

TREATMENTS & THERAPIES



THE SPA
AT BERNARDUS



WELCOME

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

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.



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.

MASSAGE THERAPIES

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.

GROOMING & GLAMOUR

Bernardus Essential Manicure and Bernardus Essential Pedicure

A precise detailing of the nails and cuticles, along with the addition of our signature shea butter quench, scrub and extended massage of the hands or feet. Finish with a polish of your choice and keep the bottle as our gift.

Shellac Polish Upgrade

Achieve a longer lasting polish and high-definition shine with shellac polish and beautifying nail treatment. Additional time required.

Express Manicure and Express Pedicure

A complete reshape of the nails and cuticles, and hydrating lotion application. Finish with a polish of your choice and keep the bottle as our gift.

Waxing Services

Pristine hair removal for the face and body.



SPA PRICING

SIGNATURE TREATMENTS

2020 Recovery Massage	50 min \$240	80 min \$340
Wine Country Scrub	50 min \$235	80 min \$335
Plumping Strawberry Facial	50 min \$235	80 min \$335

FACIAL CARE

Bernardus Essential Facial	50 min \$185	80 min \$285
NuFACE® Transformation Facial		80 min \$315
Gentleman's Facial	50 min \$185	80 min \$285

MASSAGE THERAPIES

Bernardus Essential Massage	50 min \$185	80 min \$285
Swedish Massage	50 min \$185	80 min \$285
Deep Tissue Massage	50 min \$200	80 min \$300
Mommy-to-Be Massage	50 min \$185	80 min \$285
Couples Loving Luxury Massage	50 min \$420	80 min \$620

NAIL CARE

Bernardus Essential Manicure	\$80
Bernardus Essential Pedicure	\$100
Bernardus Essential Shellac Manicure	\$100
Bernardus Essential Shellac Pedicure	\$120
Express Manicure	\$60
Express Pedicure	\$80
Express Shellac Manicure	\$80
Express Shellac Pedicure	\$100

WAXING

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

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



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

Arrival

Please arrive 15 minutes prior to your service. We will ask you to complete a health screening prior to your service beginning. Please be prepared to follow local and state guidelines regarding COVID-19 protections. Please notify our Spa Concierge regarding any health concerns you may have prior to scheduling your appointment.

Age

Spa guests must be 18 years or older to enjoy our massage and facial services. Guests under the age of 18 may receive nail services.

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.

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.

Locals & Non-resort Guests

Spa services may be booked with or without access to our spa facilities. When booked in addition to a massage or facial, a Stay All Day Pass includes robe, slippers, access to the locker room, steam room, sauna, showers and pools. The pass is \$95 and includes all day access on the day of service. Spa services may also be booked individually without a Stay All Day pass.

Service Charge

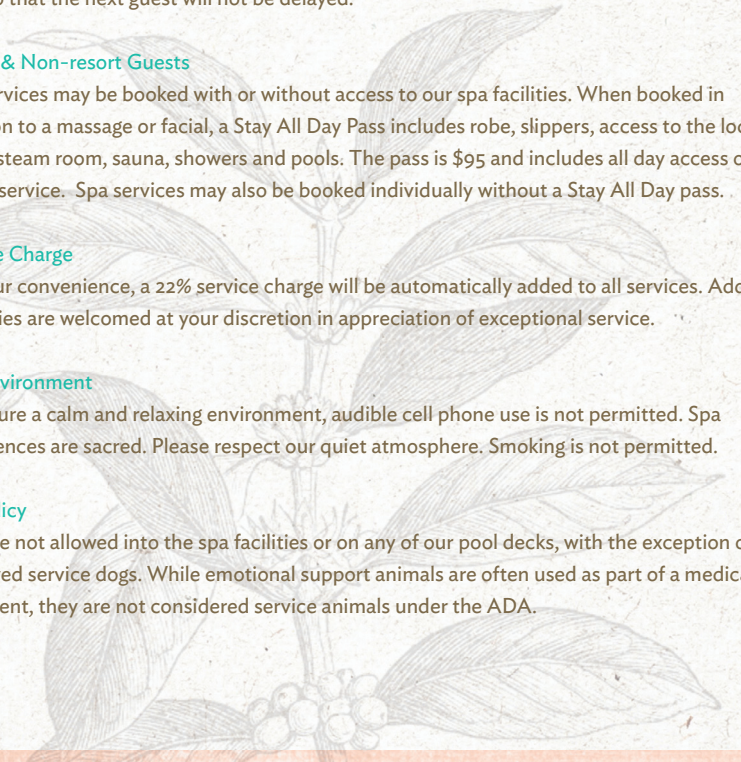
For your convenience, a 22% service charge will be automatically added to all services. Additional gratuities are welcomed at your discretion in appreciation of exceptional service.

Spa Environment

To ensure a calm and relaxing environment, audible cell phone use is not permitted. Spa experiences are sacred. Please respect our quiet atmosphere. Smoking is 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 • [#bernarduslodge](https://www.instagram.com/bernarduslodge)

Hotel Direct:

phone: (831) 658-3400

fax: (831) 659-3529

Spa Reservations:

phone: (831) 658-3560

email: spa@bernarduslodge.com