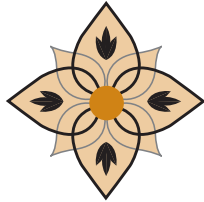


THE SPA

AT RANCHO BERNARDO INN





AN EXPERIENCE TO SAVOR

At the Spa, the art of relaxation is enhanced by the art of fine cuisine.

Your experience begins with a welcoming artisanal tea created with fresh, hand-selected ingredients known for their rejuvenating qualities. With each sip, you leave the everyday world behind and enter the tranquility of the Spa.

Our menu offers you a fulfilling journey whether you choose an a la carte treatment, a Made Fresh Daily seasonal offering, or a specialty tasting menu combining multiple treatment courses for an ideal spa experience. Your treatment's recipe can be customized to satisfy your appetite for rejuvenation, relaxation or therapeutic results.

After your treatment is complete, you are invited to adjourn to the Spa Garden.

SPA CASITAS

Nature herself enhances your spa treatment when you choose one of the casitas for your experience.

These elegant structures were designed to ensure your privacy while allowing the surrounding beauty to add a sense of natural tranquility to your experience. Each is temperature-controlled for your comfort, and two are spacious enough for couples to enjoy treatments side by side.

Your treatment extends beyond the Spa with a gift of recipes for an at-home treatment and a delicious recipe from our chef.

Bon appetit.

THE SPA GARDEN

The Spa Garden is the centerpiece of your experience. It has been carefully designed to be an oasis where every plant and water feature adds to the calming ambiance.

Here you relax amid lush landscaping and are soothed by the sounds of a stone fountain while sampling seasonal fruits and tea. Take a dip in the hydro-therapy pool, or lounge in the sunshine. It is an ideal place for a day-long getaway or a private party.

The Spa Garden can be an extension of your spa escape, or a place to unwind prior to your treatment.

You may even enjoy your treatment here in a private spa casita.

MASSAGE INDULGENCES

Choose to enjoy any of our luxurious massage offerings in a serene spa treatment room or in a temperature-controlled outdoor spa casita set in our peaceful and tranquil spa garden.

Please note that the spa casitas are unavailable during inclement weather.

RANCHO BERNARDO INN SIGNATURE MASSAGE

50/80 minutes

Our classic massage customized to your specific 'kneads' using traditional Swedish massage techniques for pure relaxation.

AROMATHERAPY MASSAGE

50/80 minutes

A luxurious and therapeutic blending of touch and smell, this indulgent aromatherapy massage provides powerful botanical benefits for deep levels of relaxation. Your therapist will assist you with the appropriate selection of essentials oils chosen to meet your individual needs.

DEEP TISSUE MASSAGE

50/80 minutes

This massage offers deep pressure to help alleviate chronic pain and sports-related tension.

WARMING STONE MASSAGE

75 minutes

Warm stones are paired with an organic blend of body oil to create a thoroughly memorable massage. Thermal stones and specialty massage techniques ease stress and tension within tight muscles. Please note this massage is only available in an indoor treatment room.

HOLISTIC MASSAGE

50/80 minutes

Not sure which massage to choose? Then enjoy a whole variety of massage techniques in one, including sports, acupressure, reflexology and aromatherapy in any combination to achieve maximum therapeutic benefit and tension reduction.

MOTHER-TO-BE MASSAGE

50/80 minutes

The perfect treat for pregnancy. Specialty techniques are incorporated for relaxation and healthful tension release.

COUPLE'S MASSAGE

50/80 minutes

Enjoy any of our massage therapies with someone special by your side. At the completion of your pampering treatment, unwind in the spa garden or poolside in a private cabana while savoring a delicious picnic-basket lunch created just for the two of you!

ESSENTIAL SKINCARE ENTREES

RANCHO BERNARDO INN MADE-TO-ORDER FACIAL

50/80 minutes

A targeted and revitalizing facial personalized with your individual well-being in mind. After a detailed consultation and skin evaluation, our expert aestheticians will create the perfect treatment just for you, choosing from the following therapies:

- Restoration: restores skin's natural moisture balance
- Balance: balance combination skin
- Harmony: find harmony between an oil prone complexion and hydration
- Comfort: soothe and refresh sensitive skin
- Purification: clarify problem prone skin

The 80-minute service also includes our Hand and Foot Rejuvenation treatment.

