

nvl napa valley life
...as we know it



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DETOX, RETOX, &

Recharge

Take a special weekend
"at home" to start
the New Year

The Harvest Inn

Courtesy Ladera Vineyards

Courtesy of Milliken Creek Inn & Spa

Like our famed wines, health in the Napa Valley is all about balance. Just a bit of decadence accompanied by some structure and an exploration of the region's wines will establish enough renewal and vibrancy to last all of 2014.

This year, the Napa Valley is celebrating healthy balance by combining the pleasure of fine wine, the rewards of getting active outdoors and the physical renewal of clean eating. They also make a great opportunity for residents to reboot and not have to go too far to do it. Three of these programs in particular are kicking off the New Year.

First is St. Helena's **MAX AND RELAX** two-night experience at the Harvest Inn. This package allows residents to take a special few days to splurge at some of the best restaurants and wineries in the Napa Valley and then rejuvenate with a superfood cleanse.

Guests are greeted by a bottle of wine in-room, then continue with a day of wine tasting at two of St. Helena's premier wineries followed by dinner Tra Vigne Restaurant for a taste of old-world Italy and fresh local ingredients. After a day of splurging, guests will renew with a complete two-day cleanse from Philosophie superfood to return the body to its natural state of unbounded energy, bliss and balance.

With the Philosophie cleanse, guests will receive two days' worth of liquid cleanse meals, detox bath soak, detox herbal tea, probiotic supplements, and Philosophie superfood blends for days following the cleanse. Additional package items include two 60-minute detox massages and personal concierge assistance in healthy itinerary planning. Available through March 31, the package starts at \$949 per night, plus taxes.

Milliken Creek Inn & Spa near Napa is also working with celebrity health coach Sophie Jaffe of Los Angeles' Philosophie for a **NAPA RECHARGE RETREAT** package. From February 21-23, Jaffe will spend a weekend on property educating guests about how to live healthier and fuller lives. During this two-night retreat, guests will enjoy a Milliken Creek guest room, a rejuvenating 1.5 hour yoga session led by Jaffe, a one-hour wellness and superfood seminar covering smart food and supplement choices,

healthy welcome amenity, breakfast for two each morning, daily sunset wine and cheese reception, complimentary late-night cordial bar and local fitness center passes.

The retreat starts at \$988 per room for two guests (plus tax), and is bookable online with the promotion code "RECHARGE," or call 800.835.6112 and mention the promotion code "RECHARGE."

In Calistoga, Ladera Vineyards' new **CYCLE THE ROAD LESS TRAVELED** road biking experience offers wine and outdoors enthusiasts a chance to bike along the quiet roads of Howell Mountain and taste some of Napa Valley's most sought-after wines. Upon arrival at the winery bright and early, guests will find bikes, helmets and a map of the bike route provided by St. Helena Cyclery. After pedaling for a little less than a mile to the town of Angwin, they follow a 6-mile course that winds through and around the town, over relatively flat terrain with hills sprinkled intermittently throughout, before leading back to Ladera.

Next, guests refuel and relax with a picnic lunch set in Ladera's expansive gardens. Post-picnic, Ladera will provide a guided tour of the historic Ladera "ghost winery." To cap off an idyllic day outdoors, savor a tasting of Ladera's limited production wines.

The program will be available by appointment only, contingent upon a mutually agreeable date between the winery and guests, to groups of two to six people for \$125 per person. Cycle the Road Less Traveled is customizable based on the group's preferred level of intensity. The price includes bike and equipment rental, map of the bike route, guided tour of the Ladera Vineyards property, wine tasting and a picnic. Cycle the Road Less Traveled must be booked at least two weeks prior to the group's desired date.

For more information on these packages, please visit visitsnapavalley.com.