



BERMUDA

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BERMUDA'S SPAS OFFER THE ULTIMATE IN RELAXATION

Bermuda's warm and sunny winter months are touted as "Golf & Spa" season, when the island invites guests to indulge in the ultimate in relaxation amidst pink sand and turquoise waters. Below is a brief summary of Bermuda's luxurious spas, rejuvenating locals and visitors alike year round:

The SPA at Ariel Sands

- Located at Ariel Sands Resort in Devonshire Parish
- 800 square feet of spa space, including three private treatment rooms
- Uses Yonka Skin Care Range for body treatments and Redken products for hair services
- Signature treatment: Yonka Classic Facial
- www.arielsands.com/amenities/spa.htm

The Spa at Elbow Beach

- Located at Elbow Beach Resort (a Mandarin Oriental property) in Paget Parish
- 4,700 square feet of spa space, including six private spa suites
- Single and couples spa suites, decorated in soothing colors and organic textures, featuring a hand-crafted, granite soaking tub, bamboo flooring and river pebble-lined steam shower
- Signature treatment: Two hour time ritual
- Full spa boutique selling Mandarin Oriental and ESPA products
- www.mandarinoriental.com/bermuda

La Serena Spa at The Reefs

- Located in The Reefs Hotel in Southampton
- Intimate spa space, including two treatment rooms
- La Serena Spa uses Thalgo products, specializing in body wraps and facial treatments
- Signature treatment: Traditional Thai massage
- La Serena Spa was ranked in *Condé Nast Traveler's* "Top Spas" as #5 resort in the Caribbean in 2010
- www.thereefs.com/spa

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Spa/2

Ocean Spa at Cambridge Beaches

- Located in Cambridge Beaches Hotel in Sandys Parish
- 10,000 square feet of spa space, including five single treatment rooms and one couples treatment room
- Signature treatment: Aroma-Sothys massage
- Essie and Sothys of Paris products used and available at the spa boutique
- www.cambridgebeaches.com/spa-main.cfm

Serenity Spa at Pompano Beach Club

- Located in Pompano Beach Club in Southampton
- 700 square feet of spa space, including two private treatment rooms overlooking the ocean, one designed for couples
- Signature treatment: Pompano Body Experience including a relaxing mud wrap, Chocolate Aroma Massage
- www.pompano.bm/serenity.html

Samadhi Spa at Newstead

- Located in Newstead Belmont Hills Golf Resort & Spa
- Four treatment rooms, two treatment suites for couples, a wet room, a large relaxation atrium, private locker rooms and men's and women's steam rooms
- www.newsteadbelmonthills.com/golf/proto/newsteadbelmonthills/spa/spa.htm

Willow Stream Spa at The Fairmont Southampton

- Located in the Fairmont Southampton in Southampton, the Willow Stream Spa is also affiliated with the Fairmont Hamilton Princess
- 31,000 square feet of spa space, including 15 private treatment rooms, three lounge areas and separate men's and women's saunas
- One heated indoor pool with waterfall and gardens, and two outdoor jacuzzis on a sundeck overlooking the Atlantic Ocean
- Willow Stream Spa offers its own line of personalized products for sale in the spa boutique
- www.willowstream.com

Tucker's Point Spa

- Located at Tucker's Point Hotel & Spa in St. George's
- 10,000-square foot garden sanctuary, complete with eight treatment rooms, two facial rooms, and a 1,450-square foot state-of-the-art hydrotherapy suite with a deluxe silver TAG shower
- Lounges with fireplaces and outdoor daybeds, overlooking a calm reflecting pool, are available for post-treatment relaxation
- A yoga and Tai Chi lawn is situated above the lush Coffee Chine
- www.tuckerspointhotelandspa.com

Bermuda, just under two hours from East Coast gateway cities, stretches for 21 miles along turquoise waters, surrounded by a 200-square-mile coral reef plateau. Bermuda's diverse activities offer an array of vacation options, including more wreck dives than anywhere else in the world, championship golf, and smooth pink beaches to rest on by day's end. Bermuda's accommodations range from luxury resorts to intimate guest cottages and family-run inns, incorporating the sophistication and hospitality unique to the Bermuda experience. For more information, visit www.bermudatourism.com or call 800-BERMUDA (800-237-6832).

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