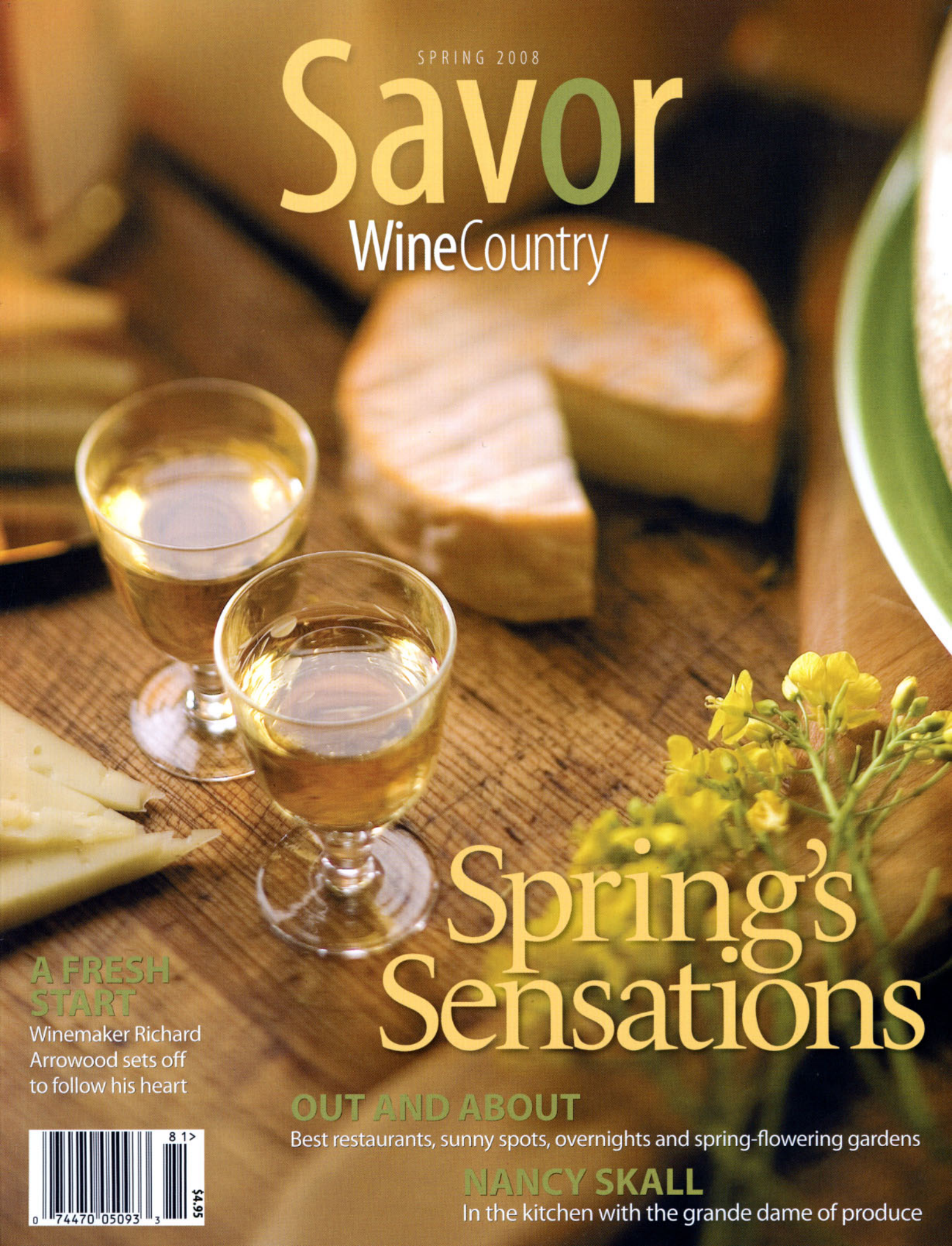
SPRING 2008

Savor WineCountry



Spring's Sensations

A FRESH START

Winemaker Richard Arrowood sets off to follow his heart

OUT AND ABOUT

Best restaurants, sunny spots, overnights and spring-flowering gardens

NANCY SKALL

In the kitchen with the grande dame of produce

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Escape to the Spa

The posh come from all over the world to be pampered in Wine Country, yet we sometimes forget that this is the insiders' own personal playground, too. You don't have to spend the night to get behind closed doors at many of the best spa resorts. In the winter issue, we revealed some spa secrets of Sonoma. Here's where to head in the Napa Valley.

CHARLIE GESELL

Indulge the body and senses at Spa Terra in Napa, above, or Spa Solage in Calistoga, below.

Spa Solage

The newest addition to Calistoga's spa scene, Spa Solage is part of the upscale Solage Calistoga Resort that opened last June. The 20,000-square-foot spa has indoor and outdoor spa options, and the resort encourages friends and couples to relax and mingle.

Guests cozy up first to the Mud Bar, where Mudtenders mix Solage Mud with essential oils and geothermal water in a customized mud mix. The spa's signature treatment is the Mudslide, a series of mud treatments and soaks in spring-fed pools.

Other indulgences range from massages with names such as "Solage on the Rocks" to the "Love Shot," a couple's combo soak and massage. Tanning, waxing, manicures and pedicures are also on the menu. Breakfast, lunch and dinner may be enjoyed at the Solbar at Solage.

Prices range from $95 for a Mudslide to $300 for a Kate Somerville "Have It All" facial, named for the skin-care guru. Open daily 8 a.m.-10 p.m. 755 Silverado Trail, Calistoga. 866-942-7442, www.solagecalistoga.com.

Spa Terra

Located entirely underground in a 22,000-square-foot cave, Spa Terra is part of Napa's Meritage Resort, another relatively new entrant on the spa scene. The hidden cave features radiant heating, steam grottos, soaking pools, waterfalls and private treatment rooms for a wide range of therapies.

Options include the Terra A Quattro, 50 or 80 minutes under the spell of not one but two massage therapists; or the Collo e Spalle, a focused massage of the neck and head intended to relieve tension and chronic headaches. The spa's signature treatment is the Solo Vino, an exfoliating grape seed scrub, jet shower rinse and body wrap with mud mask. Open daily 8 a.m.-8 p.m. Prices range from $35 for a manicure and $65 for a facial to $590 for a couple's half-day retreat. 875 Bordeaux Way, Napa. 707-251-3000, www.spaterra.com.

—Virginie Boone