



*Yoga at Grace Cathedral (photo: Wari Om Yoga Photography)*

## Five Star Spirituality: The Scarlet Huntington

By Jessica Do | December 8, 2014

In the first installment of our Five Star Spirituality series, 7x7's senior editor Leilani Marie Labong took on the Mandarin Oriental San Francisco. Now we infiltrate the Scarlet Huntington Hotel, which just underwent massive renovations earlier this year. Here at 7x7, round-the-clock deadlines are all too familiar. As exciting as it can be, the adrenaline is synonymous with stress, followed by a series of sleepless nights. Enter the Namastay and Save package at the Scarlet Huntington.

Depending on guests' lodging days, they can choose between two different yoga options. One is on the iconic Grace Cathedral's Labyrinth (Tuesdays only), because how often does one get to say they've done yoga on a labyrinth? Or a private yoga session (Mondays–Thursdays) in one of the hotel's spacious rooms. It comes complete with yoga mats, candles, and the calming sensation of dimmed lighting—if that doesn't say "intimate," I don't know what does. The yoga instructor will unleash a series of poses, most of which come with cute animal monikers ("puppy" pose anyone?). But don't be fooled...they will surely force all the tension harbored in your shoulders to crack open and dissipate.

Located within the hotel, the Nob Hill Spa has it all: an indoor infinity pool, eucalyptus steam room, and a fireside lounge area to name a few assets. But the star of the show is the Deep Sleep Ritual massage treatment, ideal for the everyday insomniac. The head-to-toe massage integrates body serums and various oils. Several times, you're requested to take-in deep breaths, inhaling multifarious herbal scents. It's as if you were to snort relaxation—my kind of drug. By the end of the 50-minute treatment, your body will succumb to total sedation and say, "What deadline?" After awakening from zen, be sure to dine at the Big 4 Restaurant, where the Pan-Seared Mediterranean Branzino is a Neptunian dream.

The package includes a stay in one of their Deluxe rooms with sweeping views of the city (thank you, Nob Hill). At a lowered rate, it's only here from November 1 through December 30, making it the perfect way to bid adieu 2014. Bring it, 2015.