



CAMBRIDGE BEACHES
RESORT & SPA
The Ah in Bermuda

Ocean Spa Menu of Services

Massage & Holistic Therapy

Aromatherapy	50/80 mins \$135/\$220
Aroma Stone Massage	50 mins \$135
Ayurvedic Energy	50/80 mins \$135/\$220
Deep Tissue	50/80 mins \$135/\$220
De Stress Muscle Release	80 mins \$220
Hot Stone Massage	80 mins \$220
Heavenly Reflexology	80 mins \$220
Reflexology	50 mins \$135
Renew Rose Pregnancy Massage	50 mins \$135
Soothe the Soul	50/80 mins \$135/\$220
Swedish	50/80 mins \$120/\$200
Tension Relief	40 mins \$105
Thai Yoga Massage	50/80 mins \$135/\$220

Facial Therapy~

Aromatherapy Associates

Essential Rose	50 mins \$125
Age Repair	60 mins \$145
Balance	50 mins \$125

Body Therapy

Satin Shimmer	40 mins \$105
Essential Indulgence	80 mins \$200
Aromatherapy Body Booster	50 mins \$145

(Choose either Renew Rose or Revive Detox)

Taster Treatments (25 mins)

Back, Neck & Shoulder Massage	\$80
Aromatherapy Back	\$85
Radiance Facial	\$85
Express Manicure	\$45
Express Pedicure	\$55
Reflexology	\$80
Rose Foot and Leg Refresher	\$85

Waxing services are also available: please ask for pricing.

For Couples

♥ *Any of our Massage and Holistic therapy treatments may be shared in our Couples Suite; the treatments chosen must be the same length of time.
(*with the exception of Thai yoga massage)

Manicure & Pedicure

Essential Spa Manicure	40 mins \$60
Essential Spa Pedicure	40 mins \$70
Ocean Spa Manicure	50 mins \$80
Ocean Spa Pedicure	50 mins \$90

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

And for the Men...

Refinery Essential Facial	50 mins \$125
Sports Manicure	30 mins \$45
Sports Pedicure	30 mins \$55
Gentleman's Focus	80 mins \$200

Day Spa Passes

These are available to purchase for non-hotel guests subject to availability.

Your full or half day Spa Pass includes the use of the Indoor Relaxation Pool, Whirlpool, and Experience Suites: Steam Room, Rainfall Shower, Crystal Mist Room and our locker Facilities.

1/2 Day Pass:

10am ~ 2pm **or** 12pm ~ 4.00pm \$45

Full Day Pass:

10am ~ 4pm \$80

We welcome you to enjoy complimentary use of our Spa facilities when having a Spa service of \$120 or more.



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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 (2 1/4 hrs) ~ \$292.50

Back, Neck & Shoulder Massage
Essential Rose Facial
Essential Spa Manicure or Essential Spa Pedicure

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

Aromatherapy (50 mins)
Reflexology

Couples Spa Morning (2 1/4 hrs) ~ \$632

Couples Hot Stone Massage (80 mins each)
His & Hers Essential Pedicures

Couples Sensual Awakening (80 mins) ~ \$462.15

Let us take you on a journey of discovery & re-connection through the power of your senses. 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 of choice.

SUP Yoga & Land Yoga

Please visit www.supyogabermuda.com to learn more and all classes must be booked online.

The Ocean Spa is proud to work with Aromatherapy Associates, UK

"Pure Hands on Therapy at its best"

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 **24hr** cancellation 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.

~ Guests must be 16yrs or over to receive spa services & use our facilities.