



## HEALTH SPA NAPA VALLEY FACTS AT A GLANCE

### *OVERVIEW*

- ADDRESS:** 1030 Main Street, St. Helena, California, 94574
- TELEPHONE/FAX:** Tel: (707) 967-8800  
Fax: (707) 967-8911
- WEBSITE/E-MAIL:** web address: [www.NapaValleySpa.com](http://www.NapaValleySpa.com)  
e-mail: [relax@NapaValleySpa.com](mailto:relax@NapaValleySpa.com)
- LOCATION:** Health Spa Napa Valley is located in the heart of the Napa Valley, California's most respected wine-growing region, and is approximately 65 miles northeast of San Francisco, two hours from San Francisco International airport, one and half hours from Oakland or Sacramento airports and 30 minutes from Napa County regional airport. The spa is situated on Highway 29, a short twenty-mile drive from the city of Napa and in walking distance to the village center of St. Helena, often considered the epicenter of Napa Valley's most prestigious vineyards.
- DESCRIPTION:** On the edge of the charming village of St. Helena, surrounded by the vineyards of renowned winemakers, in a landscape punctuated only by the rise of the Mayacamas Mountains, Health Spa Napa Valley stands as the Napa Valley's pre-eminent day spa. Combining the ultimate in luxury day spa treatments with an ultra-modern fitness oasis, Health Spa Napa Valley offers visitors an experience typically afforded only at destination spas.
- In a serene, open-air and light-filled setting, the spa features nine individual treatment rooms, an outdoor heated lap pool, an aromatherapy spa garden, an oversized jacuzzi, private his and hers locker rooms with eucalyptus steam rooms and signature spa amenities.
- As elegant as it is understated, Health Spa Napa Valley owes its luxe European demeanor to architect William Turnbull, Jr., whose work also graces the spa's adjacent hotel, the Inn at Southbridge. Also just steps away, are the highly lauded Tra Vigne Restaurant and Merryvale Vineyards, making this the location of choice for a definitive Napa Valley experience.
- PHILOSOPHY:** Health Spa Napa Valley offers a singular environment in which an individual wellness formula can be conveniently defined and delivered:
- Health Spa Napa Valley was designed to allow people to access all the tools necessary for to evolve their personal health "prescription" and, in keeping, to transform their lives...a privilege rarely seen in day spas.

- Health Spa Napa Valley encourages – and empowers – guests to maintain momentum on an individual wellness continuum.

**OPENED:**

A much-anticipated addition to the Napa Valley wine country, Health Spa Napa Valley opened its doors in August of 1997. It is the only full-service facility of its kind accessible to day visitors.

***FACILITIES AND EQUIPMENT***

**PHYSICAL PLANT:**

Health Spa Napa Valley encompasses 10,000 square feet, including eight private treatment rooms, a state-of-the-art weight training/cardiovascular fitness arena, a heated lap pool and sundeck/patio, a workout studio, separate men's and women's locker rooms, steam rooms, outdoor whirlpool, a spa lounge, aromatherapy Spa Garden and boutique.

**TRAINING STUDIO:**

Featuring Cybex® and LifeFitness® strength equipment, Olympic free weights, LifeCycles®, Stairmasters®, StarTrac® treadmills, Spinning® classes and individual audio and video selections. Professional fitness services (fitness evaluations) and personal trainers are available.

**TREATMENT ROOMS:**

Eight sound-isolated, private rooms, six with views of and access to the Spa Garden.

**LAP POOL:**

Olympic-length, 25-yard outdoor heated lap pool with adjacent oversized whirlpool. Pool deck with lounge chairs and tables invites quiet relaxation or a poolside repast.

**SPA GARDEN:**

Brimming with aromatic herbs, ancient medicinal foliage and unique and rare flowers, this tranquil garden was designed for its aromatic and visually calming effect by noted landscape architect, Ron Lutsko. Set just outside the spa's treatment rooms it brings the outdoor splendor of the valley in to the spa to enhance spa services.

