



PHOTOS COURTESY OF MEADOWOOD NAPA VALLEY



at Meadowood is a retreat to sumptuous personal discovery and elevation amidst the backdrop of nature. Suspending the passage of time, the spa pours on restorative indulgence in a world of plenitude. Each journey is a celebration of the senses, an invitation to bliss and gentle guidance to one's idea of personal well-being.

A unique all-suite concept with a luxurious menu of services for women, men and couples, the journeys create a connection to nature's power and beauty. Banked along the forested hillside, the spa is designed to allow the outside in, whether by gazing through large French window panes or staring into the sky through open courtyard gardens. All services include a pre-treatment experience with a wellness dialogue to establish personal intentions, which guides the remaining experience. A range of services focuses on whole-being relaxation, from stress-relieving massages to renewing facials, invigorating scrubs and nourishing wraps.

At Meadowood, nature is all-surrounding, and to continue the road to self-restoration is to engage in immersive exploration of its natural grounds through the property's hiking trails. Where nature is respected, not tamed, indigenous trees and flowers grow wild. The loop ascends high above the Napa Valley, culminating in breathtaking views, then meanders gradually down toward gentler terrain, dominated by black oak and more Douglas firs with a tangle of wild rose and bracken fern. Finally, a lovely spot for contemplation is the labyrinth, a spiritually purposeful path lined with rocks.

At Meadowood, wellness by nature transcends to well-lived journeys. meadowood.com/spa ■

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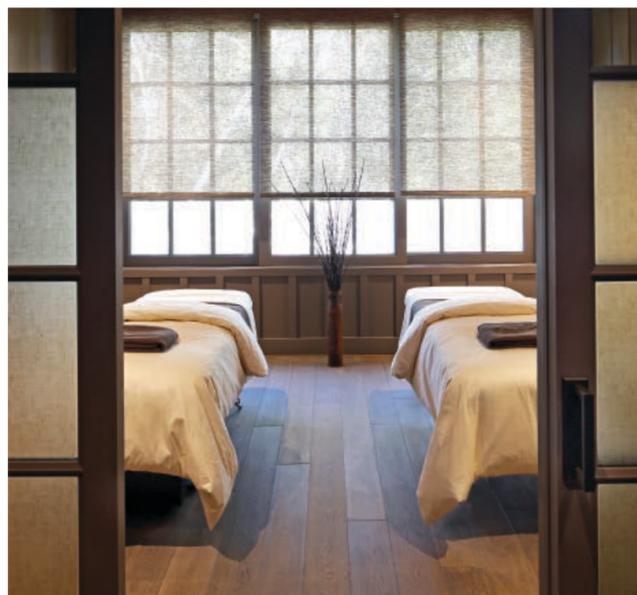
In just 15 months after opening, The Meadowood Spa became the first spa in Napa Valley to earn five stars from *Forbes Travel Guide*. Here's what you can expect.

By Marisa Finetti

An hour and a half from Oakland Airport, the Silverado Trail in Napa Valley leads guests to a modest, oval sign displaying the word "Meadowood." And almost instantaneously upon entry, a forest of stately Douglas firs, soaring live oaks and big-leaf maples envelop the narrow drive, leaving pockets of radiant sunlight to gloriously shine onto the hills of the recently awarded *Forbes Travel Guide* Triple Five-Star property. A 250-acre Relais & Châteaux estate, Meadowood Napa Valley

is dotted with quaint, well-appointed hillside cottages that harmonize with the native terrain. While linked together seamlessly by gravelly trails and wooded staircases dotted by moss-covered boulders, Meadowood's signature, common approach is the desire for authenticity in relationships with its guests. Whether dining, lodging or rejuvenating at the spa, attention is the premier offering.

While Las Vegas spa journeys are capable of transporting guests to relaxation, the spa



From top: Dine in peace in the Relaxation Gardens; the Couples Treatment Suite at Meadowood Spa.



Clockwise from top left: The spa's reception area; Meadowood health and fitness manager Kerry Brackett leads an Eco Fitness class; the spa carries an extensive culinary menu, including market peas with Ora king salmon.

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