



WARMING TREND

SPAS ARE BRINGING BACK THE SAUNA—AND A GOOD OLD-FASHIONED SHVITZ. ALEXA BRAZILIAN INDULGES IN SWEET—AND PIPING HOT—SIMPLICITY

THE CARNEROS INN

NAPA, CALIFORNIA

It's situated deep in the heart of California's wine country, but this spa has a Nordic sensibility. All treatments are bookended with heat therapy in a



traditional Finnish dry sauna.

Rooms start at \$325; thecarnerosinn.com