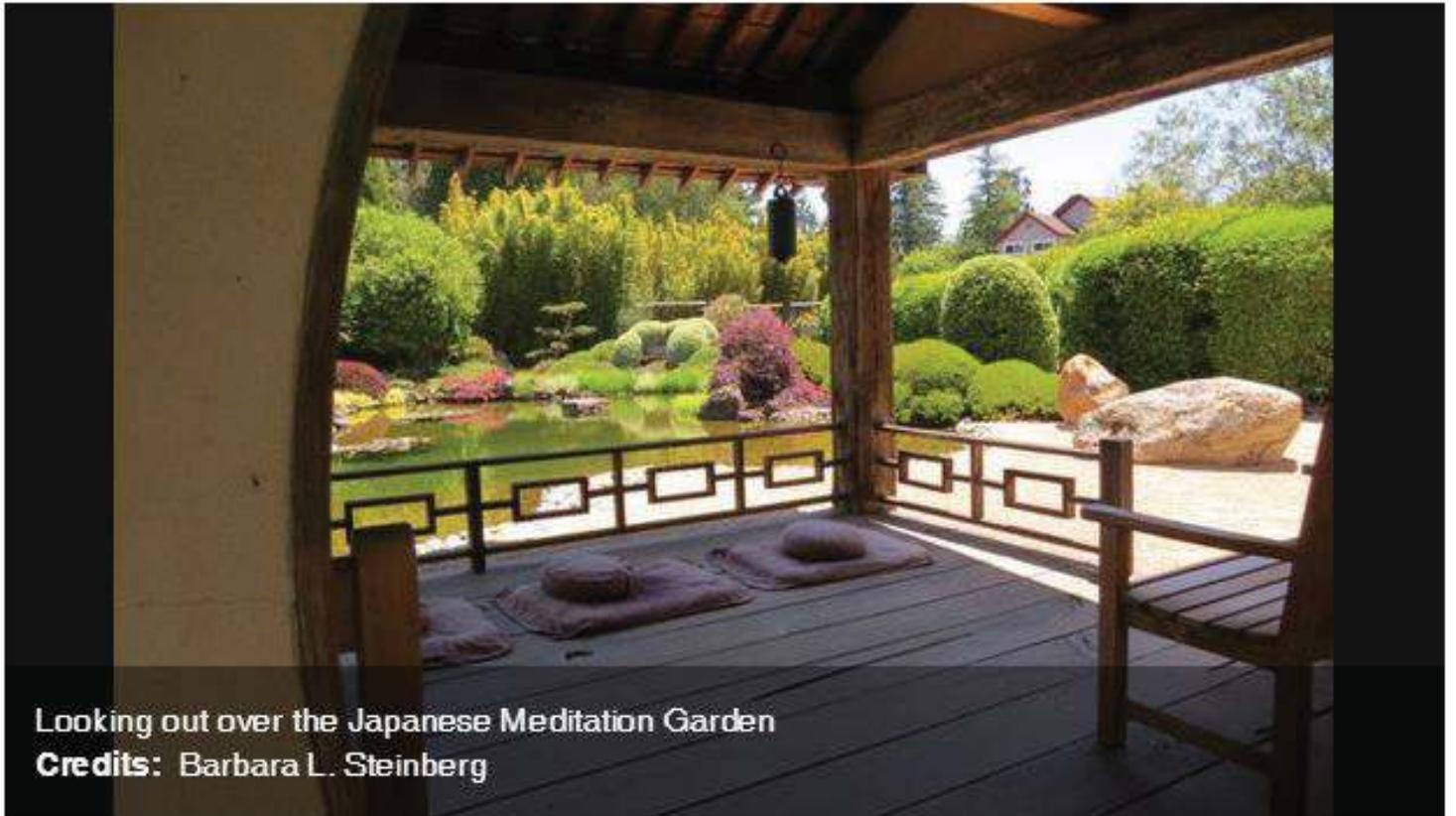


# Ahhh, Osmosis Day Spa Sanctuary is a very nice feeling

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Looking out over the Japanese Meditation Garden  
Credits: Barbara L. Steinberg

To say there is nothing like Osmosis Day Spa Sanctuary is not far from the truth. It is the only cedar/enzyme bath in the United States. An experience like no other, there are hardly words to describe the sublime nature of this Japanese therapy. This coupled with the beautiful gardens and atmosphere of the sanctuary, well, you must see it to understand just how special it is. From the moment you enter, your should feel all stress begin to fall away.

Once you have donned your cotton kimono, your personal attendant will quite literally tend to your every need. Relax and enjoy your enzyme tea as you gaze out on the bonsai garden. Once you are enveloped in the cedar/enzyme bath you'll be wondering why you hadn't done this sooner. You'll be asking yourself, "How soon can I do this again?". Following the bath, continue to unwind with a massage or simply partake of the meta-sync music, eye pillow, and a 30-minute "nap".

I am fortunate to have enjoyed Osmosis more than once over the years. The addition of the Japanese Meditation Garden....could it get any better? Yes, and it did with the addition of a new Field of Hammocks!

Osmosis is a treat alone, with friends, with lovers. Some would say the experience is pricey; that's misleading. It's not inexpensive but I think it's worth the cost and certainly much less expensive than other spas I have visited. The ambiance is over the top.

If you're lucky enough to visit Friday through Monday, be sure to visit Wild Flour Bread across the road. This bakery is to bread what Osmosis is to the "ahhh" in spa.

Take your time. Enjoy the drive to this darling hamlet in west Sonoma County. You'll want to find a place to stay nearby and let all that wonderfulness take over. Unwind. Let go. And let Osmosis. It's a leisurely two-hour drive from Sacramento.



**Barbara Steinberg**, Sacramento City Guide Examiner

So often, Sacramento is that place people drive through on their way somewhere else. Barbara wants them to stop driving away, find unexpected open spaces and amazing wildlife and see Sacramento through new eyes.