





SPA CUISINE

By Kate Hamilton

A Tangy Twist

Bite into a healthy lifestyle by incorporating citrus into your daily routine.

Citrus fruits not only are packed with healthful benefits, but they also make great natural cleansers and astringents. The fragrant scent instantly rejuvenates and revives, while the natural acidity found in citrus fruit gently buffs the skin.

Facts

Citrus fruits are noted for their fragrance and sharp flavor, and are a good source of vitamin C, flavonoids and folate—essential for cell growth and development. The fruits commonly are eaten fresh or juiced. The flowering plants are members of the *Rutaceae* family and originated in tropical Asia. Fruits considered citrus include oranges, tangerines, grapefruits, lemons and limes.

In the kitchen

The distinct tart taste of citrus complements a variety of dishes, from salads to entrees, desserts and appetizers. Lemon and lime make popular garnishes and often are included in salad dressings. Danesfield House Hotel and Spa in Buckinghamshire, England, serves Roasted Scallops, Braised Rhubarb and Orange. Sample some Lemon and Cottage Cheese Pancakes, which highlight the juice and zest of lemons, at Coolfont ReCreation Resort, Conference

Center & Health Spa in Berkeley Springs, West Virginia. Looking for a special treat during the warm summer months? A piece of cool Key Lime Pie from Lake Austin Spa Resort in Austin, Texas, is a light treat for the summer. Or reach for an Orange Pekoe Tea Popsicle at Seattle's The Fairmont Olympic Hotel. See also the recipe **Signature Citrus Smoothie**, courtesy of The Ritz-Carlton Orlando, Grande Lakes in Orlando, Florida.

In the spa

Refreshing and sweet-smelling, the appealing scent of citrus commonly is used in a variety of skin care products, as well as the fruit's natural cleansing properties. Try the Golden Door Signature Bath Collection, which includes bath and shower gel, sea salt scrub with avocado, shea butter and body lotion in a citrus blend. Clearing Citrus Bath Salts, from Indian Springs Napa Valley in Calistoga, California, are a zesty blend that uplifts the spirit and clears the body of toxins, while the Cypress Grapefruit Cooling Leg Gel soothes and relieves water retention. Haken Professional offers a variety of products, from body butter to a spa foot pedicure line in citrus or orange

Quick Facts

- The fruit, or *hesperidium*, is a specialized berry with a leathery rind and pulp vesicles.
- It is believed that adding citrus to your diet can help prevent disease, build immunity and supply a healthy dose of important nutrients, such as vitamin C, fiber, folate, lycopene, potassium, vitamin B-6, phytonutrients, magnesium, flavonoids, thiamin and niacin.
- Orange is derived from the Spanish word *naranja* and eventually was adopted into “an orange.”
- The white flowers produced by orange trees symbolize fruitfulness and were used in fertility rituals and weddings dating back to the Crusades.
- Orange blossom honey is made from bees that cultivate the nectar from orange blossoms.

scents. Bioelements Comfortably Clean Daily Showering Gel features citrus, mint aromatherapy oil and aloe vera gel.

The Ritz-Carlton Orlando, Grande Lakes provides several signature citrus-inspired treatments. The East Indian Lime Scalp and Body treatment uses a special recipe of wild lime blossom, ginger and sandalwood blended with avocado, macadamia and hazelnut oils. The scalp and body are massaged with the warmed mixture to increase circulation and nourish the hair. Exfoliate and restore tired legs with the Energizing Citrus Leg and Foot Treatment at Keystone Lodge in Keystone, Colorado. Experience The Peninsula

Beverly Hills' Alpha Lipoic Facial that begins with a fresh citrus-scented microdermabrasion scrub. Or achieve balance with the Detox Massage from ONE Spa at The Sheraton Grand Hotel & Spa in Edinburgh, Scotland, infused with uplifting grapefruit, eucalyptus, cypress and juniper berry.

Tasty treats

Whether fresh off the tree or incorporated into a dish, adding citrus is a great way to get healthful benefits with a tangy twist. Add a citrus salt scrub and serve a glass of orange juice, or feature a lime manicure and a special salad with a refreshing lime vinaigrette. ☺



Photo courtesy of The Ritz-Carlton Orlando, Grande Lakes.

Signature Citrus Smoothie

*From The Ritz-Carlton Orlando, Grande Lakes
in Orlando, Florida*

Makes 16 ounces

- ½ cup orange juice
- ¼ cup orange marmalade
- 1 cup plain yogurt
- 1 cup ice
- 1 teaspoon orange blossom water
- ½ tablespoon orange blossom honey
- 1 cup lemon sorbet
- slices of orange
- mint sprigs

Blend all ingredients together for a cool, healthful and delicious treat. Serve in a glass, and garnish with a slice of orange and a mint sprig.

