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## Inn & Spa at Cedar Falls to launch pawpaw spa facial, food & cocktails

**Available beginning September 1, 2011, the Inn & Spa at Cedar Falls will once again offer its wildly popular Pawpaw Spa Facial, along with a special pawpaw menu and pawpaw infused cocktails, all of which debuted to rave reviews in 2010.**

FOR IMMEDIATE RELEASE

*PRLog (Press Release) - Jun 09, 2011* - Available beginning September 1, 2011, the Inn & Spa at Cedar Falls will once again offer its wildly popular Pawpaw Spa Facial, along with a special pawpaw menu and pawpaw infused cocktails, all of which debuted to rave reviews in 2010. Inn & Spa at Cedar Falls Spa Director, Randall Wellman LMT, MS, studied the homegrown wild pawpaw and its innate ability to soften and moisturize the skin and provide a natural anti-wrinkle treatment, then developed this proprietary spa facial treatment.

"In their spa benefits, pawpaws are a super food ingredient, offering tremendous nutritional value, exceeding that of apples, peaches and grapes in vitamins, minerals, amino acids, antioxidants,

anticarcinogens and beneficial bioactive compounds," Wellman said.



Offered at just \$45 as soon as the indigenous pawpaw comes into season, the 25-minute Pawpaw Spa Facial is created from local pawpaws, which are mashed and mixed with other local ingredients, such as honey, ground oats and organic yogurt. The spa facial begins with a light facial/lymphatic massage. The ingredients are

mixed and spread onto the damp face and neck. Green tea bags are placed on the eyes and the guest is invited to relax for 12-15 minutes. The therapist performs a therapeutic scalp massage while the pawpaw mixture works its magic. After the relaxation period, the face and neck are rinsed with lukewarm water.

In addition to its usefulness as a spa facial treatment, the pawpaw's delightful tropical flavor makes the perfect mixer in the Inn & Spa at Cedar Falls Tavern. Pawpaw pulp is being used by the inn's mixologists to create a wonderfully tasty Inn Pawpaw Martini, as well as other pawpaw cocktails. Executive Chef Anthony Schulz also has created Pawpaw Crème Brulee and is working on other pawpaw desserts and dishes, including a pawpaw ravioli. Schulz's crème brulee was an instant guest favorite when introduced late last summer, and it perfectly compliments his creative, fresh and locally sourced cuisine.

The pawpaw is the largest edible fruit native to the United States. Considered a favorite delicious and nutritious food of Native Americans, European explorers, settlers and wild animals, pawpaws are wild-harvested and are enjoyed by many locals in the Hocking Hills. The pawpaw's unique flavor resembles a blend of various tropical essences, such as banana, pineapple, and mango. Pawpaws are highly nutritious, high in vitamin C, magnesium, iron, copper, and manganese. They're also known to be a good source of potassium and several essential amino acids, and contain significant amounts of riboflavin, niacin, calcium, phosphorus and zinc.

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 compliment of spa services, including couples massage, girlfriend getaways, bridal parties and group events. Fine American cuisine is the specialty at the Inn's dining room 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 of up to 50 guests. Reservations and complete information on the Inn, Spa and Gathering Place are available at [www.innatcedarfalls.com](http://www.innatcedarfalls.com) or 1-800-653-2557.

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Press trips, color art, video and additional media information is available. Contact Amy Weirick, (614) 848-8380 or [amy@WeirickCommunications.com](mailto:amy@WeirickCommunications.com).

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Contact Email : [Contact Author](#) \*\*\*@weirickcommunications.com ✓  
Issued By : Weirick Communications  
Phone : 1-800-653-2557  
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