



# CAMBRIDGE BEACHES

## RESORT & SPA

*The Ahh in Bermuda*

### ***The Ocean Spa Menu of Services***

#### ***Facials***

##### **Phytomer Essential Facial ~ \$120 (50 minutes)**

This European prescription facial is tailored to suit each client's specific needs, including personalized recommendation for a home care regime

##### **Seawater Pearls ~ \$140 (60 minutes)**

The unique combination of seawater pearls and algae caviar in this ultra-moisturizing treatment, visibly hydrate the skin and give a radiant complexion whilst providing optimal relaxation.

##### **Extended Youth ~ \$140 (60 minutes)**

An anti-ageing marine facial which encourages cell renewal and firms the skin. Wrinkles will be visibly smoothed and the eye contour will be both energized and decongested.

##### **Marine Breeze Oxygenating Facial ~ \$140 (60 minutes)**

This relaxing facial is designed for combination, oily or congested skins to oxygenate & purify. It restores luminosity to a dull complexion to reveal a fresh appearance.

#### ***Massage & Holistic Therapy***

♥ May be shared together in our Candlelit Couples Suite, prices are per person.

##### **♥ Aromatherapy ~ \$135/\$220 (50/80 minutes)**

Aromatherapy combines the power of pure essential oils with a specialized massage, stimulating the nervous system, whilst promoting the circulation and soothing the body.

##### **♥ Aroma Stone Massage ~ \$135 (50 mins)**

This massages combines warm stones with lavender essential oil to thoroughly de-stress & relax. Focusing on the tension areas, this massage will work on the back, neck & shoulders, scalp and feet. The combination of the warm stones and relaxing massage will ease sore and fatigued muscles.

##### **Ayurvedic Energy ~ \$135/\$220 (50/80 minutes)**

This ancient Indian practice of natural healing is recommended to anyone looking to experience a holistic treatment; it brings deep relaxation, rebalances ones energy and helps expel toxins.

##### **♥ Deep Tissue ~ \$135/\$220 (50/80 minutes)**

This massage works on the deeper layers of muscle and tissue. Ideal for those looking for a stronger pressure in their massage.

##### **♥ De Stress Muscle Release ~ \$220 (80 minutes)**

Designed to work on stiff, fatigued and tight muscles and joints, this therapeutic massage uses techniques to warm, manipulate and ease the body, releasing and dispersing tension and stress.

### **Heavenly Reflexology ~ \$220 (80 minutes)**

A wonderful combination of relaxing Back, Neck & Shoulder massage followed with Reflexology to give you that heavenly experience.

### **Hot Stone Massage ~ \$220 (80 minutes)**

This relaxing full body massage uses warm therapeutic stones. The heat relaxes & soothes the muscles allowing your therapist to massage without the necessity of deep pressure.

### **♥ Reflexology ~ \$135 (50 minutes)**

Concentrating on the reflex points on the feet, this specific massage helps to release blocked energy from corresponding areas of the body, resulting in a wonderful sense of re well-being.

### **Renew Rose Pregnancy Massage ~ \$135 (50 minutes)**

This full body massage is designed to address the developing needs Mother & baby using nourishing rose oil.

\*Please note we do not perform massage during the first trimester.

### **Soothe the Soul ~ \$135/\$220 (50/80 minutes)**

A fusion of Reiki with traditional massage, this is a wonderful way to experience the benefits of both, the treatment being tailored to your individual needs.

### **♥ Swedish Massage ~ \$80/\$120/\$200 (25/50/80 minutes)**

This traditional style massage combines both slow relaxing strokes with therapeutic kneading techniques. It revitalizes the circulation whilst gently relieving areas of stress.

\*25 minute focuses on the Back, Neck & Shoulders

### **♥ Tension Relief ~ \$105 (40 minutes)**

Focusing on areas of the upper body that suffer most from the effects of stress and tension.

### **Thai Yoga Massage ~ \$135/\$220 (50/80 minutes)**

Thai Yoga massage is a blend of massage, acupressure, energy work and gentle yoga stretches; treating the body, mind and spirit, helping to reduce stress and enhance well being.

### **Self-Heating Ocean Mud ~ \$25**

Why not include a self-heating ocean mud treatment to your Swedish, Deep Tissue or facial. This can be applied at the start of your treatment to problem areas, most commonly shoulders or lower back. This highly beneficial mud contains "Oligomer" a freeze dried seawater. As it heats up, it not only warms the body: in addition, it provides essential trace elements to fatigued muscles, has a deeply detoxifying effect whilst relaxing and easing tight muscles.

## ***Body Therapy***

### **Body Firming ~ Gel Body Wrap ~ \$140 (50 minutes)**

A firming gel wrap is applied and massaged into the skin to tone, tighten tissues and promote a firmer appearance.

### **Detox Body ~ Marine Body Wrap ~ \$160 (60 minutes)**

A high performance body wrap to help eliminate toxins, remineralize the body and stimulate overall metabolism.

### **Detoxifying Back Treatment ~ \$135 (50 minutes)**

A thoroughly cleansing and refining back treatment using detoxifying marine products. Includes a massage of the back, neck & shoulders.

### **Essential Indulgence ~ \$200 (80 minutes)**

Combination of relaxing back, neck & shoulder massage followed by our Phytomer Essential facial, tailored to your skins specific needs.

