

# THE GIFT OF GRAPES

SPA AT THE LODGE AT TORREY PINES

BY MICHELLE LYN



I've always thought I looked better after a glass of wine.

Even better after two, but that has nothing to do with the real reason why grapes are good for us. There actually is some science behind the rosy glow I get in my cheeks when drinking wine and the many more benefits I see when I use skin-care products that contain ingredients that come from all components of grapes.

Grape-seed polyphenols are a powerful antioxidant, resveratrol is an ingredient found in grapevine stalks and is great for anti-aging, and Viniferine, which comes from grapevine sap, is very effective in combating dark spots.

Grapes are actually considered to be one of the best remedies for overall skin care. Rich in vitamin C and loaded with phytochemicals and phytonutrients that have antioxidant and anti-inflammatory properties, grapes are good to eat, drink and rub on our skin.

To get a good dose, visit the **Spa at the Lodge at Torrey Pines** for their **Napa Valley Ritual**. The 140-minute treatment comes straight from the vineyards of Napa Valley and utilizes grapes in more ways than you can imagine.

You start out with a 30-minute soak in the hydrotherapy tub, infusing the body with the power of grape seeds while moisturizing the skin with cold-pressed grape seed oil that is added to the bath.

After emerging from the tub, you're brushed with an application of Cabernet passion fruit French clay, wrapped and left to relax with a scalp massage while the rich clay absorbs impurities, tones and moisturizes the skin.

Twenty minutes later, you've rinsed the clay with a passion fruit wash and melted into a deeper state of relaxation with a grape seed and green tea body butter massage to fully hydrate and moisturize the skin.

This full body treatment utilizes various components of the grapes, all intended to rejuvenate and recharge your skin.

Just add a glass of wine and you've found the perfect **Mother's Day gift**.



The Lodge at Torrey Pines | 11480 N Torrey Pines Rd, La Jolla | (858) 453-4420 | [LodgeTorreyPines.com](http://LodgeTorreyPines.com)