

# spa

✿ travel  
beauty  
wellness

## 16 secrets to aging well

great advice for  
*body and soul*

**GIRLFRIEND  
GETAWAYS**

**WHY YOU NEED  
TO TAKE ONE**

**PLUS**

**NAPA 3 WAYS**  
GRAPES, MUD AND MORE

**INDIA FOR BEGINNERS**  
PLAN YOUR DREAM TRIP





MISSOURI

## UP IN THE TREES

Surrounded by the Mark Twain National Forest, **Stonewater Cove Resort and Club's** new Treehouse Spa was designed to be in perfect harmony with nature. The spa's elevated treatment rooms are made from lumber milled from fallen trees and include floor-to-ceiling windows that overlook a canopy of trees and the shores of Table Rock Lake, just steps away. Because each tree house uses cedar in its interior (including wooden massage tables), guests benefit from cedar's therapeutic aroma, known as a remedy for decongestion and stress. Also part of the ambience: sounds of running water coming from hand-made fountains constructed from recycled buckets and exposed pipes. The lemongrass foot massage (45 minutes, \$55), which includes an exfoliation and mud wrap, is perfect for soothing feet after hiking the nearly 20 miles of forest trails. Post-treatment, zip-line over the Ozark mountain foothills or canoe on the lake. Come evening, settle into a rocking chair and view the constellations from a cozy wooden porch. *Rooms from \$329, stonewatercove.com — Lisa Davis*

NORTH CAROLINA

## Farm Charm

As the saying goes, it takes a village. And when **Ferrington House Inn** owner R.B. Fitch decided to build one — on the bones of a century-old dairy farm near Chapel Hill, North Carolina — he created an oasis of country chic. The tranquil Relais & Chateaux, laid out around a central village square, features 32 rooms, including several suites or little houses, complete with tiny picket-fence-encircled yards. The five-diamond Ferrington House Restaurant, certified by the Green Restaurant Association, features locally sourced, inventive cuisine with wine pairings by noted sommelier Maximilian Kast. At the

Belted Goat cafe (named for the Belted Galloway breed of cows and goats on property), the still-in-use antique coffee roaster serves up warm cups of Joe; the outdoor beer garden, Roost, refurbished from an old corn crib, features microbrews from two local breweries. The 4,000-square-foot Spa at Ferrington is deliciously cozy with touches of low-key luxury. A large, sunny, ground-floor studio holds the salon, a haven for those in need of a soothing **Luxury Pedicure** (75 minutes, \$80). Or head upstairs to the

Elemis-themed spa for a muscle-melting massage (60 minutes, \$120) or Elemis Visible Brilliance Facial, with micro-circulatory massage and a two-phase Amino Acid skin-smoothing mask (75 minutes, \$150). As the sun slices through the farmhouse windows and illuminates the floorboards of your treatment room, you can literally watch the cows come home — a living, breathing, grass-rootsy throwback to the original heritage of Ferrington House. *Rooms from \$299, ferrington.com — Rona Berg*



BOTTOM RIGHT: JOHN WARNER