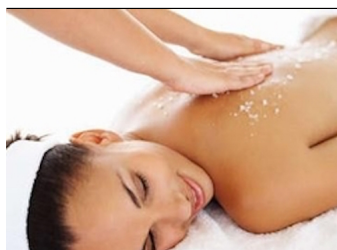


Fall-Inspired Spa Treatments in Phoenix

Written by Samantha Stull



Now that fall is finally in the air and pumpkin spice is everywhere, it's the perfect time to incorporate pumpkin into your beauty routine. While the tasty flavor is great for your coffee and cakes, it can also do wonders for your skin. According to **We Do Men: The Man Spa** owner Stacey Grondahl, pumpkin is jam-packed with natural vitamin A, which makes it powerful for anti-aging and killing acne and bacteria on the skin. Here are five great spas offering pumpkin treatments in the Valley this season.



We Do Men: The Man Spa

We Do Men offers a men's peel called The Sake Bomb (\$81), but for those looking for something a little less aggressive, The Pumpkin Sake Bomb (\$71) is the way to go. It's a gentler version of the popular peel and enhances the skin's hydration. Spa owner Stacey Grondahl offered the peel seasonally last year, but kept it year-round because of its popularity. Although Grondahl's spa is catered to men, she also serves their women, and said that this treatment is just as popular among women as it is men.

"Pumpkin is not just a generic holiday thing, but a really awesome thing for your skin all year round," Grondahl said.

wedomen.com

Hotel Valley Ho

The Pumpkin Latte Pedicure (\$50) at the Hotel Valley Ho in Scottsdale is the perfect fall treat for your feet. The pumpkin helps to add smoothness to post-summer dry skin. You can even add in a coffee scrub, sweet cream body lotion or a pumpkin foot masque to top it off.

hotelvalleyho.com

Suddenly Slimmer

This med spa has been pampering guests since 1988 in Phoenix, and they were the first in the area to offer a pumpkin facial treatment. Stop by for the Valley's original pumpkin facial (\$95) for beautiful, glowing skin to carry you through the upcoming busy holiday months. This anti-aging facial treatment is designed to give your skin the deepest pore cleaning action and face rejuvenation you have ever experienced.

suddenlyslimmer.com

Sonoran Serenity Spa

Sonoran Serenity Spa in Tempe is offering a full range of pumpkin spa treatments. No matter what type of pampering you are looking to have done, there is a pumpkin-filled solution. With a facial (\$45), a body scrub (\$45), and a combination massage and facial (\$90) offered, you will leave the spa feeling refreshed, rejuvenated and craving a pumpkin spice latte. sonoranserenityspa.com

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Tocasierra Spa and Salon at Pointe Hilton Squaw Peak Resort

With a spiced massage and pumpkin pedicure, guests can enjoy a delicious fall spa day at the Tocasierra Spa and Salon at Pointe Hilton Squaw Peak Resort in Phoenix. The super-relaxing massage (\$120-155) uses clove and cinnamon essential oils to warm, soothe and revitalize tired muscles. You can also treat your feet with the "Pumpkin & Polish" Pedicure (\$60), which incorporates a creamy butter brulee milk soak to promote relaxation. squawpeakhilton.com

Luxe Salon & Spa

Repair any dry, tired summer skin just in time for fall with the yummy Pumpkin Latte Facial (\$63) at Luxe Salon & Spa in Gilbert. As well as being trendy each fall, pumpkin is also known to hydrate, moisturize, replenish, prevent blemishes and even help fight aging. Luxe uses Éminence Organic Skincare for their facial, which repairs and treats sun-damaged, scarred and pigmented skin while also refining skin texture and improving the appearance of fine lines. luxesalonaz.com