

9 Luxurious Farm-to-Table Spa Experiences in New York

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Travel just a little bit outside of the concrete jungle that is the Big Apple, and you'll find miles and miles of natural New York farm land. From those fields, haute spas are using local, antioxidant-rich ingredients such as wine, maple syrup, apples and minerals in innovative spa treatments. If you find yourself winding through the vineyards of upstate New York and Long Island, here are some nourishing spa treatments you simply must try.



Millstone Farm Facial at Buttermilk Falls Inn in the Hudson Valley

Nestled in the Hudson Valley, the Buttermilk Falls Inn and Spa is located on a sprawling 75-acre farm filled with delicious produce like swiss chard, kale, stone fruit, and seasonally-grown watermelon. The eco-friendly spa utilizes solar and geothermal power and incorporates home-grown herbs, honey and pumpkin in their treatments. The spa's signature Millstone Farm Facial includes a mask made from the farm's honey and a homemade cucumber-honey toner. Pumpkin (not just for fall coffee drinks) is also featured in the Pumpkin & Spice Body Wrap. The natural antioxidants in pumpkins help to soothe and purify the skin.

The Adirondack Maple Sugar Body Scrub at Mirror Lake Inn

More than just a delicious natural sweetener, maple sugar can also serve as a wonderful skin hydrater. The Adirondack Maple Sugar Body Scrub is a signature treatment that uses the richness of locally-sourced maple sugar to give guests a hydrating and skin-softening full-body exfoliation. This treatment is priced at \$140 for 50 minutes.



Gurney's Montauk Resort & Seawater Spa

Utilizing classical and time honored european traditions, Gurney's Montauk Resort & Seawater Spa uses the purest natural products in its spa treatments. Gurney's Resort boasts the only authentic Thalasso Center in the U.S. These Thalasso programs use sea water and seaweed in a marine enriched environment for preventative and curative therapy. The facilities also include a heated indoor sea water pool overlooking the majestic Atlantic, seawater Roman baths, Finish rock saunas, Russian steam rooms and Swiss showers. Guests can also participate in the facility's world-class fitness program.



Wine Infused Treatments at Mirbeau Spa in the Finger Lakes

Area wineries are great for providing fine tasting wines, but they are also providing ingredients for haute spa treatments. The award-winning Mirbeau Spa in the Finger Lakes features a Honey & Wine Wrap that includes a soothing blend of wine and honey, invigorating skin and protecting against dehydration. Other wine-infused beauty remedies include The Crushed Cabernet Scrub, which uses a blend of grape seed, honey and brown sugar to create a scrub that stimulates microcirculation and excises toxins.



Wine Wrap at Park West Spa in the Finger Lakes

If you simply can't have enough wine treatments, Park West Spa on the shore of Canandaigua Lake offers a Wine Wrap that champions the best aspects of New York's farm-to-table movement. Using the potent antioxidant and exfoliating properties of local grapes, the wine wrap helps to treat sun-damaged, dry and aging skin. It removes dead skin cells, fades age spots, and deeply hydrates skin that has spent too much time in the sun.



Antioxidant Wine Trail Wrap at August Moon Spa in the Finger Lakes

The August Moon Spa located in The Finger Lake's La Tourelle offers an Antioxidant Wine Trail Wrap. The Antioxidant Wine Trail Wrap repairs and restores aging skin with the antioxidant properties of powdered grape seeds native to the region. The luxurious wrap will be followed up by a lavender grapeseed oil moisturizing application.



Chardonnay Body Drench at Glenmere Mansion in Hudson Valley

Combining both massage and hydrating treatments, the Chardonnay Body Drench couples a relaxin massage with nourishing skin treatments. A cocktail of hydrating elements is applied during a full body massage. A heated wrap provides a deep penetration that quenches the skin. This treatment is priced at \$165 for 60 minutes.

Ellicottville Salt Cave Halotherapy Spa in Chautauqua-Allegheny

Much can be said about the curative properties of salt. The Ellicottville Salt Cave Halotherapy Spa in Chautauqua-Allegheny offers a 45 minute session shared by up to four people in a room filled with 100% pure Himalayan salt. Amenities like gravity chairs, blankets and pillows ensure complete comfort. The healing salt air purifies the lungs while calming music and dim lighting soothe the senses.

Mineral Water Treatments at the Roosevelt Baths & Spa in Saratoga Springs

There's a reason why President Franklin Roosevelt worked so hard to preserve the Saratoga Springs. The natural beauty of the area is near-unparalleled. Established in 1935, the Roosevelt Baths & Spa offers transformative hydrotherapy spa treatments. The experience begins with a private soak in Saratoga's naturally effervescent water and features 42 original treatment rooms with a complete menu of services that include facials, scrubs, body wraps, and a full-service salon.

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