

autumn adventures to enrich your life



**For more information,
please visit:**
www.oaksspa.com
www.nemacolin.com

As the warmth of the summer begins to fade away, we're reminded of the richness and depth of our lives as fall begins.

The country is ablaze with color and the vibrancy of life abounds. Allow time to enjoy this season and the abundant showing of color that surrounds us. Enrich your life and consider a getaway to one of the destinations highlighted here. They offer a welcome respite as we enter a season of change and transformation. Get back in touch with what you need to restore balance in your life or just find time to eat outdoors during this amazing time of year.



The Oaks at Ojai

OJAI, CA

Located in the artist town of Ojai, just south of Santa Barbara and about ninety minutes from Los Angeles, The Oaks at Ojai is often referred to as a no-frills, all-inclusive destination spa vacation and is a welcome respite for relaxation and getting back to basics. They recently celebrated their 30th anniversary and are in the process of renovating (through mid-December) their accommodations. Sheila Cluff, Founder and President, along with her daughter Cathy, are experiencing an exciting time as The Oaks continues to be a popular option in the world of affordable destination spas. Sheila Cluff continues to lead some of the morning walks and she is the epitome of what aging gracefully is all about. I often think of her as the Jack LaLanne for women's fitness. She's petite, full of energy and a great example of living life to the fullest as I reflect on our discussion of her return to competitive figure skating.

The Oaks offers over 16 daily fitness classes including belly dancing, hula hooping, Tai Chi and rollerblading as well as yoga, dance, and other healthy living classes. There is also a line-up of featured events such as the Think Thin Weekend (October), Healthy Relationships Weekend (November) and the Ojai Film Festival comes to the area in November. Since it's a smaller resort with 46 rooms, there are plenty of opportunities to realize your goals such as weight loss, improving your fitness level or learning better ways to live a healthier life.

The Spa at The Oaks offers an array of services to pamper, such as Swedish Massage and European Facials, private consultations such as the body composition analysis and other services to assist guests with reaching their goals. Since they're all inclusive, three meals are included and you can expect 1000-calories per day, however this can be adjusted depending on your needs as many guests choose The Oaks to help with weight loss.

The Oaks at Ojai is ideal for women traveling solo and girlfriends or mother/daughter weekends and extended stays.



Nemacolin Woodlands Resort

FARMINGTON, PA

A drive during the autumn season to this western Pennsylvania resort, located on 3000 wooded acres in the Lauren Highlands, will leave you breathless. Surrounded by mountains, forest and vibrant meadows, this resort offers an abundance of activities for a romantic weekend, a culinary experience, a fitness getaway or a relaxing spa escape.

When you enter Nemacolin, there are six lodging options available including a French Renaissance-style chateau and English Lodge as well as Falling Rock, a tribute to the architectural style of Frank Lloyd Wright. Accommodations are impeccable, comfortable and relaxing.

The Woodlands Spa envelops feng shui principles and offers a peaceful, yet energizing setting. With the recent expansion, they now have 32 treatment rooms and offer an extensive array of services including facials, massages, body scrubs and Ayurvedic treatments as well as The Water Path, their signature treatment, offering alternating water temperatures along the path to improve blood and lymph flow. In addition to spending time at the spa, there are many activities available including fitness walks, hikes, scenic trail rides and golf.

If you're in to a more adventurous getaway, consider the Off-Road Driving Academy and drive a Hummer® H1, H2 or Toyota® FJ Cruiser on the trails of the property. There's also a 50-foot climbing wall and ropes course. Biking is another option as well as trying your hand at fly fishing.

Dining is a main event at Nemacolin with an abundance of choices reflecting 13 dining options from fine dining to casual with 7 bars and lounges. Nemacolin is also home to a \$45 million private art collection of their founder, Joseph A. Hardy III, and a daily guided tour is recommended. Wine tasting and cooking classes are available and Nemacolin has the largest wine cellar in the state of Pennsylvania with a capacity of over 17,000 bottles from around the world. Enjoy a bottle of wine as you take in the colors of fall and enjoy the bounty of the season.