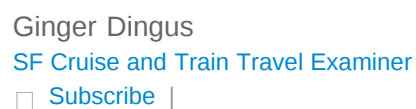




See also [Domestic Travel](#) / [Carmel](#) / [Refuge](#) / [Spa](#) / [Thermal Spas](#)



<http://www.examiner.com/article/soaking-up-the-good-life-carmel#sthash.o8oQOtK0.dpuf>[3/18/2014 2:16:55 PM]



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in places where naturally heated pools boil
relatively new, and it's happening at

At the Refuge, silence is golden. In fact, it's required from the dressing rooms (separate for men and women) to the co-ed eucalyptus steam room, expansive dry sauna and fabulous outdoor therapeutic pools.

About those pools

The ten pools are made to look natural, with rock formations built near the edges. Most have waterfalls you can sit beneath for a neck and shoulder massage. What sets the pools apart is temperature. First, there's cold at 37 degrees, said to be like an icy stream. Then comes cool, rather like the Pacific Ocean. Next is warm, and finally hot. Thankfully, they are well marked, so no surprises. I personally found the warm pool to be the most soothing on a hot, sunny day in [Carmel](#).

The idyllic setting for all this peace and quiet lies down the road from the luxe Quail Lodge Resort (no connection). The Refuge complex consists of the indoor check-in area, dressing rooms and massage treatment rooms. Outdoors, the soaking pools face a brick patio dotted with fire pits surrounded by Adirondack chairs for kicking back. The oak covered hills of the Santa Lucia

