

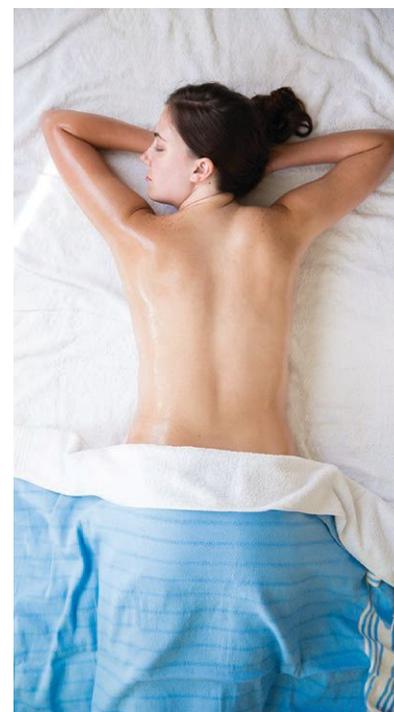
fall INTO spa

A pumpkin latte hydrating European facial? A fruit-forward treatment with matching martini? Here are a few seasonal restorative spa offerings that have us saying *ahh* for fall.

By Mai Pham

There's never a bad time to indulge in self-care and personal pampering, but this fall, a slew of seasonal and signature treatments will go a long way toward helping you achieve inner bliss. First up, **The Spa at Four Seasons Hotel Houston** celebrates Breast Cancer Awareness Month with a series of Pampered Pink Treatments. Book a Polished Pink Pedicure or Polished Pink Body Scrub (\$80 to \$150, fourseasons.com/houston) and 20% of the proceeds will be donated to the MD Anderson Cancer Center. At **Hiatus Spa + Retreat**, October's in-season offering, the Plum Crazy treatment (\$195, hiatusspa.com), involves a fresh plum and violet essence exfoliating mask, a Vichy shower and aromatherapy massage using frankincense, elemi and angelica flower, topped off with a sake plum wine martini. New at **Spa by Alessandra** is its three-hour Fall Into Relaxation package (\$455, spabyalessandra.com): Mimosas or Champagne on arrival, a 60-minute custom massage with brown sugar hand or foot scrub, a pumpkin latte hydrating European facial, and an arctic berry manicure and pedicure. For a little extra TLC: Through November, **The Houstonian Hotel, Club & Spa's** Autumn Awakening Weekend staycation package (rates approx \$400, houstonian.com) includes a private Autumn Equinox Yoga session, 50-minute Tension Relief Cocoon Body treatment involving self-heating marine mud at its resident Trellis Spa, chai spice smoothie from the Center Court Café and access to The Houstonian Club.

Beyond the seasonal offerings, find ultimate relaxation with **Milk + Honey's** all-day Lux Retreat, (\$485, milkandhoneyspa.com), a 120-minute signature massage, 90-minute Lux facial and Lux mani-pedi; or Fiori Spa's De Lusso massage (\$160 to \$320, fiorispa.com), which combines hot stones, a sugar scrub and bamboo. And for the overstressed gent, **The Spa at The Post Oak Hotel at Uptown Houston's** On the Rocks manicure or pedicure (\$50 to \$65, thepostoakhotel.com) includes hand and foot exfoliation, an acupressure massage, a nourishing foot wrap and nails trimmed and buffed, with a side of scotch (order up the hotel's newly acquired Highland Park 1968), bourbon or tequila, of course.



Clockwise from top: The pristine Spa at The Post Oak Hotel at Uptown Houston's women's vitality lounge; Hiatus Spa + Retreat is the first wellness spa in the U.S. to offer a monthly wellness plan to ensure your "me" time is always accounted for; Spa by Alessandra's fall special involves an arctic berry foot scrub with sweet almond and avocado oils and green tea; choose from a variety of services at The Spa at Four Seasons Hotel Houston's nail bar, including three signature Deborah Lippmann experiences.



CLOCKWISE FROM TOP: PHOTOS; COURTESY OF FERTITTA ENTERTAINMENT; BY MOLLY CULVER; BY SHANNON O'HARE; COURTESY OF FOUR SEASONS HOTEL HOUSTON