

Cal-a-Vie[®] Health Spa

A Life-Changing Wellness Retreat

GROUP AMENITIES • EVENT SPACES • PACKAGES



“ This place is a hidden treasure- it feels like you’re in France. The grounds are beautifully curated and the rooms and meeting rooms are all decorated with antiques. The food was fantastic, the spa services were much needed after working out, the classes were interesting and fun. We will be back! ”

CAROL G - JUNE 2021

Experience an intimate wellness retreat unlike any other.

ONLY 32 GUEST VILLAS ON 400+ ACRES

Tucked away in the rolling hills of Southern California, Cal-a-Vie Health Spa offers a Provençal escape combining European spa philosophies with the California concept of fitness, health and nutrition. Packages are custom-made for the guest experience, offering a self-care hideaway that is both intimate and astonishingly gorgeous. Our robust program of fitness classes, restorative spa treatments, culinary experiences and informative nutrition lectures create an immersive haven of health unlike anywhere else.



Accommodations

MEDITERRANEAN STYLED VILLAS

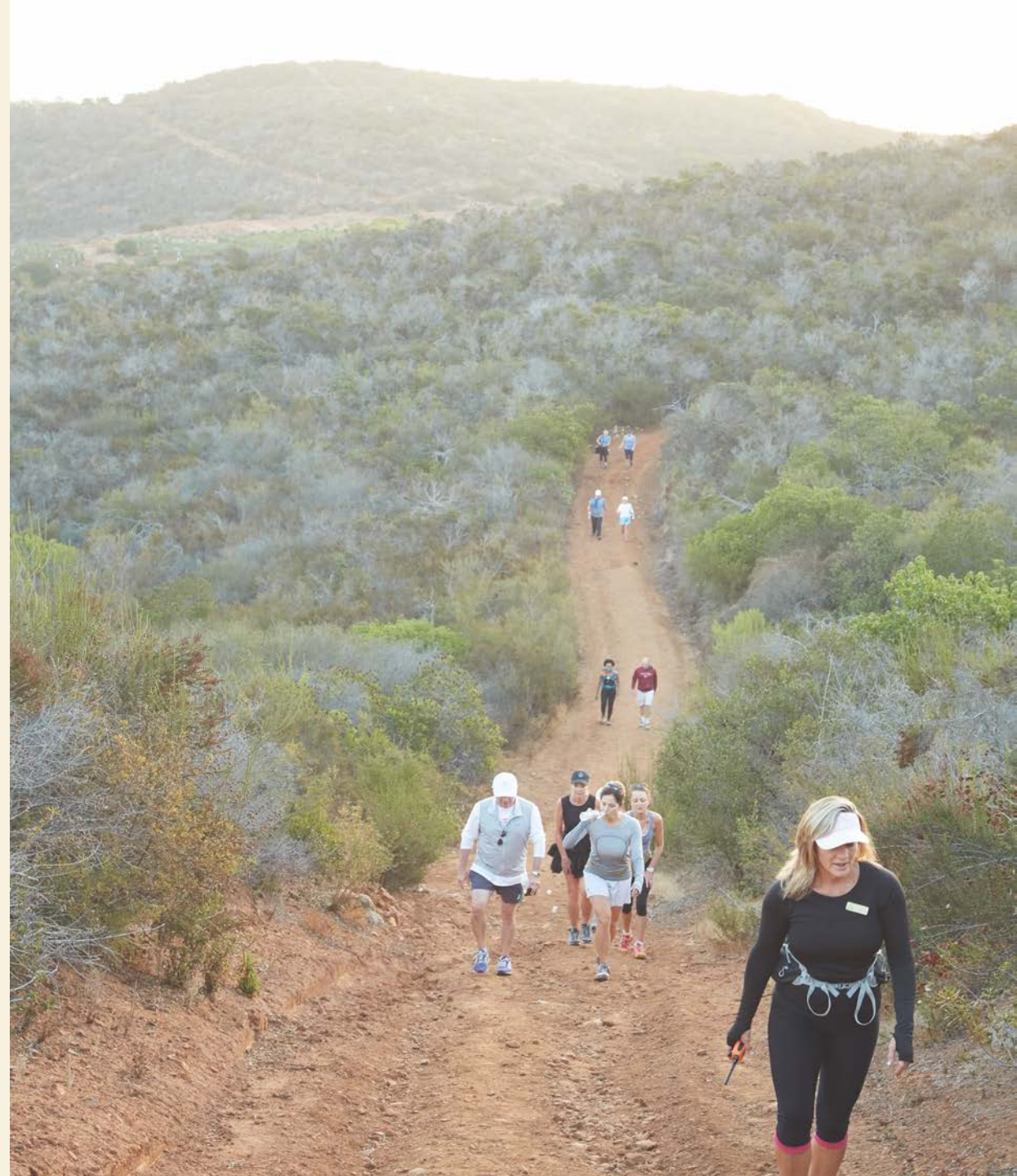
Our French Mediterranean villas are approximately 400 square feet featuring luxurious king beds with memory foam mattresses, private sundecks or balconies, spacious bathrooms with grand Travertine tile tubs, signature Cal-a-Vie bath amenities and Wifi.



