

Experience the Colors, Scents, Spa Treatments and Flavors of Fall at The Ritz-Carlton, Westchester

By Thompson & Bender

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The Ritz-Carlton, Westchester offers Autumnal delights including seasonal signature massage, pumpkin facial, and mulled ciders with baked brie in the Lobby Lounge.

Autumn is a special season at The Ritz-Carlton, Westchester, from the bountiful gourds display and pumpkin spiced candles in the front lobby to the signature spa treatments and Lobby Lounge culinary offerings.

Follow the Lobby Lounge table, adorned with rich red apples and golden gourds, to a comfortable seat by the window and indulge in a Fall signature cocktail of Wicked Ale or Mulled Cider (both alcoholic and non-alcoholic). Small plate offerings feature Baked Brie and Bartlett Pear Tart with warm mulled pomegranate and apple cider, a selection of Cheeses from upstate New York farms, and Mini Lady Fuji Apples, dipped in caramel for your sweet tooth.

The Lounge's seasonal foods will complement the daily and nightly offerings, which include small presentations such as a shrimp trio, charcuterie plate, cheese selection, tuna tempura, and avocado hand rolls; complete meals like a grilled chicken cobb salad, black angus burger, turkey club or roasted red pepper panini; and desserts including chocolate fondue, a brownie sundae, coco crème brulee and cookies and milk.

Later, head upstairs to the spa for the Letting Go seasonal Fall treatment. Begin with a 10-minute soak in a Japanese tub filled with aromatherapy bath salts. Next, relax with a Swedish full body massage with lemongrass to calm the central nervous system, mint to awaken sensitivity, and patchouli to relieve stress.

Following the massage, the body is wrapped in a cocoon to allow absorption of the aromatherapy oils. Simultaneously, a hair and scalp revitalization treatment and massage relaxes the mind and strengthens the condition of the hair. Featured oils include moisturizing jojoba oil; hydrating kikui nut oil; cleansing grapefruit oil; ylang ylang, which encourages circulation; and vetiver, a relaxing oil often used to treat depression and anxiety. Following the scalp massage, a therapist will wrap the head in a hot towel so guests can relax and let the oils work for up to an hour. Guests then wash the oils out of their hair. The Letting Go treatment lasts 90 minutes and is priced at \$200 plus gratuity.

Why not also experience the Pumpkin Facial, a holistic cleansing treatment fortified with a mixture of beta carotenes to slow down any environmental damage to your skin. The fragrant, exfoliating mask, made from pumpkins, cloves, and ginger, will invigorate dull and congested skin. Pumpkins are also rich in vitamins A, C and E, alpha and beta carotene, and potassium. Zinc, found in pumpkin seeds, is a fabulous antioxidant and skin healer. Guests will walk away from this treatment feeling energized with a smooth and glowing complexion. The Pumpkin Facial lasts for 60 minutes and is priced at \$130 plus gratuity.

For more information on seasonal spa treatments, please call the Ritz-Carlton Spa, Westchester, at (914) 467-5888. For more information on the hotel the Lobby Lounge, please call (914) 946-5500. The Lounge is open daily from 6:30 a.m. to 11 p.m.

ABOUT THE RITZ-CARLTON WESTCHESTER:

The Ritz-Carlton, Westchester is the area's premier hotel and sets new standards for hotels in the market. It features 146 luxury rooms, an award-winning spa with rooftop pool and state-of-the-art fitness center, a comfortably elegant Lounge, and 10,000 square feet of meeting and special event space, including a 500-person ballroom. In addition, the hotel offers BLT Steak, located on the ground floor and Restaurant "42," on the 42nd floor. Set in the heart of the Hudson Valley, The Ritz-Carlton Westchester is just minutes from Manhattan, yet miles from the ordinary. The Ritz-Carlton, Westchester immerses its guests in all the luxury and cultural heritage that is Westchester County, and offers a beautiful retreat for both business travelers and leisure guests.

ABOUT THE RITZ-CARLTON HOTEL COMPANY L.L.C.:

The Ritz-Carlton Hotel Company, L.L.C. of Chevy Chase, Md., operates 70 hotels in the Americas, Europe, Asia, The Middle East, and Africa. Over 30 projects are under development around the globe with future openings including Sanya, Dublin and Beijing. The Ritz-Carlton is the only service company to have twice earned the prestigious Malcolm Baldrige, National Quality Award, which recognized outstanding customer service.

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