



## FACT SHEET

- ADDRESS:** Cal-a-Vie Health Spa  
29402 Spa Havens Way  
Vista, CA 92084
- WEBSITE:** [www.cal-a-vie.com](http://www.cal-a-vie.com)
- CONTACT:** Toll Free: (800) SPA-HAVENS  
Tel: (760) 945-2055  
Fax: (760) 630-0074  
Email: [frontdesk@cal-a-vie.com](mailto:frontdesk@cal-a-vie.com)
- PROPRIETORS:** Terri and John Havens
- VP OPERATIONS:** Gary McGiboney
- GENERAL MANAGER:** Deborah Zie
- EXECUTIVE CHEF:** Curtis Cooke
- OVERVIEW:** Cal-a-Vie opened in January 1986. The French Provencal spa is embellished throughout with historical pieces and antiques from Europe and features 32 Mediterranean-style villas. The destination health spa combines luxurious European spa philosophies with the California concepts of fitness, health and nutrition.
- LOCATION:** Located in Vista, Calif. in a secluded valley just 40 miles north of San Diego International Airport, where the climate is considered to be the best in the country.
- GUESTROOMS AND SUITES:** The property includes 32 spacious Mediterranean style villas, including six suites, set on over 500 acres of colorful natural landscape. Each private villa is at least 400 square feet and comes complete with a sun deck or private balcony; hand-crafted, imported antique furniture of country French décor; sitting area with desk; king-sized bed with triple-sheeted Frette linens and memory foam mattresses; spacious bathrooms with grand tubs surrounded by Travertine tile; Frette robes and bath towels; private label bath amenities; CD player with alarm and mp3 input; Internet access; tote bag and water bottle with unlimited access to purified water dispensers; rain gear; daily housekeeping; turn-down service; laundry and shoe cleaning; wireless internet; private dining room service; and daily fitness program.



**PROGRAMS:**

The Cal-a-Vie Health Spa program is a unique and personalized program custom designed to address your wellness goals. The three-, four- and seven-night packages include gourmet spa cuisine, fitness classes, beauty and spa treatments, mind and body awareness programs and health and nutrition lectures.

*Fitness*

Whether you want to tone, build, or strengthen, Cal-a-Vie creates an inspiring, non-intimidating environment for guests to sample a variety of classes. A comprehensive fitness program offers more than 125 classes, including hiking on 10 miles of picturesque trails, weight training, dance, Pilates, spinning, hydrocycling, barre, and more.

*Spa Treatments*

Treatments are highlighted by natural plant and sea extracts and aromatic, restorative oils. Cal-a-Vie uses the finest products leaving guests with a refreshed and pampered feeling. Spa treatments include facials, facial enhancements, hand and feet treatments, body wraps and scrubs, a salon, teeth whitening, waxing and treatments for men.

*Mind- Body- Spirit*

Cal-a-Vie offers more than 20 different mind-body-spirit classes designed to restore internal balance including Feldenkrais, aqua and Chakra yoga, Ayurveda class, and Thai Chi. Quiet your mind in the labyrinth, and deep meditation in the 400-year-old candle-lit only chapel.

*Nutrition*

The importance of great nutrition is an essential part of a healthy lifestyle. Nutritional instruction is given by in-house Dietitian May Tom who provides knowledge on how to build a critical nutrition foundation in a fun and informative way. Her helpful 'how to's' range from managing blood sugar, simple meal prep and dining out wisely.

Hailed for its advanced technology, in the past year Cal-a-Vie introduced its partnership with MUSE: the brain sensing headband, BodPod to measure body composition, and Wellness FX, a service designed to allow guests to measure cardiovascular, metabolic, hormonal and nutritional health with a simple blood test done at the property and results supported with consultations regarding nutrition, fitness and cuisine.

*Additional Services Available*



**RESTAURANT AND CUISINE:** The Cal-a-Vie way of life embraces intuitive, mindful eating and encourages a reconnection with real food grown steps from the kitchen. Each guest's meals are tailored to their specific goals and daily caloric intake. Executive Chef Curtis Cooke's menu options highlight fresh, regional produce, selected at its seasonal peak; unprocessed whole grains; lean proteins and essential fatty acids.

**CULINARY GARDENER** Cal-a-Vie's Culinary Gardener works directly with Executive Chef Curtis Cooke to grow farm-to-table produce, herbs and other fresh ingredients in Cal-a-Vie's own greenhouse and gardens. And, as resident beekeeper, oversees six colonies of full-time "employbees" which support the spa's potager garden, which in turn provides fresh heirloom vegetables and herbs for the spa's gourmet culinary menu.

