

BERMUDA

TOURISM AUTHORITY

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Spa Fact Sheet

Overview

Bermuda's tranquil and relaxed atmosphere offers an experience like no other. With a variety of spas across the island offering everything from mud baths to couple's massages, guests will leave feeling rejuvenated and ready for the next adventure. Following is a list of [on-island spas](#):

[Three Graces Day Spa at the Pompano Beach Club, Southampton](#)

Three Graces Day Spa, previously called Serenity Spa, overlooks the resorts waterfront and offers spa guests a comforting and memorable experience. Services include body treatments, therapeutic baths, nail treatments, waxing and individual or couples massages.

Signature Service: Body Pure, a 90-minute treatment, includes exfoliation, a deep body mask and a signature Swedish massage.
Unique Service: The Chocolate Aroma Massage uses the scent of chocolate chosen by guests to uplift and reinvigorate the mind and body.

Booking: For reservations call (441)-234-0333
Price Range: \$18 - \$220
Hours: 10 a.m. – 7 p.m.

[The Ocean Spa at Cambridge Beaches Resort & Spa, Sandys](#)

The Ocean Spa combines healing art and the latest beauty techniques to relieve tension and promote relaxation. In addition to signature treatments, the spa offers an indoor relaxation pool, whirlpool, SwimEx lap pool and more. Services include massages, facials, wraps, nail and waxing services.

Signature Service: The Phytomer Essential Facial is a European facial tailored to each guest and includes a recommendation for a home care regime.
Unique Service: Ocean Spa offers a 25-minute sports manicure for men only.

Booking: For reservations call (441)-234-3636
Price Range: \$25 - \$621
Hours: Please contact spa for hours of operation.

[Sense Spa at Rosewood Bermuda Point, Hamilton Parish](#)

Inspired by Bermuda's rich culture, tropical environment and island spirit, Sense Spa takes a personalized approach to make every guest's experience unique and unforgettable. Services include signature massages, body treatments, skin care services, aqua therapy, nail services and hair services.

Signature Service: Sense Spa Journeys combine a blend of services for guests to reflect Bermuda's rich culture. The Explore Bermuda Journey includes a walk through the Spa's garden to hand select plants to be used in your treatment, a light lunch, a body wrap and pedicure.
Unique Service: Sense Spa offers special services for guests between the ages of 14-16 years old. The Island

Bloom service includes a facial that teaches guest about treating and preventing blemishes.
Booking: For reservations call (441) 298-4030
Price Range: \$35 - \$650
Hours: 10 a.m. - 6 p.m.

[Willow Stream Spa at The Fairmont Southampton, Southampton](#)

This island oasis has been voted "Bermuda's best spa" for over a decade. Spa goers can escape to an oasis of relaxation and enjoy the spa's private sun deck and expansive indoor pool. Willow Stream offers a wide selection of services including nail services, facials, massages and hair treatments.

Signature Service: Destination Rejuvenation, a 90-minute service, incorporates tropical aromas into a foot massage, exfoliation and mini facial.

Unique Service: Ritual for two, a 90-minute service allows couples to choose from a variety of muds and baths to perform the treatments on each other.

Booking: For reservations call (441)-239-6924

Price Range: \$39 - \$399

Hours: 6:30 a.m. – 9 p.m.

[The Spa at Elbow Beach, Paget](#)

Six private, four single and two couple treatment suites allow for an intimate environment with a personalized experience. Each suite has a personal rain shower, luxurious bath, vanity area and a balcony overlooking the sea. Services include body scrubs, body wraps and facials.

Signature Service: Customized Holistic Facial includes a skin assessment to make the experience personal and beneficial.

Unique Service: The Maternity Massage is an hour massage aimed to ease the lower back pain and stress of soon to be mothers.

Booking: For reservations call (441)-239-8900

Price range: \$65 - \$435

Hours: 9 a.m. – 6 p.m.

[Newstead Spa at Newstead Belmont Hills, Paget](#)

The Newstead Spa is an escape from the ordinary and allows guests to feel stress-free and reinvented. Services include waxing for both men and women, body wraps, scrubs, massages and beauty touches.

Signature Service: The Lomi Lomi Signature Massage is a Hawaiian massage that works gently to help the body let go of old patterns and behaviors resulting in less stress and tension.

Unique Service: Indigenous Bliss, a full-day spa package, includes a manicure, pedicure, facial, and Lomi Lomi massage.

Booking: For reservations call (441)-249-7119

Price Range: \$15 - \$250

Hours: 9 a.m. – 6 p.m.

[La Serena Spa at The Reefs, Southampton](#)

La Serena Spa's elegant atmosphere provides guests with many services to choose from leaving them with the feeling of serenity. Services include massages, anti-aging facials, detox therapy and exfoliations.

Signature Service: La Serena Signature Spa Ritual Massage incorporates elemis warm cocoon mitts to sooth and relax guests.

Unique Service: The Warm Bamboo massage melts away stress through the use of heated bamboo, which is massaged into muscles for a deep tissue experience.

Booking: For reservations call (441)-239-0184

Price Range: \$15 - \$449

Hours: 8 a.m. – 8 p.m.

[Natura Spa at Grotto Bay Beach Resort, Bailey's Bay](#)

Grotto Bay Beach Resort's new Natura Spa, located in an ancient limestone cave, opened in April 2015. Body treatments are provided inside cabanas, floating on a crystal clear ocean fed lake surrounded by stalactites and stalagmites.

Signature Service: Natura Spa's Signature Massage features healing rituals and combines unique Eastern techniques and deep therapeutic Western methods.

Unique Service: The Four Handed Massages consists of two therapists working together to create a blissful experience.

Booking: For reservations call (441)-293-8333 ext. 1929

Price Range: \$45 - \$285

Hours: 10 a.m. - 8:30 p.m

Spa Etiquette

Most spas ask guests to turn off their cell phones and respect the quiet atmosphere.

Health Considerations

Inform the spa or therapist of any health issues or concerns prior to treatment.

Cancellation Policies

Each spa has their own cancellation policy, but most require cancellation 24 hours before the scheduled treatment.

Gratuities

Some spas have added gratuity while others let guests choose the amount they would like tip.