



LET YOUR JOURNEY BEGIN...

Bring wellness to the forefront of your life with mind-body balancing, restorative spa therapies and nutritionally calibrated cuisine while you relax in the beautiful setting of Cal-a-Vie Health Spa.



Bienvenue

Welcome to Cal-a-Vie Health Spa, a private oasis sheltered from the chaos of daily life, nestled on over 500 private acres in Northern San Diego County.

Complemented by a 5:1 staff-to-guest ratio, our award-winning program is tailored to help you define and pursue your personal wellness needs and goals to build a stronger, longer life.





Our Program

Our program is based on the four pillars of wellness: Mind-Body Health, Fitness, Nutrition and Restoration.

Our team of experts truly understands the complexities of each individual which is why our customized program starts by establishing a baseline from which to measure your journey with us. Through careful evaluation, guidance and instruction, your time spent with us will give you the tools to live a healthier and more balanced life. Your progress is our mission and your success is our goal!

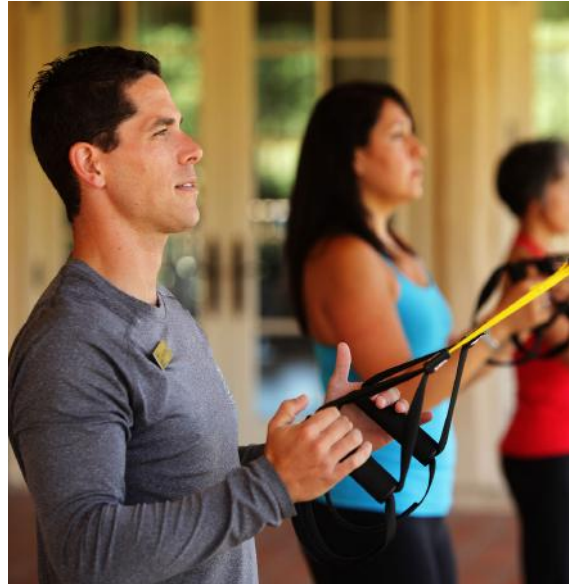
All-inclusive three, four and seven night packages are available and enriched with themed weeks, visiting masters, guest speakers and culinary classes.



Transform

Our fitness trainers will elevate you to feel stronger and healthier through a vast number of leading edge workouts with a focus on your specific needs to tone, build, or strengthen. We offer a comprehensive fitness program which includes over 150 classes ranging from weight training, dance, Pilates, spinning, hydro-cycling, stand-up paddle board, Barre, Melt Method, yoga and more.

In an area graced with year-round warm temperatures, our outdoor recreation includes a clay tennis court, an Olympic-size pool and sand volleyball court, and an 18-hole Ted Robinson-designed golf course for individual tee times or group golf outings. With a selection 25 different trails spanning more than 10 picturesque miles, each morning begins with a sunrise hike on the surrounding hillsides. We offer more than 20 different mind-body-spirit classes designed to restore internal balance including Feldenkrais, aqua and Chakra yoga, Ayurveda class, and Thai Chi. Meditate in a 400-year-old candle-lit chapel or quiet your mind in the labyrinth.