**WEDDINGS:** Cal-a-Vie is an ideal wedding location and can accommodate up to 120 guests in the 400-year-old Chapel and L'Orangerie reception venue, both purchased and brought to the spa from Dijon, France. Weddings are available on a 3-night buy-out basis, for up to 60 guests of the wedding party to spend the days leading up to the event focusing on fitness, healthy cuisine and spa pampering. Cal-a-Vie's onsite team works with wedding planners to organize beautiful and memorable events against the backdrop of the spa's French Provençal décor and theme.

**MEETINGS:** The 17,000-square-foot pavilion hosts the Forum Library and the Great Room with the latest electronic equipment: video conferencing, wireless Internet capabilities, plasma screen TVs, a European board table and more. Seating is available for parties up to 18 for meetings or formal dinners. The Great Room boasts a grand piano, comfortable seating areas and large space for live entertainment.

**CHATEAU CAL-A-VIE  
GRANDE VIN ROUGE** Cal-a-Vie's unique California-meets-Provence spirit is perfectly captured in its Château Cal-a-Vie wine. In 2007, Terri and John Havens converted 12 of Cal-a-Vie's 500 acres into a small vineyard of Cabernet Sauvignon, Cabernet Franc and Merlot grapes. The vineyard produced its first harvest in 2011, which yielded Cal-a-Vie's Château Cal-a-Vie Grande Vin Rouge, as well as the spa's fine Vinothérapie product line, sourced from the harvest's antioxidant-rich leftover grape skin and seed. Château Cal-a-Vie now features Merlot and Sauvignon Blanc.

**ANTIQUÉ BOUTIQUE** Inspired by the original French artwork and antiques found throughout Cal-a-Vie, the Antique store was created in response to popular requests from guests looking to bring a piece of Cal-a-Vie's original French Provençal décor home with them. Cal-a-Vie Antiques provides guests with exclusive access to a spectacular array of 18<sup>th</sup> and 19<sup>th</sup> century pieces

imported direct from France, including original artwork, decorative accessories, glassware, flatware, lighting, furniture, mirrors and more dating back to the 1700s and 1800s. Cal-a-Vie Antiques is available online at [www.cal-a-vie.com](http://www.cal-a-vie.com).

## **BOUTIQUE**

Guests can bring the Cal-a-Vie lifestyle home with them with a little “retail therapy” in the Cal-a-Vie Boutique, featuring signature Cal-a-Vie products and nutrition literature, as well as other fine beauty and wellness ranges. The boutique also includes hand-selected workout essentials, active-wear, lounge-wear, footwear, jewelry, swimwear and gifts. All items are sourced through an exclusive Cal-a-Vie Boutiques buyer. Featured brands include: Coola, Yonka, Phytomer, Compagnie de Provence, Chan Luu and more.

## **RECREATION**

### **GOLF**

Cal-a-Vie Health Spa is the only destination spa in the world to feature an 18-hole golf course, the Vista Valley Country Club. Owned by Cal-a-Vie proprietors Terri and John Havens, Vista Valley recently completed a \$7 million renovation, creating a striking and luxurious 40,000 square foot country club experience.

Cal-a-Vie guests can experience all Vista Valley has to offer by booking dedicated three-, four- and seven-night [Golf Getaways](#), which include an invigorating mix of golf, nutrition and spa. Guests visiting on non-golf getaways can experience the course with morning walks around the greens, as well as golf add-ons that can be built into any Cal-a-Vie stay, including games of 9 or 18 holes, golf lessons and driving range access.

### **TENNIS**

Improve your game, learn new skills and enjoy a great workout on Cal-a-Vie’s striking red clay courts. Have fun while enjoying the cardiovascular, coordination and conditioning training only tennis can provide. Lessons are led by instructor Kris Kluis, a 20-year veteran and graduate of the prestigious Professional Tennis Management Program at Ferris State University Michigan.

### **VOLLEYBALL COURTS**

Set, spike and serve your way to wellness on the Olympic-size sand volleyball court at Cal-a-Vie. In addition to competitive volleyball matches, guests can also de-stress and get their hearts pumping with several activities on the sandy court, including Horse Shoes, Shuffle Board and Bocci Ball.

## **TRANSPORTATION:**

Complimentary ground transportation to and from the San Diego International Airport and the Carlsbad, California airport is provided.

## **FOR ADDITIONAL INFORMATION, CONTACT:**

Carol Ann Kelley-Elwell  
Director of Marketing and Media Relations  
Victoria King Public Relations  
12381 Wilshire Boulevard, Suite 203  
Los Angeles, CA 90025  
Tel: (310) 207-5175 Direct: (805) 451-7894  
Email: [carolann@vkpr.com](mailto:carolann@vkpr.com)