Our Programs

A COMPREHENSIVE WELLNESS PROGRAM

Cal-a-Vie's robust program of fitness classes, restorative spa treatments, culinary experiences and informative nutrition lectures create an immersive haven of health unlike anywhere else. Our goal is to leave each guest feeling recharged and inspired to continue living a healthy lifestyle the Cal-a-Vie Health Spa way.



Spa & Beauty

A NEW DEGREE OF REST & RELAXATION

Divine relaxation is found at Cal-a-Vie Health Spa, and there's no better way to experience it than with one of the resort's many spa treatments. Wind down and drift away with antioxidant-rich vinotherapy massage or experience the ancient art of acupuncture. With each spa and beauty treatment, specialists use the finest plant and sea extracts nature has to offer. Plus, unique spa rituals make use of the ambrosial ingredients surrounding us, including a grape skin body wrap and lavender honey wrap. Guests can also enjoy wellness treatments with Dr. Corey ND such as NAD, IV and vitamin injections to give your immune system an extra boost. At Cal-a-Vie Health Spa, you'll find devoted international specialists waiting to bring you a new degree of bliss.



Fitness

ENJOY UNLIMITED FITNESS CLASSES

Discover a wide range of energizing fitness activities at Cal-a-Vie Health Spa. Situated along 400 rolling acres guests will find a lap pool, two clay tennis courts and hiking trails to enjoy along with our in-depth program that includes over 100 fitness classes. Pilates training, yoga classes, personal fitness sessions, aerobics, boxing, and aqua workouts are just a few of the exceptional exercise lessons awaiting you at the resort. Whether you're starting a new fitness program or fine tuning your current one, all the tools and expertise are available at Cal-a-Vie Health Spa.



Culinary

REJUVINATE FROM THE INSIDE OUT

With a rotating assortment of menus for breakfast, lunch, and dinner included with each stay, savor a vibrant selection of gourmet spa cuisine at Cal-a-Vie Health Spa. Made with delicious ingredients from the land and sea around us, dishes are elevated and created with care for our guests' health and happiness. As part of Cal-a-Vie's culinary experience, seasonal produce and herbs are harvested from our very own organic gardens. Every naturally-cultivated ingredient is combined to present guests with the freshest food possible, serving up mindful, farm-to-table fare. From the omelet du jour and king salmon to in-room popcorn and matcha lattes, dining is a nutritious delight from start to finish.



Nutrition

A HOLISTIC APPROACH TO HEALTHY LIVING

We believe in going for organic whenever possible and filling your plate up with every color of the rainbow, but diet is more than just that. For the best health results, eating should be customized to an individual's needs, genetics, and overall goals. With knowledgeable Registered Dietitians on staff, Cal-a-Vie Health Spa takes a functional approach to nutrition that is personalized to each individual's overall well-being and medical history. The focus is placed on optimal health for the whole person - mind, body and spirit - with the strategic use of supplement recommendations, personalized diets, and lifestyle choices.



The Guest Experience

SAMPLE DAILY SCHEDULE OF GUEST ACTIVITIES

6:30am	Morning Hike on the Trails or Walk on the Golf Course
7:30am	Group Breakfast
9:00am	Pilates
10:00am	Circuit Training
10:50am	Nutrition Break
11:00am	Aqua Yoga
12:00pm	Hands on Cooking Class
1:00pm	Group Lunch
2:00pm	Seaweed Wrap
3:50pm	Smoothie Break
4:00pm	Aerial Yoga
5:00pm	Massage
6:30pm	Hors d'oeuvres & Cal-a-Vie Wine Tasting
7:00pm	Private Group Dinner
8:15pm	Stargazing at the Observatory



Group Activities

TEAMBUILDING IN LUXURY

From candlelit yoga and cooking classes to stargazing, wine tasting, and pickleball tournaments, there is an exceptional array of group activities and team-building exercises at Cal-a-Vie Health Spa. Your group will discover an unparalleled selection of events in fitness and health, spirituality, recreation and team bonding.

