

# California Calm

**Peaceful, serene valleys. Majestic mountain retreats. Pristine beachfront vistas. Glamorous urban roof gardens. Secluded desert sanctuaries. However you define blissful luxury, California offers a perfect getaway to renew your mind, body, and spirit. Break free of the stresses of daily life at one of the many world-class resorts that call California home. Find your own perfect balance of activity, rest, and pampering surrounded by the wild beauty of nature, or a quiet oasis hidden within one of California's unique cities. It's all here, in the state that practically invented the laid-back lifestyle.**

Who can say what relaxation is for anyone else? We here at Explore California try and create wonderful options for everyone — where you can choose your own adventure or relaxation technique. So whether you are into active repose or passive therapy, we've got options for you. We love massages, facials, wine wraps and other indulgent spa treatments. But unless you're a Hollywood celebrity, these are luxury items, not part of your regular work week. When you need pampering, don't waste your valuable time and money by going to an unprofessional or inexperienced therapist. We've tested the latest treatments, met with the practitioners and visited the newest retreats to find the best spas in California.

## TOUR INFO

**Duration:** 2 Weeks

**Cost per person:**  
\$5000 (based upon  
double occupancy)

**Departure Dates:** March  
10, June 15, September 24.

**Included:** All meals  
and lodging.

**Not included:** Travel  
insurance, travel to and  
from departure city.

## Orange County Oasis

Nestled along the stunning coastline of Oceanside, San Juan Spa is an intimate seaside retreat that reflects the culture and heritage of Southern California. This unique retreat offers a peaceful sanctuary to help you re-connect with nature — and yourself — through serene surroundings and therapeutic treatments. Our breathtaking indoor/outdoor oceanfront facilities, complete with floor-to-ceiling windows to fully capture the 160-degree vistas, feature soothing treatments and expert guidance to help instill a sense of well-being and more balanced living. With lush landscaping and pristine white sand beaches, this is a retreat unlike any other — offering elegant accommodations, a beachfront spa, three sparkling swimming pools and regional, distinctive dining. From its gracious craftsman-style architecture to the rugged coastline views to a multitude of services and amenities, this world-class resort offers a masterful mix of nature, art and luxury.

## Yosemite Yoga Retreat

Experience the ultimate Northern California spa resort. Yakuza Spa offers massage therapy and a full menu of spa treatments — from nine varieties of facials to therapeutic paraffin treatments, and enzymatic sea mud packs. The lodge's large outdoor pool and year-round indoor pool are perfect for working

California is home to some of the world's most eminent spa resorts.





out or just splashing around during your spa vacation. Indoor and outdoor Jacuzzi hot tubs, sauna and yoga studio with 24-hour attendants

## Napa Valley Validation

You are worth it. And at our Napa Valley resort, we prove it to you. A vineyard oasis ideally located between the Napa and Sonoma Valleys with gravel paths that crunch underneath your feet, private gardens where you can enjoy a glass of California's finest wines, sumptuous hotel accommodations, exceptional dining comprised of the region's best artisanal ingredients, outdoor showers that can be enjoyed under a blanket of stars, crisp white linens and decadent spa treatments inspired by local ingredients ensure a memorable experience that will last a lifetime. Upon entering your cottage you'll notice the vast amount of natural light that washes over the Brazilian cherry wood floors from a series of large windows and French doors leading to a private patio and garden. Teak patio furniture and gas-fired heaters make these outdoor private spaces perfect for entertaining, even on cool fall nights. The spacious bathroom is a lavish retreat unto itself, featuring limestone countertops and heated slate floors. In most accommodations, a soaking tub is nestled under a garden-side casement window. Guests may also choose between showering inside or stepping outside for a romantic alfresco shower.

### FACT FILE

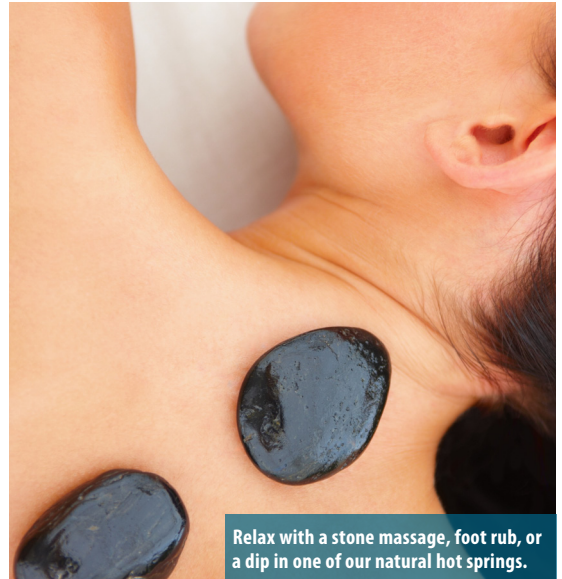
**The word massage** comes from the same word in French, which literally means friction of kneading."

**A biblical reference** from c.493 BC documents daily massage with olive oil and myrrh as a part of the beauty regimen of the wives of Xerxes.

**Swedish massage** is the most common in the United States, but there are many other types, including Shiatsu, Acupressure and Reflexology.

**The Sanskrit word** yoga has many meanings, and is derived from the Sanskrit root "yuj", meaning "to control", "to yoke" or "to unite."

**Yoga** can be either physical or mental meditation, but it commonly refers to a variety of physical poses or postures that emphasize balance, strength and flexibility.



Relax with a stone massage, foot rub, or a dip in one of our natural hot springs.

