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***Nourish Your Body With a Do-It-Yourself
Blueberry & Brown Sugar Scrub***

Ogunquit, Maine – Nourish your body with the restorative powers of nature’s #1 antioxidant fruit—blueberries! The Cliff House Resort & Spa’s do-it-yourself *Blueberry & Brown Sugar Body Scrub* is a breeze to whip up at home and will leave your skin feeling rejuvenated and nourished.

Gentle enough to use on your face, this natural scrub is also perfect for your entire body. In addition to nutrient-rich blueberries, it uses brown sugar to provide gentle exfoliation without drying, and lemon juice to brighten and soften your skin.

Located on the South Coast of Maine, the Spa features Maine’s official state berry in a variety of specialty treatments like the *Signature Facial* and *Maine Blueberry Manicure and Pedicure*. Guests can also experience the health benefits of this powerful super fruit by indulging in the *Blueberry Body Wrap*, which combines fresh blueberries with ocean botanicals. For details on experiencing these unique spa treatments at The Cliff House Resort & Spa, please visit www.cliffhousemaine.com or call 207-361-1000.

Blueberry & Brown Sugar Body Scrub

The perfect recipe for soft, radiant skin from head to toe

Ingredients:

2 cups brown sugar
2 teaspoons pureed blueberries
3 tablespoons lemon juice

Combine ingredients in a medium bowl. Apply using circular movements with gentle pressure during a warm shower, lavishing on face and paying close attention to elbows, knees, heels and other rough areas. Rinse and enjoy softer, smoother skin.

The Cliff House Resort & Spa, located on 70 oceanfront acres in Southern Maine, offers premier guest services, fine dining, a world-class spa and conference facilities. Owned and operated by the Weare Family since 1872, resort information is located on the Web at www.cliffhousemaine.com or by calling (207) 361-1000.

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