



This Summer's Seasonal Spa Treatment Offers Guests *Gifts from the Garden*



For Immediate Release: Hawley, PA, April 23, 2013- This August, The Lodge at Woodloch will introduce a special summer treatment that is truly seasonal and customized to guest needs, as Mother Nature allows. The new treatment, called *Gifts from the Garden* is a customized body treatment that will combine dried herbs harvested from the destination spa's own garden and is designed to address the specific needs of each guest. The guests will choose which components they would like to enjoy, whether an exfoliation, a luxurious bath soak, or a relaxing massage. The fifty minute treatment will combine two of the choices, or the seventy-five minute treatment will combine all three. Prior to their treatments, each guest will meet with a therapist to review all herbs and exfoliates to create a custom blend for the treatment. The guests may even use a mortar and pestle to grind the herbs into their own scrubs or herbal bath pouches. The ingredients selected by the guest will then be used in his or her treatment. Of course, which herbs are available will be completely based on Mother Nature and when the herbs are ready to be harvested from the garden.

The Healing Garden, located at the front of the property, was designed by Master Gardener Alison Peck and Treatments Manager Amanda Clabaugh to contain a variety of results-driven herbs and flowers that address concerns such as stress, tension, sore muscles, hormonal imbalance, anxiety, chronic fatigue and more. Together with Amanda's vision and Alison's green thumb, the garden will provide bushels of herbs and flowers that will be used throughout the treatments menu. Other examples of treatments that use herbs harvested from the Healing Garden are The Lodge's signature Rosemary Awakening Body Treatment and Restorative Herbal Massage.

About The Lodge at Woodloch:

The Lodge at Woodloch is an award-winning all-inclusive luxury destination spa resort, offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 150 wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The exclusive property features 57 luxury accommodations and a 40,000-square-foot spa. Additional information and reservations are available toll-free at 1-866-953-8500 or on the Web site at TheLodgeAtWoodloch.com.

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