

# in touch

tantalizing spa treatments

## FALL FAVORITE

To treat the senses with the flavors of fall, The Spa at Rancho Valencia (Rancho Santa Fe, CA) has introduced the Spiced Cider Pumpkin Treatment (\$195, 50 minutes), a massage and wrap that smells delicious enough to eat. After basking in a hot, bubbling spiced cider soak, guests are treated to a rejuvenating exfoliation with Farmhouse Fresh's Whipped Honey Fine Grain Salt Scrub and then painted with Splendid Dirt Nutrient Mud Mask with Organic Pumpkin Puree. The indulgent service, available throughout the month of October, concludes with a cinnamon-scented massage using Red Hot Sparkling Soak & Body Oil. "The natural, farm-fresh ingredients used in this treatment provide an experience that helps to rejuvenate the all-over sense of wellness," says spa director Arielle Sutton. "Encouraging hydration, it leaves the skin with a pretty impressive glow." For Farmhouse Fresh products: [www.farmhousefreshgoods.com](http://www.farmhousefreshgoods.com). —Heather Mikesell