

VH Spa for Vitality + Health Debuts Fall Specials

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Tuesday, 10 October 2017 09:10 - Last Updated Tuesday, 10 October 2017 09:21



As we head into the busy holiday season, [VH Spa for Vitality + Health at Hotel Valley Ho](#) is gearing up with an arsenal of seasonal spa treatments intended to relax and recharge its guests (with a few fun ingredients in the mix, too).



With ingredients like arctic berry and fig, the limited-time, specially priced spa specials at VH Spa for Vitality + Health at Hotel Valley Ho are adding in some seasonal flair while also refreshing guests before the hustle and bustle of the holiday season is in place.

A luxurious, must-try treatment is the new Nature Signature Treatment (\$135; regular price is \$185). The 90-minute treatment combines an exfoliating scrub, a mask/wrap and a Finnish massage. The arctic berry exfoliant, which is minty and refreshing, sheds and soothes dry skin while still being gentle. Then, a mask is applied to hydrate skin before the guest is cocooned while the treatment does its magic. While wrapped, the guest is draped in a warm blanket and enjoys thorough foot and shoulders massages.

After a quick rinse in the shower, the guest is eased into utter relaxation with a Finnish-inspired massage. (A Finnish massage is a modified version of a Swedish massage with more deep tissue work and stretching involved.)

Available through January, the other fall and winter specials at VH Spa for Vitality + Health include the 60-minute Coffee Fig Pedicure (\$50, regular price is \$65) and the 60-minute Pro Script Peel (\$85, regular price is \$130), which provides age-defying, radiant results just in time for those holiday pictures.

To book your fall and winter spa day at VH Spa for Vitality + Health , click [here](#).

P.S.: The spa reception area just debuted new decor and furniture!