\*Upgrade to any of our targeted 60 minutes facial ~ \$25

**Satin Shimmer ~ \$105/\$135 (40/50 minutes)**

Exfoliation with salt crystals followed by moisturizing for the body, for an instant embellishing treatment that leaves the skin soft and silky.

**Sea Holistic ~ \$140 (50 minutes)**

An ultra relaxing treatment with gentle warmth and aromatic scent of lavender flowers. A combination of relaxing strokes, gentle pressure and use of Thai inspired boluses to restore balance and harmony to the body.

**SpaRitual Gold Manicure & Pedicure**

SpaRitual Gold polish delivers a long wearing, smudge resistant, high shine finish that lengthens the wear of your manicure or pedicure. Benefiting from a dry time of approximately 10 minutes, the polish result is a gel-like finish with no lamp drying and removes just like a traditional nail polish ~ Easy & effective!

**Essential Gold Manicure ~ \$60 (40 minutes)**

Have your specific manicure needs addressed, with formula's to nourish, protect and strengthen the nails, providing a flawless finish.

**Ocean Spa Manicure ~ \$80 (50 minutes)**

All the benefits of our Essential Gold Manicure with the addition of a nourishing paraffin wax treatment.

**Essential Gold Pedicure ~ \$70 (40 minutes)**

Indulge your feet with our wonderful essential pedicure, leaving the nails and cuticles neatened and the feet softened, hydrated and energized.

**Ocean Spa Pedicure ~ \$90 (50 minutes)**

All the benefits of our Essential Gold Pedicure with the addition of a nourishing paraffin wax treatment.

**File & Polish Hands or Feet ~ \$40 (20 minutes)**

**\*Whist we do not offer gel polish, should you require soak-off gel removal we can provide this service at an additional \$25 charge.**

**Men Only**

**Refinery Essential Facial ~ \$120 (50 minutes)**

A cleansing & brightening facial that leaves the skin looking clean, luminous & hydrated. This facial uses rich, invigorating essential oils & botanical extracts. Includes personalized recommendation for a home care regime.

**Sea Escape ~ \$140 (60 minutes)**

This relaxing facial is designed for combination, oily or congested skins, to oxygenate and purify. It restores luminosity to a dull complexion, revealing a fresh appearance.

**Gentlemen's Focus ~ \$200 (80 minutes)**

Combination of relaxing back, neck & shoulder massage followed by our Refinery facial, tailored to your skins specific needs.

**Sports Manicure ~ \$45 (25 minutes)**

We have developed the perfect manicure to give a natural look to ensure well-groomed nails; a necessity for the professional male.

**Sports Pedicure ~ \$55 (25 minutes)**

This is perfect for those who never consider the constant stresses and strains you put on your feet day after day.

## ***Waxing Services***

Eyebrow ~ \$25 (15 minutes) Lip ~ \$25 (15 minutes)  
Lip & Chin ~ \$35 (15 minutes) Underarm ~ \$30 (15 minutes)  
Bikini Line ~ \$35 (15 minutes) Half Leg ~ \$45 (25 minutes)  
Full Leg ~ \$65 (45 minutes) Full Leg & Bikini ~ \$85 (50 minutes)

## ***Ocean Spa Experiences***

Our Spa experiences include the use of The Experience Suites, Whirlpool & Relaxation Pool. We will provide robes & spa slippers for your use whilst you relax here with us. (Prices inclusive of gratuity, times are approximate)

### **Ocean Spa Sampler ~ \$292.50 (2 ½ hrs)**

Back, Neck & Shoulder Massage  
Phytomer Essential Facial  
Essential Gold Manicure or Essential Gold Pedicure

### **A Treat for the Soul ~ \$292.50 (2 hrs)**

Soothe the Soul  
Reflexology

### **Couples Spa Morning ~ \$632 (2 ½ hrs)**

Couples 80 minute Aromatherapy Massage  
His & Hers Ocean Spa Pedicures

### **Couples Sensual Awakening ~ \$462.15 (80 mins)**

Have fun with our unique "Sauna Ritual" where you & your loved one will enjoy private time together, exfoliating with sea salt, nourishing with honey & cooling off before moving onto your 50 minute Couples Massage

## ***Day Spa Passes (non-hotel guests)***

Your full or half day Spa Pass includes the use of the Relaxation Pool, Whirlpool, Experience Suites, Relaxation Lounge & Locker Facilities.

1/2 Day Pass ~ \$40 (10am - 1pm or 2pm - 5pm)

Full Day Pass ~ \$65 (10am - 5pm)

## ***Our Facilities Include:***

Relaxation Pool, Whirlpool, Ocean Spa Sauna, The Experience Suites which consists of Steam Room, Sauna, Cooling Crystal Mist Room & Rainfall Shower.

## ***Spa Information:***

Please contact the Spa for our hours of operation.

For your convenience a 17% gratuity will be added to all Spa services.

We operate a 24hrcancellation policy ~ Credit card details are required to secure all Spa reservations.

A 50% charge will be incurred for late cancellations& 100% for "No Shows".

Please understand we are unable to extend the treatment time for late arrivals.

The Spa welcomes guests of 16 years or over.

***The Ocean Spa is proud to work with Phytomer & Aromatherapy Associates***

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