


FEEDING  
THE

# Mind, Body & Soul

BY KELLY  
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Meeting the  
Nutritional  
Needs of Your  
Spa Guests



**Nutrition is no longer just about consuming food to fuel the body.** Now, guests also think of nutrition as an encompassing way to feed the mind and soul. Spas respond to this demand by not only offering nutrition classes that teach guests how to embrace a clean diet, but also by adding plant-based treatments to the menu.

“Nutrition and hydration are vital to vibrant health. With busy schedules, life changes in combination with known food and environmental toxins, there is often a tendency of feeling out of balance and, ultimately, becoming vulnerable to long-term health complications,” says Leslie Johnson, spa director at Omni La Costa Resort & Spa in Carlsbad, California.



At Deer Lake Lodge, guests are taught the importance of nutrition and are given easy-to-follow detox drink recipes to implement in their daily lives.

“It's not just about pampering anymore. From 'health-conscience' millennials to 'worried well' baby boomers, these guests value a more holistic approach.”

Kathryn Petty, president and founder of White Lion Tea, a luxury food and beverage company based out of Scottsdale, Arizona, believes that “the spa industry is evolving in tandem with the demographic profile of its guests.”

“It's not just about pampering anymore. From 'health conscience' millennials to 'worried well' baby boomers, these guests value a more holistic approach. A fresh focus on healthy lifestyle and well-being is part of this evolution, and proper nutrition is an essential element,” Perry says.

Naturopathica Founder and CEO Barbara Close agrees, stating that the slow food movement emerged in order to

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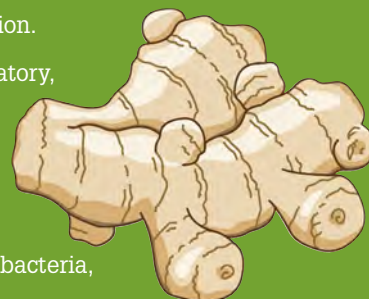
## POWER HERBS

Which herbs should you add to your spa treatments, cuisine or product lines?

Here are a few considered by our expert sources as power herbs:



- **MAGNESIUM:** Keeps muscles loose and bowels active.
- **OLIVE LEAF:** For anti-fungal and anti-bacterial use.
- **MILK THISTLE:** Helps with liver and clogged arteries.
- **TURMERIC:** Supports healthy muscle function.
- **OREGON GRAPE ROOT:** Soothes eczema, psoriasis and rosacea, and contains Berberine, which offers antimicrobial and antibiotic benefits.
- **PASSION FLOWER:** Calming herb for anxiety, nervousness, insomnia and stress.
- **ROSEMARY:** Helps with digestion and memory function.
- **GINGER:** Helps with stomach issues, is anti-inflammatory, and has been known to give your immune system a boost.
- **STINGING NETTLE:** Anti-inflammatory and helps get rid of dandruff.
- **COCONUT OIL:** Burns fat, decreases appetite, fights bacteria, boosts immunity, and contains tons of antioxidants.



## FEEDING THE MIND, BODY AND SOUL

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refocus the intent behind what we eat, drink and, ultimately, how we interact with the world around us. “People are now more educated than ever and seek information about the ingredients they are consuming and the effects on the body. As thought leaders in wellness, we have to continue to provide this information and empower our communities to live better every day,” Close says.

In today’s world, Lake Austin Spa Resort Nutritional Consultant Terry Shaw thinks there’s an even greater need to educate guests on proper nutrition because of the plethora of misinformation available on the media and the internet.

### Educating Guests

“Guests are craving knowledge,” says Carrie Harmon, spa director at Deer Lake Lodge and Spa in Montgomery, Texas.

“They notice their food is making them feel bad, and they want to make better choices so they are not so tired and worn out. They just don’t know how.”

Educating spa guests on proper nutrition is an important aspect to their visit. Consider starting each treatment with a consultation, whether with a nutritionist, massage therapist, or esthetician, to better understand each guest’s health goals.

At Naturopathica’s Vitality Bar, for instance, the therapist or esthetician will sit with the client before each treatment to better understand health goals and concerns. “Together, they select one of our Remedy Teas, tonics or elixirs from the Vitality Bar to enjoy post-treatment. Our Vitality Bar menu contains some of the most powerful healers in nature’s ‘pharmacy’: Turmeric for sore muscles, Burdock and Aloe for radiant skin, Milk Thistle for cleansing, Oats for stress relief as

**Beauty begins on the inside. Supplements like Collagen Sparkle give guests the internal nutrients they need to look and feel beautiful.**



# SUPER FOODS FOR THE SKIN

Food is no longer just for eating. “Delivering nutrient dynamic and dense foods and fluids that speak to our cellular structure, whether through ingestion or topical application is gaining greater understanding and awareness due to their active macro- and micro-nutrients,” says Leslie Johnson. Here’s a quick look at how these superfoods are incorporated into the spa menu at Omni La Costa Resort & Spa in Carlsbad, California.



