



FACT SHEET

GENERAL INFORMATION

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.

ADDRESS:

Cal-a-Vie Health Spa 29402
Spa Havens Way Vista, CA 92084

WEBSITE:

www.cal-a-vie.com

CONTACT:

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PROPRIETORS:

Terri and John Havens

VP OPERATIONS:

Gary McGiboney

GENERAL MANAGER:

Deborah Zie

LOCATION:

Located in Vista, California 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 & SUITES:

The property includes 32 spacious Mediterranean style villas, including seven suites, set on over 400 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 and private dining room service.





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 treatments, spa treatments, mind and body awareness programs 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 150 classes, including hiking on 10 miles of picturesque trails, weight training, dance, Pilates, spinning, hydrocycling, barre, and more.

SPA TREATMENTS

Enjoy over 20 treatment rooms including our Vichy shower, sea wrap, and Thai massage rooms. 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. Take your nutritional journey one step further with advanced lab testing to address weight loss, fatigue, mood disorders, or optimizing health and fitness.

RESTAURANT & 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. Our resident beekeeper oversees six colonies of full-time "employbees" which support the spa's potager garden, and 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 buyout basis, for up to 64 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 on-site 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 Forum Library and Great Room feature the latest audiovisual: 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 15 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, Rose of Merlot and Petite Vin Rouge.

ANTIQUE BOUTIQUE

Inspired by the original French artwork and antiques found throughout Cal-a-Vie, the Antique Boutique 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 18th and 19th 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.

BOUTIQUE

The Cal-a-Vie way of life embraces intuitive, mindful eating and encourages a reconnection with real food grown steps. 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, Phytomer, Chan Luu and more.



OBSERVATORY

Cal-a-Vie Health Spa has unveiled a larger-than-life star-gazing experience for guests as part of its robust lecture series. Star-gazing has been linked to multiple health and wellness benefits including a sense of personal growth, transcendent thoughts and positive emotions. In addition, Astro Tourism has taken off in recent years with the frequency of astronomical wonders enticing travelers to view phenomena in our sky. The observatory is positioned on top of a hill overlooking Cal-a-Vie's grounds, offering astronomical views of the sky. The two-story structure features eight flat screen TVs, a state-of-the-art Takahashi telescope and imaging technology, as well as 26 seats from the original Houston Astrodome.

RECREATION

Cal-a-Vie offers a variety of recreational activities that guests can enjoy at their leisure with an instructor or other guests.

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 INFO
PLEASE CONTACT:

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