Spend your summer days under
the Carmel Valley sunshine.



Reset yourself
to the rhythms of Bernardus time.

Summer

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

A WALK ON THE BEACH

Breathe deep to discover the rejuvenating aroma of the exotic noni fruit, with zesty citrus notes and refreshing tropical fruit carried on ocean breezes. Long flowing massage strokes clear blockages in the circulation of energy through the body and truly free the mind. The service concludes with a pampering foot scrub, while sounds of waves crash in the distance.
50-min | $235 80-min | $310

PLUMPING STRAWBERRY FACIAL

Strawberry is best considered a skincare super fruit. 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.
50-min | $225 80-min | $300

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

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

Signature Massage

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. In addition to accelerating the recovery and healing process, CBD promotes positive energy, elevates your mood, and helps you find peace and clarity. A customized massage follows and includes focused work of the neck & shoulders using warm basalt stones.

50-min | $235 80-min | $310

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

salon

nail

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

SPA RESERVATIONS

phone: (831) 658-3560

email: spa@bernarduslodge.com

Proudly recognized by Forbes Travel Guide as a premier destination for luxury spa experiences.

2021

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