

the produce

THE WHAT

Grapes notwithstanding, Napa and Sonoma have a wealth of other skin-beneficial ingredients growing in fields all around the area — which is why many spas are basing their menus on what's available locally and in season now. Farm-to-treatment table spa menus embody the same health ideals as farm-to-table restaurant menus: Using ingredients at the peak of their freshness means you're also getting them when they are most nutritious. Plus, when you know something is ethically and responsibly grown, you can probably bet it's good for you. So how does this hyper-local approach play out? Facials exfoliate with fresh puréed apples, which are packed full of enzymes that work just as well, if not better, than prepackaged spa boutique staples. Hydrating masks use honey collected from bees raised responsibly rather than bees hives that may be treated with pesticides. As some area spas are literally located right next door to the farms, getting the goods fresh as can be means a quick pick or pluck and a short stroll back to the treatment room.

THE STEAL

Cult favorite beauty line Sumbody is already known for its super-natural, all-organic approach to skin care. But at **Sumtime**, its flagship day spa located at the back of its Sebastopol store, it takes it to the next level with the Fresh Facial. The treatment changes every two to three months and incorporates seasonal herbs, fruits, vegetables, flowers and other products from small sustainable farming operations and co-ops. In a canvas-tented treatment room, a therapist might cleanse a client's skin with local goats' milk (which lacks the harsh detergents that many cleansers contain and also maintains the skin's pH balance), fortified with amaranth and crushed almonds. Or she might apply a pore-cleansing mask made from Sonoma clay and locally harvested, antioxidant-rich seaweed. You might even have your skin toned with, of all things, champagne; the carbon dioxide that makes sparkling wine bubbly also makes it great for detoxifying the skin. Bonus: The whole service comes in far under top-shelf champagne-level

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prices. *60 minutes, \$79; [sumbody.com](#)*

For lodging in keeping with these ethics, try the low-key El Dorado Hotel. Its restaurant, El Dorado Kitchen, specializes in slow-food cuisine. The 27-room hotel may lack the frills of other hotels, but the location — right on Sonoma's main plaza — and the rate can't be beat. *Rooms from \$165, [eldoradosonoma.com](#).*

THE SPLURGE

It's little wonder we're such fans of the **Farmhouse Inn**, which is located in a wooded setting in Sonoma County's Russian River Valley. The 1872 farmhouse and cluster of cottages epitomizes Sonoma chic with 18 rooms tricked out with giant barn doors, reclaimed wood mantles and four-poster beds draped with locally produced linens. Even better than the eye candy is the Inn's ethos: The eco-friendly, family-owned property is supported as much as possible by its on-site garden and sister farm, located just five minutes down the road. The same

is true in the restaurant, where farm-fresh meals (including a complimentary breakfast) are on offer. And it's definitely the case at the newly constructed barn house spa, where many of the treatment ingredients come from the garden and farm. One seasonal example is the Carrot, Carrot, Carrot. Carrots are packed with antioxidants, vitamins (including carotene, which the body converts to vitamin A) and minerals, which boost elastin production and aid with dryness. In the three-hour veggie-fest, mashed-up carrots are slathered on the body during a skin exfoliation, a massage is performed using a carrot-infused cream and a customized facial involves a carrot toner and carrot eye treatment. (To cap it all off, a carrot muffin is served at the end — divine.) In development for fall is the Fig and Yogurt Peel, followed by a locally made Honey Cream hydration — delish. All treatments also come with an eye compress using tisane from the Inn's garden.

If you can't make it to the spa, the property still offers a taste of seasonal beauty with its complimentary bath bar. In the reception area is a shelf of all-natural scrubs and rubs guests can take back to their rooms. Since many of the rooms have bathrooms with steam rooms and saunas, creating your own little spa setup is a decidedly easy affair. *180 minutes, \$410; rooms from \$350, [farmhouseinn.com](#)*

THE TAKE-HOME

Mashed-up carrots might not be the most practical souvenir to bring home. The next best thing: something special from **Sumbody**, which manages to integrate mostly local ingredients in its handmade products and wrap them all up in pretty little bottles and jars. At the Sebastopol shop, you'll find an unbelievably large selection of face, body, hair, bath and baby products. We especially love the dozen or so giant bars of artisanal soaps that come in a beautiful array of colors. Slice off chunks from your favorites to create your own little Sonoma sampler (maybe an antioxidant-rich, skin-calming goats' milk and berry-blend soap or a super-hydrating avocado version in varying shades of green). Trust us — they're as fun to look at as they are to use. *Soaps from \$6, [sumbody.com](#)*