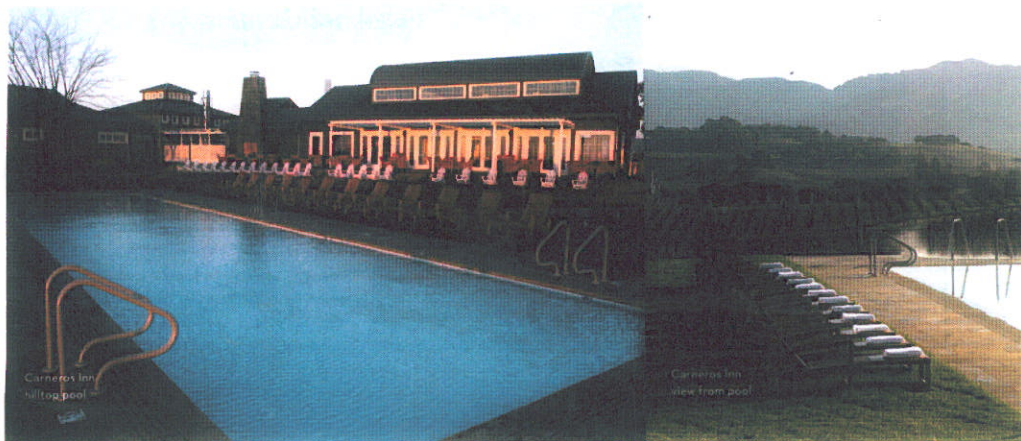


De-Stress

A spa weekend does wonders



The Carneros Inn (Carneros)

Tired souls and sore muscles can luxuriate in this country farmhouse cum-sophisticated-sanctuary, under an hour's drive from Marin. Spa goers are rewarded by the comfy yet chic white decor, tranquil vibe and handmade lotions and potions created especially for Carneros Inn. Feeling anti social? Opt for your treatment(s) in your private cottage. A hallmark of the design objective to blend not boast is the use of rustic materials such as corrugated metal roofs and fences, which not only reflect the agrarian environs, but also the beautiful glow of the sunset, notes Keith Rogal, the property's founder. Each cottage is fronted by a welcoming porch along with generous, private outdoor spaces, further enhancing a sense of retreat.

Beyond the relaxation qualities of the property, the spa, directed by Jeannie Jarnot, is an integrated oasis. "We believe that to truly relax is to become at ease with your surroundings," Jarnot says. "so whether you pick fresh lavender from your private garden or relax into a sun salutation in our new motion studio, we want you to be perfectly comfortable at all times. After a relaxing steam or sauna, guests can anticipate their upcoming treatment in stress-zapping cozy

lounge chair, by the heated infinity pool, or out on the private sun-drenched slate deck overlooking the fields. The extensive treatment menu is broken down into categories; harvests, minerals, cellars, farms, flowers and creeks. This mélange of options translates into epidermal treats like orchard olive stone and honeydew exfoliation, goat butter massage and revitalizers such as the Carneros healing gem and stone massage. We like to use local ingredients, native to the Carneros region, such as goat butter, apricots and Chardonnay seed oil for most of our treatments and then blend in some exotic ingredients from faraway places, like Thai lemongrass, Japanese citrus and Moroccan mint. I like to have fun and create treatments with ingredients that inspire, much like a chef or a cook."

Spring '07 marks the completion of phase two, which includes a general store, a lap pool lined with fully wired cabanas, Jacuzzi spa, kids pool, a 3,000-square-foot fitness center and a yoga studio. Presently there are 86 cottages and several homes composed of two master suites and plenty of entertaining space-available for a short or long-term stay. carnerosinn.com, 707-299-4900

DAY TRIPPERS

If you don't have to strap on a resort to enjoy a day at the spa, Marin resorts offer the best access to the culture and come such as the fine Carneros Inn, will include the use of a cottage along with a specific number of treatments. While these are a handful of massage studios and mud bath facilities that serve the locals as well as tourists consider the area's only full-service spa and fitness center for day structure at Health Spa Napa Valley located just south of the shopping district on St. Helena main street. Choose from an extensive menu of therapies such as the Taste of Napa Valley, consisting of two 50-minute treatments of your choice for \$210 or the Outrageous Indulgences, a full day of remedies with a poolside lunch, \$495. Be it before, after your session you can lounge by the outdoor spa pool, or relax in the whirlpool or in one of the sunbath or steam rooms. Whether you strive up for a couple routine for the same day the wine country has much to offer in terms of pampering and stress reduction.