

5 Phoenix Pumpkin Spa Treatments

Written by Tamara Kraus

Monday, 13 October 2014 12:04 -



We can thank Starbucks for our obsession with pumpkin spice lattes, but the cinnamon, ginger and nutmeg mixture has now extended far beyond our dreams thought possible. To celebrate October, you can not only sip on the favorite fall drink, but you can also head over to a number of Phoenix spas for an equally delicious and relaxing facial, peel or massage that uses the pumpkin enzyme.

1. The Spa at Camelback Inn at JW Marriott Camelback Inn Resort & Spa offers a "Bewitched Treatment" bringing together the best of both worlds: salted caramel and pumpkin spice. The treatment starts with a salted caramel body scrub made of sea salt, brown sugar and ginger pecan body scrub that will leave skin feeling refreshed. After a cleansing shower, you'll experience a velvety caramel body milk treatment infused with a unique blend of natural oils. The Pumpkin Spice Facial is made of a strong pumpkin enzyme. The treatments are available Oct. 1-Nov. 30 and costs \$150 for 60 minutes. Visit www.camelbackspa.com to book an appointment.

2. Rejuvena Health and Aesthetics will give you your pumpkin fix with a facial almost good enough to eat throughout October. The all-in-one treatment includes a handmade honey cleanser, pumpkin enzyme, extractions, microderm and a hand-mixed masque crafted for the client's skin type. The one-hour treatment cost \$85 and is perfect for anyone wanting to brighten skin tone, refine skin texture and lessen wrinkles. For more info, visit www.werejuvenate.com.

3. Centre for Well Being at the Phoenician-The spa's Warm Spice Scrub & Massage combines cinnamon, nutmeg and mandarin into a decadent exfoliating scrub and is followed by a Swedish massage and a hot coconut oil foot therapy. And that's not all—spa guests also receive access to the fitness studio, locker room, fitness classes, pools and relaxation in the meditation atrium. The 80-minute treatment costs \$225 Monday through Thursday and \$235 Friday through Sunday. Visit www.thephoenician.com for more info.

4. Suddenly Slimmer was the first spa in the Valley to offer the Pumpkin Facial and offers more than a traditional facial by giving skin the deepest pore cleansing, leaving skin feeling rejuvenated and glowing. The 50-minute treatment costs \$95. Visit http://www.suddenlyslimmer.com/html/spa_detail.asp?serviceId=360 for more info.

5. One Love Boutique Spa offers a \$50 pumpkin peel and facial for the month of October. Both treatments last one hour and use the pumpkin enzyme. The pumpkin crème facial is a Spa Week deal and includes a cleanse, mask, steam extractions, corrective serum, a second mask, SPF and moisturizer. If you're looking for a stronger treatment, the pumpkin peel is your perfect match. For more information, visit <http://www.oneloveboutiquespa.com/>.

DIY Mask

If relaxing at home fits your fancy, here's a DIY Pumpkin facemask courtesy of skin care specialist Indie Lee:

Ingredients:

- 4 tbsp. organic pumpkin puree
- 4 tbsp. organic honey
- ½ tbsp. Greek yogurt or avocado oil
- 1 drop of sandalwood essential oil
- 1 drop of carrot seed oil
- Dash of pumpkin spice (optional)

Directions:

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Mix ingredients in a large bowl, cover and refrigerate for 30 minutes. Apply to face and let sit for 5-10 minutes. Rinse with warm water and pat dry for a glowing face.