

DAILY REPUBLIC

FAIRFIELD-SUISUN CITY, CALIFORNIA

Upscale Napa inn specializes in massage

Since one out of every six Americans gets at least one massage per year, it's only natural that spa vacations have grown in popularity over the last few years.

The first thing you must decide when choosing a spa vacation is what type of spa you prefer. You can



Joan Lovell
*Journeys with
Joan*

choose the spa based on a specific destination or cruise that you already want to visit or you can choose the spa based on certain treatments or programs. Do you want to get in shape and be very active or do you want to relax and perhaps enjoy some shopping later?

Since I have to plan my longer vacations around my family's schedule, I decided to take advantage of a jewel tucked away in the Napa Valley, The Carneros Inn. This resort spa is charming and unique, cozy and romantic. There are 86 individual cottages nestled among the vineyards and orchards, all with private patios and gardens.

The large windows and French doors bring natural light into your personal retreat. You can relax in the "soaking tub" by the window or take just a few steps outdoors to enjoy a romantic alfresco-style shower. The gas-fired heaters make the patio a great place to relax and enjoy the views, even on a chilly autumn evening. The wood-burning fireplace in the entertainment area and the heated slate floors in the bathroom are wonderful on a cold night or early morning.

The spa has been divided into five sections: The Harvests, The Farms, The Cellars, The Minerals, and The Creek of Carneros. The Harvests aromatherapy utilizes herbs, fruits and flowers while anti-aging and prenatal treatments are found at The Farms through the extraction of milk, goat butter, and berries. The Cellars utilizes grapes and other fruit, while The Minerals uses the healing powers of gems and stones.

Hydrotherapy treatments are the inspiration of The Creek of Carneros. Almost every type of massage can be found here beginning with traditional Western-style massages from Swedish to deep tissue.

You can also have a soothing aromatherapy massage or a Trigger Point sports massage. The most unique type is a prenatal massage with its "custom pillow-support" designed to treat the stresses and strains of pregnancy that every expectant mother would love.

Of course, you can spend your day visiting the local wineries or enjoy some outdoor activities, but I prefer staying at the resort and just soaking in as much serenity as I can in a weekend.

The unforgettable views and the superb staff make it a perfect destination for a wedding, bridal or baby shower, or executive retreat.

Prices during the month of November begin at \$325 per night.

Joan Lovell is the owner of a travel agency in Fairfield. She can be reached at 426-4733 or e-mail her at www.advantagetravel1@sbcglobal.net.