**BOUTIQUE:**

The boutique carries active wear and casual apparel for men and women from preferred manufacturers as well as swimwear, related accessories and sunglasses. Health Spa Napa Valley logo items are available as is a selection of premium body and bath products. New this year is Health Spa Napa Valley's exclusive line of spa-caliber products, HSNV. HSNV offers a cache of personal luxuries, including body care, hair care and spa care collections, all designed to provide spa-style pampering and enable guests to re-create the spa experience at home.

**BEAUTY PRODUCTS:**

In addition to their signature HSNV products, Health Spa Napa Valley is pleased to offer a complete line of Dermalogica and Jan Marini skin care products, both in their treatments and in their boutique, many of which utilize a combination of aromatherapy and Phytotherapy (essential oils and plant extracts) to enhance the natural beauty of skin.

***TREATMENTS AND SERVICES***

- MASSAGE THERAPY:** Promoting stress reduction and purification, Health Spa Napa Valley's repertoire of massage therapies includes: Classic Swedish massage, Therapeutic Deep Tissue massage, Healing Stone Massage, Shiatsu, and De-stress massage.
- Each massage is individually customized by a qualified therapist to insure total client comfort and the most beneficial of results. This includes personally-tailored fragrance selections added to the spa's own oil and lotion on a client-by-client basis. Upon request, most massage therapies can employ an outdoor deck and the accompanying Spa Garden as a treatment venue, adding natural aromatherapy and enhancing the service.
- BODY TREATMENTS:** Utilizing a variety of deep cleansing, highly restorative and/or richly therapeutic ingredients – some indigenous to the region – Health Spa Napa Valley pampers guests with the following complement of favorite treatments: Grapeseed Mud Wrap, Therapeutic Seaweed Wrap, Herbs of the Valley Wrap, Sugar Honey Glow and Body Polish.
- AYURVEDIC TREATMENTS:** As part of its complete and holistic approach to health, Health Spa Napa Valley features a program of Ayurvedic Treatments. Based on the ancient healing methods and techniques of India, Ayurveda relies on each person's individual power to heal and balance as the basis of these specialized and incredibly relaxing treatments. Abhyanga, Shirohara and Mandala each employ time-tested traditional methods designed to open circulation channels and precise nerve pathways as they restore inner balance and nurture the spirit
- SKIN CARE TREATMENTS:** A series of advanced aesthetic skincare facials is available, each with its own unique benefits from rehydrating to exfoliating to anti-aging. They include: Refresher Facial, European Facial, Glycolic Facial, Multi-Vitamin Power Treatment, Deluxe Facial, Revitalizing Eye and Face Treatment and Nourishing Paraffin Treatment.
- ADDITIONAL SERVICES:** Waxing for lips, brows, legs and bikini area is also offered.
- FITNESS CLASSES:** Health Spa Napa Valley hosts Yoga, Core and Spinning® classes throughout the week. They also offer fitness walks, hikes and bicycling with special programs or upon request.
- FITNESS SERVICES:** Starting with a thorough fitness evaluation and ending with a personal wellness "prescription," Health Spa Napa Valley provides an array of fitness services, all of which integrate personal preferences, lifestyle/medical needs and individual goals. Distinctly designed to offer positive changes and personal challenge are the following: Body Composition, Exercise Prescription, Fitness Assessment and Personal Training. All evaluations are confidential to the client.

***OF NOTE...***

- FEES:** Any guest with a scheduled treatment or service is welcome to use any of the spa's innumerable facilities during the day of their treatment. Guests wishing to access the spa's extensive fitness area, steam rooms, whirlpool,

## ***Health Spa Napa Valley***

outdoor lap pool and other amenities on other days, are invited to do so for a small daily use fee.

### **HOURS:**

Hours are Monday – Friday 6:00am – 8:30pm, Saturday and Sunday 7:00am – 9:00pm. The facilities are available to those sixteen (16) years of age and older.

### **PACKAGES:**

From beautifying to de-stressing, romance to renewal, a variety of packages have been established which include favorite combinations of treatments as well as wonderful samplings of the spa's many offerings. Custom packages that incorporate a client's specific likes or needs are always available via a simple call to the spa's highly qualified reservationists. These include the Sampler, Taste of the Valley, Napa Valley Extraordinaire and Outrageous Indulgence – an incredible experience incorporating 5 ½ hours of pure pampering.

