

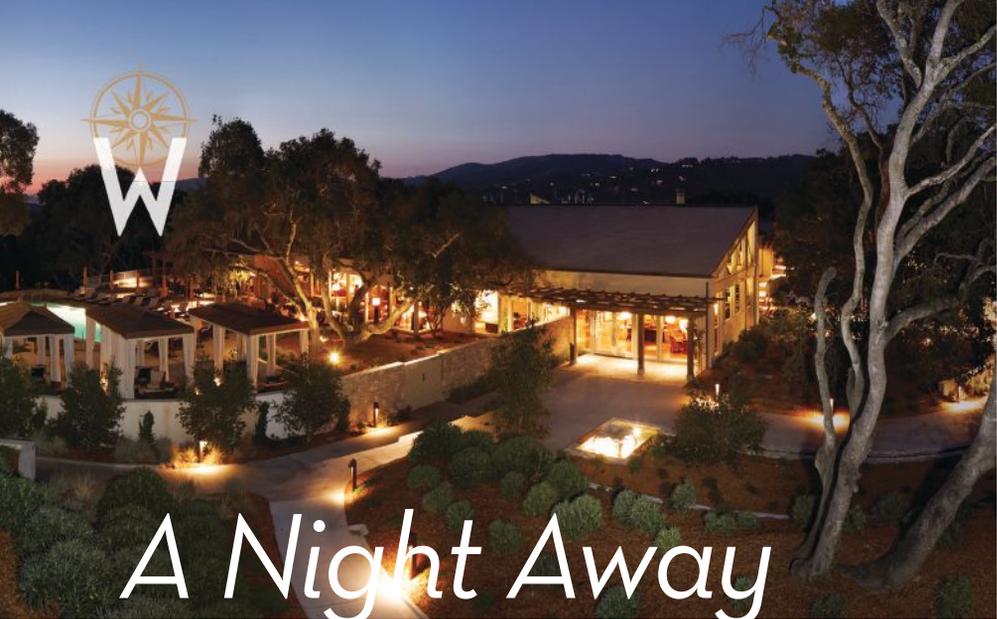
GENTRY

# DESTINATIONS

RESORTS | HOMES | TRAVEL | ADVENTURE



AUGUST/SEPTEMBER 2018



vate outdoor terraces. There are three couples treatment rooms, steam saunas, and a co-ed Relaxation Lounge and Fitness Center. The spa treatments are based on one of four specialized gardens—Lavender, Herb, Aiyana, and Alchemist—which each use the invigorating, restorative, and relaxing energy found in the natural world. Spa services include massage therapies, body therapies, advanced and organic skincare, and more.

When it's time to venture outdoors, the resort offers an array of seasonal activities for even the most discerning of guest. Families can spend hours splashing in the family pool, shooting hoops at the basketball court, taking a horseback ride through the mountains, or swinging amongst the lavender

bushes. Activities such as beekeeping, kite making, and guided hikes round out the resort's bustling daily calendar. This month, parents looking for a quick date night can dress the kids in their best Western gear and send them off for a night of good ole-fashioned western storytelling, dinner, movies, arts and crafts, air hockey, and more.

All ages will find something to enjoy while dining at the Valley Kitchen. It offers a seasonal menu that focuses on local, sustainable ingredients and true farm-to-table cooking. The weekend breakfast buffet features delectable pastries, savory dishes, and the freshest seasonal produce. And the evening's bustling atmosphere is a mix of family and couples—all nibbling on either the local catch of the day, an asparagus risotto, or a delicious charcuterie board. Plus, everyone ends the day with a s'mores treat from the outdoor fire pit! [www.carmelvalleyranch.com](http://www.carmelvalleyranch.com) —EMILY HEITMANN

# A Night Away

## CELEBRATE THE LAST DAYS OF SUMMER WITH A QUICK GETAWAY TO CARMEL VALLEY RANCH.

The beauty of living in California is the ability to hop, skip, and jump to locations that feel worlds away from life's daily stresses. **CARMEL VALLEY RANCH** is this type of oasis, offering guests a 500-acre playground of world-class golf, scenic hiking trails, an organic garden complete with a goat farm and chicken coop, and so much more. Each of the resort's 181 rooms, which range from studio suites to four-bedroom suites, offers oversized decks with views of the valley. The new Vineyard Oak studios features a cozy, well-appointed bedroom and an outdoor oasis complete with a customized lounging swing. A word of advice, pick a suite with a deep outdoor soaking tub to experience the epitome of relaxation.

Those in need of a little more peace and tranquility can take a sunrise mountaintop yoga class before escaping to the adults-only pool for a dip. The resort's Spa Aiyana, just steps from the adult-only pool, features 11 treatment rooms—most of which have pri-

## BEAUTY UNVEILED

We've long been fans of the **Carneros Resort & Spa** set amongst the beautiful farmlands and vineyards of Sonoma, but now we have another reason to want to book a stay—the sophisticated and refined new spa. Award-winning designer Nina Chiappa Interiors and TLCD Architecture have reimagined the space with architectural elements, finishes, and fixtures exemplifying a sophisticated modern farmhouse.

New to the Spa is the refined co-ed relaxation area, comprised of an enlarged indoor space that flows into an outdoor deck. The Spa has nine indoor treatment rooms, including a new couple's suite which features private outdoor space, a soaking tub, and solarium shower. In addition to the couple's suites, the specialty suite boasts its own sauna, indoor shower, and a private covered porch. [www.carnerosresort.com](http://www.carnerosresort.com)

**SIGNATURE TREATMENT: TUNE ME UP**  
 Detoxify, reduce inflammation, and improve mental clarity with this body tune-up that starts in an infrared sauna, moves into an outdoor shower, and ends in a Zero Gravity reclining chair. This completely private tri-sensory treatment incorporates relaxing warmth, cleansing exfoliation, and healing sound for a stress reducing, creativity enhancing experience. (90 minutes – \$270).