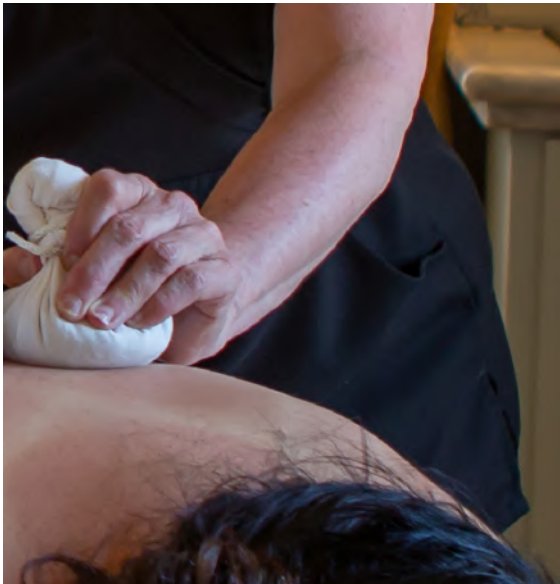




Nourish

Behavior modification provides the biggest difference in living out a healthy lifestyle. Our resident dietician will provide you with the knowledge of how to build a critical dietary foundation, setting you on a course for success to reach your optimum weight goals. We provide tips and tools on modifiable lifestyle factors for long term results including meal planning, grocery shopping, dining out, sleep routines, stress management, movement and more.

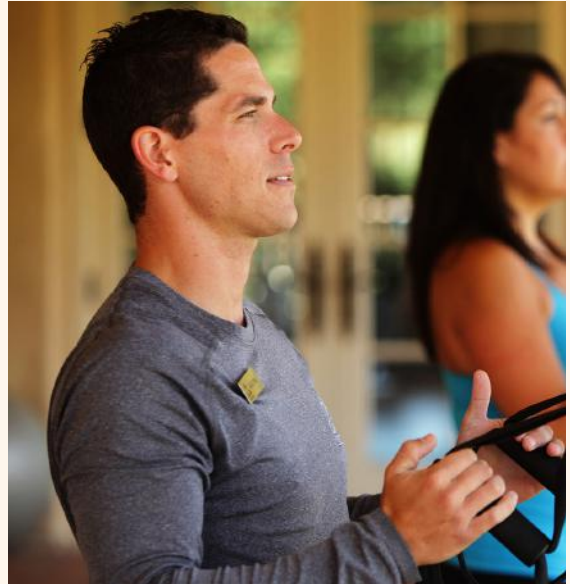
Our culinary team embraces intuitive, mindful eating and encourages a reconnection with real food grown in our garden. Each meal is personalized to your specific goals and suggested daily caloric intake. Menu options highlight unprocessed whole grains, lean proteins, essential fatty acids plus fresh, regional produce -selected at its seasonal peak.



Empower

At Cal-a-Vie, we are committed to a results oriented, luxury wellness experience fused with innovative technology designed to empower you. Our comprehensive wellness program is enriched by scientifically-backed services such as advanced blood testing analysis to measure cardiovascular, metabolic, hormonal and nutritional health; 3D body scanning to track body shape changes in just seconds; body fat composition assessments using air to measure your lean mass and body fat; biweekly meditation classes incorporating a brain-sensing wearable headband, and more.

We also have our own Observatory for an out-of-this-world stargazing experience.





Nurture

The center for pampering is a mosaic-tiled Bath House comprised of massage rooms that open onto private decks for optional outdoor treatments; separate hydrotherapy and thalassotherapy rooms; wet and dry saunas; and a Jacuzzi. We believe that skin and body therapies are an essential element of overall health. Treatments are highlighted by natural plant and sea extracts and aromatic, restorative oils. Developed in coordination with international health and beauty experts, our tailored beauty and body program provides the ultimate spa experience.

Rest, Nest or Sleep

Cal-a-Vie is lovingly designed with an attention to detail and carefully curated aesthetics. Each of our 32 spacious villas is complete with either a sun deck or a balcony opening onto an expanse of breathtaking wilderness. All are individually decorated with imported European antiques and luxuriously outfitted with Frette linens.





Social Space

The Cal-a-Vie compound also features three spaces where guests can gather and mingle between classes and treatments.

The Morning Room is the center for tea and “revitalizer” breaks. The Dining Room offers indoor and outdoor communal dining year-round.

The Evening Room is a cozy place where guests can gather for “mocktails” and mini-lectures on stress management, health, fitness, nutrition and more.