- **AVOCADOS:** A great source of vitamins E and D along with healthy, hydrating fats.
- **TREATMENT USED:** Body Bliss Avocado Oil Body-wrap Treatment
- **KALE:** Packed with nutrition, low in calories, zero fat, high in protein and fiber, which aides in digestion.
- **TREATMENT USED:** Éminence Organic Skin Care Citrus and Kale Facial
- **BLUEBERRIES:** High in antioxidant phytonutrients.
- **TREATMENT USED:** Éminence Organic Skin Care Blueberry Facial Peel
- **SEA SALT:** Abundant in minerals, including magnesium, calcium and potassium needed for skin health.
- **TREATMENT USED:** SpaRitual’s Instinctual Sea Salt Pedicure Soak

“My motto in menu development was to ‘drink something wild everyday,’ incorporating therapeutic ingredients that come from the wild.”

well as Kombucha, a rich probiotic,” Close says.

Yu Ming O’Neil, founder of Collagen Sparkle, a nutritional supplement company based in Hawthorne, New York, believes that nutrition counseling is an important element in a broader wellness offering. “It’s not just about weight management (though that is important), but really about helping clients to understand the best possible ways to fuel their body and lifestyle,” O’Neil says.

Nutrition, according to Chef Josh Tomson of The Lodge at Woodloch in Hawley, Pennsylvania, is now at the forefront of the minds of spa guests. “With our philosophy of ‘Personal Awakening,’ we like to share tips and tricks with our guests to make their already healthful techniques even more nutritious

while enhancing the flavor. We often find with the trends of diets that guests are misinformed, and we like to shed light by using freshly grown whole foods,” Tomson says.

## Nutrition Offerings

At Naturopathica’s Vitality Bar, its menu highlights the benefits of herbs and probiotics. “When our guests read our menu, they are immediately curious about the unusual blends with ingredients, ranging from Probiotic Hot Sauce and Horseradish to Turmeric and Burdock Root,” Close says. “My motto in menu development was to ‘drink something wild every day,’ incorporating therapeutic ingredients that come from the wild—including herbs and spices along with cold-

pressed juices and nut milks.” To ensure that guests have access to the correct nutritional information, Close made sure to hire a team composed of an herbalist, a nutritionist and a certified tea sommelier.

As a way to educate guests, The Lodge at Woodloch offers an extensive list of nutrition-based offerings. Guests may choose to watch cooking demonstrations using seasonal ingredients, attend a homesteading class that offer organic gardening tips as well as a Culinary Nutrition in the Garden

tour led by the property’s holistic nutritionist and plant-based vegan chef.

The Lodge at Woodloch also offers a seasonal herbal class and one-on-one consultation with the property’s master herbalist, as well as classes on Healing Foods, The Green Smoothie and BeeKeeping 101. Every Thursday during the summer, the property offers Garden Dinners to guests who love to see food as it is harvested, prepared on the grill, and served right in the garden.



Guests at Lake Austin Spa Resort in Austin, Texas are wowed by Executive Chef Stephane Beaucamp's nutritional cooking demonstrations.

## MISCONCEPTIONS ABOUT FOOD

**MISCONCEPTION: All carbohydrates are bad.**

**TRUTH:** The body needs carbohydrates. “A combination of appropriate carbs and protein will improve the body’s ability to utilize the protein. An appropriate ratio of carbs and protein before or after exercise also increases stamina by effectively storing glucose in muscle as glycogen and providing the body’s favorite exercise fuel,” Shaw explains.

**MISCONCEPTION: It’s all about the calories.**

**TRUTH:** “One thing that we hear often is portion control and counting calories. One thing we love to share about our food is that it is much more about what you eat than how much you eat (within reason, of course). If you eat one small breakfast muffin, you could have enough calories for two meals,” says Tomson.

**MISCONCEPTION: Food does not have healing properties.**

**TRUTH:** “Food is our best medicine, as the gut is the seat of our immune system. Sadly, because modern diets contain a lot of processed foods and low fiber, we have lost a lot of the essential nutrients that keep our gut and our immune system healthy. Learning about foods that support a rich diversity in gut health is essential,” says Close.

