



## 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

### **Couples Vineyard Romance**

The magic of romance and the vitality of the vineyard meet in one extraordinary treatment. In the heart of our couple's suite, both of you are pampered with a full body chardonnay sugar scrub exfoliation before soaking in a private alfresco bubble bath. The experience is completed with an indulgent full body massage with nourishing grape seed, jojoba, and coconut oils for soothing hydration. The treatment concludes with two glasses of Bernardus wine and a fireside toast.

### **Lavender Bliss**

Breathe deep, awaken the body and soothe the soul with the healing power of Bernardus estate grown lavender. Freshly milled lavender paired with natural exfoliants will leave the body feeling smooth and hydrated. A warm water rinse followed by a full body application of cold pressed lavender olive oil will complete this blissful treatment.

### **VinoTherapy Pedicure**

Discover the nourishing benefits of antioxidant-rich chardonnay grapes with this luxuriously decadent VinoTherapy service. Begin with a glass of our award-winning Bernardus Chardonnay and an artisanal cheese plate to enjoy while soaking your feet and worries away in a chardonnay bubble bath. Next, an opulent pure cane sugar and chardonnay grape seed scrub lightly exfoliates the skin. Your reflex zones are massaged with creamy chardonnay moisturizer to calm and tone the skin. Finally, soothed toes are topped off with detailed nail care and a polish style of your choice.