

# b a s k™

LUXURY IN  
BALANCE™

## MODERN-DAY muse

Refreshingly refined fashions  
*to carry you through spring*

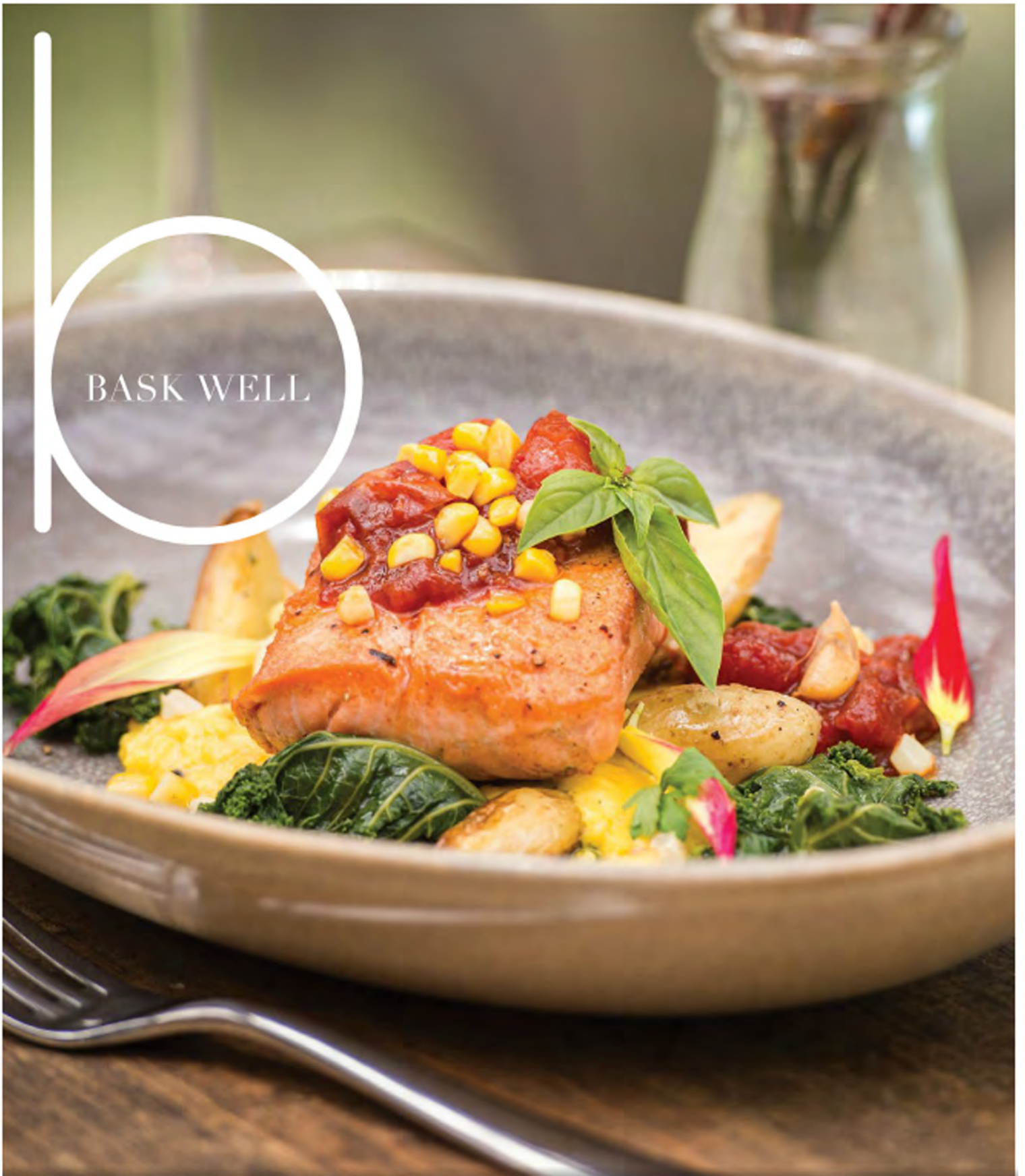
Nourishing  
Body & Soul  
A serene sanctuary at  
Carmel Valley Ranch

A SHORE  
THING  
*Sea-inspired finds for  
a natural glow*

SPRING 2016

\$10.00us





BASK WELL

A delectable meal from Valley Kitchen at Carmel Valley Ranch. Photo courtesy of Carmel Valley Ranch.



