

Spa Worldwide Guide 2004

HEALTHY LIVING,
TRAVEL & RENEWAL

GOING GLOBAL

SpaTalk: What's New

EARTH FIRST

The eagerly anticipated Carneros Inn—the first new resort in northern California's wine country in more than 20 years—was worth the wait. And while you kick back in 27 acres of rustic beauty in one of 96 slick guest cottages (outfitted with private gardens and heated patios, sensual outdoor showers, plasma TVs, and Corbusier/Perriand cowhide-covered chaises), you can do so with an easy conscience. The property boasts high-tech water recycling and geothermal heating and cooling systems, along with a design that reflects the natural landscape. And if that doesn't make you feel cozy, the in-cottage spa services categorized by wine country themes such as Warm Goat Butter Massage or Grapeseed and Guava Body Scrub, will. Should you venture beyond your cottage's cinematic views of the Napa and Sonoma Valleys, you'll find the 5,000-square-foot spa atop the property's highest elevation commands its own vista of endless vineyards, luxuriously supplemented by six indoor/outdoor treatment rooms, a sauna and steam room infused with garden-fresh herbs, a state-of-the-art gym, and outdoor swimming and whirlpools. Morning runs, garden meditations, and candlelight stretches are destined to keep you relaxed between meals from the Hilltop Restaurant and Boon Fly café, where the emphasis is on local and organic fare. —Kathryn Harris

*The Carneros Inn, Napa, California, (707) 299-4900,
www.thecarnerosinn.com*

