

BEST OF 2018

NAPA VALLEY *Life*

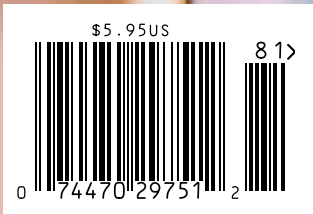
MAGAZINE

PLUS+

2018 Best of Napa Valley Life



**Tarla Mediterranean
Bar + Grill**
Best Mediterranean Cuisine



Places to Relax, Chill and Pamper Yourself in the Napa Valley

◆ BY DYNIE SANDERSON



*Silverado Spa
Girlfriends Experience*

THE SPA TERRA AT THE MERITAGE RESORT – NAPA

Spa Terra is recognized as one of California’s premier spas offering locally inspired treatments in the sanctuary of their inviting underground estate cave. Their vast menu of services and luxurious amenities are there for your sheer enjoyment, also offering a relaxation lounge, Jacuzzi and steam room. The offer skin care treatments for both men and women, packages such as the couples escape and Spa Terra Journey and a wonderful selection of massages and body treatments.

www.spatterra.com

The Napa Valley truly sets itself apart from other premier travel destinations around the planet, with so much to offer. Travelers venture to this world-class wine country mecca to experience all of the flavors, sights, sounds and sensations. Guests to our valley seek to taste selections of some the highest rated wines from around the globe, dine at the finest restaurants featuring Michelin Star Chefs and rising celebrity chefs, be entertained at the best shows and venues from BottleRock to the Napa Valley Film Festival, play championship golf courses, and of course relax and luxuriate at exclusive premier 5-star spas and wellness centers.

After a day of wine tastings or before your evening dining out, let your journey take you on the pursuit of luxurious excellence and pamper yourself with the ultimate of spa experiences.

Whether your mission to rejuvenate and revitalize with a holistic treatment or practice yoga amongst the vineyards, you will find a vast variety of locally inspired treatments. Each spa and wellness center will offer you a unique sanctuary that will restore, renew and revitalize the mind, body and spirit.

These Napa Valley destination spa retreats offer the opportunity to escape, pamper and indulge in an intimate environment of tranquility and Zen. You can get-a-way from your hectic day-to-day and retreat amongst the vines to nurture and rejuvenate your body. Your perfect personalized treatment will take you to nirvana. In addition, many of the spa resorts offer spa-inspired cuisine with healthy culinary menus while constantly committing to creating the perfect guest experience.

CARNEROS RESORT AND SPA – NAPA

The resort and spa is location on 28 acres in the Carneros region of Napa surrounded by rolling hills and scenic vineyards. Their spa provides tranquility and nature to mend the body mind and spirit. They offer an inviting selectin of treatments incorporating detoxifying “from the land” culinary ingredients, they also offer healing treatments that aim to cater to every guests’ personal needs. The spa directors favorite pick



Spa Terra at the Meritage Resort



The Spa at The Estate
Photo by: Will Pryce



Solage

from the menu is the “Tranquility Pro Sleep Massage” which is a unique treatment that acts on three different sensory pathways to achieve a peaceful mind and body state for profound relaxation. Fitness center and classes are also offered. For a complete list of their services go to www.carnerosresort.com

THE SPA AT SILVERADO RESORT – NAPA

Their 16,000-square foot spa facility has 16 indoor and 3 outdoor treatment rooms in the Meyer Lemon Garden. They also feature the Boost Café offering delicious spa cuisine, a Relaxation Pool and Spa Boutique. In addition to their vast selection of spa packages, massages, body treatments, they also offer a full-service nail and hair salon, wellness coaches and skin care. The state of the art fitness center with more than 30 fitness classes weekly, also provides assisted weight machines, outdoor running and stretching areas as well as strength training and cardio equipment with private TV’s and headsets. The Spa at Silverado’s signature treatment is the “Lomi Lomi Massage” – a rhythmic full-body massage technique where the therapist works gently yet deeply into the muscles with continuous flowing strokes enabling the recipient to relax and feel their Aloha.

www.silveradoreresort.com/spa/

THE SPA AT THE ESTATE – YOUNTVILLE

Wellness at the heart of Yountville where soothing fountains, cascading waterfalls and serene reflecting pools envelop their guests in an atmosphere of quietude and creature comforts. They offer seven treatment rooms and five private spa suites appointed with relaxation lounges with indoor and outdoor fireplaces, Swiss experience showers, steam showers, saunas and outdoor hydrotherapy soaking baths. They offer Holistic Body Therapies, blending ancient traditions and cutting-edge technology where their therapies are designed to soothe sore muscles from 50 minutes to 110 minutes. They also offer a selection of massage therapies and facial therapies. For those on the go they offer a tasting menu of 25 minute treatments or combine them to have a multi-treatment experience. Gentlemen you weren’t left out, there are special selection for you too! www.villagio.com/spa-villagio-en.html

THE SPA AT BARDESSONO – YOUNTVILLE

They are nestled amid the picturesque Napa Valley hills in the heart of the hamlet of Yountville where nature guides the nourishment of the body and spirit. You will come away relaxed from head to toe with their luxury spa packages. Combining the best of the East and the West their spa