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WIN  
A TRIP  
TO RED  
MOUNTAIN SPA  
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# Spa

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\* *Rejuvenation  
in California  
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*what to wear*  
pretty, packable & chic  
resort-ready outfits

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## california wine country

With nature preserves, world-class spas, art galleries, and one of the country's best vegetarian restaurants, who needs vino? BY AMY WESTERVELT

**T**ODAY IT MAY BE HARD TO imagine Napa Valley without its vineyards, but it was only a few decades ago that Napa and Sonoma counties were better known for farms and hot springs than wine. Fortunately, those early attractions are still going strong, making it easier than you may think to plan a healthy weekend that doesn't necessarily revolve around the vine.

**play** If you do want to have a little wine-related fun, opt for an out-of-the-ordinary experience with **Zephyr Adventures**, which will take you on behind-the-scenes tours of the biodynamic **Quivira Vineyards & Winery** and organic **Michel-Schlumberger Wine Estate**—both located in the charming town of Healdsburg.

Tougher to find, though equally plentiful, is entertainment that's not



TOP: Kenwood Inn and Spa combines Italian Renaissance-style architecture with California comfort. ABOVE: Vineyard views abound in Napa.

related to wine at all. The **di Rosa Preserve** is a particularly great discovery. Nestled between hillside vineyards, the di Rosa features one of the Bay Area's largest and most interesting collections of modern art. You must be on a guided tour to view its three galleries,

and it's a good idea to make a reservation if you plan to visit on a weekend. Just keep in mind that much of the art is somewhat risqué, and the tour entails a fair amount of standing and walking. For an afternoon stroll minus the provocative art, check in with **Sonoma Land Trust**. The nonprofit helps protect more than 19,000 acres in and around Sonoma County and offers a revolving calendar of guided hikes that are an excellent way to see the area from a different angle. If you work up an appetite with all that walking, head to **Rutherford Gardens** at Long Meadow Ranch in St. Helena. After seeing the ranch's organic farming techniques in action, you can purchase heirloom tomatoes, fresh olive oil, or cage-free eggs to take home with you.

**eat** "Light" and "healthy" are words not often associated with wine »

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country dinners, but there are a handful of spots that buck the status quo. Thanks to a sterling review in *The New York Times* and the nomination of two of its chefs for a James Beard award, **Ubuntu Restaurant & Yoga Studio** in Napa may be the most talked-about vegetarian eatery in the country at the moment. And it's not all hype: Your senses will be delighted by inventive and artful dishes like the *Carta da Musica*—a crispy flatbread topped with greens and bright edible flowers from their garden. The experience is made all the better by the presence of patrons fresh from a yoga class in the upstairs studio.

To connect with local farmers, spend an afternoon at **Oxbow Public Market** in Napa sampling produce, cheese, and prepared foods from many of the area's best growers and artisans. Local produce is also the highlight



1 Grapes are used in spa treatments, not just wine, in Napa Valley. 2 The di Rosa Preserve features a sculpture meadow. 3 Ubuntu in Napa combines a restaurant with a yoga studio. 4 Bardessono offers eco-friendly luxury in Yountville. 5 Every room at The Carneros Inn in Napa has an outdoor shower.

*Known for mineral springs and mud baths, Calistoga is a must for any spa-lover in wine country.*

at Sonoma's **Harvest Moon Cafe**, where the menu changes nightly to keep up with what's fresh, and guests enjoy simple, Mediterranean-style dinners al fresco.

For a meal that nourishes the soul as well as the body, head to the Healdsburg outpost of San Francisco's popular

**Café Gratitude**. The raw food restaurant serves up delicious and extremely healthy fare with a side of positivity: Every menu item is an affirmation, such as I Am Sensational (live pesto pizza) and I Am Devoted (coconut cream pie).

**stay & spa** Wine country is overflowing with inns, hotels, and B&Bs—so much so that it could take an entire weekend just to figure out where to stay. Those with a soft spot for modern design will love the

mustard walls, warm woods, and crisp white linens of **Hotel Healdsburg**. (Of particular note are the very deep soaking tubs in most rooms—a real treat.) Its cutting-edge philosophy continues in the spa, which offers certified biodynamic treatments using seasonal ingredients from nearby Stella Flora Botanicals.

Fronting the gurgling Napa River and just a short drive from downtown, **Milliken Creek Inn & Spa** features 12 bright, wood-floored rooms, each with a giant hydrotherapy tub. Gourmet breakfast is delivered every morning and features the same local ingredients that make treatments in the inn's cozy, beautiful spa extra special.