Similar at The Lodge at Woodloch, guests at Lake Austin Spa Resort in Austin, Texas, are offered a variety of hands-on activities and educational classes. “Guests thoroughly enjoy walks through our organic gardens to learn about beneficial



Using nature's ingredients in your treatments, like the Berry Firm Facial at Omni La Costa Resort & Spa in Carlsbad, California, gives guests a well-rounded nutritional experience.

herbs,” says Shaw, a registered dietitian. “I also do a talk on the medicinal aspects of culinary herbs and teach guests how to implement them in their own kitchen via cooking classes and demonstrations.”

At Deer Lake Lodge and Spa, guests may choose to attend a class on raw food and juicing, essential oils or the use of food and herbs to treat common ailments. For weight management, the spa offers herbal supplements and fiber detox drinks with an easy-to-follow plan. “We try to get guests to take home parasite, kidney and liver cleanse packages to take their detox efforts to the next level,” says Harmon.

When it comes to weight loss, O’Neil says people tend to sign up for spa programs when they want to see a more dramatic result at a short period of time. “But the key to maintaining results in the long-term is to learn how to keep the weight off on your own after you go home—in comes the necessity of education on proper nutrition, exercise and wellness,” says O’Neil. “Achieving optimal health and beauty requires consistency and changing negative habits into positive ones.”

### Emerging Science

In the world of nutrition, there’s an emerging science on ‘gut-brain axis,’ the communication between the gut and the brain. “New studies have shown that bacteria in the gastrointestinal tract can activate neural pathways and central nervous system signaling processes and responses. In other words,



Not only are White Lion Teas natural and healthy, but they are also responsibly sourced to ensure workers are treated and paid fairly.

what we eat can not only have an effect on our mental health, including illnesses like anxiety and depression, but also skin health, especially in the cases of acne and atopic dermatitis.”

To combat these diseases, Close suggests building healthy bacteria with prebiotics from herbs as well as supplement the diet with probiotics, such as fermented foods.

Another research that has emerged focuses on the benefits of tea. According to Petty, in an article published in the March 2016 issue of *Health* magazine, Dr. Elliott Miller—an

internal medicine physician and instructor of medicine at The Johns Hopkins Hospital in Baltimore—found that those who drink a cup of tea a day had about one-third less risk of a major heart disease event. “Tea drinkers, those who drank from one to three cups a day, showed a decline in the calcium buildup in their arteries,” Petty says.

In deciding what nutrition-based offerings to include in your spa menu, Tomson suggests staying away from fad diets and taking cues from nature. “Our main goal is to buy local and sustainably. While in season, we get many of our

“We may not always have the same items on the menu, but we use nature and the seasons as our muse.”



The Vitality Bar at Naturopathica Chelsea gives guests the opportunity to sample natural therapeutic ingredients and take home recipes to implement at home.

vegetables and greens from our own garden. We may not always have the same items on the menu but we use nature and the seasons as our muse.”

Like The Lodge at Woodloch, White Lion Tea keeps sustainability in mind when sourcing ingredients. “Responsibly sourced teas leave a smaller carbon footprint, and we can better

monitor that the workers are treated and paid fairly,” Petty says. “Direct-sourcing also dovetails with White Lion’s pride mission. We provide scholarships to girls in the villages where our tea is grown. These girls would not otherwise be able to attend school, and education is key to a better life. It’s about sustainable social change one life at a time.” ■

## FEATURED SOURCES



**LESLIE JOHNSON**  
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**KATHRYN PETTY**  
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**JOSH TOMSON**  
Chef  
The Lodge at Woodloch  
HAWLEY, PENNSYLVANIA



**WANTING SOME SKIN TONIC,  
SMOOTHIE OR SOUP RECIPES?** Click here to download  
all the recipes shared by some of this issue's featured sources.

## IN MEMORIAM

Our hearts are in pain with news of the passing of **Glen Ivy Hot Springs Executive Chef Bill Wavrin**. Author of a James Beard Award-nominated cookbook and honored by The Aspen Center for Integral Health as one of the “Healthiest Chefs in America,” Chef Bill will forever be remembered for his unwavering passion and larger-than-life persona.

Jim Root, Glen Ivy Hot Springs senior executive, offers a loving tribute: “Although my heart is heavy, Chef Bill’s bigger-than-life spirit will stay with me always. For almost 30 years, Billy and I worked together at three of the great spa and wellness destinations: Rancho La Puerta, Miraval and, for the last eight years, at Glen Ivy Hot Springs in Corona, California. Through it all, we never lost sight of each other. As I’d say, ‘See you later, Billy,’ he would give me a big bear hug and say, ‘I love you, Jimmy.’ I miss you so much my friend.” ■



**TO READ** Root’s complete tribute, click here.

