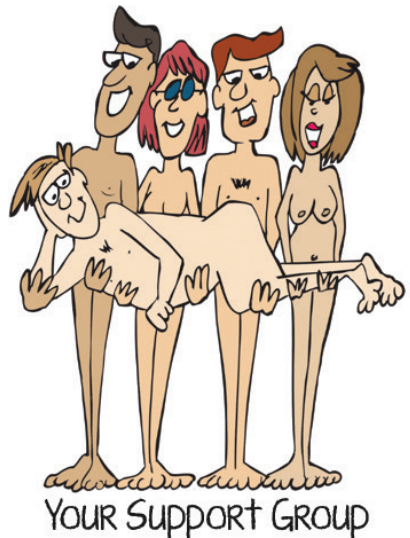
The people at Cypress Cove are friendly and welcoming. When you encounter others, you'll be greeted by a smile, wave, or friendly hello. No one will stare at you or make you feel uncomfortable. They are all here to relax and have fun just like you. That said, if at any time you do feel uncomfortable with someone's actions, report it to a staff member and it will be handled. Likewise, make sure that you understand our resort rules, too. Taking photos in most areas is not permitted, nor is taking photos of others without their permission. We have other rules as well that ensure privacy and safety, so be sure to read the materials that you were given when you arrived.

We're sure that your first visit with us will make you want to come back again and again. Be sure to check out our resort Membership options if you plan to be a regular!

## How can I keep in touch with my new favorite resort?

In between visits, it's easy to stay connected with your new favorite Happy Place! Doing so keeps you up-to-date with what is happening here, helps you plan your next visit with us, reminds you of the good times you had, and keeps you in touch with the Cypress Cove community. Here are the best ways to stay connected:

- **Newsletter** — Subscribe to the Cypress Knee electronic newsletter and receive a weekly email with updates, news, photos, and more. Sign up online at <https://cypresscoveresort.com/about/newsletter/>.
- **Website** — Visit our website often at [www.CypressCoveResort.com](http://www.CypressCoveResort.com) to find news and information 24/7.
- **Facebook** — Join 15,000 followers who love to socialize with us online. Find us at [@cypresscove](https://www.facebook.com/cypresscove).
- **Twitter** — With 8,000 followers, our Twitter posts are able to give you nudist-related content without the filters of other social media outlets. We are [@covenudist](https://twitter.com/covenudist).
- **Instagram** — 3,000 people stay connected with us through this popular site. We're at [@covenudist](https://www.instagram.com/covenudist).
- **YouTube** — With over 16,000 subscribers, our video site is growing with more content and more engagement. One of our videos has been viewed over 15 million times! We are [Cypress Cove Nudist Resort](https://www.youtube.com/CypressCoveNudistResort).
- **Pinterest** — If you are a visual person, Pinterest is a great place for you! Find us at [Cypress Cove Nudist Resort](https://www.pinterest.com/CypressCoveNudistResort).



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