

american spa

THE SPA & WELLNESS AUTHORITY

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SUSTAINABLE
serenity

BAMFORD HAYBARN SPA AT
1 HOTEL BROOKLYN BRIDGE (NY)

www.americanspa.com



local flavor

Some spas take the natural beauty concept to the next level by utilizing herbs grown in their on-site gardens, such as these:

THE SHANGRI-LA BODY TREATMENT (\$330, 1 hour 40 minutes) at **Spa Ojai** at Ojai Valley Inn (CA) helps to cleanse and nourish the skin with Ojai Valley honey and lavender grown on property. The treatment consists of a full-body buffing with lavender and herb powder and a warm lavender-honey body wrap. While cocooned in the wrap, guests receive a warm scalp treatment, a mini facial, and an application of nourishing shea butter from Body Bliss (www.bodybliss.com).

THE HERB AND HONEY SCRUB BAR CUSTOM BODY SCRUB (starting at \$125, 50 minutes) at **The Salish Spa** at Salish Lodge & Spa (Snoqualmie, WA) allows guests to work with a spa mixologist to choose from a variety of herbs to blend with honey from the resort's on-site apiary. It's then mixed with essential oils from Bodyceuticals Calendula Skincare (www.calendulaskincare.com) and SaltWorks (www.seasalt.com) salt or sugar to create a truly customized scrub.

THE PERSONAL APOTHECARY WRAP AND MASSAGE (\$265, 90 minutes; \$350, 2 hours) at the **Spa at Farmhouse** at Farmhouse Inn and Spa (Forestville, CA) uses a state-of-the-art app and guidance from an alchemist. Guests blend together treatment oils using herbs from the kitchen garden. The therapist then helps turn the blend into a wrap and massage cream to be used during the service.

At **The Wellhouse** at Blackberry Farm (Walland, TN), guests are encouraged to pause for a deep breath of lavender in the spa's herb garden. They then clip a sprig to infuse in their steam shower or to tuck under their pillows at night. Guests

can also opt for the **HEALING HERBS & FLOWERS** (\$185, 50 minutes; \$275, 80 minutes) massage, which utilizes Naturopathica (www.naturopathica.com) and RICA (www.ricabody.com) products and helps to renew, detox, and relax the mind and body with a blend of essential oils.

It includes the application of poultices filled with farm-fresh herbs and flowers steeped in warm water. This helps to induce a deeper state of relaxation. ●