Your group can enjoy:

PICKLEBALL TOURNAMENTS

WINE TASTING

SCAVENGER HUNTS

KARAOKE

CONCERTS IN THE CHAPEL

GAME NIGHTS

POOL VOLLEYBALL

COOKING CLASSES

GUEST SPEAKERS

And more... We will work with you to customize your activities to help you accomplish your team building goals.



Meeting Spaces

A HAVEN FOR MEETINGS & WORKSHOPS

At Cal-a-Vie Health Spa, custom service combines with French elegance to offer outstanding meetings in a brilliant destination. Charming antiques, wellness programs, and sun-soaked views of nature create an altogether unique group retreat location.

Spaces Include:

CHAPEL
L'ORANGERIE
PARISH HOUSE
FRENCH LIBRARY
GREAT ROOM
GARDEN ROOM
FORUM GALLERY
DINING ROOM
DINING PATIO





The Chapel

ONE-OF-A-KIND EXPERIENCE *for* DINING OR ENTERTAINING

- 400 year old French chapel imported from Dijon, France
- No electricity; everything is lit by candlelight
- Host an evening candlelight dinner or concert with live entertainment
- Holds 80-100 theater style or 34 seated at kings tables





The Chapel

The L'Orangerie

A HISTORIC FRENCH BANQUET HALL

- Beautiful banquet hall with French murals and detailing
- Opens up to the L'Orangerie back lawn with sweeping views
- Banquet style dining with industrial sized kitchen
- Seats up to 150 cocktail style or 120 banquet style

L'ORANGERIE LAWN

- Sprawling lawn overlooking the rolling hills
- Seats up to 300 cocktail style or 150 banquet style



Cal-a-Vie® Health Spa

The L'Orangerie Lawn

Cal-a-Vie Health Spa

The L'Orangerie Lawn





The Parish House

A HISTORIC BUILDING WITH SWEEPING VIEWS

- Originally located 30 miles from Dijon, France and rebuilt at Cal-a-Vie
- Building dates back to 1715
- Indoor dining table & large bar
- Location of Cal-a-Vie wine tastings held twice a week
- Outdoor firepit with beautiful views of the rolling hills and sunsets. Perfect for welcome receptions



The Parish House Firepit

The French Library

AN INTIMATE SPACE FOR EXECUTIVE MEETINGS & DINNERS

- Unique setting perfect for executive team meetings
- 1 large plasma screen TV and AV equipment
- Large conference table seats up to 20 guests
- Indoor fireplace and outdoor patio





The Great Room

A COMFORTABLE SPACE TO STIMULATE CONVERSATION

- Large yet cozy space for informal group gatherings, game nights, movie nights or live entertainment
- 125-year-old pine wood flooring
- Beautiful indoor fireplace and built-in service bar
- 2 large plasma screen TVs and AV equipment
- Holds up to 150 cocktail style or 50 seated on existing lounge furniture

The Garden Room

INTIMATE MEETING ROOM

- Small meeting room for quality discussion
- Seating for up to 32 guests
- Equipped with a flat screen TV, two computers and AV technology





The Garden Room





The Forum Gallery

BRIGHT SPACE FOR CREATIVE ACTIVITIES OR DISCUSSION

- Great for creative activities or small workshops
- Seating for 8
- French doors let in bright natural light
- Small sink available for clean up after an activity

The Lakeview Room

ELEGANT MEETING ROOM WITH AV EQUIPMENT

- Spacious meeting room for presentations or workshops
- Seating for up to 100 guests
- Equipped with projector and AV technology





The Dining Patio

A TRANQUIL OUTDOOR DINING AREA

- Stunning outdoor patio for daily meals
- Picturesque views while dining with co-workers, family or friends
- Seats up to 40 guests

The Dining Room

GRAND DINING ROOM WITH FIREPLACE

- Beautiful indoor dining room for daily meals
- Grand 17th century fireplace and chandelier imported from France
- 17th and 18th century antiques throughout dining room
- Seating for up to 50 guests



“Simply amazing... Everything is excellent from the food, the spa services, the classes and the accommodations. We didn’t know what to expect, but it was exactly what we needed to jump start our new journey.”

KELLY A - NOVEMBER 2020

Start a new journey with a *life-changing*
retreat at Cal-a-Vie Health Spa...



Susan Gaines
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