

MESSAGE THERAPIES

Bernardus Essential Massage

A truly essential experience customized with your choice of zen-aroma and mixed modality massage. Choose from six signature aromas including warming ginger & mandarin, energizing lime blossom & oolong tea or calming vanilla & sandalwood – or blend them together to create your own unique escape.

Aromatherapeutic Massage

Aromatherapy is an effective and subtle way to bring balance into your life. Reap the benefits of this classic Swedish relaxation massage known for long flowing strokes. Experience well-being at the physical, mental, and emotional level with a choice of naturally cultivated essential oil blends.

Deep Tissue Massage

This massage focuses on bodywork techniques that use a more targeted approach to areas of concern. Chronic pain and stiffness will benefit from focusing on realigning deeper layers of the muscles and connective tissues. Stretching and joint mobilization techniques will be interwoven to increase overall circulation and flexibility.

Mommy-to-Be Massage

Special attention is given to the comfort and particular needs of the ever-changing expectant body. A pure blend of California olive oil and lavender is chosen especially for the mommy-to-be and creates a restful and nurturing massage. This service is recommended after 12 weeks of pregnancy. Please let us know how far along you are so we can customize your experience for optimal comfort.

Sticks & Stones Massage

Bright citrus oil, smooth birchwood sticks and warm basalt stones are combined with flowing and targeted massage movements to achieve an irresistible combination of relaxation and broad pressure.

Soothing Stone Massage

A therapeutic full body massage using hot basalt stones and refreshing cold marble stones to soften tight muscles and ease tension. The life energy of the stones enhances a profound sedative effect, creating a dreamlike state and relaxed body.

Island Lomi Lomi Massage

A Bernardus favorite. This lomi lomi inspired massage is powerful yet gentle, restoring a sense of harmony and balance to the mind, body, and spirit. This ancient Hawaiian bodywork style uses fluid rhythmic motions mimicking ocean waves.

Japanese Balancing Massage

A vitalizing flow of shiatsu inspired compressions will open energy pathways, awaken breath, and restore the entire body into a perfect state of balance. Focused pressure points and soothing massage create a unique East meets Carmel Valley experience.

Thai Stretch Massage

This ancient treatment from Thailand incorporates acupressure along the body's energy pathways. Joint mobilization and yoga stretches leave the body remarkably relaxed yet energized. This service is performed on a massage table and requires guests to wear loose, comfortable clothing. Thai massage is also recommended for guests who desire deeper pressure.

Reflexology

Overall health begins in your feet and travels upwards through the body. Through methodical Eastern techniques focused on the feet, this ancient massage releases tight muscles, improves circulation, stimulates the nervous system, and clears the mind.

30-Minute Additions

Customize your 50 or 80-minute massage experience with an additional 30 minutes of integrative therapy.

- ◆ Reflexology
- ◆ Tuning Fork Vibrational Therapy
- ◆ Seasonal Body Exfoliation
- ◆ Swedish Massage
- ◆ Energy Balancing