

HOME DINING RECREATION TRAVEL COMMUNITY HEALTH STYLE

805 LIVING

JANUARY/FEBRUARY 2016



New Year
NEW YOU



New Spa in Napa



For a dose of healthful indulgence, experience the suites, treatments, mineral soaking pools, and relaxation gardens at the spa at the Meadowood Napa Valley resort in St. Helena. Take a metaphorical walk toward this year's goals in a labyrinth.

detoxifying mud wrap, rosemary-and-mint foot and leg scrub, belly mask, and a facial. Outside of the suite, guests can enjoy the single-sex relaxation gardens, each with a sitting area, steam room, sauna, and mineral soaking pool.

Two packages offer unique fitness getaways. "Healthiest Year Yet!" (from \$1,800 per couple) includes two nights of accommodations, a 90-minute fitness assessment and a prescription that includes personal training, a 90-minute tailored outdoor fitness class, unlimited access to fitness classes, golf, tennis, and swimming, and an after-workout Meadowood Garden Juice Blend. The "Function Fitness" package (from \$575 per couple) is a quick overnight stay designed to help guests incorporate a 30-minute workout into their busy lives. The package includes a specialized 30-minute workout with a personal trainer and a take-home fitness plan in addition to lodging and breakfast.

Room choices include cottages, suites, and lodges (from \$500 per night) in a forested setting with comfortable elegant-rustic décor; most have fireplaces and all have terraces, balconies, or direct access to outdoor space. The resort also offers regulation croquet, seven tennis courts, a 4-mile-loop hiking trail, and family and adults-only pools. Daily wine tastings in the reception lodge highlight Napa vintages, and upon request, a complimentary car service takes guests into Yountville and St. Helena to explore. >

Operating as a luxury resort in St. Helena since 1979, **Meadowood Napa Valley** (meadowood.com) sits on 250 acres. A \$60-million renovation in November included an overhaul of the nine-hole golf course, a redesign of the 85 guest rooms, and the introduction of the newly built Meadowood Spa.

The spa offers treatment suites, each with a private bathroom, steam shower, and seating lounge in front of sliding windows offering tranquil views of lush woodlands. Guests sip on soothing tea while consulting with a spa therapist about their wellness goals and receive a pretreatment (aromatherapy steam shower, dry body brushing, or foot bath) before a massage or facial. Treatments start at 90 minutes (from \$225); six new packages start at three hours (from \$595) and include lunch plus time to relax and enjoy the privacy of the suite. The packages celebrate elements of Napa Valley, as in "From the Vines," a massage and facial using grapes and grape seeds; or "The Air We Breathe," designed to revitalize and invigorate with a



Refresh mind, body, and spirit on a restorative yoga getaway at Sayulita, Mexico's secluded seaside Haramara Retreat Center.

YOLO YOGA RETREAT

Join local Arroyo Grande yoga instructors Holly Padove and Lisa Jansen for “Oneness With Nature—Yoga and Ayurveda Retreat” (April 2–9; from \$1,529 per person; balancedlivingayurveda.com/retreats). The two have been offering retreats together for two years (and separately in years prior). The eight-day, seven-night getaway takes place at the **Haramara Retreat Center** (haramararetreat.com) near Sayulita, Mexico, located between the ocean and the jungle, 27 miles from Puerto Vallarta. Each day includes restorative and hatha yoga, *chi gong* (a moving meditation), and discussions on ayurveda (holistic health and healing practices tuned to each individual’s *dosha*, or constitution), and a mix of structured and free time. Three organic meals are included daily, as well as evening activities like gathering at a beach bonfire, stargazing, and a movie night. The retreat is limited to 20 guests; both private and shared lodging is available in electricity-free, hand-built cabanas with thatched roofs and private bathrooms. Participants receive a follow-up yoga video that highlights what they’ve learned during the retreat, as well as an ayurveda booklet with personalized lifestyle suggestions.



DON'T MISS

The 14th season of Scottsdale’s **Native Trails** (scottsdalenativetrails.com) starts this month at Scottsdale Civic Center Park with free noontime performances on Thursdays and Saturdays through March. Performers showcase songs and dances from different Southwestern tribes including Hopi, Diné (Navajo), Akimel Au-Authm (Pima), and San Carlos Apache, which all stress the importance of preserving and conserving the land and its resources. On Saturdays vendors sell American Indian jewelry, baskets, pottery, instruments, and paintings, and food trucks serve up indigenous cuisine.



EXPECTING EL NIÑO

What better way to ride out rainy weather than a stay at the fabulous **Ojai Valley Inn & Spa** (ojairesort.com). Two packages (from \$449, through March 3) take advantage of the best of all the resort has to offer indoors, and both include a large signature Ojai Valley Inn & Spa umbrella to take home.

The “Romancing El Niño” package is for couples and includes accommodations in a room with a fireplace plus several in-room activities. Couples can make their own Dark and Stormy cocktails with a mixology kit, order a candlelit dinner from room service, and choose from several complimentary in-room movies. They also receive day access to Spa Ojai, where they can use the Jacuzzi, steam room, and saunas.

Families can enjoy the “Me, You, and El Niño, Too” package, which includes spacious luxe accommodations, in-room family-friendly movies, a rainy day pizza party, an in-room popcorn and hot cocoa bar, and a “sanity saver” bottle of wine for the parents. Camp Oak, with themed outdoor adventures and arts and crafts, is also available year-round for kids ages 4 to 12.

In case Mother Nature doesn’t cooperate and sunny skies smile down, there are all the wonders of the outdoors to enjoy, too, such as tennis, golf, pools, hiking, and biking. ♦



A prescription for a rainy day at Ojai Valley Inn & Spa: hot cocoa, movies, and popcorn by the fire.

BY MALLORY McCREARY