



GRAND HOTEL

In the heart of downtown Napa, historic mansion-turned-luxury inn The George beckons travelers in search of the ultimate in intimate accommodations.

BY J.P. ANDERSON

Visitors to Napa Valley are spoiled with choice when it comes to scenic accommodations, from posh spas surrounded by vineyards to cozy cottages dotting the area's verdant hills. On our most recent visit to wine country, though, we found ourselves utterly and unexpectedly charmed by a recently opened boutique inn smack in the middle of downtown Napa proper: The George (thegeorgenapa.com). Set along a row of stately manses west of the Napa River, this late 19th century summer might just be the most elegant of all, a dove gray beauty that abounds with handsome ornamentation and stately gables (no wonder the place is listed on the National Register of Historic Places). Surrounded by towering palm trees that mark the lushly landscaped property, it's a true gem in the heart of this residential neighborhood.

Inside, it's equally inviting. After an extensive five-year renovation, the historic home—



which was commissioned by prominent Napa resident George E. Goodman Jr. in 1891—has been reimaged as a sophisticated inn with just nine unique rooms, preserving the grandeur of the original structure with a tasteful balance of elegant furnishings and of-the-moment luxury amenities, from heated bathroom floors and Molton Brown toiletries to cloudlike mattresses and luxury bath towels and bedding. Adding to the sense of luxury, a concierge is at the ready to help plan your Napa adventure, whether that's scoring tasting room reservations or booking a scenic balloon ride.

Sophisticated surroundings and luxe comforts? Check and check. But what we enjoyed most about our stay at The George was its beguiling setting, which put the charms of downtown Napa just footsteps away. From early morning jogs along the lazy Napa River to evening meals at hot spots like Angèle and Morimoto, we moved on foot everywhere, inhaling the heady scents of jasmine and privet that seemed to envelop the town like the most fragrant of perfumes. For those wishing to experience Napa Valley, The George makes an ideal base from which to explore, but it also reveals the secret of Napa proper: You don't even have to leave downtown to have a most memorable wine country experience.

PHOTOS BY PAUL BULLINS

Clockwise from top left: The breakfast room beckons with walls decked in a flamboyant peacock print wallcovering. The George's stately exterior; high ceilings and modern amenities make for appealing wine country accommodations.



NAMASLAY ALL DAY

For one night, trade daily stresses for a yoga staycation—your body and soul will be eternally grateful.

BY MADISON DUDDY



YOGA PHOTO COURTESY OF YOGA BY CANDACE; HOTEL PHOTOS COURTESY OF KIMPTON MARLOWE

Clockwise from top: YogaByCandace includes retreats, yoga teacher training and events all over the world; the Kimpton Marlowe Hotel in Cambridge; each deluxe guest room is outfitted with yoga mat rollout service.



Breathe in positivity and breathe our anxiety at the Kimpton Marlowe Hotel (hotelmarlowe.com) Intention Factor Wellness Retreat this month. Curated by international yoga instructor, bestselling author, YogaByCandace founder and Connecticut native Candace Cabrera Tavino, this experience welcomes guests to quiet the noise of their unbalanced, overwhelming lives for an evening of self-care and reflection. Upon entering a deluxe guest room, roll out the awaiting mat for a 30-minute virtual vinyasa yoga session with Tavino. As the calming vibrations of om silence your overactive mind, flow from one pose to the next, linking breath to movement—the world will surely fall away. “With so much of our lives dominated by stress, taking the time to breathe optimally and moving to release tension throughout the body while also being fully present in the moment helps to release stress,” the yoga instructor explains. “We can't control what happens

each day, but we can control our reactions to what happens, and yoga definitely helps with that.” After a much-needed savasana, unwrap the MantraBox, curated by Tavino, with health- and wellness-focused goodies from small businesses. There's no knowing which items you'll find, but each box is centered around intentions like self-care and healthy indulgences. As the evening continues, step back on the mat for a half-hour HIIT session, or pick up the signed copy of the expert yogi's book, *Namaslay*, to learn tips for living your most authentic, happy life. Take dinner in the hotel's restaurant Barbara Kitchen & Bar, where health-conscious options like roasted beet salad offer the perfect opportunity to continue your wellness journey before turning in early after a mentally and physically transformative day. When you awaken, centered and refreshed, Tavino's job is done. “I hope guests will leave the retreat feeling reinvigorated, well rested and inspired to create more positive impact in their lives and the lives around them,” she says.