

New beginnings;
that's what spring is all about.



THE SPA

AT BERNARDUS



Reset yourself
to the rhythms of Bernardus time.

Lomi

A WALK ON THE BEACH

Step into a spa journey focused on a restoring a sense of harmony and balance to the mind, body, and spirit. A powerful, but gentle lomi lomi inspired massage uses fluid rhythmic motions mimicking ocean waves. 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. 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.

50-min | \$225 80-min | \$300

TANGERINE DREAMS MASSAGE

A rich tangerine & fig 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. Whether it's off to hike or to an afternoon nap, your mind is clear and sweet dreams are sure to follow.

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 | \$400 80-min | \$550

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

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

reminders

FACE COVERINGS

Per state guidelines, masks are required to be worn upon arrival and to be worn for the duration of massage and nail services.

ARRIVAL

Please arrive 15 minutes prior to your service. A health screening will be completed prior to your service.

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.

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.

AMENITIES & FACILITIES

Per state guidelines, our warming pool, steam rooms, saunas and locker rooms are closed. Our resort pool is limited to hotel guests at this time.

AGE

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

Prices are subject to change without notice.



THE SPA

AT BERNARDUS

THE SPA AT BERNARDUS

open daily from 9:30 to 5:00pm

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SPA RESERVATIONS

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destination for luxury spa
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