

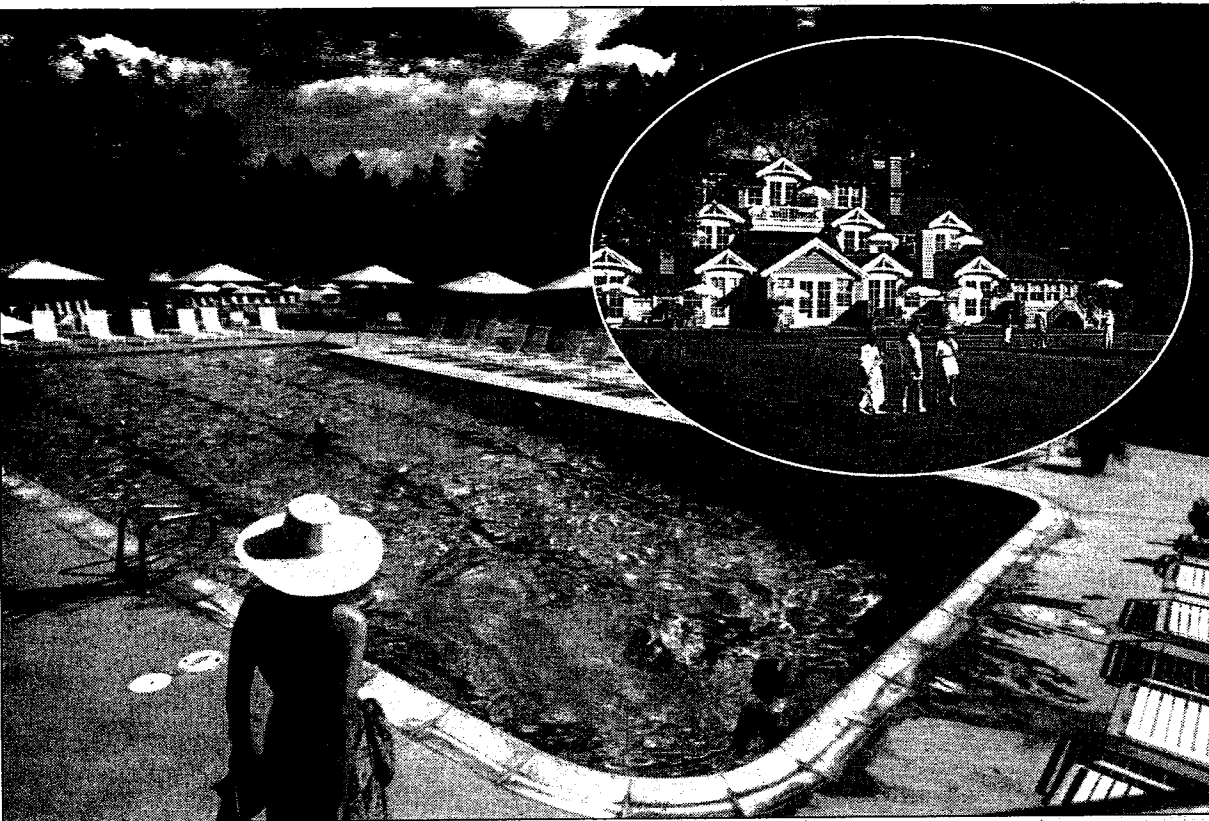
By Teresa Acosta

Off the highway, down a country lane and around the corner to a tree-shaded avenue... welcome to Meadowood - Napa Valley. "Meadowood is a garden of well-being," says Jim Root, spa director, "a place focused on mind, body and spirit."

A traveler may not know such beauty exists just off the beaten path. When a valley such as Napa displays itself to all as a grandiose canvas painted by the hand of Mother Nature herself, little wonder that the thought of even more loveliness, almost more than a soul can absorb, is simply tucked away down a quiet country road.

