

Alila Napa Valley

Wellness

## Wellness & Wine

Making time for me time in Napa Valley  
by Dana Rebmann

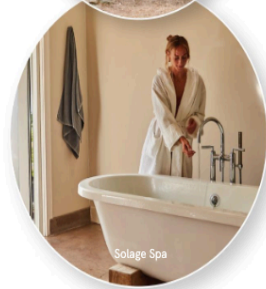
### DAY 1

Ready to make a splash? Set at the northern end of Napa Valley, Calistoga is renowned for therapeutic geothermal springs. Dating back to the early 1900s, the Olympic-size Main Pool at **Indian Springs Calistoga** is fed by on-site geysers. Before or after your mudbath at **Calistoga Spa Hot Springs**, take advantage of four adult-only geothermal pools. Or head to **Roman Spa Hot Springs Resort** and enjoy indoor and outdoor geothermal pools and the full-service spa. After a day focused on self-care, enjoy dinner at **Nova Terra Plant Based Kitchen and Creamery**. Located in the historic **Calistoga Depot**,

California's second-oldest train station, Nova Terra is the only fully vegan market, creamery, and restaurant in Napa Valley.

### DAY 2

Get your heart pumping with a hike along **Oat Hill Mine Trail**, a former stagecoach route that rewards getting in those steps with striking vineyard views. For something more serene, head toward Calistoga to bask in the shady solitude of towering coastal redwoods at **Bothe-Napa Valley State Park**. Guided forest bathing experiences offered by **Alila Napa Valley**



FROM TOP: ALILA NAPA VALLEY; MIKE LARSON; SOLAGE

FROM TOP: CLIF FAMILY WINE; CARNEROS RESORT AND SPA



Clif Family Winery



Carneros Resort and Spa

maximize the stress-reducing health benefits that a walk in the woods can provide.

Embrace the beauty of moving at a slower pace by raising a glass at a Napa Green Certified winery. Led by a pair of second-generation sisters, the vineyards at **Spottswode Estate** are regenerative organic and biodynamically farmed; you can taste the care for the land in every glass. At family-owned **Tres Sabores**, wine tastings overlook an organic farmscape studded with fruit trees, olive groves, and grapevines.

To bounce back after a day of wine tasting, visit **Blue Water Day Spa** in downtown Napa (try the Hangover Helper massage!). Or, spend the afternoon at **Health Spa Napa Valley** where you could book an exercise class, visit the pool, and get a massage at this full-service day spa.

For dinner, head to **Bear at Stanly Ranch**. You'll happily eat your veggies thanks to a seasonally driven menu with constantly changing options including asparagus with Meyer lemon aioli, and purple sweet potato with yuzu kosho yogurt.

### DAY 3

Rise and wine! Begin your day with brunch-inspired bites and light-style wines from **Clif Family Winery**. Or, swap the wine for a mocktail—think **Pluot Lavender Limonada**—crafted with organic produce from Clif Family's farm.

Now it's time to get moving. Strap on a helmet and cruise along the **Napa Valley Vine Trail** with an e-bike from **Napa Valley Bike Tours**. The 47-mile trail system boasts colorful public art and stellar vineyard views.

End your wellness retreat at **Carneros Resort and Spa** with a Quiet Mind Massage and time beneath an umbrella at the Hilltop Pool. It's the perfect spot to start planning your next Napa Valley escape.