

Season of Spa-ing: Fall Spa News

Written by Melissa Larsen

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Valley spas are kissing summer goodbye, thanks to autumnal ingredients (hello, pumpkin, caramel, apple and clove) and the addition of cool new services and amenities.



Joya Spa at Omni Scottsdale Resort & Spa at Montelucia (pictured)

Taking place October to December, the Season of Giving at Joya Spa includes unique seasonal services that donate 10 percent of the proceeds back to local nonprofits. In honor of Breast Cancer Awareness Month, those who book the Pink Moonshine Body Renewal will automatically support the Happily Ever After League, which aids mothers through cancer recovery. The 50-minute treatment features a scrub blending with Georgia-grown Muscadine grapes and Texas Moonshine, followed by steaming hot towels soaked in coconut oil and vitamin E and a finishing touch of rich vitamin E and shea body butter. \$159. omnimontelucia.com.

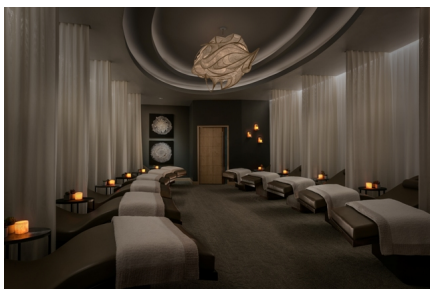
Spa Biltmore at Arizona Biltmore

Pumpkin Apple Spice Facial: This 50-minute service treats hyper-pigmentation, problem skin, fine lines and wrinkles while enjoying the sweet smells of pumpkin spice and apples. \$155.

Caramel Apple Pedicure: This treat for the toes, which is also 50 minutes, begins with a spiced apple cider fizzing soak, followed by an exfoliation and a creamy caramel body milk application. \$85.

Cranberry Sangria Scrub: During these 45 minutes of bliss, dry dull skin is banished away with a sea salt refining scrub infused with clove and nutmeg. The treatment finishes with a botanical body oil. \$145.

All three treatments are available Sept. 15 through Nov. 30. arizonabiltmore.com.



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Sanctuary Spa at Sanctuary on Camelback Mountain Resort & Spa (pictured)

Bodhi Stimulating Body Treatment: Black pepper, clove and kaffir lime, which breakdown fatty deposits, eliminate toxins and increase lymphatic drainage, come together in this fall-friendly treatment. The service starts with a gentle body polish to prepare the skin for a spicy warming body mask wrap and ends with a Swedish-style massage. Available year-round. Monday through Thursday, \$235 for 90 minutes and \$300 for two hours; Friday through Sunday, \$245 for 90 minutes and \$310 for two hours. sanctuaryoncamelback.com.

VH Spa at Hotel Valley Ho

Blood Orange Body Treatment and Massage: Bloody orange is at its best in autumn and winter and prized for offering deep hydration, increasing capillary circulation and protection from the sun. This 90-minute service begins with a full-body exfoliation followed by a customized massage and body butter application. Available Oct. 1 through Nov. 30. \$155 (plus 20 percent service charge on normal price of \$195). hotelvalleyho.com/vh-spa.

Palo Verde Spa & Apothecary at Andaz Scottsdale Resort & Spa

Pomegranate Prickly Pear Massage: It is hard to turn down a warm treat with a side of spa time. The 60-minute service, which includes a pomegranate foot scrub alongside the massage, is served with hot apple cider. Available Oct. 1 through Nov. 30. \$165. scottsdale.andaz.hyatt.com.

Ocotillo Village Health Club & Spa

Yam and Pumpkin Enzyme Treatment: This limited-time facial accelerates the exfoliation process with an enzyme peel that removes dead skin cells, reduces the appearance of pigmentation, fine lines and sun damage. The natural enzyme content of yam and pumpkin leave skin appearing firm and radiant, as fall-friendly yam pulp is high in beta-carotene and vitamins to fight the signs of aging and pumpkin pulp is rich in enzymes, beta-carotene, amino acids and antioxidants. _____



Agave, The Arizona Spa at The Westin Kierland Resort & Spa

This month marks the launch of the all-new Beauty Balance Bag and delivery service. The program offers subscribers a quarterly rotating beauty and wellness bag filled with an Agave Spa-curated collection of spa products (including skincare, haircare and wellness goodies) for on-the-go or at-home services. Beauty Balance Bag delivery is priced at \$99-plus per bag, with contents valued at more than \$250. kierlandresort.com.

Spa at Four Seasons Resort Scottsdale at Troon North

Cocoa Mole Energizing Wrap: This 80-minute treatment kicks off with an antioxidant-rich, café mocha sugar scrub. Then smooth clay, which includes red Sedona clay, jojoba seed oil, chamomile tea and cocoa powder, is applied to the skin and the body is wrapped in warm linens. While the clay works its magic, spa-goers can choose between a scalp or facial massage. The treatment is finished with an application of whipped shea butter infused with autumnal scents of vanilla and cardamom. Available year-round. Sunday through Thursdays, \$240; Friday and Saturday, \$250. fourseasons.com.

