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Inn & Spa at Cedar Falls buzzing with new, natural essence

Just-launched on-site apiary to provide honey for spa, dining, cocktails, gift shop

Logan, OH USA — The Inn & Spa at Cedar Falls announced today that it has just finished adding an on-site apiary, making it one of only a tiny handful of inns in the United States to keep bees on the property. Inspired by a desire to help bolster a shrinking global population of bees the addition also will offer guests access to the wonderful flavor and health benefits of raw honey. The Inn's new apiary will produce fresh, raw honey for use in spa treatments, recipes, desserts, cocktails and more.

"We're excited to continue to add even more natural, locally produced dining and spa treatments for our guests," said innkeeper-turned-beekeeper Terry Lingo. "Keeping our own bees allows us to offer a true 'hive-to table' guest experience, with our own products soon to be found on the dinner, spa *and* cocktail table at the inn. We'll also have honey and honey products for sale in our gift shop that were produced right here at the inn. The addition of our apiary also helps support the dwindling bee population and their many benefits to gardens, farms and growing operations, including our own herb and floral gardens."

Spa manager Randall Wellman LMT, MS, is already at work developing special massage and spa treatments using raw honey, which will include proprietary facial, massage and foot therapies. Executive Chef Anthony Schulz is also creating special recipes for Inn guests and cooking classes using the honey in everything from glazes, sauces, marinades and dressings, to butters, desserts and cocktails.

While honey is well known as a delicious natural sweetener that stimulates the taste buds and whets the appetite, it has also been used for centuries to treat a variety of ailments, such as cuts, wounds, burns and infections. In fact, Aristotle recommended the use of raw honey not just as a natural food source, but also for fighting coughs, colds and the flu. In addition, honey stimulates the stomach's sensory, releasing peptides, increasing blood supply and aiding digestion and treating issues such as stomach ulcers, diarrhea, IBS, staph infections, asthma and more. Honey's properties as an antiseptic, antioxidant and detoxifier also bring tremendous beauty benefits.

A Hocking Hills Tourism Association Certified Green destination, the Inn & Spa at Cedar Falls is located ½ mile above Hocking Hills' scenic Cedar Falls. The region offers a variety of recreational opportunities including hiking, bird watching, canoeing and fishing, as well as exquisite photo opportunities. The Inn's pampering spa offers a full complement of spa services, including couples massage, girlfriend getaways, bridal parties and group events.

Fine American cuisine is the specialty at the Inn's restaurant and meals are prepared with the finest organic herbs, produce and ingredients. The Gathering Place at the Inn & Spa at Cedar Falls caters to weddings, family reunions, business retreats and organizational brainstorming sessions for up to 50 guests. Reservations and complete information on the Inn, Spa and Gathering Place are available at www.innatcedarfalls.com or 1-800-653-2557 (1-800-65-FALLS).

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***Press trips, color art, video and additional media information available.
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