(clockwise from top left) Private Vineyard Oak Studio with outdoor tub and sitting area, and landscape views. Serene meditation/yoga platform overlooking the valley. A picturesque pathway through the pinot noir vineyards.



# Natural Sense

The organic beauty of Carmel Valley Ranch is something to marvel—and indulge

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WRITTEN BY AMY ADAMS

PHOTOS COURTESY OF CARMEL VALLEY RANCH

*Nestled in the rolling hills of Carmel Valley Ranch is 500 acres of beauty.*

Bliss. Relaxation. Reflection. A haven surrounded by still ponds and mountains picturesquely covered in green grasses and decades-old oak and pine trees, it's easy to feel like you've escaped the day-to-day monotony and landed in a place far away at the Ranch. Here, despite the beautiful accommodations, one is inevitably drawn to the tranquility of being outdoors, where silence is golden and the only audible sounds emanate from deer delicately prancing through the woods and the flapping wings of wild—and friendly—turkeys soaring overhead.

Of several explorable hiking paths on property, most favored is Horseshoe Trail. On a sunny morning, venture from the Lodge and wind through Vineyard Path—nearly 3 1/2 acres of pinot noir grapes planted in 2010, overseen by resident vintner Peter Figge, which recently made their debut on the Ranch last year. Pace yourself as you climb nearly a mile toward Hilltop Corral to an oversized wooden yoga platform. Whether or not you're an active yogi, the view from here overlooks a serene canyon, offering an unparalleled venue upon which to practice or meditate. With winter and spring temperatures running slightly cool, this excursion is better experienced later in the day or during summer and fall.

If you're lucky, you'll plan a visit to the Ranch during a weekend retreat from Urban Remedy (for which Cindy Crawford is a partner and brand ambassador). Dubbed "Destination Detox," these weekend retreats find founder, licensed acupuncturist, herbalist and certified Chinese nutritionist Neka Pasquale guiding guests through a series of healthy diet plans. With the focus on health and wellness, weekends begin with Neka preparing a succession of nutritious meals during the first couple of days and an organic juice cleanse during the last couple of days, with some of her homemade savory snacks (think Cheesy Kale Chips and Superfood Trail Mix) available throughout the day. Raised in a food-loving family, Neka's passion for flavor and healthy eating shines through the entire Urban Remedy line of organic juice cleanses, raw snacks and other related items (many of her delicious recipes can be found in her book *Urban Remedy, The 4-Day Home Cleanse Retreat*). The Ranch's relaxing environ provides a natural setting for an indulgent detox retreat.

# WELL

In addition to its own vineyard and salt house, the Ranch also features an organic garden of fruits and vegetables. While it's certainly becoming more common to see resorts growing their own produce on-site, it's definitely refreshing to taste all the flavors, a visual feast that Executive Chef Tim Wood's innovative, home-style culinary creations via a collaborative team of talented artisans, also on location, help bring to life.

After a morning spent roving about, a stop at Spa Aiyana, meaning "eternal blossom," is a delightful way to recoup and unwind. The spa's wooden façade is unimposing and quaintly tucked into a hillside, but inside, more than 10,000 square feet of peaceful space with an all-natural aesthetic is revealed, with nearly every treatment room offering a private veranda overlooking the valley below. Throughout the seasons, a wide scattering of florals, such as lavender, as well as herbs and botanicals, are harvested and processed to craft unique spa treatments and rituals for every guest. The Alchemy Massage, which blends essential oils based on your selected alchemy card, and an organic facial are two standout restorative treatments that utilize some of the seasons' harvests, penetrating the senses and relaxing the body. Before or after a treatment, a Spa Aiyana experience wouldn't be complete without using the Somadome, also known as "peace in a pod." Designed as a lounge pod, the Somadome features an interplay of three elements—binaural beat meditations, energy healing tiles and color therapy—making it a calming refuge for restoration and personal meditation.

Cap off the day with a sunset trail ride that winds through the hillsides of Carmel Valley, where the simple sounds of nature abound, sunlight warms the soul and the colors of the sky leave you in awe.

A place where all can be forgotten, where nothing matters... just the beauty of the moment, a respite from all else, if only for a while.



(clockwise from top) Executive Chef Tim Wood selecting produce from the organic farm on property. An aerial view of Carmel Valley Ranch's expansive acreage. Trailriding through the valley hillsides.

