



Sausalito Staycation: Luxe wellness amenities round out recent renovations at beloved Casa Madrona

By [Sarah Chorey](#) Feb 21, 2019

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Self-care has moved from trendy buzzword to way of living, especially in health-conscious Bay Area where we've gone all in on Korean skincare routines, cryotherapy, weekly masks, and more. But what happens when you leave home—do you have to dump the oh-so-nice self-care routine?

Nope. Among the crop of hotels expanding its offering to really consider wellness as an amenity, Sausalito's beloved boutique hotel Casa Madrona has undergone a recent sprucing up that includes a new spa and set of wellness rooms all kitted out with everything you need to stay fit, hydrated, pampered, and rested.



Rooms at Casa Madrona are stocked with self-care amenities.



A Sausalito landmark for over a century, the hillside Casa Madrona has transformed over the years from private home to mansion hotel (in 1906); since the 1970s, environmental factors (one monumental landslide) and modern times have necessitated slow and steady upgrades, expanding the property from its original 16 cottages to what is now a collection of 64 rooms including drop-dead gorgeous luxury suites, a private dining room, and the intertwined Italian restaurant, Poggio.

In early 2019, Casa Madrona put the finishing touches on an update of another kind, this time with wellness in mind: The most recent multi-million dollar renovation, led by [Salt + Bones](#) design studio, channels elements of the sea.

Upon entering Casa Madrona's remodeled foyer, you'll pass through a giant archway into a room filled with white and cool blue fixtures, a 20-foot stone artwork, and sofas—the overall vibe both elegant and reserved, subliminally putting your mind at ease. Expect a quick and easy check-in before being whisked away to one of nine new wellness rooms—this will be your snug, personal oasis dug into the Sausalito slope.

All amenities here are designed with your health in mind: Sleep-tracking smart beds will report the quality of your slumber each morning; meditation headbands will help get you in the right frame of mind; wireless workout headphones with a built-in AI trainer will guide you through your cardio; and snacks from Urban Remedy are around to help you refuel.

Take your wellness streak to the next level by booking a massage at the 3,000-square-foot spa, where cozy fire pits on the courtyard are tucked away from windy drafts. You can also break out the yoga equipment for a quick bendy sesh on the outdoor patio, which is complete with 62-inch TV to help guide you through your practice, or hop on the Peloton bike for the ultimate virtual burn.



(Sarah Chorey)

Find your way to 801 Bridgeway in Sausalito, the home of Casa Madrona.

