

## Farm to (treatment) table: Spas go organic and local

by Christina Valhoulis    FEBRUARY 23, 2015, 8:18 AM EST

### Yes, you can pick your own treatment herbs.

Hang on to your kale, as farm to table is moving from the dining room into the spa. While many top spas have been offering organic treatments for some time, they're taking it one step further with treatments using fresh herbs and citrus grown on-site. Freshly picked lavender, eucalyptus, and honey are cropping up in everything from handmade scrubs to face masks.

Here's a look at a handful of hotel spas incorporating farm to table spa treatments.

### Buttermilk Falls Inn + Spa, Milton, New York



Courtesy of Buttermilk Falls

Located in the Hudson Valley, the **Buttermilk Falls Inn and Spa** has just 18 rooms and is located on a 75-acre farm. Forty-five of those acres are taken up by Millstone Farms, which grows stone fruit, Swiss chard, kale and watermelon (seasonally). There's also a livestock barn with heritage breed chickens and peacocks, as well as an aviary house. The spa uses solar and geothermal power, and incorporates home-grown herbs, honey and even pumpkin in its treatments. The signature Millstone Farm Facial includes a mask made with the farm's honey, as well as a homemade cucumber-honey toner. Pumpkin, an antioxidant, is the star ingredient of the Pumpkin & Spice Body Wrap.