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Fall Back into Autumn with Savory Treatments from Local Spas

Several local spas are serving up fall-inspired treatments made from ingredients such as pumpkin, cranberry and spice.

By Michelle Mowad | Email the author | 11:14 am

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Just as the menus at our favorite farm to table restaurants are changing from summer berries to fall fresh root veggies, the menus at several locals spas are making the same seasonal changes.

Pumpkin is known to be the full of vitamin A and contain more than 100 other beneficial vitamins and nutrients, according to [Spa Gregorie's Del Mar](#).

The local spa at Flower Hill Promenade is offering a pumpkin peel, a botanical scrub for feet, an organic brightening facial and an apple spice facial this season.

We recommend the organic brightening facial. It helps erase the impacts that the harsh summer sun has on our faces and neck even with our diligent application of sunscreen. The brightening facial uses enzymes, lactic acid, vitamin C and other all-natural ingredients to exfoliate, refine and brighten the skin. The facial aims to reduce uneven pigmentation, lessen fine lines and increase smoothness. Plus the 60-minute treatment includes a hand and foot massage for \$119.

Spa Gregorie's will also host a Pumpkin Apple Spice Facial Event on Oct. 25 from 11 a.m. to 7 p.m. The \$79 service aims to treat acne, hyper-pigmentation, fine lines and wrinkles. We recommend making an appointment.

Down on Camino Del Mar, [Spa L'Auberge](#) offers a pumpkin body wrap, shower and massage for \$160. The 110-minute treatment begins with a pumpkin enzyme wrap to exfoliate dead skin cells and

nourish depleted skin to a vibrant glow. The pumpkin wrap is full of vitamins, minerals, antioxidants and caffeine to reduce cellulite. Plus, you get a scalp and neck massage while pumpkin slurry absorbs into your skin. After a shower, guests are lathered up in using pumpkin body butter with a blend of cocoa, mango, and shea butters to deeply moisturize and smooth the skin.

And the renowned [The Spa at The Grand Del Mar](#) anticipates including some rich fall ingredients in treatments next month.

Do you know of a local spa offering fall specials, let us know in the comment section below.

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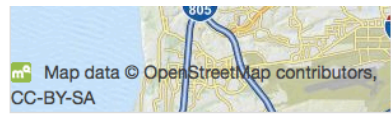
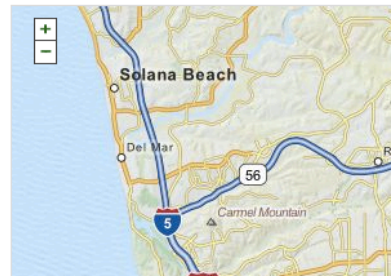
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