



The spa village at Ojai Valley Inn & Spa and, right, the pool



Catherine Zeta-Jones

USA
Stars on the ranch

WHERE: Ojai Valley Inn & Spa, Southern California.

SETTING: a country club 90 minutes' drive from Hollywood, surrounded by Los Padres National Forest. The Spanish colonial-style resort covers 220 acres in the Ojai Valley and has fantastic views of the Topa Topa mountains.

KNOWN FOR: attracting A-list guests such as Kate Beckinsale, Catherine Zeta-Jones, Katherine Heigl and Rebecca Romjin.

SPA STYLE: elegant Moroccan chic infused with Chumash Indian spirituality. The award-winning spa is set in its own village at a secluded end of the resort and includes a movement studio (with free daily Pilates, yoga and abs and bums classes), two private pools, a Jacuzzi and whirlpool area and a new hacienda-style artist's cottage and apothecary.

ON THE SPA MENU: the signature Chumash Indian-influenced Kuyam treatment; a sun lover's facial; an elderberry and ginger detoxification wrap; seasonal-ingredient body scrubs; massage and facial selections. Many treatments use ingredients grown on site or locally in Ojai's orchards, farms and ranches.

WHAT I HAD:

Kuyam (\$50, about £30, for 50 minutes) uses healing

methods such as wet and dry heat therapy. I was helped to relax with a guided meditation as I covered myself in detoxifying mud in the sauna. Attendants were on hand with lavender spritzing spray to cool me down!

THE HIGHLIGHTS: the scallops and lemon tart at The Oak Grill and watching the sunset with a glass of Ojai Valley Vineyard wine.

TAKE-HOME TIP: go with friends to a Custom Blending Class (\$120 per person, about £73) – it's fun, plus you get to create your personal blend of essential oils. **Helen Whitaker**
Rooms start at \$400 per night, about £245, for a standard double (00 1 805 646 1111; ojaioresort.com).