



THE SPA  
AT RANCHO BERNARDO INN

.....  
*a F R E S H organic SPA EXPERIENCE*  
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*a F R E S H organic SPA EXPERIENCE*  
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THE SPA  
AT RANCHO BERNARDO INN





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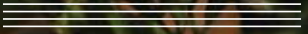
*y o u r*  
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HERE

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*o u r*  
 TREATMENTS  
 READ LIKE A  
*gourmet*  
 COOKBOOK



VANILLA

*currant*

STRAWBERRY

*lemon*

ORANGE

*honey*

YOGURT

*agave*

OATS

*ginger*

OLIVE OIL

the spa at rancho bernardo inn

Fresh ingredients make for more than just a fine meal – they also nourish your body, skin and soul.

That’s why we choose the freshest and most nourishing ingredients to use in our spa treatments. In fact, our spa menu might just make you a bit hungry as you read through...and with ingredients like orange, ginger, blueberry and honey, we understand why. We use these carefully selected organic and natural ingredients to cleanse your body, leave your skin healthy and glowing, and make your mouth water. We hope you’ll join us soon (and then again and again) to enjoy the flavors, scents and sounds of the season at The Spa.



**“MADE FRESH DAILY”**

Given our focus on seasonal ingredients, our “made fresh daily” limited-edition packages highlight what’s best right now. Each handcrafted package includes a complementary beverage, special “spa at home” body treatment recipe from your spa therapist and our “food at home” recipe by our culinary expert, to continue the spa experience after you’ve left us.





the spa experience

rancho bernardo inn





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Our spa has all the comforts of a full-service spa, including locker rooms for men and women, as well as a steam room and hydrosipa.

### **GARDEN & CASITAS**

Our tranquil Spa Garden is the perfect setting to relax and reconnect with nature. The garden water feature creates harmony of water, nature and relaxation. You may choose to receive a treatment in one of our private outdoor casitas, lounge in the sun-splashed garden or soak in the saline waterfall hydrosipa to add natural tranquility to your spa experience.

We feature "Rooms for Two" both indoors and in the Spa Garden.

### **SPA POOL & CABANAS**

The heated saline Spa Pool is perfect for an energizing swim and is reserved just for our spa guests. To make your day even more relaxing, reserve a private cabana for poolside lounging. And, as a guest of The Spa, the fitness center is also yours to enjoy. We offer a complete collection of cardio and strength-training equipment.

### **SPA DINING**

Our delicious menu offers entrées, lighter fare and refreshing beverages to savor al fresco in the garden or by the pool on fair weather days. No outside food or beverages are allowed in the spa and pool areas.

### **PRIVATE PARTIES**

Our spacious and luxurious spa facilities are the perfect place to host a birthday celebration, bridal party or retreat...any affair you want to make extra special!

### **GIFT CARDS**

Give the gift you'd love to receive!

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Spa services are available to guests 18 years of age and older.

### **ARRIVAL TIME**

We suggest you arrive at least 30 minutes before your scheduled treatment to check in, shower, change into your robe and prepare for your treatments. If you arrive late, you will limit the actual time of the treatment. Your service will end at its originally scheduled time to prevent a delay for the next guest's treatment.

### **JEWELRY & VALUABLES**

If possible, please leave such items at home or in your guestroom safe. Jewelry will interfere with the proper service technique and you will be asked to remove it.

### **CLOTHING**

Though most clients do not wear clothing during treatments, clients may wear any clothing they desire to ensure their comfort. During treatments, all areas of the body are carefully draped except for the area being treated.

Proper swim attire is required.

### **SPECIAL HEALTH CONSIDERATIONS**

Please contact our spa specialists prior to your visit.

### **CANCELLATION POLICY**

Spa services are guaranteed with a credit card. We respectfully ask that you give The Spa a minimum of 24 hours notice if you must cancel an appointment. The full cost of service(s) scheduled will be charged for any late cancellation or no-show appointments.

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*y o u r*  
DAY  
*e n d s*  
HERE





our menu

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*y o u r*

FRESH

*organic*

SPA EXPERIENCE

A W A I T S

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## skin care treatments

### EMINENCE TREATMENTS

These natural and environmentally sustainable products are proudly free of parabens, animal by-products and harmful cosmetic chemicals, fragrances and colorants. Created with fresh ingredients mixed with mineral-infused spring water, these formulations contain the ultimate level of purity and offer dramatic, unparalleled results.

*All facials include a scalp, neck and shoulder massage.*

#### ORGANIC HYDRATING FACIAL

*50/80 minutes*

A truly exquisite experience, this customized facial will smooth and repair skin with effective antioxidants and moisturizers found in nature's organic ingredients. Your skin will be cleansed of impurities and then treated to a vitamin-rich selection of organic fruits, vegetables and herbs.

#### AGE CORRECTIVE FACIAL

*50/80 minutes*

This organic facial will lift and firm skin naturally and instantly. Featuring a proprietary and clinically proven Natural Retinol Alternative, your skin's own collagen receives a boost, plumping fine lines and wrinkles while Swiss Green Apple Stem Cells restore antioxidants for a youthful, glowing complexion.

#### PURIFYING FACIAL

*50 minutes*

A calming treatment for congested, reactive or inflamed skin conditions. Purifying thermal waters, plants, organic herbs and healing serums bring the skin back into balance. This is the ideal facial for acne, rosacea or sensitive skin types.

#### ARCTIC BERRY RENEWAL FACIAL

*80 minutes*

This results-oriented facial layers three uniquely formulated products that work in harmony as an advanced resurfacing treatment. This treatment targets blemishes, uneven skin tone and fine lines, leaving your skin hydrated with an even, luminous glow. Facial also includes an eye, lip and hand treatment.