Self-renewal is uniquely

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The Best in Local Relaxation & Elegance

MEADOWOOD From page 1

defined by the guest experience at this secluded estate situated in a 250-acre valley one mile east of downtown St. Helena and 18 miles north of Napa.

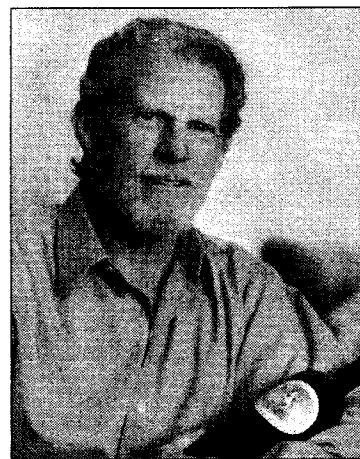
Meadowood serves as both a private club as well as a country resort. "Our most coveted asset is our sense of place," says Kenneth B. Humes, managing director. "Our setting is extraordinary. There are few or no other places that someone could come to and be surrounded by such natural and abundant beauty."

Summer winds bring promises of rest and relaxation. The change of seasons reminds us to honor our transitions and to clear our environment, mind, body and heart of toxins. Jim Root contends that the moment guests drive through the tunnel of trees into Meadowood's canopy of greenery, they literally and figuratively transition from the hustle and bustle of their daily lives to pure serenity. "When I first came here, I felt like the trip was over and I'd finally gotten to where I wanted to be," says Jim.

With lush foliage and natural woodlands, the beauty that is Meadowood warmly envelopes its guests, whether they are participating in active recreation or simply reading on the terrace or taking a walk, according to Ken.

body's need for exercise and movement with numerous outdoor activities-croquet, golf, tennis, hiking, running, swimming-all on the pristine grounds.

After a swim in the 25-yard lap pool or a round of golf on the nine-hole executive course, spend time relaxing at the full-service



Bill Harlan, Winemaker and Owner of Meadowood Resort

health spa or take a yoga class. "The Spa is not just about treatments," says Jim. "We offer experiences for people, and it's not one size fits all. We look at who is standing in front of us and ask ourselves, 'How can we take care of this person, right here, right now?'"

An unspoiled gem in the

foods and wines, Meadowood also offers its own classical music events and tastes of Napa. Visitors can listen to concerts, lectures and seminars or take part in wine receptions, vineyard picnics and cooking classes. Every Friday night, guests are invited to mingle and sip wine at a complimentary reception.

"Each person who comes here can blend their experience with activities and tranquility, as they desire," says Ken. "Come in July for opera on the lawn, or visit later to attend our ongoing performing arts series or to hear an insightful lecture."

A member of Relais & Chateaux since 1987, Meadowood offers 41 rooms and 44 suites with varying seasonal rates from \$345 for a studio to \$2,915 for a four-bedroom suite with living area and kitchen. Fireplaces are in most rooms.

For over 20 years, the owners have acted as true stewards of the land. Nurtured and cared for by a staff horticulturist, the stunning grounds retain their natural beauty, an ideal backdrop for the blush of a sunset or song of a woodland bird.

Guests can enjoy formal dining at The Restaurant at Meadowood or more casual fare at The Grill. A pool terrace café is also open

www.thewomansvoice.com

MEADOWOOD RESORT

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during summer months. The restaurant serves California wine country cuisine with menus varying daily. A specialty may include country style rack of lamb or fresh-fried calamari with lemon and caper-garlic aioli, for example.

Guest, Greta Jackson of Saratoga, said, "My room had a certain rustic appeal...I truly enjoyed the beautiful grounds and the formal restaurant."

Meadowood's service is exclusive. Attentive. Their Guest Service Manager program offers each guest one-on-one service from the moment a reservation is confirmed to the time you wave a fond goodbye to the white dormers and gabled roofs.

"To get the most out of Meadowood, come and linger. Listen to the birds," says Jim. "It's amazing here."

For reservations at Meadowood Napa Valley, call 800-458-8080 or visit www.meadowood.com.