

CHARLOTTE URBAN

HOME

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CELEBRATING INSPIRATIONAL DESIGN AND PERSONAL STYLE





the great getaway

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WINTER WEATHER HAS A WAY OF TAKING US DOWN.

THE DAY-TO-DAY “GRIND” TAKES ON A WHOLE NEW MEANING WITH LESS SUN, shorter days and piling on the warm clothes. Get-away daydreaming creeps in long about mid January. Vacations can certainly break the stress cycle and we emerge from our holiday ready to take on the world again with a fresh perspective and a change to our routines.

Urban Home explored five truly distinct destinations, each offering a unique get-away for any family or couple looking for something different. All of the suggestions are within driving distance and combine charm, sophistication, health and old fashion fun.



THE LUXE GETAWAY

If you're looking for spa luxury, our pick is Old Edwards Inn and Spa in Highlands, North Carolina. Surrounded by pristine mountains dotted with lakes, streams and waterfalls, Old Edwards is also in the heart of the fun and artsy downtown of Highlands. Whether you spend the day hiking or shopping, entering the spa melts away stress and relaxes sore muscles.

The rejuvenating spaces at The Spa at Old Edwards include the fireside lounge and the serenity solarium. Rainfall showers, whirlpools, steam rooms, ladies' sauna and the solarium combined with 14-shower-head Swiss showers and couples treatments all go far to nurture mind, body and spirit. And don't miss the Spa Cafe with fresh daily and seasonal menu selections. You will feel the healing powers of the North Carolina Mountains almost immediately.



THE VALENTINE GETAWAY

Romance is in the air this time of year so why not head to a comfy inn for the weekend? We love the Clifton Inn in Charlottesville, Virginia, for its cozy appeal. This place combines the intimacy of exquisite comfort at a small inn with the luxury of a world-class hotel. Seventeen uniquely appointed rooms and suites offer indulgent accommodations, and the spectacular 100-acre setting in the shadows of the Blue Ridge Mountains is breathtaking. The quaintness and coziness of Clifton make this THE romantic pick for couples looking to recharge.

THE HEALTH & WELLNESS RETREAT

Maybe you just need to totally hit the reset button on mind, body and nutrition. A wellness retreat may be the ticket. Wellness retreats are gaining popularity for their rejuvenating and customizable experiences. Our top pick here is Hilton Head Health in Hilton Head Island, South Carolina.

For 38 years, Hilton Head Health has been recognized for giving people the tools they need to focus on what's important, both at work (with renewed focus and productivity) and at home (helping us to be in the moment with those we care about). They offer three very different programs:

Lose Well — A 4+ week intensive weight loss program that is customized for each guest

Live Well — A week-long individualized healthy living program for anyone who wants to jumpstart weight loss, manage stress or learn new ways to lead a healthier, more fulfilling life

Play Well — A wellness escape for spa and adventure-lovers. Their new facility, Indigo Spa, opens in February with over 50 treatments on the menu. They also offer healthy cooking classes, nutritional counseling and top-notch all-inclusive dining options.

If you're looking for a more singular experience, Hilton Head Health is a great option to get away alone, and making new friends is easy. Many guests stay at least one to two weeks, after which, many come back recharged and ready for reality again.



THE ORGANIC GETAWAY

If getting away for you means experiencing the fresh clean air of a country setting with the sophistication of a well-appointed hotel, Blackberry Farm in Tennessee is a must-experience this year! The farm generates a range of heirloom produce from the garden, as well as wild flower honey, farm-fresh eggs and artisan cheeses from East Friesian sheep. Sustainably harvested ingredients are part of the experience at Blackberry and during their stay guests are encouraged to take part in the farm activities. Blackberry Farm offers 69 guest accommodations, including Estate Rooms, Cottage Suites, Hill Cottages, FarmStead Cottage and multi-bedroom houses, all beautifully appointed and furnished with fine antiques.



THE WINE-LOVERS GETAWAY

If wine tasting is your passion and an old-world feel a comfort, you may want to check out Keswick Hall in Charlottesville, Virginia, an impressive 48-room mansion located on 600 acres. The Petit Manseng grape is grown in their on-site vineyard and produces a fine white table wine or, depending on the intensity of the summer's heat, an outstanding dessert wine. The vineyard is great for a quiet stroll or photo opportunities in Virginia's wine country, and the old-world feel of Keswick Hall, just minutes from Monticello, harkens back to the noble hunting days amidst the pastoral landscape. They even house their own pack of hunting hounds, available for personalized hunts during the season, or just walking them around the grounds of the mansion and golf course. Keswick also offers exceptional dining options, including the Treble Wine Cellar, well known as one of Albemarle County's unique private dining venues. The region is also home to over 25 other wineries, breweries and cideries.

Getaways are what you make of them. We gain perspective on our problems, relax with families and friends, and get a break from our usual routines. Immerse yourself in your getaway and create a memorable experience every step of the way.

Squash Quesadillas

Healthy Recipe Courtesy of Hilton Head Health

These quesadillas are a fun way to sneak nutritious vegetables into your day. The H3 Healthy Kitchen at Hilton Head Health offers hands-on cooking classes. This state-of-the-art kitchen is designed to teach and entertain, while proving that eating healthy is both enjoyable and flavorful.

Ingredients:

2 cups zucchini, grated
 1/4 cup red onion, minced
 1 T. finely chopped parsley
 1/2 tsp. ground cumin
 2 T. Tabasco
 1/2 cup Monterey Jack cheese
 2 whole wheat flour tortilla

Steps:

In a food processor, grate zucchini. Place red onions and parsley into the food processor to mince. Pour zucchini, onions and parsley into a strainer, allowing mixture to drain excess liquid. Once drained, pour mixture into a bowl, add cumin, Tabasco and cheese. Combine well. Lightly spray onto one side of the flour tortilla and place oiled side down onto a medium hot skillet. Spread 1 cup zucchini mixture onto 1/2 of the tortilla and fold the other half of the tortilla over. Cook tortilla on the first side until golden brown, then flip and repeat. Once both sides are brown, remove from heat and cut into 4 wedges. Makes 2 servings

Nutrition:

Servings 2; Serving size 1 quesadilla; Calories 200 kcal; Fat 3 gm.

TIPS FOR ULTIMATE RELAXATION

Choose a getaway that is truly different from your current surroundings



Leave the smart phone and laptop behind so you cannot be reached and aren't tempted to "check in"



Don't get involved in too many activities; even though it may seem fun, it can turn your getaway into a hectic event