

MARIN

EXTRAORDINARY
LIVING



DISCOVER
EXPLORE
INDULGE

TRAVEL



1 Hotel San Francisco

Wellness Wonderland

Get away without going far at these Bay Area hotels that offer the full healing experience.

BY DANA REBMANN

DOUGLAS FRIEDMAN

Good for the mind, body and soul, wellness retreats can make you feel as though you have a new lease on life.

Whether you're the type that would relish spending a few days being pampered in an award-winning spa or you prefer to spend time in the great outdoors, these San Francisco Bay Area hotels can help you focus on your overall well-being, so when vacation ends you can re-enter day-to-day life restored and refreshed.



Cavallo Point

San Francisco

1 Hotel San Francisco

Sustainable and luxurious, the Bamford Wellness Spa at the newly opened 1 Hotel was originally created in the English countryside and boasts an array of specially-formulated products made from natural, organic ingredients. Indulge in body and facial treatments before or after a dip in one of two al fresco soaking tubs that offer sweeping bay and downtown views. Looking for something extra? Consider a premium enhancement like red light therapy or a microcurrent lift. 1hotels.com/san-francisco

South Bay

Canyon Ranch Woodside

Nestled in the redwoods, Canyon Ranch describes itself as an immersive wellness retreat. One of four immersive destination resorts across the country, the Woodside location features a multitude of outdoor experiences to reset your spirit including hiking, mountain biking and morning yoga. The spa is an integral part of the wellness experience. Everything from Eastern massages like shiatsu, and energy therapies like reiki, to Ayurvedic treatments like abhyanga-shirodhara are available. canyonranch.com/woodside

North Bay

Cavallo Point

Tucked into a sheltered nook in the Marin Headlands, Cavallo Point faces south for views of the Golden Gate Bridge and the city. Peer through the cypress trees on the hill to find the holistic spa. Integrative medicine programs, including acupuncture and martial arts, complement spa treatments, yoga, and a tea bar. An outdoor meditation pool, indoor and outdoor showers, and an outdoor fire pit and Zen garden provide ample opportunities for lounging and deeply inhaling the pine-scented aromas. cavallopoint.com

East Bay

Lafayette Park Hotel & Spa

A French Country-inspired retreat with a unique blend of European charm and California flair, the Spa at The Park has been rated a AAA Four Diamond winner for 25 consecutive years. Along with customized massages and anti-aging facials, body wraps, and exfoliation treatments will make you feel pampered. For those that prefer to get their blood pumping, there's always the hot tub, 24-hour fitness center, or the countless nearby hiking and biking trails. Surrounded by greenery and trees, the pool area is a tranquil spot that makes you want to linger longer. lafayetteparkhotel.com



Three California Wine Regions to Explore BY MIMI TOWLE

Did you know that California produced 84% of the wine consumed in the United States in 2022? For the most part when people think of Wine Country, Napa and Sonoma come to mind. However, there are many more gold medal-winning wine producing regions within our Golden State. We selected these three to feature, because not only is their wine divine — they also have great hotels, restaurants and activities in the vicinity.

Mendocino

Oldest winery: Parducci Wine Cellars, 1932.
Number of wineries: 108.
Vineyard acres: 17,470.
Rising stars: Murder Ridge, Wentworth Vineyards, Masút Vineyard and Winery.
Varietals: Pinot Noir, Cabernet Sauvignon, Zinfandel, Merlot and Syrah, Chardonnay and Sauvignon Blanc.
AVAs: 12, including: Anderson Valley, Mendocino Ridge and Eagle Peak.
Most famous family-run vineyards: Navarro Vineyards, Husch Vineyards, Handley Cellars, Graziano Family of Wines, Brutocao Cellars.

Monterey

Oldest winery: Chalone Vineyard, 1919.
Number of wineries: 72, plus 64 tasting rooms.
Vineyard acres: 41,000.
Rising stars: Caraccioli Cellars, I. Brand & Family, Lepe Cellars, Joyce Wines, Albatross Ridge, Odonata, Rustique, Seabold, Sling & Stone.
Varietals: Chardonnay and Pinot Noir are the most popular, however due to the microclimates there are 52 varietals in this region including Syrah, Grenache, Albariño, Sauvignon Blanc as well as Gamay Noir.
AVAs: 9, including: Santa Lucia Highlands, Arroyo Seco, and either Chalone or Carmel Valley.
Most famous family-run vineyards: Garys' Vineyard, Pisoni Vineyard.

Paso Robles

Oldest winery: Turley Wine Cellars, 1854.
Number of wineries: Over 250, plus about 150 tasting rooms.
Vineyard acres: 41,000.
Rising stars: Royal Nonesuch Farm, Thacher Winery, Hubba Wines, Caelesta, Copia Vineyards and Winery.
Varietals: Fifty percent of what is grown is Cabernet Sauvignon. However, the Rhone varieties tend to get the most acclaim.
AVAs: 11, including: Adelaida District, Creston District and El Pomar District.
Most famous family-run vineyards: DAOU Family Estates, J. Lohr Vineyards, Tablas Creek Vineyard and Castoro Cellars.

1 acre of grapes:

3,958 bottles of wine
15,940 glasses of wine

1 barrel of wine:

740 pounds of grapes
59 gallons of wine
24.6 cases of wine
295 bottles of wine
1,475 glasses of wine

1 case of wine:

30 pounds of grapes (468 ounces)
307.2 ounces of wine
12 bottles of wine
60 glasses of wine

1 bottle of wine:

2.4 pounds of grapes (39 ounces)
5 glasses of wine