## skin care treatments

### COSMEDIX TREATMENTS

This Holistic-Clinical line, maintains the synergistic balance of pure, plant-based ingredients with highly active, results-oriented cosmeceuticals and Nobel Prize-winning chemistry. Powerful acids, peptides and retinoids correct some of the most troublesome skin concerns — from sun damage, signs of aging, acne and hyperpigmentation — without the irritation.

#### ADVANCED ANTI-AGING TREATMENT

*50 minutes*

Reduce the signs of aging including fine lines and wrinkles with gentle enzymatic exfoliation and a dose of skin-firming peptides, combined with a relaxing lifting face and neck massage. Achieve firmer, hydrated, more radiant skin.

#### ADVANCED BRIGHTENING TREATMENT

*50 minutes*

Reduce the appearance of sun damage and uneven skin tone with advanced exfoliation, powerful botanical skin brighteners, and a custom vitamin-C boost. Instantly achieve brighter, smoother, more polished skin.



## *body treatments*

### **ESSENTIAL OIL BODY MELT**

*50 minutes*

A wonderfully hydrating treatment with a full-body dry brushing to exfoliate the skin followed by an application of rosemary and citrus-infused oil. Gently warmed stones melt the product into the skin for the ultimate relaxation experience. Treatment concludes with a warming cocoon wrap and a head, neck and shoulder massage.

### **LAVENDER EUCALYPTUS DETOXIFYING TREATMENT**

*50 minutes*

Starting with body brushing to open the pores and stimulate circulation, this treatment helps with absorption of essential oils and their herbal benefits. Relax in total bliss as a soothing application of detoxifying warm eucalyptus oil is applied to the body, followed by a skin brightening lavender body polish. This treatment concludes with a warm cocoon wrap and a relaxing, therapeutic scalp massage.

### **VANILLA & CHAI BODY WRAP AND FOOT RENEWAL**

*50 minutes*

This treatment is infused with exfoliating cane sugar and coconut oil and scented with vanilla, ginger and black pepper. While wrapped in a shea butter and sweet vanilla body mask cocoon, a chai spice and vanilla warming foot balm massage is performed.

### **HYDRATING BODY WRAP AND MASSAGE**

*80 minutes*

In an ultra-hydrating and restorative treatment, you'll receive a full-body dry brushing followed by a rejuvenating full body massage. Warm organic shea butter scented with a blend of chamomile, coriander, lemon and mint is applied to the body followed by a relaxing wrap to soothe, plump and smooth thirsty skin. The scalp is then cared for with a therapeutic scalp massage and a deep-conditioning hot oil treatment.

## *massage treatments*

### **HOLISTIC WELLNESS MASSAGE**

*50/80 minutes*

This customized therapeutic massage targets muscle and tension relief, promotes relaxation and enhances your total body wellness, leaving your mind, body and spirit soothed and relaxed.

### **CLASSIC SPORTS & DEEP TISSUE MASSAGE**

*50/80 minutes*

This deep therapeutic massage uses a blend of arnica, green tea and white willow bark extract to ease chronic muscle tension and stimulate soft-tissue repair. Using classic combinations of sports stretches, compressions and deep-tissue work, this massage restores mobility, vitality and body comfort.

### **MOTHER-TO-BE MASSAGE**

*50/80 minutes*

A perfect treat for pregnancy, which includes a full-body massage to help decrease swelling in arms and legs as well as relieve aches and pains. This indulgent treatment includes a relaxing baby-safe foot scrub and hydrating mango butter foot wrap.

### **HEAD-TO-TOE MASSAGE**

*80 minutes*

The best of everything including a full-body Swedish massage with the aromatherapy blend of your choice, foot and hand reflexology, as well as a warm oil scalp and hair treatment.

### **WARM STONE MASSAGE**

*75 minutes*

Gently heated aromatherapy oils are massaged into the skin using long flowing movements for deep relaxation. Warm stones are used to tailor the massage pressure to your needs and release tension.

## *nail services*

### **SIGNATURE PEDICURE**

*50 minutes*

Enjoy this ultra-hydrating delight that begins with a muscle-soothing soak using our arnica-infused bath salt truffle, followed by a smoothing and hydrating shea butter scrub. The experience culminates with warm paraffin to seal in moisture. Service includes cuticle work, shaping, buffing and polish application. Our polish dries completely in just five minutes.

### **WHITE TEA & GINGER PEDICURE**

*50 minutes*

The treatment starts with a tea tree and rosemary infused soak, followed by an invigorating ginger and white tea tree foot scrub. The pampering concludes with a shea butter massage to soften and hydrate.

### **CITRUS STONE PEDICURE**

*75 minutes*

A milk soak soothes and softens the skin before a refreshing exfoliation with a citrus sea salt scrub. Warm oil is drizzled on the skin as warm stones are massaged into the calves and feet. The service concludes with a rich chai spice and vanilla infused shea butter cream application and massage.

### **SIGNATURE MANICURE**

*50 minutes*

This pampering hand treatment includes a hydrating soak using our anti-aging and nourishing fruit enzyme and shea butter wash, followed by a smoothing and hydrating shea butter scrub. The experience culminates with warm nourishing balm to seal in moisture. Treatment includes cuticle work, shaping, buffing and polish application. Our polish dries completely in just five minutes.

### **SHELLAC MANICURE**

*50 minutes*

Provides a 14-day wear with mirror finish that dries instantly.

### **FRENCH POLISH UPGRADE**

*15 minutes*