

Getting Back to Nature in Sedona

Written by Rachel Roland
Monday, 09 July 2012 07:37 -

Rachel Roland is a mom on a mission - exploring beautiful Arizona (and beyond!) with her two little companions, Jeremiah and Sarah, in search of the best restaurants, attractions, and products for you and your children. See what she has in store for your family today!



After a long day of hiking Bear Mountain in Sedona, wouldn't it be fantastic to come back to your [fabulous resort](#) and have a muscle-relaxing and tension taming massage on the edge of Oak Creek? At L'Auberge de Sedona, this is only one of the romantic and soothing options at their highly rated spa - it was recently named #13 in the nation by Conde Nast. You can either choose to have treatments in their intimate spa building, or the therapy will come to you on your creekside deck or to the private cabana (above).



Besides relaxing with body treatments, an additional and lovely facet at L'Auberge is that you are not just close to nature, but surrounded by it. Sitting on your deck while enjoying a morning tea, you're treated to a veritable bird show as the feathered creatures swoop and dive for their breakfasts. You might even see nature's drama in action - shortly after I photographed this mama duck and her babies from our deck, the ducks who inhabit L'Auberge's waters started raising quite a ruckus. Suddenly, from the opposite side of the creek, a hawk plunged down and attempted to enjoy duck for breakfast. He zoomed up in front of our deck empty-handed, and disappeared in a blur. It was quite something to witness, and a reminder of how perilous life can be in the wild.



Maybe hiking or bird watching just isn't your "thing" - and that's okay, because L'Auberge de Sedona is located close to Arizona's "Wine Country" located in Verde Valley. On the recommendation of not only one, but two people at L'Auberge, we drove about 30 minutes to visit Page Springs Cellars, which also has a beautiful location on Oak Creek. After sampling some local wines and yummy food, we headed back to our creekside cottage for a very rare, but very welcomed afternoon nap.

Thinking about heading to Sedona? I can't say enough good things about L'Auberge - intimate setting, beautiful scenery, incredible food, and amazing service - try staying there next time you visit!



Photo courtesy [Red Phoenix Photography](#)

I'm Rachel - a mom, wife, and 'green' blogger at [Small Steps On Our Journey](#). If you want me to come visit your place of business, have any questions on this article or suggestions for a future article, you can email me at rroland@azfoothills.com, tweet me at [@rachelroland](#), or connect with me on [Facebook](#).