



The Lodge at Woodloch, A Destination Spa Executive Chef Josh Tomson

Award-winning destination spa resort, The Lodge at Woodloch offers innovative five-star spa cuisine from innovative executive chef, Josh Tomson, placing emphasis on flavor and real-life choices. From naturally raised meats and fish to vegetarian dishes, The Lodge at Woodloch's approach to spa cuisine marries the best food with enlightened healthy techniques, creating a new kind of spa cuisine, one that is both satisfying and nutritious. As a result, guests will discover an unexpected approach to cuisine that celebrates the fine art of dining.

Seemingly perched among the trees, guests of The Lodge at Woodloch dine at the distinguished TREE restaurant and bar. Flavorful and inventive, TREE'S menu is created daily by a team of gourmet chefs, led by executive chef Josh Tomson, using fresh, local ingredients, including just picked items from the resort's own gardens. From its cathedral windows to the expansive wooden beams, TREE evokes a sense of casual sophistication and serves as the social hub for guests, inviting them to take a break for coffee or tea by the fire or meet for cocktails or imported ales at the bar.

A graduate of the French Culinary Institute in New York City and the New York Wine Tasting School, Chef Josh Tomson brings in over 15 years of culinary expertise and preference for local, organic and sustainable products. He enjoys visiting farmers markets, and purchases local product whenever possible. Throughout the years of his culinary career Chef Tomson has been incorporating a farm-to-table philosophy, and assisting the properties he worked for, to become more sustainable and green-friendly. "I am thrilled to lead this talented team at The Lodge at Woodloch toward a path that is so engrained in my own beliefs. The philosophy of letting nature nurture takes my passion toward local farm foods and pairs it with our amazing surroundings and the result speaks for itself," shared Chef Tomson.

Prior to joining The Lodge at Woodloch, Chef Tomson gained rich national and international exposure at award-winning restaurants, inns and hotels in the United States, France (Chamonix) and Switzerland (Luzerne) - to include The Hermitage Inn (Executive Chef), Castine Inn (Chef de Cuisine), Ryland Inn (Tournant) and Private Jet Catering - Jetstream Seasoning (Chef /Representative).

Chef Tomson enjoys collecting rare and valuable cookbooks, and spends his free time playing golf, and tending to his organic garden (if he can keep his dog, Chase from digging it up). His green thumb will go a long way in curating the property's Farm-to-Table Garden into the menu as well as providing guests with unique educational opportunities. His creativity and passion have also extended into cheese making and pickling to further sustain the local and garden-fresh foods at The Lodge.

The Lodge at Woodloch also offers chef-hosted dinners, wine tastings, special seasonal events as well as learning opportunities for guests in how to recreate dishes for fine dining at home while continuing on

the path of healthy eating. The award-winning cooking classes in the Chef's Kitchen featuring state-of-the-art Viking appliances and equipment, including an overhead plasma screen that displays the chef's demonstrations for close-up review, are consistently sold out. Guests can learn a variety of signature spa cuisine recipes such as Ginger and Carrot Soup and Gluten-Free Chocolate Cakes. The Lodge's expert culinary team will also share new cooking techniques, surprising ingredient alternatives, elegant and fun presentations ideas and information on nutrition and weight loss.

In late 2016, The Lodge at Woodloch launched its first cookbook headlined by Executive Chef Josh Tomson. The recipe book, [Nurture With Nature: Seasonal Recipes for Body, Beauty, and Healing](#), shares helpful tips for a pantry clean up, choosing foods for the season, a food rainbow, as well as 100+ recipes. Executive Chef Josh Tomson and his team rounded up guest favorites from the TREE Restaurant Menu as well as a few personal favorites. His collection of seasonal recipes showcases his artful take on spa cuisine (as well as a few splurge recipes). Amanda Clabaugh, the treatments manager at The Lodge at Woodloch, outlined DIY Spa Recipes to create unique and effective skincare treatments right from the pantry. Leslie Britt and Cindy Wasilewski outlined their favorite bespoke beverage recipes to make the most of each season. And lastly, Nathaniel Whitmore, Master Herbalist, collected recipes for herbal healing to help align the body with the season naturally.

The Lodge has created a realistic approach to healthy eating that is sustainable for guests, including a slightly higher fat content, based on healthy fats like olive oil. Guests take home a greater consciousness about nutritious ingredients and portion size, and become more aware of that first moment of feeling full.

About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest all-inclusive luxury destination spa resorts in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 400 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, a 40,000-square-foot spa, gourmet restaurant and more. Additional information and reservations are available toll-free at 1-800-WOODLOCH or on the Web site at TheLodgeatWoodloch.com.

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