AROMA TRANSFORMATION FACIAL

80 minutes

Unites five effective treatments in one: a deep-cleansing enzyme treatment, genuine aromatherapy selected especially for your mood and complexion, a relaxing acupoint massage, and specialized firming and renewing care for the delicate eyes and hands. A gratifying 80-minute spa journey that promises meaningful results.

RECONDITIONING & FIRING TREATMENT

80 minutes

This treatment is ideal for dehydrated, aging, and environmentally damaged skin types. The use of therapeutic cleansing, toning, masque, and protective products will help to leave a healthier, firmer appearance to the skin. Includes Hand Rejuvenation Treatment.

CALMING FACIAL

50 minutes

Designed to help calm and soothe acne/rosacea skin. The Vitamin C Firming Masque will aid in reducing erythema caused by rosacea. The Phyto Corrective Gel acts as a hydrator, without leaving the skin oily, and its anti-bacterial/antiseptic properties help heal and calm acneic skin.

GENTLEMAN'S FACIAL

50 minutes

Maintain that boyish charm with our customized men's facial. This pampering yet results-driven treatment includes a deep pore cleansing, exfoliation, extractions with steam, massage and a revitalizing masque.

THE BEAUTIFUL BACK

50 minutes

You'll be looking lovely from all sides with this spa treatment targeting the often neglected skin of the back. With all the benefits of a facial, this back-focused treatment includes deep cleansing, exfoliation, extractions with steam, massage and masque.

ADVANCED SKINCARE TREATMENTS & PEELS

Please note that you should avoid direct sunlight 24 hours before and after any of these specialty treatments.

REVEAL ANTI-AGING TREATMENT WITH IDEBENONE & 30% LACTIC ACID 50/80 minutes

This superior anti-aging treatment combines cosmeceutical methods and spa wellness to provide relaxation and visible results like no other. The anti-inflammatory benefits found in the exclusive super anti-oxidant Idebenone together with the proven lightening and exfoliating effects of lactic acid uncovers youthful skin. The 80-minute treatment includes a refreshing R&R Eye Contour Treatment, Renewal Hand Treatment and lavish neck and shoulder massage.

GEL PEEL TREATMENT 50 minutes

Designed to minimize the appearance of surface lines, smooth out rough skin texture, aid in clearing acne, and help fade hyperpigmentation. The acids in this peel remove dead cells from the surface without irritating the skin. This in-spa treatment minimizes down-time and is specifically designed to produce immediate results. Also includes Renewal Hand Treatment.

SKINCARE APERITIFS

R&R REFRESH AND REPAIR EYE CONTOUR TREATMENT 25 minutes

Awaken tired eyes so they instantly look and feel a few years fresher. This cooling treatment targets signs of age and stress around the eye contour. Rewarding enough to be enjoyed on its own, or a perfect enhancement to any facial.

RENEWAL HAND TREATMENT 25 minutes

An exfoliating, anti-aging and immensely gratifying treatment for dry, depleted and tired hands. Begins with a brightening skin polish to slough away dead skin cells, followed by a warm repairing masque rich in natural fruits, vitamins and antioxidants. Treatment is complete with a warm oil massage for the arms and hands. A beautiful addition to any facial or manicure.

WAXING

Brow Brow & Lip Lip Bikini Underarm

MAKE UP

Make-Up Application Bridal Make-Up Application

BODY THERAPY TREATS

Body therapies may be enjoyed alone or combined with any other spa therapy on our menu. All 80-minute body therapies include a relaxing neck, shoulder, and acupoint massage for your face and scalp. Also, ask about our Made Fresh Daily seasonal specialty treatments.

HERBAL CELLULITE WRAP

80 minutes

This organic treatment uses herbs, spices and bioflavonoids to melt away cellulite through high blood circulation. The body is detoxified, purified and the lymphatic system is stimulated, releasing toxins and excess fluids from the skin. The treatment is concluded with application of firming Cinnamon Paprika body lotion in trouble areas and Organic Honeydew moisturizer to hydrate and protect the skin.

SUCCULENT STONE CROP BODY TREATMENT

80 minutes

Calm your skin and senses with this refreshingly chilled masque and wrap. A cool blend of stone crop, an exotic succulent historically used to soothe irritations, increase the moisture content and improve health of all skin types is generously applied. Then a wrap is applied to further infuse the skin with hydration, while your feet and scalp are treated to an acupressure massage. This body renewal is finished with a light application of organic stone crop hydrating mist and moisturizer for a soothed and replenished body.