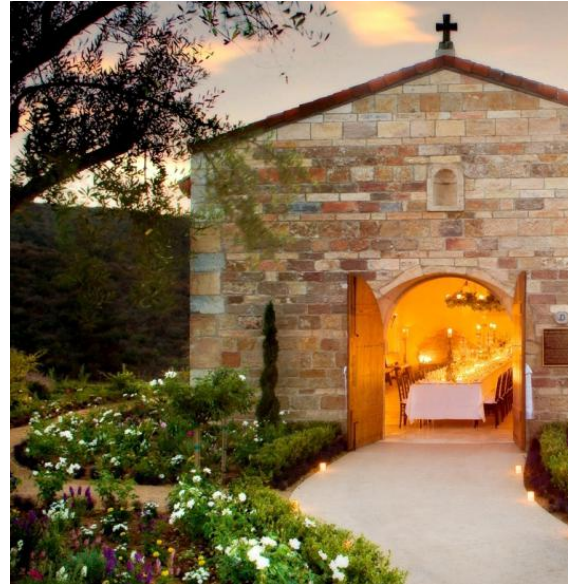




Happily Ever After

Behavior modification provides the biggest difference in living out a healthy lifestyle. Our resident dietician will provide you with the knowledge of how to build a critical dietary foundation, setting you on a course for success to reach your optimum weight goals. We provide tips and tools on modifiable lifestyle factors for long term results including meal planning, grocery shopping, dining out, sleep routines, stress management, movement and more.

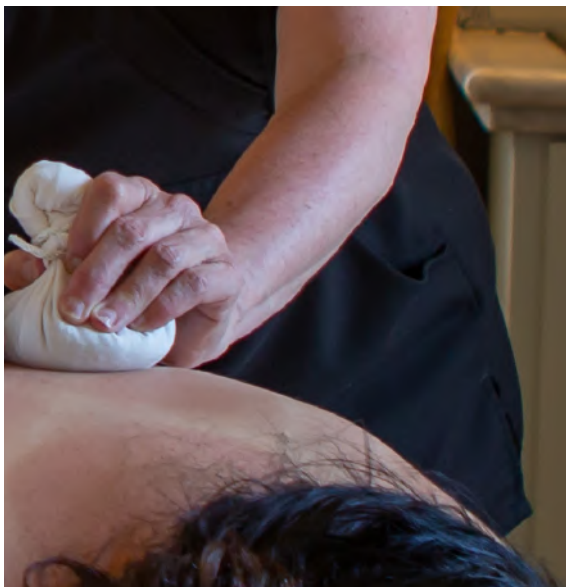
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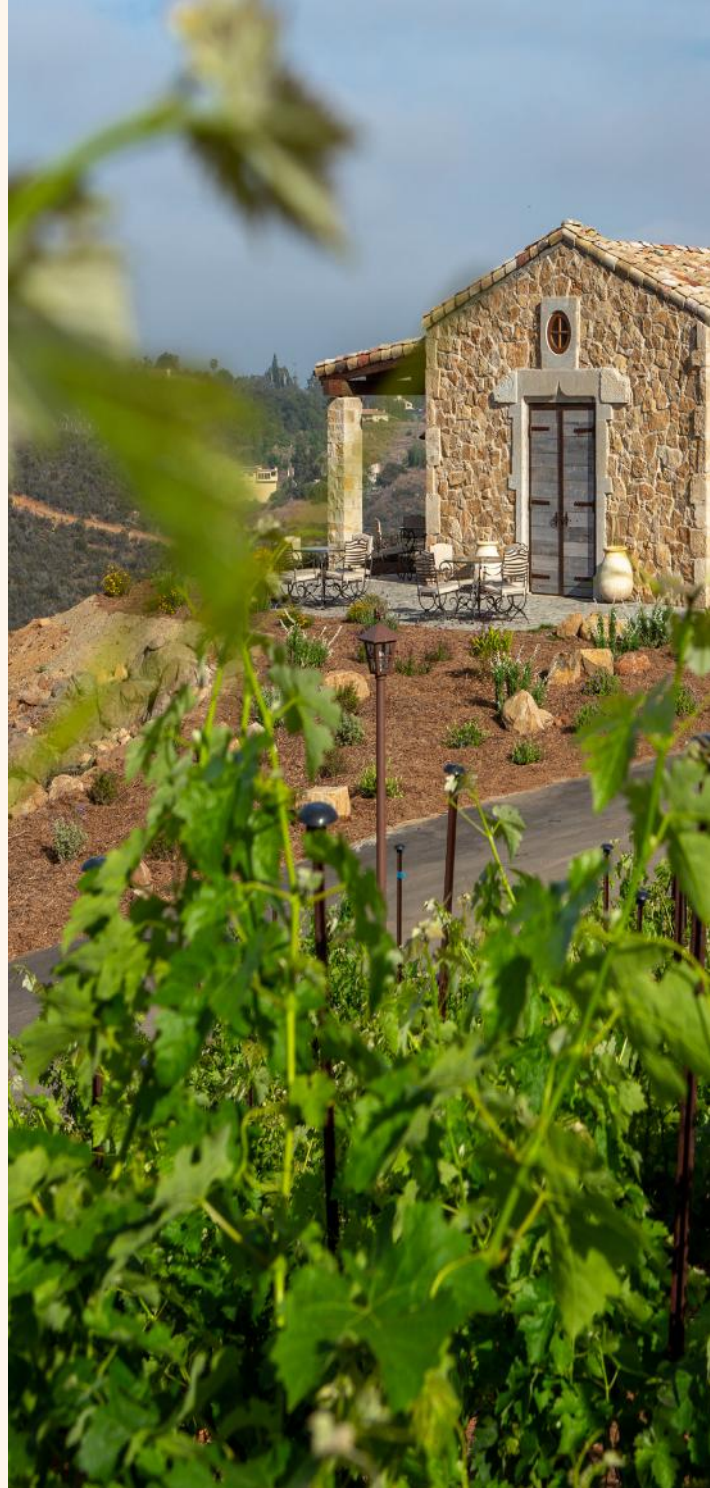






