

Fall is considered the season of stability, a time during which you can restore equilibrium to your own life.

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Reset yourself  
to the rhythms of Bernardus time.



artisan

### CLEOPATRA'S GLOW

Inspired by Cleopatra's beauty secret, this medium pressure massage pampers the skin with a golden blend of organic extra virgin olive oil. This royal treatment deeply hydrates dry skin, protects against premature aging and manages sun damage. The focused acupressure hand massage makes this treatment truly fit for a queen or king!

50-min | \$235      80-min | \$310

### TANGERINE DREAMS MASSAGE

A rich tangerine blossom body butter is the foundation for this truly restful aromatherapy experience. Known for promoting tranquility and combating insomnia, tangerines are one of nature's great clarifiers. A customized massage sends messages to the body to "power down" allowing for a gentler, more stable journey from wakefulness to sleep.

50-min | \$215      80-min | \$290

### PUMPKIN ENZYME FACIAL & SCALP REMEDY

Accelerate the exfoliation process with a yam-pumpkin enzyme peel that removes dead skin cells, reduces the appearance of pigmentation, fine lines and sun damage. This delicious purée of yam and pumpkin leaves skin looking firm and radiant. Organic wildflower & echinacea oil is gently massaged into the scalp and neck to increase circulation, deeply condition and reduce stress.

50-min | \$225      80-min | \$300



# Signature Massage

## BERNARDUS ESSENTIAL MASSAGE

A truly essential experience; mixed modality massage with light to medium pressure.

50-min | \$180      80-min | \$255

## SWEDISH MASSAGE

Reap the benefits of this classic relaxation massage which incorporates long flowing strokes.

50-min | \$180      80-min | \$255

## DEEP TISSUE MASSAGE

Chronic pain and stiffness will benefit from focusing on realigning deeper layers of the muscles and connective tissues.

50-min | \$195      80-min | \$290

## MOMMY-TO-BE MASSAGE

A pure blend of California olive oil and lavender creates a restful and nurturing massage. This service is recommended after 12 weeks of pregnancy.

50-min | \$180      80-min | \$255

## 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.

50-min | \$410      80-min | \$560



# body 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.

50-min | \$235      80-min | \$310

## CHARDONNAY BODY POLISH

Our all-natural chardonnay sugar scrub with shea butter polishes the body and soothes the soul. An emollient rich grape seed oil application recaptures smooth and supple skin.

50-min | \$235

80-min | \$310 includes 30-minute massage

## BAREFOOT DEEP TISSUE

limited availability

You are only 2 feet away from relief. With the Barefoot Deep Tissue, the foot feels like a giant hand and the heel of the foot acts as a giant thumb. The result is a highly effective, luxurious deep tissue experience that creates a deep state of relaxation. Guests are requested to wear comfortable attire as this massage is done clothed. Prepare for a state of nirvana.

80-min | \$325



# Skincare

## BERNARDUS ESSENTIAL FACIAL

A customized blend of treatment and prevention, this effective facial leaves you with balanced skin and a refreshed, radiant complexion.

50-min | \$180      80-min | \$255

## NuFACE TRANSFORMATION FACIAL

The NuFACE® FDA-approved microcurrent device stimulates delicate facial muscles to reduce fine lines and wrinkles.

80-min | \$275

## GENTLEMEN'S FACIAL

A tailor-made treatment dedicated to the specific needs of a man's skin.

50-min | \$180      80-min | \$255

## WAXING SERVICES

pristine hair removal for the face and body



# nail salon

## BERNARDUS ESSENTIAL

### NAIL SERVICES

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

manicure 45-min | \$70

pedicure 60-min | \$95

### EXPRESS NAIL SERVICES

manicure 30-min | \$50

pedicure 45-min | \$75

### SHELLAC POLISH

Achieve a longer lasting polish with high definition shine CND shellac polish.

additional time required | \$20



# wellness

## SUNRISE STRETCH

Sunrise Stretch is an accessible experience that everyone needs – athletes, weekend warriors, first time yoga students and everyone in between.

Focused stretching allows muscles to relax and lengthen, which puts less strain on the skeletal system and reduces tension throughout the body.

60-minutes | \$125

## YOGA

Cultivate an energizing breath as your body moves through a series of yoga poses to naturally align the body as you calm the mind. Yoga will invigorate the body and create a peaceful center to prepare you for the day ahead. The class is held outdoors and tailored to your yoga level.

60-minutes | \$125

## TENNIS

Any beginner or seasoned enthusiast, will enjoy a private lesson with our tennis pro Leslie. Her love of the game comes through as a player, but her wisdom and guidance as a coach are what make her lessons memorable.

60-minutes | \$125

## RESERVED STEAM, SAUNA & WARMING POOL

Enjoy the tranquility of our sacred space. Private rentals of our facilities are available after spa hours.

Warming Pool 60-minutes | \$350

Steam & Sauna 60-minutes | \$250

Private experiences are for two guests.  
each additional guest \$25



# reminders

## HEALTH & SAFETY

Please be prepared to follow local and state guidelines regarding masks and COVID-19 protections. Guests and staff will complete a health screening prior to services.

## CANCELING & RESCHEDULING

With respect to the dedication of our professional staff, we strictly enforce our 24-hour cancellation policy. Cancellations and changes within 24-hours will be charged 100% of the service price. Arriving late will interfere with your treatment time. All appointments will end at their scheduled time.

## LOCALS & NON RESORT GUESTS

Spa services may be booked with or without access to our facilities. When booked in addition to a fifty-minute spa service, A Stay All Day Pass includes access to the locker room, steam room, sauna and pools. The pass is \$95 and includes access from 10:00am to 5:00pm on the same day of service.

## ARRIVAL

Please arrive 15 minutes prior to your service.

## SPA ENVIROMENT

To ensure a calm and relaxing environment, audible cell phone use is not permitted. The Warming Room and Warming Pool are silent spaces, intended for quiet reflection.

## AGE

We require guests to be 18 and older in order to receive massage and facial services.

## SERVICE CHARGE

For your convenience, a 22% service charge will be automatically added to all services. This includes gratuity for the spa provider and support staff.

Prices are subject to change without notice.





# THE SPA

AT BERNARDUS

## THE SPA AT BERNARDUS

open daily from 9:30 to 5:00pm

415 West Carmel Valley Road

Carmel Valley, CA 93924

[www.bernarduslodge.com](http://www.bernarduslodge.com)

## SPA RESERVATIONS

phone: (831) 658-3560

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