

TREATMENTS  
& THERAPIES



THE SPA  
AT BERNARDUS

## WELCOME

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*Imagine a sun-drenched spa sanctuary that heightens all senses, simply by the nature of its artistic Carmel Valley surroundings. Now, add new destination spa experiences, truly mindful services, customized offerings, and complete itineraries that redefine effortless relaxation in wine country.*

*Welcome to The Spa at Bernardus.*

## SIGNATURE TREATMENTS

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### 2020 Recovery Massage

Calm the lingering anxiety. This mind & body treatment begins with a soothing pain cream specially formulated with a blend of inflammation relieving herbs including arnica, ginger, chamomile and high-potency CBD. A customized massage follows and includes focused work of the neck & shoulders using warm basalt stones.

### Wine Country Scrub

Our all-natural sugar scrub with shea butter polishes the body and soothes the soul. An emollient rich grape seed oil application recaptures smooth and supple skin. The 80-minute service includes a thirty-minute Swedish massage.

### Plumping Strawberry Facial

Strawberry is best considered a skincare super fruit. These naturally astringent beauties are rich in salicylic acid that gently exfoliate and remove impurities to brighten and shrink the appearance of pores. When combined with the plumping power of botanical hyaluronic acid, a natural substance found in the marshmallow plant – the result is a deeply hydrating and smoothing skin treatment. As a final step, a citrus & pineapple enzyme exfoliation refines the lip area, before an ultra-hydrating and plumping lip mask is applied.

### Seasonal Experiences

From blooming lavender to aromatic rosemary and local olive oil, each season inspires new treatments. Our seasonal offerings bring the beauty of the outdoors into the treatment room where guests can unwind with a true Carmel Valley experience.

## FACIAL CARE

The Spa at Bernardus is proud to partner with Éminence Organic Skincare which shares our core philosophy of fresh ingredients, sustainable farming and natural, potent beauty. Products are made from fresh fruits, vegetables, herbs, pulps, plants and exotic spices making them incredibly rich in nutrients and active compounds. Éminence skincare is not only the healthiest choice, but also the most effective, results-oriented collection available. By choosing pure organic ingredients, Éminence ensures their products are free of harsh chemicals, added parabens, petrolatum, mineral oils and propylene glycol. Each of their vitamin-dense ingredients are handpicked, hand prepared and combined with thermal hot spring water to create sustainable products that contain powerful healing and beautifying properties.

### Bernardus Essential Facial

Our organic skincare line highlights active herbal extracts, fruit enzymes, seeds, and pulps to impart the regenerative and healing power that only nature can produce. This personalized treatment seeks to remedy specific skin care concerns utilizing the therapeutic and energizing properties of all natural exfoliants, peels, and rich hydrators. A customized blend of treatment and prevention, this gentle facial leaves you with balanced skin and a radiant complexion.

### NuFACE® Transformation Facial

Coined as “pilates for the face” or the “non-surgical face lift,” this treatment offers instant gratification. The NuFACE® FDA-approved microcurrent device stimulates delicate facial muscles to reduce fine lines, wrinkles, and puffiness by lifting and toning the skin. Available as an 80-minute service only.

### Gentleman's Facial

Look your best with this tailor-made treatment dedicated to the specific needs of a man's skin. A deep pore cleansing and exfoliation help prevent ingrown hairs and alleviate irritation from shaving. A pressure point facial massage, customized mask, and light conditioning moisturizer will leave you confident and ready to face the world. Please refrain from shaving at least four hours prior to your appointment.



## MESSAGE THERAPIES

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### Bernardus Essential Massage

A truly essential experience customized with seasonal aromatherapy and mixed modality massage. Our five aroma blends each represent the seasonal experiences of Carmel Valley; Winter, Fall, Spring, Summer and Indian Summer.

### Swedish Massage

Reap the benefits of this classic Swedish relaxation massage which incorporates 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.

### Couple's Loving Luxury

Escape and unwind side-by-side with a Bernardus Essential Massage in the heart of our couple's suite. Time well spent.

## SPA PRICING

### SIGNATURE TREATMENTS

2020 Recovery Massage	50 min   \$245	80 min   \$345
Wine Country Scrub	50 min   \$240	80 min   \$340
Plumping Strawberry Facial	50 min   \$240	80 min   \$340

### FACIAL CARE

Bernardus Essential Facial	50 min   \$190	80 min   \$290
NuFACE® Transformation Facial		80 min   \$330
Gentleman's Facial	50 min   \$190	80 min   \$290

### MASSAGE THERAPIES

Bernardus Essential Massage	50 min   \$190	80 min   \$290
Swedish Massage	50 min   \$190	80 min   \$290
Deep Tissue Massage	50 min   \$205	80 min   \$305
Mommy-to-Be Massage	50 min   \$205	80 min   \$305
Couples Loving Luxury Massage	50 min   \$430	80 min   \$630

### WAXING

Lip \$30	Chin \$30	Brazilian \$100
Brow \$35	Bikini \$75	Half Leg \$75

### LOCALS AND NON-RESORT GUESTS

#### STAY ALL DAY PASS \$95

Locals and non-resort guests may enhance any massage or facial service by adding a Stay All Day Pass. This includes a robe and access to our locker rooms, showers, steam room, sauna and spa pools on the day of service. Passes must be paired with spa services and are not available a la carte.

