



BERNARDUS LODGE

The Spa at Bernardus Lodge: A Romantic Retreat

The Spa at Bernardus Lodge is a romantic retreat nestled in the idyllic Carmel Valley, amongst sprawling oaks and sun-dappled vineyards. Scents of lavender, rosemary and lemongrass, sounds of bubbling fountains, and warm breezes from the valley surround this hidden jewel. Steam and sauna rooms, a private outdoor tub and terra cotta walls reflecting the Warming Pool's shimmering blue images all lend to its award-winning, rustic charm. The Spa nurtures mind, body and spirit with luxurious treatments infused with pure and natural ingredients culled from the ocean, the vineyards and abundant, on-site organic gardens. So whether you seek to relax, renew or reconnect, The Spa at Bernardus Lodge offers an array of distinctive services from vinotherapy to marine-inspired treatments to international traditions, elevating relaxation to an art form.

The 5,300-square-foot, full-service facility includes seven treatment rooms and comfortable seating to unwind in between treatments. Four of the rooms at the Spa at Bernardus are reserved for massage and body treatments, two are for facials, and one is specially tailored for wet treatments and includes a Vichy shower and private steam room. The Vineyard Room is designed for couples and has two treatment tables, a shower built for two and French doors leading to an outdoor therapy bath. In the warming room guests can wrap themselves in a chenille throw blanket, lounge in a comfortable chair near the fireplace, and enjoy a soothing cup of herbal tea as they await their treatments.

Enjoy the ultimate sensory experience. Choose from a collection of world-class treatments designed with total relaxation and well-being in mind. Combining contemporary techniques of spa wellness with the purest botanical ingredients, Bernardus' signature treatments are not to be missed!

A range of special services, treatments and classes are also available at the spa. These include, tennis instruction, croquet and bocce lessons and bridal beauty services. An assortment of spa packages can also be booked.

The spa and salon are open from 8:30 a.m. to 6:30 p.m. Sunday thru Thursday with services starting from 9:00 a.m. to 6:00 p.m. Friday and Saturday spa hours are 8:30

a.m. to 7:30 p.m. with services beginning at 9:00 a.m. and ending at 7:00 p.m. Some spa services are available in-room. The fitness room is open 24 hours a day.

Signature Spa Services

Bernardus Mélange: Designed to delight those with discriminating tastes. Choose two tempting 25-minute treatments to be combined with a 60-minute customized massage. Highly skilled massage therapists will tailor the experience with integrate and therapeutic techniques to create a total of 110 minutes of personalized bliss.

Grape Impressions: Abandon the everyday with the ultimate in vinotherapy, featuring a passion fruit grape seed exfoliation, a cabernet body mud mask and a lavender-infused Vichy steam treatment will rinse away any tension. A full body application of decadent shea butter makes this a “grape impression” not to be missed!

The Vineyard Romance Experience: The magic of romance and the vitality of the vineyard meet in one extraordinary treatment. In the heart of our Vineyard Room, couples are pampered with a cabernet grape seed body exfoliation before adjourning to the privacy of an alfresco lavender grape seed bath the experience is completed by a full body warm grape seed oil massage and a tea service of what else – a delicious grape seed herbal tea served for two in the Warming Room.

Bernardus Prestige Facial: Enjoy an exquisite, ultra-decadent experience in beauty. The Bernardus Prestige Facial combines the finest ingredients into a custom face indulgence. A luxurious cleansing and an AHA mini-peel to reveal smooth, radiant skin follow an in-depth skin consultation. The toning benefits of an extended lymphatic massage will disburse tension while customized masks and select serums will seal in the skin’s new smooth texture. Lip and eye treatments will not be missed. A mesmerizing Lime Blossom scalp massage, paraffin hand treatment and invigorating foot massage complements this rejuvenating treatment. Finish your skin care with a special re-mineralizing cocktail for a luminous glow inside and out!

Chardonnay Pedicure: Discover the nourishing benefits of antioxidant-rich chardonnay grapes with this luxuriously decadent vinotherapy. The alfresco treatment begins 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. The feet are massaged with creamy chardonnay moisturizer to calm and tone the skin. Finally, intoxicatingly soothed toes are topped off with detailed nail care and a polish of your choice.

Bernardus Lodge offers 57 luxurious guestrooms in nine adobe-village style buildings along a terraced hillside. It sits in one of America's most scenic destinations: Carmel Valley, the sunny side of Carmel. Inspired by Bernardus Pon, creator of the Bernardus Winery and Vineyard, the Lodge combines exceptional epicurean experiences, presided over by celebrated chef Cal Stamenov, with gracious hospitality. The Lodge is 120 miles south of San Francisco and 330 miles north of Los Angeles. It is a 20-minute drive from the Monterey Peninsula and its wealth of attractions.

For reservations and information, please contact Bernardus Lodge, 415 Carmel Valley Road, Carmel Valley, California 93924; phone 1-888-648-9463; or visit its web site at www.bernardus.com.

MEDIA CONTACT:

Sue Dreyer
Bernardus Lodge
831-658-3501
sdreyer@bernardus.com