

If you're planning to travel this fall, here are 11 spas that offer pumpkin-themed treatments

HELLO GIGGLES Lourdes Avila Uribe

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As much as we adore autumn, the dry, windy weather does us no favors. There's no better way to pamper ourselves during the seasonal transition than with a spa treatment, [and if it's fall-themed](#), even better! So we did a little look-see around the internet in the hopes of finding [spas all around the country offering pumpkin-themed treatments](#). This a delightful way to indulge in the spirit of the season, but it's not just a holiday gimmick — [pumpkin is actually great for your skin](#).

Whether you eat it or slather it on your skin and hair, pumpkin delivers amazing benefits. It's chock full of Vitamin C, which can help protect your skin from free radicals, wrinkles, and [even skin cancer, according to CNN](#). It can even help promote collagen production, which as you know, helps to improve your skin's appearance and elasticity, preserving that youthful glow. It's also got Vitamin B, which treats acne, improves circulation, and increases cell renewal.

[via GIPHY](#)

So if you're traveling and want to enjoy a local pumpkin treatment, we've got a few options ready to go.

Here are 11 spas that offer pumpkin-themed treatments.

1. **Pumpkin Cream Body Wrap, \$108**



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A close-up shot of sea salt and dried flowers (rose and chamomile here) used in our spa. Create your own bath salt mixture, or an exfoliating scrub to take home (or just to your room). ☐☐☐#natural #farmtoface #cedarbrook #cedarbrooklodge #spa #seasalt #exfoliate #petals #chamomile #diy #organic #organicskincare #relax #refresh #pamper #seattle #seatac #beauty #treatyoself #wellness #massage

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The Cedarbrook Spa in SeaTac, Washington offers a luxurious treatment to revitalize your skin. First, they use a dry brush and sugar scrub to exfoliate and moisturize before wrapping you up in a pumpkin cream soufflé wrap to hold in all the moisture. This soothing treatment will leave your skin soft and smooth.