



Escape to Yountville: Recipes for Health and Relaxation from the Napa Valley

Sally James

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The charming town of Yountville, California, is fast becoming a culinary mecca, boasting such famous sons as Thomas Keller of The French Laundry and Philippe Jeanty of Bistro Jeanty. And with the growing popularity of the renowned Villagio Inn & Spa, Yountville has become a place to embrace the art of wellness and rejuvenation as well. In ESCAPE TO YOUNTVILLE, best-selling cookbook author Sally James combines Yountville's two favorite pastimes—eating and relaxing—in her pursuit of the good life. More than 50 of Sally's seasonal recipes as well as signature recipes from 15 of the Napa Valley's finest chefs accompany preparations for pampering spa treatments such as a sake and rose petal foot bath, an olive oil-ginger salt glow, and a lavender-infused body wrap. Much more than just another cookbook, ESCAPE TO YOUNTVILLE pairs gourmet spa cuisine with luxurious treatments to feed both body and soul from the inside out.

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