

# Beyond the Pumpkin Patch



They are fun to carve and making pies from them is a holiday tradition, but that beloved orange gourd has other wonderful qualities as well. In China, the pumpkin is a symbol of prosperity and fruitfulness, but there are also many health benefits associated with pumpkin. It has the highest concentration of natural Vitamin C and beta-carotene of all vegetables. Pumpkin seeds are high in zinc, a mineral that aids the healing process.

Native American Indians used the versatile gourd for medicine as well as for food.

At Constellation Spa, after researching the numerous benefits of pumpkin, we mixed pure pumpkin puree, pineapple extract, honey and green tea to make a light facial peel we call Pumpkin Chiffon Indulgence. It's our recipe for soft, supple skin. As a peel, it stimulates circulation, promotes healing and provides vitamin nutrition. It is light and gentle, ideal for all skin types, but especially well suited for sensitive or irritated skin.

After a Pumpkin Chiffon Indulgence peel at Constellation Spa, your skin will feel rejuvenated, soft and supple, free of impurities, and glowing. It's a gourmet treat for your face.

Everyone wants to face the holidays looking their best. A Pumpkin Chiffon Indulgence peel is a great way to start. Contact Constellation Spa at (760) 373-0044 to make an appointment to experience the wonders of pumpkin today.

