

# URBANDADDY

San Francisco ▾

12/23/13

## Stress This Enough Your Holiday Stress Relief Guide Is Here

Hang in there. You can do this. You're almost through the holiday madness. Here's an emergency checklist of hot-buttered-rum massages and tranquil Japanese gardens to ensure you make it. Deploy as needed.

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BUTTER WATCH OUT

### A Hot-Buttered-Rum Massage at Solage

**You Require:** Just a hot buttered rum, is all. Poured all over your body, please.

**You'll Receive:** A massage that uses spiced rum, cocoa butter, cinnamon and nutmeg. Technically, there's also a shea-butter body wrap involved, but that part doesn't make you smell like a seasonal cocktail.

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**411:** \$198/80 minutes, available at [Solage Calistoga](#), 755 Silverado Trl, Calistoga, 855-942-7442