Inspire

Cal-a-Vie changes lives, literally. It is a very powerful and unique experience - a place with dedicated, skilled practitioners who deeply believe in what they are doing; a place where the spirit is addressed along with the body; a place of natural beauty with isolation from distractions; an intimate retreat where the greatest of attention is paid to each individual.





Personal

In an area graced with sun-drenched temperatures year-round, Cal-a-Vie is lovingly designed with an attention to detail and carefully curated aesthetics. Each villa is complete with either a sundeck or a balcony opening onto an expanse of breathtaking wilderness. All are individually decorated with imported French antiques and luxuriously outfitted with Frette linens.

The Cal-a-Vie estate also features luxurious spaces where guests can gather and mingle between classes and treatments. The Garden Room is the center for tea and “revitalizer” breaks. The Dining Room offers indoor and outdoor communal dining year-round. The Great Room is a cozy place where guests can gather for mini-lectures on stress management, health, fitness, nutrition and more.







Happily Ever After

Begins with a once-in-a-lifetime setting.

Sun-drenched hillsides, Provencal architecture, and a 400-year-old chapel and L'Orangerie imported from Dijon, France are just some of the reasons couples continue to choose Cal-a-Vie Health Spa as the ultimate destination for their wedding and/or vow renewal. Our team will create an intimate, once in a lifetime setting for one of the most important days of your life. Time spent before and after this special event with those you love is priceless. Cal-a-Vie will help to ensure that every detail of your wedding is just as you dreamed.

Meet & Retreat

Our 500 private acres offer the ideal landscape for corporate retreats, incentive programs, social or family gatherings. Customized programs and retreats inspire team building and bonding designed to ignite productivity and rejuvenate the spirit at any age or level of management.





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