

LM WELLNESS GUIDE

The New Metrics for a Healthy Life

THE WINE SPA

In the foothills of Chile's Andes mountains, a vineyard retreat offers a spirit-filled escape for the mind and body.

by Deborah Frank



Though not necessarily a spa destination, Vik in Chile's Millahue Valley is a zen-filled getaway before or after an adventure trip to, say, Antarctica, Patagonia, or Atacama. A two-hour drive from Santiago, the resort features 11,000 acres of rolling vineyards and valleys and is part of Vik Retreats, an international collection of properties marked by forward-thinking design, unique contemporary art installations, environmentally minded practices, and impeccable service.

The creative vision of Carrie and Alex Vik, each property is an architectural marvel offering a truly rare experience with a very personal touch that makes guests feel like they are staying at the home of dear friends. And in the case of Vik Chile and its Viña Vik winery, staying at a place straight out of a James Bond film with buildings of glistening titanium, bronze, and glass perched high atop a hill, the Andes mountains in the distance.



The hotel features a small spa, a gym with technically advanced equipment, and an infinity pool overlooking a valley. After a fitness workout, horseback riding, outdoor trekking, or mountain biking on challenging trails through the vineyard and around a lake, relax by the pool, stretch out in the yoga studio, or book the spa's signature Wine Bath. Utilizing resveratrol from the vines and polyphenols from the grapes grown on site, the bath and treatment products relieve aching muscles, release tension, and feature antiaging, moisturizing, and anti-inflammatory properties. In the winter, the Wine Bath paired with a relaxing massage is the perfect remedy to a day spent heli-skiing and snowboarding nearby. A heli-skiing company handles all the logistics and equipment while Viña Vik provides picnic baskets from its al fresco restaurant, La Huerta, situated in the property's two-acre organic garden. Ingredients are harvested as they are prepared for a true terroir-to-table dining experience. Chef-led tastings, cooking classes, and pairings with the vineyard's award-winning wines are offered.

Book a stay in one of 22 eclectically themed rooms with a mix of chic Scandinavian and modern Italian decor (Alex being from Norway and Carrie loving Italy). Seven glass-walled bungalows nestled among dense trees and shrubbery offer complete privacy and spectacular valley views. But the artwork throughout the property is what really catches the eye. Alex and Carrie have worked closely with artists for more than a decade—beginning with Uruguay's Estancia Vik, the first retreat—to create immersive and site-specific works, transforming rooms and hallways into art galleries showcasing original pieces. It's all created in homage to the art of winemaking and the importance of art in life.
vikretreats.com