

# greenspace

BY JENNY BRADLEY AND AMY ELBERT

## pure pleasures

### A LUXURY RESORT THAT FUSSES OVER **GUESTS— AND THE ENVIRONMENT**

A posh resort and spa in the heart of California's Napa Valley wine country proves eco-aware resorts don't have to skimp on indulgences.

Designed by Napa Valley architect Howard Backen, Solage Calistoga integrates green features throughout the 22-acre property—from alternative energy sources such as solar panels on rooftops to chemical and preservative-free bath products.

Interiors are by Dowling Kimm Studios, a San Francisco design firm. Their goal? Chic, yet earth-friendly interiors throughout, including the ▶

**1** hot springs beneath the resort's property are tapped as an energy source for heating the spa's treatment rooms and soaking pools.



individual cottage-style apartments. Warm palettes with a nod to nature (greens and browns abound) set off furnishings upholstered in neutral wool fabrics and finished with nontoxic varnishes. Paints low in VOCs (volatile organic compounds) were used so they would not emit harmful gases. Wherever possible, reclaimed and sustainable materials were installed—hemp draperies adorn spa windows and bamboo and reclaimed cedar were used in public spaces. And, of course, there's the pampering element. ▶



Carbon-filtered water is dispensed from systems at the Solbar restaurant and Spa Solage, eliminating the need for bottled drinking water.

## travel light

Many hotels are asking guests to reuse linens and turn off lights when leaving rooms, but some are doing more. Bikes are used by staff to provide room service at California's Solage Calistoga. Colorado's Aspen Mountain and Sky Hotel is powered by solar energy, and ski trails are groomed with biodiesel-powered vehicles ([theskyhotel.com](http://theskyhotel.com)). The Sheraton Rittenhouse Square in Philadelphia offers organic cotton bedding and a sophisticated air filtration system (215/546-9400). See more options at [greenhotels.com](http://greenhotels.com) and [ecotourismlogue.com](http://ecotourismlogue.com). If in doubt, ask about eco initiatives before booking.



an ozone-based system cleans pool water with minimal use of chlorine, while an on-site geothermal system heats the treatment rooms and swimming pools.



cool cabanas at poolside are shaded with all-natural fabric awnings and curtains. The property is landscaped with drought-tolerant, native plants to reduce irrigation needs.

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**details:** Solage Calistoga, 755 Silverado Trail, Calistoga, CA 94515; 866/942-7442 for reservations. Rates start at \$325 a night ([solagecalistoga.com](http://solagecalistoga.com)).

One of the resort's top draws is its 14,000-square-foot spa. While Spa Solage's mud baths claim the traditional benefits of the area's thermal springs—drawing toxins and impurities from the body while stimulating blood flow—it's added a twist. Guests can mosey up to the Mud Bar for customized buckets of mud blended with essential oils. Feeling jet lagged? Slather on the "Mud Mojito" (mud mixed with mint) to re-energize.

Need to unwind? The "Lavender Mudtini" soothes senses and fosters blissful relaxation. To ensure freshness and quality, the resort's bath products are made locally, using natural, raw ingredients and no preservatives.

If mud isn't on the agenda, guests can engage in a guilt-free dip in Solage's Olympic-size pool. The resort minimizes the chlorine level, using an ozone-based system to keep water clean. ➤

## Sleep like a baby

Two California moms who wanted to wrap their babies in luxury while being kind to the environment left corporate careers and launched Robbie Adrian, a California-based business selling 100-percent certified organic cotton blankets and throws trimmed in natural silk.

When Robbie Mahlman and Susan Doris started the business in 2007, “there weren’t crossover

products—products that were made from organic and natural fabrics that had style and color,” says Mahlman. “We wanted to offer parents baby steps to being green, adding color and elegance to organic products.”

While the women started the business selling crib blankets, they have since added larger sizes, including a 45x60-inch throw and 60x90 twin-bed blanket. All the products are machine washable and dryable.

The cotton is grown in Texas and milled and woven in the Carolinas. Natural silk trims (choose from ruffles or



simple bindings) are made using Peace Silk, crafted from cocoons in which the caterpillar

was allowed to naturally complete its life cycle. All dyes used are low impact and contain no harmful heavy metals.

Even the packaging is earth kind. The receipts are printed on seeded paper that when planted will produce Coreopsis and Sweet Alyssum flowers. Wrapping tissues and boxes are from recycled, natural, and recyclable materials.

The blankets are sold in select stores and at [robbieadrian.com](http://robbieadrian.com). Prices range from \$44 to \$270. 🌱



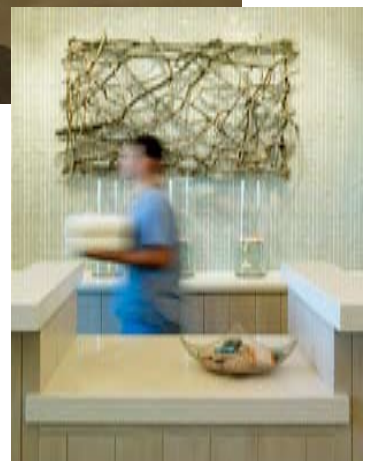
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low VOC paints and energy-wise fluorescent lamps brighten rooms. Sofas and chairs are upholstered in wool and accented with shaggy pillows made with organic cotton.



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tall shaded windows and sliding doors fill rooms with filtered sunlight and keep interiors cool. Rooftop solar panels provide much of the resort's energy needs.



Guests can hop on bicycles and tour the resort or ride to nearby Calistoga. Bicycles are the main source of transportation for the resort's staff, as well, including those doing maintenance, housekeeping, and room service.

For post-exercise hunger pangs, the resort's restaurant, Sol Bar, serves locally grown, organic produce whenever possible—heirloom tomatoes are plucked from Big Ranch Farms in nearby Napa, and the slow-roasted shoulder of duroc pork in the “Lucky

Pig” dish is from Long and Bailey Farms in Manteca, California. Naturally Napa's finest wines are on hand.

To take advantage of its proximity to Calistoga's natural hot springs, Solage uses the thermal springs as an alternative energy source to heat treatment rooms and soaking pools. As Tracy Lee, vice president of spa development, notes, “Solage Calistoga demonstrates that pampering guests and being sustainable go hand in hand.”

For more information, see sources on page XXX

## a natural home body

Ready to unwind but need to conserve resources (particularly those in your pocketbook)? Treat yourself to a spa at home. There are dozens of beauty and bath products designed to be kind to you and the environment. Look for those not tested on animals and that have botanical and plant ingredients, essential oils, and natural fragrances. A few of our favorites: Eminence Organics ([eminenceorganics.com](http://eminenceorganics.com)); Exhale ([exhalespa.com](http://exhalespa.com)); John Masters Organics ([johnmasters.com](http://johnmasters.com)); Jurlique ([jurlique.com](http://jurlique.com)); Kate Somerville ([katesomerville.com](http://katesomerville.com)); k.hall designs ([khalldesigns.com](http://khalldesigns.com)); Kiss My Face ([kissmyface.com](http://kissmyface.com)), Lush ([lushusa.com](http://lushusa.com)), and Sumbody ([sumbody.com](http://sumbody.com)).