*\*Prices subject to change without notice*



# SPA INFORMATION

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## Hours of Operation

Spa hours vary seasonally. Please inquire with our Spa Concierge for current hours.

Spa Concierge: (831) 658-3560 • Email: [spa@bernarduslodge.com](mailto:spa@bernarduslodge.com)

## Arrival

Please arrive 15 minutes prior to your service. Please notify our Spa Concierge regarding any health concerns you may have prior to scheduling your appointment.

## Late Arrivals

Arriving late will interfere with your treatment time. All appointments will end at their scheduled time so that the next guest will not be delayed.

## Service Charge

For your convenience, a 22% service charge will be automatically added to all services. Additional gratuities are welcomed at your discretion in appreciation of exceptional service.

## Cancelling & Rescheduling

A credit card is required for all appointments. No shows or cancellations received within 24-hours of a scheduled spa/salon appointment, will be charged 100% of service price. Please cancel or reschedule appointments 24-hours prior to avoid charges.

## Age

The Spa is a tranquil, adult environment. Spa guests must be 18 years or older to enjoy our services and facilities, including locker room, showers, and warming pool.

## SPA INFORMATION



### Locals & Non-Resort Guests

To ensure a calm and relaxing environment, spa services may be booked as either a stand-alone service or in combination with a Stay All Day Pass.

With the additional purchase of a Stay All Day pass, you may enjoy our spa facilities including eucalyptus steam room, dry sauna, warming pool, resort pool, hot tub, showers, and poolside dining. We will provide a locker, along with a robe and slippers for the day. The Stay All Day pass is \$95 and grants access on the day of your service only.

If you wish to come for a stand-alone service, we will ask that you arrive no earlier than 15 minutes prior to your treatment start time. You would then undress and redress in one of our spacious treatment rooms. Please note that stand-alone services do not include access to our pool or facilities, however we encourage you to enjoy your time at the property by strolling the Rose Garden, playing a round of bocce or dining at Lucia Restaurant & Bar.

### Poolside Dining

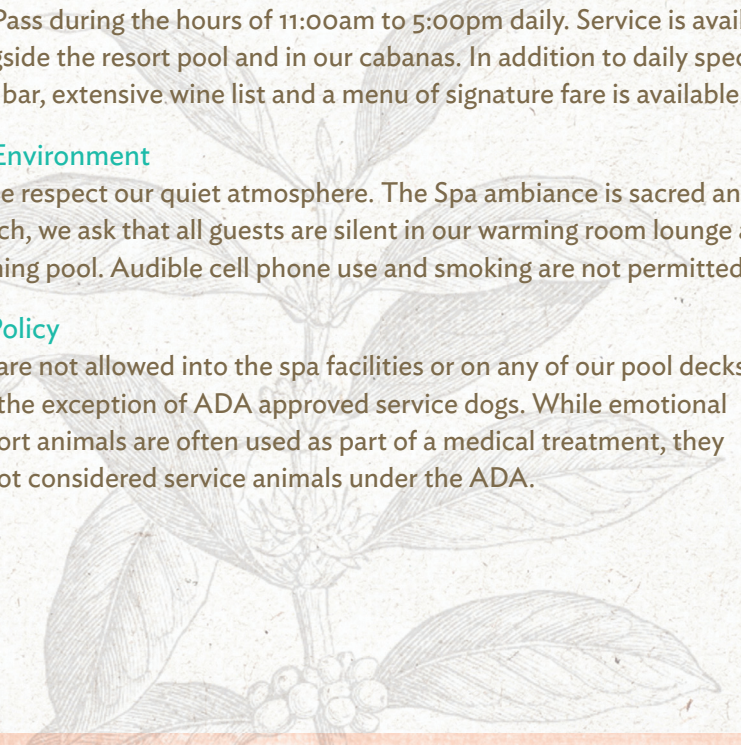
Poolside dining is available for resort guests and guests with a Stay All Day Pass during the hours of 11:00am to 5:00pm daily. Service is available alongside the resort pool and in our cabanas. In addition to daily specials, a full bar, extensive wine list and a menu of signature fare is available.

### Spa Environment

Please respect our quiet atmosphere. The Spa ambiance is sacred and as such, we ask that all guests are silent in our warming room lounge and warming pool. Audible cell phone use and smoking are not permitted.

### Pet Policy

Pets are not allowed into the spa facilities or on any of our pool decks, with the exception of ADA approved service dogs. While emotional support animals are often used as part of a medical treatment, they are not considered service animals under the ADA.





## **Bernardus Lodge & Spa**

415 West Carmel Valley Road • Carmel Valley, CA 93924

[www.bernarduslodge.com](http://www.bernarduslodge.com) • [#bernarduslodge](https://www.instagram.com/bernarduslodge)

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### **Hotel Direct:**

phone: (831) 658-3400

fax: (831) 659-3529

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### **Spa Reservations:**

phone: (831) 658-3560

email: [spa@bernarduslodge.com](mailto:spa@bernarduslodge.com)