



The Lodge at Woodloch Gets Cozy with Winter Recipes from *Nurture With Nature*

The first official cookbook shares four seasons of recipes for body, beauty and healing

For Immediate Release: August 8, 2017, HAWLEY, PA- After a decade of providing awakening experiences at the award-winning destination spa, The Lodge at Woodloch culled together some of the guests' favorite recipes from over the years.

The recipe book, *Nurture With Nature; Recipes for Body, Beauty, and Healing*, shares helpful tips for a Pantry Clean Up, Choosing Foods for the Season, a Food Rainbow, as well as 100+ recipes. Executive Chef Josh Tomson and his team rounded up guest favorites from the TREE Restaurant Menu as well as a few personal favorites. His collection of seasonal recipes showcases his artful take on spa cuisine (as well as a few splurge recipes). Amanda Clabaugh, the Treatments Manager at The Lodge at Woodloch, outlined DIY Spa Recipes to create unique and effective skincare treatments right from the pantry. Leslie Britt, Sommelier, and Cindy Wasilewski, Fitness Manager, outlined their favorite bespoke beverage recipes to make the most of each season. And lastly, Nathaniel Whitmore, Master Herbalist, collected recipes for herbal healing to help align the body with the season naturally.

The team at The Lodge at Woodloch realizes that health does not only come from what a person eats, but rather from a holistic approach. The miracle of Mother Earth is that she symbiotically provides foods, herbs, and nutrients that are healthy during that time of year. Listening to the earth, and one's body, can help make the most out of what nature intended.

"This holistic approach brings thoughts of warmth and contentedness as we enter into the colder months. A sample combination of recipes from the Winter section might include: a *roasted cauliflower steak* served on a bed of warm kale salad, paired with a *poached pear martini*. Follow it up the next morning with a tall glass of "*Over the Hangover*" cleansing juice while applying the *Orange Spice Foot Mask*. Don't forget your daily shot of *Shaolin Medicinal Wine* to help supplement the heart, liver, and kidneys during this dormant season," shared Robert Baldassari, General Manager at The Lodge at Woodloch. "The team took its inspiration from nature, as the title suggests, while working in conjunction with each other to make the most out of the earth's bounty each season."

The book of recipes is available at The Lodge at Woodloch's *Great Things Boutique* as well as through the [online boutique](#) for \$27.99.

About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest all-inclusive luxury destination spa resorts in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 500+ wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The award-winning property features 57 luxury accommodations, a 40,000-square-foot spa, gourmet restaurant and more. Additional information and reservations are available toll-free at 1-800-WOODLOCH or visit TheLodgeatWoodloch.com, [Facebook.com/LodgeAtWoodloch](https://www.facebook.com/LodgeAtWoodloch), Twitter ([@LodgeatWoodloch](https://twitter.com/LodgeatWoodloch)) and Pinterest ([@LodgeatWoodloch](https://www.pinterest.com/LodgeatWoodloch)).

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