

healthy
choices
for
balanced
living

Healing *lifestyles & spas*



**ORGANIC KITCHEN GARDENS AT RESORTS, INNS, AND SPAS
ARE ATTRACTING MORE THAN BEES, BUTTERFLIES, AND CHEFS
SCOUTING FOR INGREDIENTS FOR THEIR DAILY MENU.**

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Spa guests are enjoying fresh, homegrown herbs and plants in a new and equally delicious way. Going organic is not just about what we put into our bodies; it's about what we put onto our bodies, too. It is also about not using fuel to transport products across the country when local resources are at hand.

Rancho Bernardo Inn San Diego, California

LANDSCAPE STYLE Outside the spa, a garden gate opens to the Spa Garden where at one end, a Roman pool and patio terrace beckon guests to idle. At the far end is the spa's centerpiece: a tiered artisan fountain flanked by six freestanding treatment casitas. Rustic stone paths and tufts of flowering camellias and grasses lead the way to the private bungalows.

THE GARDEN PATH To enhance the spa garden experience, the spa has introduced Made Fresh Daily body therapies that incorporate fresh herbs and flowers grown on-site along with organic ingredients from local growers.

BOUQUET The breezy blend of Californian and Mediterranean garden style is seasoned with the aromas of French Lavender and Tuscan Blue Rosemary that dot the outdoor oasis.

PLANTING A SEED As a take-home token of their Made Fresh Daily treatments, guests receive a Spa to Go card tucked with fresh herbs and printed with a chef's seasonal recipe for an at-home spa treatment.

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—Lisa Kasanicky