### **GROUP SERVICES:**

Whether celebrating a special day with family or friends or planning a superlative punctuation point to a corporate retreat, Health Spa Napa Valley prides itself in providing memorable custom-designed days that cater to individual needs.

Health Spa Napa Valley is designed to be intimate for 15 guests, yet ample enough to comfortably accommodate 50 or more. A professional Group Services Department and courteous staff are on hand to make certain every request is met, every detail is thought of and most importantly, every expectation is exceeded.

## ***HOTEL AFFILIATIONS/ACCOMMODATIONS***

### **The Inn at Southbridge**

Operated by the prestigious Meadowood Resort (Health Spa Napa Valley's "sister" property), the Inn at Southbridge takes inspiration from its wine country address, offering the intimacy of a European town square combined with the luxury known to the Napa Valley. Guest quarters are spacious with vaulted ceilings, fireplaces and down comforters. French doors open onto private balconies affording views of the courtyard, the rolling hills and the picturesque town of St. Helena.

Conveniently located across a fountained courtyard from the spa, The Inn at Southbridge offers special spa packages, ideally combining best-loved treatments with an inn-stay for delicious "taste" of the wine country

### **The Harvest Inn**

Just one mile south of Health Spa Napa Valley, The Harvest Inn is an oasis of tranquility with twenty acres of award-winning landscape and 54 English Tudor cottages create an unsurpassed level of fun, memories, and romance.

Like an English road-side manor, with the best of old and new accoutrements, the Harvest Inn features meandering brick pathways leading to the many gardens, and of course, the ultimate indulgence, a prized affiliation with Health Spa Napa Valley.

**AREA ATTRACTIONS:**

From the restaurants, shops and galleries, to the circa 1900 street lights that line Main Street, St. Helena is the perfect balance between rural country setting and epicurean sophistication. Wine and hospitality touch nearly every inhabitant of the town, and accordingly this charming village draws artists and architects, winemakers and restaurateurs, farmers and their families. For visitors, this cultural mix translates into one of the most spectacular destinations in Napa ...and in the nation.

Surrounding St. Helena are the world-class vineyards of the Napa Valley. Boasting names that read like a who's who of the wine world – and numbering more than three hundred – they offer a fascinating glimpse at the precious products that have put this region indelibly on the map.

Commanding attention in its own right, the nearby village of Calistoga personifies the old West. Often dubbed the Saratoga of the West, it mystifies with its mineral water geyser and attendant hot mud.

Nearby Yountville has also become a dining mecca, now sharing with St. Helena a notable roster of highly lauded restaurants, many considered the top in the country. Bistros, cafes and coffee shops also dot the land, and herald the unhurried pace and casual class of the region.

Throughout the Valley there are diversions of every kind. In this landmark setting, leisurely bike rides, breathtaking hot air balloon rides, scenic hikes, perfect picnic spots vie for guests' attention with spectacular theatre, wine dinners, antiques and shopping of virtually every kind.

**CLIMATE:**

Napa Valley enjoys an enviable combination of warm clear days and cool, crisp evenings – a temperate climate with that has made California a perennial favorite for travelers. Mornings are punctuated with the signature fog of the San Francisco bay, which slides up the Valley most nights to cool the grapes and the surrounding air. With an average high of 85 degrees Fahrenheit in the spring/summer and 76 in the fall/winter the Napa Valley is a standout destination in any season.

**SEASONS:**

Here, in the wine country, seasons here are dictated more by the harvests than by the weather. Many return visitors enjoy the early fall season of late September through early November, when Indian Summer steps in and harvest activities heat up.

Low Season:	December, January, February
Shoulder Seasons:	November and March
High:	April, May, June, July
Peak/Harvest:	August, September, October

**OTHER:**

As with any health program, Health Spa Napa Valley recommends clients consult with their physician before engaging in any exercise program or spa treatment, particularly those under current medical care.

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