Revive Spa at JW Marriott Desert Ridge Resort

Pumpkin Enzyme Facial: Fall's greatest gourd is naturally rich in essential fatty acids, vitamins A and C, as well as zinc, a mineral that aids in the healing process. This facial promises to leave skin with a warm, radiant glow for the holidays. Available Oct. 1 through Nov. 30. \$129. theclubjwdesertridge.com/spa.

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The Spa at The Boulders (pictured)

Bindi Balancing: This new service starts with an exfoliation that uses crushed, warm herbs from the resort's garden to uplift the spirit while soothing the body. This is followed by a light massage with oils selected according to each individual's "dosha," which are the combined energies that are believed to circulate through the body and manifest physiological activities. The treatment ends with a warm cocoon wrap and facial cleanse. \$220.

Shirodhara: This treatment—which will repair the skin after a hot summer—begins with a soothing stream of warm oil flowing onto the "third eye" that eases the mind and often puts guests into a tranquil REM state, allowing the body to repair itself. The oil is then massaged into the hair and scalp, followed by a light facial massage. \$155.

Hydrating Facial: Designed to help sun-damaged faces, this service includes a Vortex-Fusion of antioxidants, peptides and hyaluronic acid and delivers instant results that are immediately visible and dramatic. \$225.

The treatments are available year-round. theboulders.com.

This fall, The Spa at The Boulders welcomes an authentic new Tipi, which was exclusively designed for the Carefree spa to be used for private meditation and a variety of Native American-inspired services. The new structure will stand 18 feet in diameter, 26 feet in height and it will accommodate up to 10 people.



The Phoenician Spa (pictured)

Body and Soul: There's no better way to get introduced to this just-opened spa than with its new signature treatment. This 80-minute massage infuses organic lavender, sage and high-potency, supercritical extract of arnica flower to target aches, pains and soft tissue damage. Steaming hot towels assist in the anti-inflammatory and healing properties of the essential oils, all while calming the mind. Available year-round. Starting at \$255. thephoenician.com/spa/.

Spa Avania at Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch

Golden Glow Vichy: After a drying summer, bring dull skin to life with this deluxe 60-minute body treatment. The pampering kicks off with a mineral-rich salt scrub. The treatment also includes a blissful body massage and a glistening body cream leaves you glowing from head to toe, making it a perfect pre-party service. \$165. Available Oct. 1 through Nov. 30. hyatt.com.

Well & Being at Fairmont Scottsdale Princess

Orange Spice Pumpkin Polish: Spicy organic pumpkin purée and nutrient-rich muds combine with whipped honey sea salts to create an invigorating exfoliation for holiday-ready skin. The 60-minute experience finishes with a how-is-it-not-dessert honeysuckle orange-cream custard body lotion. \$129.

Spiced Cider Pumpkin Pedicure: Treat your feet to a whipped honey sea salt exfoliation followed by a warming pumpkin purée mud mask. To complete the hour-long service, spa-goers will receive a foot and leg massage with a cinnamon-scented Red Hot oil. \$69.

Both treatments are available Sept. 1 through Nov. 30. scottsdaleprincess.com.

Amethyst Spa & Boutique at We-Ko-Pa Resort & Conference Center

Nourishing Massage with Prickly Pear Seed Oil: During this treatment, prickly pear seed oil stimulates cell renewal and offers intense protection against skin aging caused by environmental factors. \$115 (60 minutes); \$150 (90 minutes).

Skin-Brightening Facial: During this 50-minute facial, dead cells are removed on the outer layers and helping accelerate cell turnover. This exfoliating treatment restores a healthy glow and improves skin tone while increasing blood circulation and stimulating cellular renewal. \$115.

Both treatments are available Sept. 1 through Sept. 30. www.wekoparesort.com.

Red Rocking

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The changing leaves and cool air aren't the only reasons to head north this fall.

L'Apothecary Spa at L'Auberge de Sedona (pictured)

Sedona Sycamore Cranial Sacral: This 60-minute treatment is inspired by the Sycamores that line the banks of Oak Creek. It is designed to release compression in your bones on the head, spinal column and sacrum as well as promote relaxation and relieve stress. Plus: Based upon availability, this treatment can be scheduled creekside among the Sycamore trees. Available Sept. 1 through Nov. 30. \$160. lauberge.com.

Kimpton Amara Resort and Spa

Winds of Change: This treatment promises to reconnect one's being to their spirit nature. In this 90-minute experience, the spa's healers use energy to balance chakras and connect the body to the spirit of ancient healing ritual with the wind of a feather sweeping away tension. The treatment includes a relaxing massage. \$200.

Rain Dance: This ceremonial massage lasts an hour and uses the spa's signature oils of lavender (promotes relaxation), rosemary (healing affects), and sage (purifying and grounding) to luxuriously drop them down the spine. The treatment concludes with a warm oil scalp massage. \$140.

Both treatments are available through the end of the year. amararesort.com.