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NEWS

Fall Spice: Pumpkin Spa Treatments



Written by
**Michelle
Guerin**

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Twitter: @discoversd

Twitter: @michellescene

Facebook:
michelleguerin

Autumn has arrived in San Diego, and though we may feel refreshed by the cool overcast haze, it's safe to say our summer skin is less than excited for the new season.

Did you know that the vegetable most emblematic of fall is also one of the best kept secrets for skin care? Pumpkin makes us think of harvest, of holidays, of family and friends gathered around the dinner table. But as it turns out, pumpkin should also make you think of healthy, radiant and glowing skin throughout the dry and chilly fall and winter seasons.

That's right – pumpkin is no longer just for pie; order up this decadent spice during your next trip to the spa in San Diego. A pumpkin peel can improve the skin because it contains the highest concentration of salicylic acid of any plant, providing potent skin smoothing and pore clearing action. Furthermore, pumpkin boasts more than 100 beneficial components with the highest concentration of vitamins A, C and beta-carotene found in any fruit or vegetable. Not to mention, it smells divine and elevates your spa experience to a whole new level.

Discover pumpkin infused and fall inspired spa treatments.

Pumpkin Purifying Facial: San Diego's premier organic day spa, Blue Marble recently launched a new menu of fall treatments to get you in the holiday spirit. Featured on the Autumn Escapes menu is the Spicy Pumpkin spa experience, complete with a pumpkin flake and sugar body scrub and a full body massage using essential oils infused with cinnamon, clove, lemon and rosemary. The Spicy Pumpkin is \$145 for 90 minutes. Another top pick is the Pumpkin Purifying Facial, which is customized to your skin type and includes a natural pumpkin enzyme peel to rejuvenate the cells. The Pumpkin Purifying Facial is \$155 for 90 minutes. If you can't decide, go big with the Fall Escape, three hours of bliss including a spicy pumpkin body scrub, aromatherapy massage and a pumpkin purifying facial for \$290. The Autumn Escapes menu is available November 1-30. For more details, visit [Blue Marble in Mission Bay](#).

Sugar and Spice Nail Package: The Spa at Rancho Bernardo Inn goes above and beyond to usher in the new season, now offering a fall menu of flavorful treatments designed to get you in the holiday spirit. Who says organic fruits, veggies and sweet desserts are only for cooking in the kitchen? The Spa's signature Made Fresh Daily Package is themed 'Sangria Sensation' for fall, and incorporates three mini treatments, paired with a finale spirit. Indulge your sweet tooth with a cranberry orange scrub, apple wine mud masque, and vanilla orange massage, enhanced with a glass of house-made Sangria. The package is \$180 for 80 minutes. Also new is the Sugar and Spice Nail Package, which incorporates a 20-minute manicure and 50-minute pedicure enhanced with a warm apple spice scrub or masque, and paired with an apple spice beverage for \$99. For more details, visit [The Spa at Rancho Bernardo Inn](#).

Pumpkin Harvest Facial: Head to the sea-side Catamaran Resort for the ultimate fall-inspired spa experience, the Pumpkin Harvest Facial. This spicy and purifying facial is the boost your skin needs for the fall season. The combination of natural vegetables and fruit enzymes provides a gentle exfoliation while nourishing and repairing damaged skin with age-fighting vitamin A and anti-oxidants. The Pumpkin Harvest Facial is on special for fall, now available at \$95 for 50 minutes. For more details, visit [the Catamaran Spa in Mission Bay](#).

Pumpkin Perfecting Facial: Enter the fall season with a fresh look courtesy of Adriana Skin Care's all natural Pumpkin Perfecting Facial. During this treatment, advanced, ultimate-strength pumpkin enzymes will provide a powerful surface peeling of dulling cells to dramatically improve rough or lifeless skin. The transformative facial is customized based on your skin needs. The Pumpkin Peel Facial is \$95 and is offered year-round. For more details, visit [Adriana Skin Care in Banker's Hill](#).

Anti-Aging Pumpkin Peel Facial: Renous Day Spa in Del Mar is embracing the fall season with a new glycolic facial special for October. The Anti-Aging Pumpkin Peel Facial includes an alpha hydroxyl acid peel which is rich in natural vitamin A and is designed to reveal smoother, brighter skin. This treatment is recommended for those wanting to treat acne, hyper-pigmentation or fine lines and wrinkles. During the month of October, Renous is offering the Anti-Aging Pumpkin Peel Facial with a neck, shoulder, hand and foot massage for \$75. Now that is a great deal. For more details, visit [Renous Day Spa in Del Mar](#).

Pumpkin Glycolic Body Soufflé: For the pumpkin pie experience sans dangerous calorie indulgence, head to Bella D'Ora Spa for the rich and irresistible Pumpkin Glycolic Body Soufflé. During this tantalizing treatment, you will be cleansed in the Vichy Shower Room and then covered from neck to toe with the glycolic pumpkin peel. When it is removed, you will be covered in shea body butter to renew and moisturize your healthy, glowing skin. The Pumpkin Glycolic Body Soufflé is \$100 for 50 minutes. For more details, visit [Bella D'Ora Spa in Carlsbad](#).

Anti-Aging Facial & Pumpkin Peel: At Indigo Home for Hair & Body, you can enhance any signature facial with a Pumpkin Peel add-on treatment. I recommend starting with the Multivitamin Anti-Aging Facial, a potent vitamin and hydroxyl acid exfoliation treatment that resurfaces and re-texturizes the skin to reduce the signs of aging, aid sun damage repair and improve elasticity. Then, spice things up with a Pumpkin Peel finale. Rich in antioxidants and enzymes, this hydrating treatment exfoliates while delivering the right nutrients to the skin cells. The Anti-Aging Facial is \$125 for 60 minutes and the Pumpkin Peels is \$15 extra. For more details, visit [Indigo in Hillcrest](#).

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