THE PEARFECT BODY TREATMENT

80 minutes

Organically grown, hand-picked fruits, herbs, and flowers are chosen specifically for this exfoliating and hydrating sensory experience. The body is exfoliated with a delicious pear and green apple sugar scrub. Pulp of tangy limes, green apple and pear are layered onto the skin as a complete body masque which is then followed by a body wrap. Active herbs stimulate oxygenation of your skin for an all-over irresistible glow that demands attention. A luxurious application of Organic Honeydew moisturizer is applied to leave the skin soft and supple.

YAM AND PUMPKIN EXFOLIATING BODY TREATMENT

80 minutes

First an organic yam and pumpkin enzyme exfoliant peels away layers of old skin, revealing a natural youthful glow. A hydrating body masque follows and you relax in a warm wrap to enhance absorption and seal in moisture. While resting, a head and neck massage is performed. The Linden Calendula treatment cream (or Organic Honeydew moisturizer if you wish) is a unique finishing touch to nourish the skin.

TASTES OF THE SPA - TREATMENT PACKAGES

Take advantage of these special packages to enhance your visit with multiple treatments.

Each package has been thoughtfully designed to give you significant results while you experience all the Spa offers.

We also encourage you to request a customized package to meet your specific needs.

A SIP OF THE SPA

- ◆ 50-Minute Massage of your choice

(surcharge applies for deep tissue, stone and holistic)

- ◆ Spa Pedicure

- ◆ Wine Flights & Bites

*Sample our culinary team's favorite seasonal wine and food selections
in the tranquil Spa Garden.*

- ◆ Spa at Home Package

2.5+ hours

CUP OF CALM

- ◆ 50-Minute Signature or Aromatherapy Massage

- ◆ 50-Minute Calming Facial

- ◆ 50-Minute Hand and Foot Rejuvenation

2.5 hours

TABLE FOR TWO

- ◆ 50-Minute Couple's Massage

- ◆ 50-Minute Facials

- ◆ His & Hers Spa Pedicures

- ◆ Picnic-basket lunch for two

3+ hours

AN AFTERNOON TO SAVOR

- ◆ 50-Minute massage of your choice
(surcharge applies for deep tissue, stone and holistic)

- ◆ Made Fresh Daily Seasonal Body Treatment

- ◆ Spa Pedicure

- ◆ Wine Flights & Bites

*Sample our culinary team's favorite seasonal wine and food selections
in the tranquil Spa Garden.*

- ◆ Spa at Home Package

4+ hours

THE SWEET RETREAT

- ◆ 80-Minute Aromatherapy Massage

- ◆ 80-Minute Aroma-Transformation Facial

- ◆ 80-Minute Pearfect Body Treatment

- ◆ 25-Minute Hand Renewal Treatment

- ◆ Seasonal Organic Smoothie and Fruit "Sushi" plate

5 hours

THE GENTLEMAN'S FEAST

- ◆ 50-Minute Gentleman's Facial

- ◆ 50-Minute Deep Tissue Massage

- ◆ 25-Minute Hand Rejuvenating Treatment

- ◆ \$50 Gift Voucher for the Resort Golf Shop

2.5 hours

THE BIG DAY - BRIDAL PACKAGE

- ◆ 80-Minute Massage of your choice
(surcharge applies for deep tissue, stone and holistic)

- ◆ 80-Minute Body Treatment of your choice

- ◆ 80-Minute Made-to-Order Facial

- ◆ Spa Manicure ◆ Spa Pedicure ◆ Spa Lunch

- ◆ Honeymoon kit

- ◆ Make-up application

6 hours

NAIL CARE

For natural nails.

HAND REJUVENATION

25 minutes

Rejuvenating spa treatment for your hands. It can be used as an extension to a manicure or an addition to a facial or other menu item. It incorporates products that will help leave tired, dry hands feeling rejuvenated, soft and young again.

FOOT REJUVENATION

25 minutes

Truly a facial for your feet. This treatment can be added to any pedicure or an addition to a facial, body massage, leg massage or other menu item. This restoring experience includes a steam cleanse, clay masque exfoliation, body polish and deep hydration and massage.

CLASSIC MANICURE

25 minutes

A 25-minute quick fix to beautify your nails. Includes reshaping, buffing, cuticle care, hand massage and polish application.

