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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
- Signature treatment: Traditional Thai massage
- La Serena Spa uses Thalgo products, specializing in body wraps and facial treatments
- Winner: Best Day Spa 2005, Bermudian Magazine
- www.thereefs.com/spa

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

More...

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 (Opening 2008)

- Will be located at the new Tucker's Point Hotel & Spa in Tucker's Town, opening mid-2008
- Proposed 12,000 square feet of spa space with 10 interior treatment rooms and one private garden cabana suite
- Additional 12,000 square feet of outdoor spa space to include open-air treatment cabana
- Spa will feature European-style spa treatments
- www.tuckerspoint.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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