



to spa,  
with love

MANY OF TODAY'S MOST LUXURIOUS SPA TREATMENTS  
HAVE ROOTS IN TRADITIONAL WEDDING RITUALS. SHARI MYCEK  
FINDS THAT VERY LITTLE HAS BEEN LOST IN TRANSLATION.

Similarly, Red Flower's ritual, offered at the spa at Carneros Inn in Napa, California, is, according to spa director Jeannie Jarnot, an ideal body preparation for the big day. The Red Flower Hammam Body Ritual Massage includes seven luxurious, scent-layering steps: a hot shower; steam; body scrub with lemon and coffee blossom; body misting with orange-quince flower water; slathering of jasmine-rose perfumed rhassoul clay (rinsed); massage; and application of moisturizer. "The beautiful clay we paint all over the body leaves the skin very even and glowing," says Jarnot, "and the layering of scents is memorable and sensual. But the true beauty of this ritual is that it encourages people to slow down and reconnect with themselves and with each other."