

## **FEED YOUR BODY AND NOURISH YOUR SOUL FROM THE OUTSIDE IN WITH DELECTABLE EDIBLE SPA TREATMENTS**

-- Just in time for the holidays, luxury resort and hotel spas turn local ingredients and regional cuisines into calming, rejuvenating therapies

-- October 2006 (All Over) - From plum pudding to stuffed turkey, mincemeat to roast beast, the holidays are definitely the best time to feast.\* But before you stuff yourself silly at the table, try feeding your body and nourishing your soul with a delectable, edible spa treatment.

Nothing goes as well with holiday cheer as edible pleasure from the outside in. Even as luxury hotels and resorts around the world announce their festive holiday menus, their equally sumptuous spas are creating calming, soothing and rejuvenating therapies from local ingredients and regional cuisines. It's the perfect way to indulge all of your senses in the healing benefits of fruits, vegetables, spices and dairy products without expanding your waistline.

So please pass the Mango Pinapple Sugar Scrub, and how about another serving of the Virgin Gorda Goat Milk and Honey Wrap - our epidermis is hungry!

- Maple Sugar Body Scrub: Move over, Mrs. Butterworth. Topnotch Spa at Topnotch Resort and Spa in Stowe, Vermont has a unique exfoliating and softening body scrub made of real maple sugar sapped from Butternut Farms, a sugar shack on a nearby mountain. Your entire body will be polished as the one-of-a-kind scrub removes dead skin cells and replenishes lost moisture for an ultimate hydrating experience. Therapists start with pure food-grade maple sugar - dehydrated Vermont maple syrup in granular form - which melts into a gentle scrub as it's applied to your wet body. Exfoliated and smooth, your skin feels moisturized and velvety. The sweet-scented treatment includes a loofah application of Topnotch's homemade maple cornmeal soap. It's one of more than 120 treatments offered by Topnotch Spa, including Ayurvedic Body Balancing with warm raw Vermont honey. For reservations and info: (800) 451-8686, [www.topnotchresort.com](http://www.topnotchresort.com).

- Banana Leaf Body Wrap: Peel back the essence of pleasure in Las Vegas with this tropical fruit sensation from the new Qua Baths & Spa at Caesars Palace. The luscious body treatment - which is also a couple's treatment - starts with incense and a traditional Thai floral footbath as therapists apply a skin preparation of aromatic blends followed by a fresh banana leaf body wrap. The treatment includes an Ayurvedic head and scalp treatment, creating a restorative and renewing full-body experience. For pure relaxation, treat yourself to a swirling Liqueur bath blended from the Qua signature liqueur, which comes in a visually striking bottle with floating layers of herbs, oils and milks. It's tantalizing and decadently indulging for all the senses. For reservations and info: (866) QUA-0655, or [www.quabathsandspa.com](http://www.quabathsandspa.com).

- Virgin Gorda Goat Milk & Honey Wrap: Turning a local twist on a popular treatment, The Spa at Little Dix Bay, A Rosewood Resort on Virgin Gorda has created a gentle and aromatic wrap that will leave you incredibly soothed. A freshly prepared body mask combines local honey, goat milk and bananas. The honey seals in moisture and protects the

skin; the bananas - rich in potassium and Vitamin A - are natural emollients that reduce redness and puffiness; and the goat milk, rich in proteins, fats, calcium and minerals, softens and nourishes the skin. Other delicious edible treatments at The Spa at Little Dix Bay include an Organic Fruit Scrub & Wrap combining hand-picked fruits, and organic cornmeal, and Mango Pineapple Sugar Scrub with organic brown sugar, fresh mangoes and pineapple, and a special blend of moisturizing oils. For information or reservations: (888) ROSEWOOD, or [www.rosewoodhotels.com](http://www.rosewoodhotels.com).

- Chocolate Treatment: Get your "sweet on" with this cocoa-centric treatment at The White Barn Inn & Spa in Kennebunkport, Maine. The Inn's licensed massage therapist uses lightly scented massage oils created with the finest essence of chocolate for a full hour of Swedish massage. Afterwards, the Inn's bath butler will run a warm bubble bath made with chocolate-scented bath salts and adorned with fresh rose petals and twinkling scented candles. The White Barn Inn has many more tasty treatments, including a Sweet and Savory Scrub with brown sugar, salts and essential oils from citrus, grapefruit and Mandarin oranges, as well as herbal treatments like Green Tea and Wheat Grass facial and the Maine Sea Salt Scrub. For information or reservations: (207) 967-2321, or [www.whitebarninn.com](http://www.whitebarninn.com).

- Pumpkin Nutmeg Body Wrap: Is it a spa treatment, or is it dessert? Either way, you'll experience all the beloved flavors of the fall harvest when wrapped up in this luscious body treatment from Estrella Spa at Viceory Palm Springs. The perfect recovery from the Thanksgiving holidays or warm up to Christmas Day, expect to be exfoliated all over with fresh pumpkin and pumpkin seeds followed by a delicious body wrap in pumpkin nutmeg with a touch of cinnamon. Follow with moisturization with coconut oil and vanilla extract. Yum. Designed by pace-setting designer Kelly Wearstler, Estrella Spa offers full-service spa treatments wrapped up in privacy, luxury and superlative services in a serene indoor-outdoor setting. For information or reservations: (866) 891-0948, or [www.viceroypalmsprings.com](http://www.viceroypalmsprings.com).

\* Apologies to Dr. Seuss.

For more information on any of the above properties or getaways, please contact Corey Finjer at Hawkins International Public Relations at (212) 255-6541 or [Corey@hawkpr.com](mailto:Corey@hawkpr.com).

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