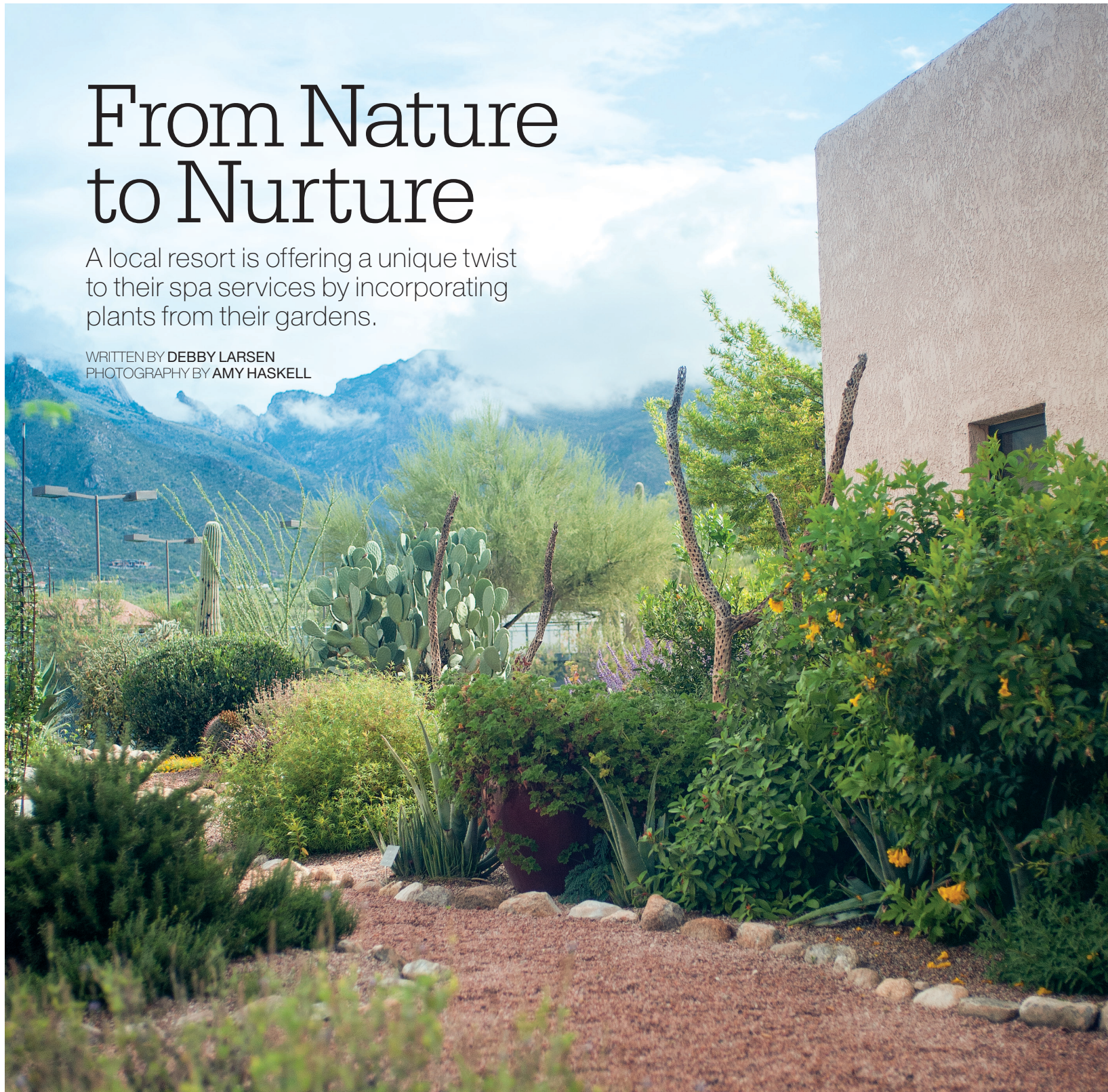


From Nature to Nurture

A local resort is offering a unique twist to their spa services by incorporating plants from their gardens.

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Westward Look Wyndham Grand Resort & Spa has added signature treatments to their spa services menu. Their garden-to-body treatments create an interactive sensory experience. Guests are given the opportunity to stroll through the Sonoran Spa Wellness Garden to choose seasonal aromatic plants. Those plants then are mixed with oils and salts, resulting in a personalized body scrub. The experience is combined with a full body massage.

The spa garden includes a wide variety of options grown especially for their use in aromatherapy. The most prized plants are

lavender, rosemary and mint. Lemon eucalyptus and lemongrass also are favorites because they blend well with other herbs, adding a refreshing citrus note.

The resort's garden includes a wide range of arid-adapted plants, tended by landscape manager Raymundo Ocampo. The Sonoran Spa Wellness Garden is one of five on the resort's property, including Butterfly and Hummingbird Gardens, a Chef's Garden and a Culinary Herb Garden.

ABOVE A portion of the Sonoran Spa Wellness Garden.

Make-At-Home Skin Care

A home herb garden provides avid cooks with a resource for fresh aromas, flavors, and colors to incorporate in their dishes. However, your own herb garden also can be used to incorporate beneficial ingredients into home spa creations. As an added benefit, several herbs are known to have antiseptic and antibacterial properties for skin care. Some herbs can be used to create simple, beneficial formulas to soothe, cleanse, or moisturize your skin. ►



RECIPES

Courtesy of Westward Look Wyndham Grand Resort and Spa.

Revitalize My Body

- 1/2 cup Dead Sea salt
- 2-3 springs of lavender
- 3-4 drops of blood orange essential oil
- 4 Tbsp. unscented oil

Grind salts in a coffee grinder. Add to the remaining ingredients and mix until well blended.



Revitalize My Body

TucsonLifestyle.com



Vitamin C Hydrating Scrub

Vitamin C Hydrating Scrub

- 1/2 cup Dead Sea salt
- 4 Tbsp. unscented oil
- 1 barrel cactus fruit, diced
- 1 stalk lemongrass, diced
- 1 lemon eucalyptus leaf, minced
- 1/2 lemon, zested

Grind salts in a coffee grinder. Add to the remaining ingredients and mix until well blended.

RECIPES

Lemon Chiller



Lemongrass
Skin cleansing & pain relief

Lemon Chiller

- 1/2 cup Dead Sea salt
- 1 stalk lemongrass, diced
- 1-2 lemon eucalyptus leaves, minced
- 4 Tbsp. unscented oil
- 3-4 drops lime essential oil

Grind salts in a coffee grinder. Add to the remaining ingredients and mix until well blended.

“May”jito Scrub



Mint
Digestive aid & breath freshener

“May”jito Scrub

- 1/2 cup granulated sugar
- 3 mint leaves, minced
- 2-3 sprigs lavender, minced
- 4 Tbsp. unscented oil
- 3-4 drops lime essential oil

Grind sugar in a coffee grinder. Add to the remaining ingredients and mix until well blended. **HG**



Sage plant near an arch of jasmine vine.

Four plants, also known for their aromatic and healthful properties grown in the resort's Spa Wellness Garden.

