

SOUTHERN CALIFORNIA'S AFFLUENT ENTERTAINMENT MAGAZINE

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BEST SPAS

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# GETAWAYS CALIFORNIA'S BEST SPAS



## Solage Calistoga

On any trip to the Napa Valley, even we have to take time out now and then from all the wine tasting and fine dining to do a little something for our bodies. At Solage Calistoga they make that easy. The recently opened resort and spa at the northern end of the valley is dedicated to all things physical, from the cruiser bikes parked outside of your "studio" accommodations (they offer suites, too) to the full schedule of complementary exercise classes (Pilates, yoga, spinning, etc.).

And once the exercise part of the day is complete, there's still plenty to experience at the spa. Designed as a series of separate buildings (wear your long johns in the winter under your bathrobe!) with an outdoor relaxation room, the spa has 14 treatment rooms and offers the expected massages, facials, and body treatments, as well as their signature Mud Bar and Bathhouse.

That nod to Calistoga's history is a place where geothermal springs and geysers heat up mineral-rich mud that is then used as a restorative features the "Mudslide Experience." Begin with an application of all-over body mud, then bake in the sun, rinse, and dip into a large geothermal-water-fed soaking tub. You'll emerge de-stressed, de-toxified, and ready for another round of sipping and sampling at all those wonderful Napa wineries and restaurants. — Katharine Angelo

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## A SUBLIME NAPA VALLEY WEEKEND



### Where To Stay

If extreme elegance is a must when you travel, consider staying at Solage's sister resort, the famed Auberge du Soleil, also located in Calistoga. For golf, tennis, and croquet aficionados, choose St. Helena's beautiful Meadowood resort. That resort's restaurant was recently rewarded two Michelin stars, another good reason to visit.

### What To Do

Wine tasting is fundamental to any Napa trip, of course. Check out Beringer Vineyards in St. Helena; it is the oldest continuously operating winery in the valley, and a large producer of high-quality wines. Juxtapose that with a visit to nearby St. Clement, a pretty boutique winery that produces only a few select vintages. Leave some time for shopping, too, both along Calistoga's Lincoln Avenue and St. Helena's Main Street (Route 29), where pretty boutiques offer unique goods.

### Where To Eat

If you've done your homework, you'll have a reservation at the legendary French Laundry in Yountville, worth every penny of its steep tariff. If not, try one of Thomas Keller's other fine restaurants in the same area (Bouchon or Ad Hoc) or the equally wonderful Terra in St. Helena. And don't miss a visit to Tre Vigne for their sublime short ribs and charcuterie, also in St. Helena.