

HOW TO REACH YOUR GOALS

A SELF-HELP GURU'S BOOK OFFERS PRACTICAL TIPS FOR BREAKING BAD HABITS

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destination detox

Thinking of a full-body reboot for the New Year? Book a stay at one of these luxe NorCal getaways for detoxifying spa treatments, seasonal menus, and inspired fitness offerings, and enter 2017 refreshed, relaxed, and ready to go.

BY KRISTEN HANEY

IN THE VALLEY



Carmel Valley Ranch

The vibe: Rolling across 500 acres, Carmel Valley Ranch is a rejuvenating adult playground. Capitalizing on its location in the foothills of the Santa Lucia Mountains, the ranch's Vineyard Oak Studio suites include tubs for an alfresco soak next to an indoor-outdoor fire, with views of the surrounding trees. Three outdoor saltwater pools, an infinity hot tub, and secluded forests make further unplugging easy. Just in case any R&R is incomplete without your pooch, the property welcomes four-legged friends, with plush beds and a special canine room service menu.

Say om: An escape to Carmel Valley Ranch includes unlimited fitness classes, as well as access to hiking trails and an 18-hole golf course. Greet the sun with mountaintop yoga on an outdoor platform (available May to October), or hike to the hilltop corral for trail rides on horseback. Once you've amped up your heart rate, unwind at Spa Aiyana, where many of the 11 treatment rooms feature outdoor terraces. Spa products are crafted from herbs and botanicals cultivated in the ranch's four gardens and showcased in treatments such as the Herbal Vitality experience, which uses hot stones, essential oils, and an herbal scrub to target the respiratory, immune, and adrenal systems.

Inspired eats: Carmel Valley Ranch takes hyperlocal dining seriously. The seasonal menu at on-site restaurant Valley Kitchen—designed by executive chef Tim Wood—highlights an array of ingredients grown and collected on the property, including honey from an apiary, eggs from a chicken coop, seasoning from the salt house, and produce from an organic garden. To “detox to retox,” pair your farm-to-fork meal with wines made from the four-acre pinot noir vineyard.

Bonus: For a tune-up of your culinary skills, reserve a spot in a cooking class with Wood; he and his team will teach hands-on skills and share healthy recipes. If sleep is number one on your list of resolutions, consider booking time in Carmel Valley Ranch's Hypno-Health and Sleep Wellness program. Renowned hypnotherapist Bee Epstein-Shepherd uses a gentle yet effective method to reduce stress and promote deep sleep. You'll also learn self-hypnosis techniques and receive a recording of the session so you can snooze soundly in your own bed.

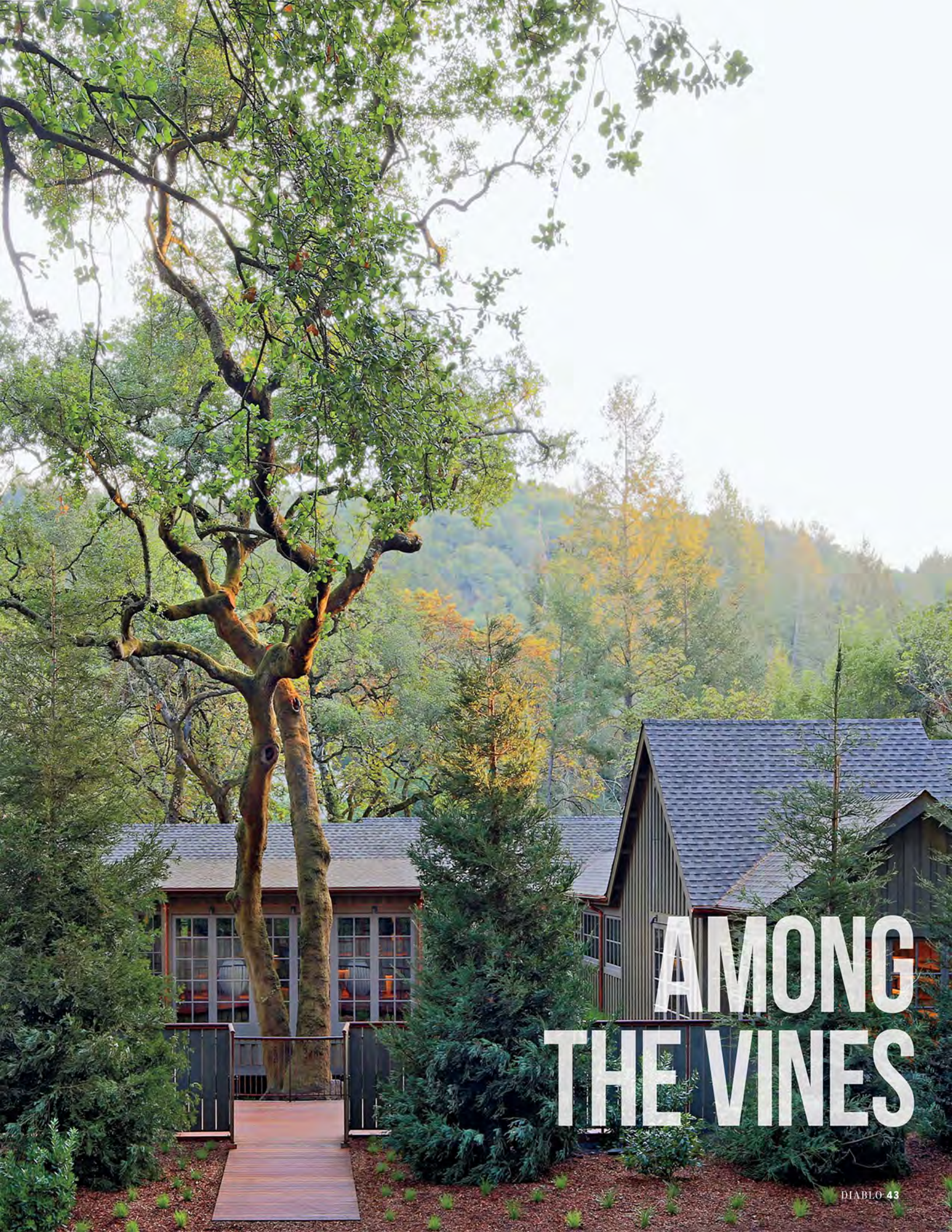
Re-create it at home: Carmel Valley Ranch makes its bath and body products from the 7,500 lavender plants on the grounds, but you can re-create the plant's relaxing properties even if

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you can't book a stay. “For a relaxing night's sleep, try the power of lavender,” says Franziska Haala, director of spa operations. “Dilute a few drops of lavender essential oil on a base of coconut oil and rub in circular motions on your forehead right before bed. Lavender calms your senses and makes for a better night of sleep.”

If chilly temps have wreaked havoc on your skin, look no further than your pantry. “We love all things honey here, and in the cold weather season, we especially love how it's a savior for dull winter skin,” says Haala. “Honey is hydrating and soothing, and can brighten your complexion when you use it as a face mask. Full of antioxidants, it is also great for slowing signs of aging. For an at-home spa experience during winter, leave honey on the skin for five minutes, and remove it with a warm washcloth.” 1 Old Ranch Rd., Carmel, (855) 687-7262, carmelvalleyranch.com.

Opposite page, clockwise from top: The infinity hot tub at Carmel Valley Ranch; inside a Vineyard Suite at Carmel Valley Ranch; the view from a Vineyard Suite at Carmel Valley Ranch.



AMONG THE VINES