SPA MANICURE

50 minutes

Includes all the luxuries of the Classic Manicure plus the oh-so pampering Hand Rejuvenation Treatment.

SPA PEDICURE

50 minutes

The epitome of pampering for your feet. This decadent treatment includes cleansing, shaping, exfoliation, massage, polish, foot masque or paraffin application, and the luxurious Foot Rejuvenation Treatment.

LIL' MISS MANI OR PEDI

25 minutes

For the sweetest little hands and feet. Manicure or pedicure includes shaping, buffing and of course, pretty polish. Also includes nail jewel application and a special gift to take home.

HOURS OF OPERATION - Sunday through Thursday 8 a.m. - 7 p.m. Friday and Saturday 8 a.m. - 8 p.m.

Spa services are available to individuals age 16 and older (with the exception of Nail Care Services).

CANCELLATIONS - Spa services are guaranteed with a credit card. If you need to cancel or reschedule your appointment, please notify us at least 24 hours in advance. 75% of the value of the treatment will be charged for cancellations or changes received within 24 hours of a scheduled appointment. Cancellations, no shows or changes within 3 hours of the scheduled treatment time are non-cancelable and are charged at full value.

ARRIVAL & SPA ATTIRE - Allow at least 15 minutes prior to your first appointment to check in, shower, change and begin your relaxing spa experience. Arriving late will deprive you of precious minutes for your spa treatment. No matter how late you start, your treatment must end on time so the next guest isn't delayed. The Spa will provide you with a robe, towel, sandals, and a locker and locker room amenities. Most of the massages, and all of the body treatments, are performed without clothing. You will be draped at all times to assure your privacy and comfort. Please note that an automatic 18% service charge will be added to parties of 10 or more guests.



THE SPA

AT RANCHO BERNARDO INN

MASSAGE INDULGENCES

Signature Massage	50/80 min	\$120/160
Aromatherapy Massage	50/80 min	\$120/160
Deep Tissue Massage	50/80 min	\$145/185
Warming Stone Massage	75 min	\$185
Holistic Massage	50/80 min	\$145/185
Mother-To-Be Massage	50/80 min	\$145/185
Couple's Massage	50/80 min	from \$240/320
<i>Add picnic lunch to Couple's Massage</i>		\$30

ESSENTIAL SKINCARE ENTREES

Made-To-Order Facial	50/80 min	\$110/150
Aroma Transformation Facial	80 min	\$155
Reconditioning & Firming Treatment	80 min	\$155
Calming Facial	50 min	\$95
Gentlemen's Facial	50 min	\$110
The Beautiful Back	50 min	\$110

ADVANCED SKINCARE TREATMENTS & PEELS

Reveal Anti-Aging Treatment	50/80 min	\$120/165
Gel Peel Treatment	50 min	\$120

SKINCARE APERITIFS

Eye Contour Treatment	25 min	\$35
Renewal Hand Treatment	25 min	\$35

WAXING

Brow	\$25
Brow & Lip	\$40
Lip	\$25
Bikini	\$45
Underarm	\$45

MAKE UP

Make-Up Application	\$55
Bridal Make-Up Application	\$125

BODY THERAPY TREATS

Herbal Cellulite Wrap	80 min	\$150
Succulent Stone Crop	80 min	\$150
The Pearfect Body Treatment	80 min	\$150
Yam and Pumpkin Exfoliating	80 min	\$150

TASTE OF THE SPA – TREATMENT PACKAGES

A Sip of The Spa	2.5+ hours	\$230
Cup of Calm	2.5 hours	\$265
Table for Two	3+ hours	\$515
Afternoon to Savor	4+ hours	\$355
The Sweet Retreat	5 hours	\$445
The Gentleman's Feast	2.5 hours	\$290
The Big Day - Bridal Package	6 hours	\$615

NAIL CARE

Hand Rejuvenation	25 min	\$35
Foot Rejuvenation	25 min	\$45
Classic Manicure	25 min	\$45
Spa Manicure	50 min	\$65
Spa Pedicure	50 min	\$75
Lil' Miss Mani or Pedi	25 min	\$35

Please note that an automatic gratuity of 18% will be added to parties of 10 or more guests. Specials and packages may not be combined with any other offer or discount.



THE SPA

AT RANCHO BERNARDO INN

(858) 675-8471

www.ranchobernardoinn.com

17550 Bernardo Oaks Drive
San Diego, California 92128
Resort Reservations: (858) 675-8500