

EXCLUSIVE BERMUDA RESORT LAUNCHES WELLNESS GETAWAYS TO HELP RECHARGE YOUR MIND, BODY AND RELATIONSHIP

SOMERSET, Bermuda (April 29, 2009) – With the stresses of daily life having an impact on relationships and personal wellness, Cambridge Beaches Resort & Spa, Bermuda, offers unique retreats for travelers who want to recharge their mind, their spirit and their relationships.

This AAA Four-Diamond resort is launching a program of personal and relationship wellness getaways, January – March 2010.

Love & Romance and Life Balance are among the workshops Cambridge Beaches will offer Thursdays – Sundays, Jan. 28 – March 7, 2009. The enrichment getaways were developed by Dr. Pepper Schwartz, Ph.D., a relationship wellness expert and author of 15 books on the subject. She recently has shared her expertise on *Oprah*, *The Today Show* and *CNN*, among others. Dr. Schwartz and her team of nationally acclaimed relationship experts will focus on wellness for women in January and March and turn their attention to relationship wellness weekends throughout the month of February.

“Workshops will be useful and fun,” Dr. Schwartz says. “The pace of life today is frenetic. Taking time out to refocus on oneself and one’s relationship is what these special weekends are all about.”

Designed for sophisticated travelers, relationship wellness getaways highlight ways to take a good relationship and make it even stronger. The retreats explore techniques to enhance communication and keep romance alive. Cambridge Beaches complements its workshop program at every touch point throughout the resort. A Love and Romance retreat might begin with breakfast in bed featuring specialties like chocolate-covered strawberries and fresh figs. Next: a couple’s massage at the award-winning Ocean Spa at Cambridge Beaches. Other activities from which to choose include a champagne picnic lunch in the resort’s secluded Seaview Gardens, wine tastings, a sunset sailing cruise along Bermuda’s scenic bays and an intimate candlelight dinner prepared by the resort’s five-star chef.

Personal wellness retreats for women cover such topics as how to balance work, family and romance. The Life Balance getaways allow guests to explore what’s next for them after work or child rearing and plan an approach to the life they want next. Getaways are lush with such opportunities to unwind and enjoy as: spa treatments, pilates, flora and fauna walks through the resort’s nature sanctuary, segway tours of historic sites, shopping in the nearby village or at the historic Royal Dockyard Clocktower Mall, and more.

Rejuvenation Vacation

“People today crave time to relax and recharge,” explains Michael Winfield, president, Cambridge Beaches.

He points to research to support his belief. More than one-half (54%) of leisure travelers say they feel like they don’t have enough time just for themselves, according to the Ypartnership/Yankelovich *2008 National Leisure Travel MONITOR*SM, a leading travel industry survey now in its 17th year. Another survey, the 2008 Ypartnership Portrait of Affluent TravelersSM found nearly nine in ten (87%) affluent travelers say they are looking to spend time in the coming year with their spouse or significant other.

“Cambridge Beaches’ getaways are rich in opportunities for couples who want to reconnect and for individuals who want to take time out to refocus on personal wellness instead of on career, family, the daily grind, or other consuming concerns,” Mr. Winfield continues. He adds the getaways celebrate wellness with pampering and enrichment. They are designed for women in search of self-knowledge and couples who want to become better communicators, lovers, partners and friends.

“In this exclusive Bermuda setting, relationships flourish,” Mr. Winfield concludes. “People today consult experts to stay in shape, fine-tune their golf game, strengthen their portfolios, enhance their homes . . . We invite guests to treat themselves and their loved ones with the same special care.”

In the winter, Bermuda weather remains glorious, and retreats are available at soothing prices. Guests enjoy off-peak-season rates, with accommodations available at more than one-third off peak summer rates.

The Cambridge Beaches Couples Wellness Retreat Package is available at \$379 per couple and includes Love & Romance themed workshops and activities, welcome reception, 50 percent off on all couples spa treatments, wine tasting, culinary class, and two complimentary ferry tokens to explore Bermuda. A minimum three-night stay is required. Resort rates start at \$305 per couple, per night and include breakfast daily. As part of the package, additional nights can be booked at 50 percent off the standard room rate.

The Cambridge Beaches Women’s Wellness Retreat Package is available for \$229 per person and includes Life Balance themed workshops and activities, welcome reception, 50-minute massage, 20 percent off on all additional spa treatments, wine tasting, and special exercise classes such as Pilates and Yoga. A minimum three-night stay is required. Resort

rates start at \$255 per person, based on single occupancy, and includes breakfast daily. As part of the package, additional nights can be booked at 50 percent off the standard room rate.

Bermuda is accessible via direct flights from New York, Boston, Philadelphia, Charlotte, Atlanta, Miami, Toronto and other cities. The island boasts a year-round semi-tropical climate. In the winter, days are typically sunny with balmy ocean breezes and temperatures ranging from 63 – 70 degrees Fahrenheit.

For more information or to book your wellness retreat, call **1-800-468-7300** or go online **www.cambridgebeaches.com**.

About Cambridge Beaches Resort & Spa

Cambridge Beaches Resort & Spa is a AAA Four Diamond resort, ranked by *Travel & Leisure* in the Top Ten of the World's Best Hotels For Service. Set on a 30-acre peninsula at Bermuda's western end, Cambridge Beaches provides a delightfully private ambience. As the island's premier cottage colony, the resort houses 94 spacious Bermuda-style, pink stucco cottages, each with a unique décor and private terrace offering sweeping garden or ocean views.

Designed for romantics of all types, Cambridge Beaches aims to turn a simple stay into a transformation that will last a lifetime. Couples return time and again for amenities that include: an award-winning European-style spa; casual and fine dining, including Tamarisk, rated by *Food & Wine Magazine* as one of Bermuda's best restaurants; four private, white-sand beaches; nature preserve; marina; bar; afternoon Tea Time in the historic main house; ocean-view suites with private plunge pools; and bay-front infinity pool with cascading waterfall and secluded tiered decks. With sparkling, azure waters Cambridge Beaches is a paradise for snorkeling, sailing, sun bathing and walks along pristine shores. Guests also enjoy spectacular Bermuda sunsets, championship golf nearby, bicycle and moped rentals on property, segway tours of historic towns, art galleries, boutique shops, horseback riding through the surf and leisurely strolls in the resort's hidden labyrinth and picturesque Seaview Gardens. For information, go online to **www.cambridgebeaches.com** or call **1-800-468-7300**.

About Dr. Pepper Schwartz

Dr. Pepper Schwartz is a professor of Sociology at the University of Washington, Seattle, and the chief relationship expert for Perfectmatch.com. She holds a Ph.D in Sociology from Yale University. Dr. Schwartz is the author of 15 books, including such popular titles as [Finding Your Perfect Match](#), [Prime](#) and [The Great Sex Weekend](#). In addition to being profiled this year in *The New York Times*, *People* magazine and *The Chronicle of Higher Education*, she appears regularly on national television. Her 2008 appearances include *Oprah*, *The Today Show*, *Good Morning America*, *CNN* and *Entertainment Tonight*.

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