

# BERMUDA

so much more

## **MEDIA CONTACTS:**

Michelle Abril / Lauren Ryback

Turner PR

Email: [michelle.abril@turnerpr.com](mailto:michelle.abril@turnerpr.com) / [lauren.ryback@turnerpr.com](mailto:lauren.ryback@turnerpr.com)

Tel: (212) 889-1700

## **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:

### **La Serena Spa at The Reefs**

- Located in The Reefs hotel in Southampton
- Intimate spa space, including eight treatment rooms
- La Serena Spa uses Elemis products, specializing in body wraps and facial treatments
- Signature treatment: Massage and Facial Combo (90 mins)
- La Serena Spa was ranked in *Condé Nast Traveler's* "Top Spas" as #8 resort in the Caribbean and Atlantic in 2011
- [www.thereefs.com/spa](http://www.thereefs.com/spa)

### **Natura Spa at Grotto Bay Beach Resort**

- Located at Grotto Bay Beach Resort in Hamilton Parish
- Opened summer 2010, the spa offers two unique settings
- Treatments performed amongst the Stalactites and Stalagmites of 50,000-year-old Prospero's Cave, overlooking an underground crystal clear lake
- The Spa Gazebo, surrounded by lush tropical greenery and sitting over the azure waters of one of the cave's private coves, offers an alternate location for treatments
- [www.grottobay.com/spa.php](http://www.grottobay.com/spa.php)

### **Ocean Spa at Cambridge Beaches**

- Located in Cambridge Beaches Resort & Spa in Sandys Parish
- 10,000 square feet of spa space, including five single treatment rooms and one couples treatment room
- Signature treatment: Essential Indulgence (aromatherapy back and facial massage)
- Sothys of Paris and Aromatherapy Associates products used and available at the spa boutique
- [www.cambridgebeaches.com/spa-main.cfm](http://www.cambridgebeaches.com/spa-main.cfm)

### **Samadhi Spa at Newstead Belmont Hills**

- Located in Newstead Belmont Hills Golf Resort & Spa
- Three treatment spaces, two treatment suites for couples, a Hydrotherapy suite, two large relaxation atrium, private locker rooms and men's and women's steam rooms
- Signature treatment: Signature Body Massage using Sundari products
- [www.samadhispas.bm](http://www.samadhispas.bm)

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### **The Spa at Elbow Beach**

- Located at the Elbow Beach, Bermuda 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: Mandarin Oriental Spa Therapy (1 hour 50 mins)
- Full spa boutique selling Mandarin Oriental and ESPA products
- [www.mandarinoriental.com/bermuda](http://www.mandarinoriental.com/bermuda)

### **The Spa at Rosewood Tucker's Point**

- Located at Rosewood Tucker's Point 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
- Signature treatment: Bee Keeper No. 5 Honey and Sugar Scrub, Tropical Rain Splash therapy and finishing with Tribe Road No. 1 Aloe Massage
- Germaine De Capuccini products from Spain are used
- A yoga and Tai Chi lawn is situated above the lush Coffee Chine
- [www.rosewoodtuckerspoint.com](http://www.rosewoodtuckerspoint.com)

### **Three Graces Day Spa, Serenity Spa at Pompano Beach Club**

- Located in Pompano Beach Club in Southampton
- 700 square feet of spa space, including three private treatment rooms overlooking the ocean, one designed for couples
- Signature treatment: Body Pure treatment
- Pevonia Botanical products used
- [www.threegracesdayspa.com](http://www.threegracesdayspa.com)

### **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
- Signature treatment: Balance Body Experience (90 mins)
- Willow Stream Spa offers its own line of personalized products for sale in the spa boutique
- [www.willowstream.com](http://www.willowstream.com)

Bermuda 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.gotobermuda.com](http://www.gotobermuda.com) or call 800-BERMUDA (800-237-6832).