With fireplaces, stone walls, and oversized furniture, the award-winning **Kenwood Inn and Spa** feels more like a Tuscan villa than a modern California hotel, and that's the point. The vineyard is front and center here, with vine motifs painted on walls and vino-therapy treatments in the spa.

A relatively new addition to the area, **Bardessono** aspires to be the first LEED Platinum-certified hotel in California. Located on 6 acres of farmland in Yountville, the resort has 62 rooms—all spa suites with custom bathrooms that feature concealed massage tables (and in some cases steam rooms).

Known for mineral springs and mud baths, Calistoga is a must for »

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any spa-lover in wine country. **Indian Springs Resort and Spa** offers a giant outdoor mineral springs pool and traditional mud baths that are administered in a giant white-tiled room—all very much in keeping with the resort's 1920s health-spa vibe. For a 21st-century approach, visit **Spa Solage at Solage Calistoga** and try its signature Mudslide, consisting of a self-applied mud masque, mineral springs soak, and nap in a sound/vibration chair (\$95, 60 minutes).

Want a nap without the mud? Spend the day relaxing in your very own wine country cottage as part of the Destination Day Spa package at **The Carneros Inn** in Napa. When you book \$400 in spa services for one or two guests, you'll get a key to one of the resort's stand-alone rooms—complete with outdoor shower and fireplace—to do with as you please from 10 a.m. to 6 p.m.



ABOVE: Solage Calistoga offers an assortment of fitness classes with inspirational views.

While you won't get a cottage at the secluded **Raindance Spa at The Lodge at Sonoma**, you will gain access to the quiet, adults-only spa pools—a wonderful place to spend the day after enjoying a certified organic facial (\$120, 50 minutes). □

## { address book }

### > PLAY

**Di Rosa Preserve: Art & Nature**, 5200 Sonoma Highway, Napa, (707) 226-5991, dirosapreserve.org; \$15 per person for 2½-hour tour

**Michel-Schlumberger Wine Estate**, 4155 Wine Creek Road, Healdsburg, (800) 292-8339, michelschlumberger.com

**Quivira Vineyards & Winery**, 4900 W. Dry Creek Road, Healdsburg, (800) 292-8339, quivirawine.com

**Rutherford Gardens**, 1796 S. St. Helena Highway, St. Helena, (707) 963-4555, longmeadowranch.com

**Sonoma Land Trust**, 966 Sonoma Ave., Santa Rosa, (707) 526-6930, sonomalandtrust.org

**Zephyr Adventures**, (888) 758-8687, sonomavineyardwalks.com; vineyard tours from \$90 per person

### > EAT

**Café Gratitude**, 206 Healdsburg Ave., Healdsburg, (707) 723-4461,

cafegratitude.com; entrees from \$10

**Harvest Moon Cafe**, 487 First St. W., Sonoma, (707) 933-8160, harvestmooncafesonoma.com; entrees from \$18

**Oxbow Public Market**, 610 & 644 First St., Napa, (707) 226-6529, oxbowpublicmarket.com, lunch from \$12

**Ubuntu Restaurant & Yoga Studio**, 1140 Main St., Napa, (707) 251-5656, ubuntuinapa.com; dinners from \$30

### > STAY & SPA

**Bardessono**, 6526 Yount St., Yountville, (707) 204-6000, bardessono.com; doubles from \$450, 60-minute massage from \$125

**The Carneros Inn**, 4048 Sonoma Highway, Napa, (707) 299-4900, thecarnerosinn.com; doubles from \$505, 60-minute massage from \$150

**Hotel Healdsburg**, 25 Matheson St., Healdsburg, (800) 889-7188, hotelhealdsburg.com;

doubles from \$275, 50-minute massage from \$110

**Indian Springs Resort and Spa**, 1712 Lincoln Ave., Calistoga, (707) 942-4913, indianspringscalistoga.com; doubles from \$210, 50-minute massage from \$125

**Kenwood Inn and Spa**, 10400 Sonoma Highway, Kenwood, (707) 833-1293, kenwoodinn.com; doubles from \$275, 50-minute massage from \$130

**The Lodge at Sonoma, a Renaissance Resort & Spa**, Raindance Spa, 1325 Broadway, Sonoma, (888) 710-8008, thelodgeatsonoma.com; doubles from \$169, 50-minute massage from \$125

**Milliken Creek Inn & Spa**, 1815 Silverado Trail, Napa, (707) 255-1197, millikencreekinn.com; doubles from \$275, 75-minute massage from \$160

**Solage Calistoga**, Spa Solage, 755 Silverado Trail, Calistoga, (866) 942-7442, solagecalistoga.com; doubles from \$375, 50-minute massage from \$120