

By Carole Marshall

Veranda Club Spa

The raves we kept hearing about the La Stone Therapy, where heated rocks are used in the treatment, intrigued us. The experience convinced us. Tucked away in Yountville's Washington Square at the north end of town, the Veranda Club - an oasis of serenity no matter how busy the rest of your life may be - is as popular with locals as it is with visitors. Besides La Stone there is also the full menu of treatments, facials, wraps and massage therapy.

If you are ready for a truly transformational experience - and we mean this in every positive sense of the word - opt for the Integrated Balancing Combo. Which, in addition to the hot (and also cool) stones, utilizes cranial and somatic therapy and deep massage. You are asked to look inward and visualize energy to see the massage as well as feel it.

Peggy Hackney is a practitioner of this art, and at the end of an amazing treatment we remarked that she should write a book on what she does. It turns out she has. Called Making Connections (Routledge Press), it is used by dance companies, and therapists around the world. Hopefully it will inspire others to become as dedicated a proponent of this incredible therapy as is its author. We cannot imagine an hour better spent.