

BEARTH

RENAISSANCE SPA



BODY & MIND REBIRTH **RENAISSANCE SPA!**

The rebirth of your body and mind. Just as life sprouts from fertile ground, our well-being germinates in environments of serenity. Recover, relax and reflect in a specially designed scenery that allows you to be reborn. At Bearth Spa, well-being means being back at the place where you once felt welcome.

Our serene atmosphere soothes the spirit and embraces natural treatments. The spa features outdoor relaxation terraces, treatment suites, massage decks, complimentary steam rooms and exclusive products.



MASSAGE

A natural and powerful form of stress release.



*RENAISSANCE

This classic Swedish massage combines long, gliding lomi-lomi movements that provide a deep sense of relaxation while improving circulation and flexibility. Although gentle, this massage can have a profound effect on the mind and body for a total re-birth feeling.

*ULTIMATE RELAXATION MASSAGE

A true aromatherapy experience with perfectly blended essential oils. Our oils encourage healthy detoxification to strengthen the body's immune system, calm the mind and lift one's spirits.

*RE-BALANCE

A healing massage customized to meet your individual needs. Techniques such as deep tissue, Swedish, and sports, along with trigger point therapy are blended to relieve tension and ease chronic pain.

VOLCANIC SOOTHING

An excellent therapeutic massage using heated stones. The warmth of the stones allows the muscles to open and relax, increasing circulation and inviting a deeper muscular release for an overall sense of profound relaxation.

*These services can be done in our couples' room: share the experience with someone special in ultimate privacy perfect for those who want treatments together in an unforgettable space that is complete with an outdoor Jacuzzi and private showers. These services can also be done in the privacy of your suite for an [additional price of \\$55](#).



DEEP TISSUE

It's a technique that focuses on the deepest layers of the muscular tissue, in order to release accumulated tension, chronic pain and fatigue.

THAI MASSAGE

Also known as assisted yoga, this ancient form of massage brought from the East, combines pressure points and stretching that take us into a deep relaxation and it also allows us to regain flexibility. It provides balance to the whole body, helping reestablish our vital energy.

PRENATAL MASSAGE

It involves special techniques to alleviate discomfort and tensions generated during pregnancy.

BLISS

This neck, back and shoulder massage is ideal for those who want to concentrate on these areas that are normally affected by stress.

REFLEXOLOGY

A foot massage that works on specific pressure points related to different areas of the body, promoting integrative wellbeing.

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FACIALS

Inspiring skin care to restore, nourish
and replenish.



BALANCING FACIAL

Using the richness of the sea, this soothing treatment combines marine algae and soothing green tea, which offer powerful healing, revitalizing and rebalancing properties. Calming and refreshing, this facial leaves skin firm, pores refined and elasticity restored.

SKIN QUENCH

This luxurious facial is suited for restoring dehydrated or sun damaged skin. Using minerals, enzymes, vitamins, proteins and aloe vera, you'll feel refreshed and see spectacular results on your skin.

NATURE'S BEST

Volcanic clay, is nature's most effective detoxifiers for oily and mixed type skin. A blend of wild-crafted ingredients, including aloe vera, rejuvenates and regenerates skin cells for a softer, smoother feel.

LIQUID LIFT

Dare to defy time with this super-lifting facial designed to combat the signs of aging. With advanced anti-aging products including collagen and peptides, this treatment lifts, tightens and firms the skin, leaving a luminous healthy glow - perfect before a special event.

GENTELMAN'S FACIAL

Energizing and purifying. We have created this unique facial specifically for men and their skin care needs. A detoxifying and hydrating treatment that replenishes, soothes and nourishes all skin types.

RENEW EXFOLIATING TREATMENT

This completely customized facial exfoliates dead and damaged skin to minimize lines, reduce breakouts, and brighten the skin. The ingredients harness the power of rich age fighting, plant based antioxidants to boost cellular turnover and renew skin for a smooth, more youthful and radiant appearance.



BODY TREATMENTS

Purify and relax with an exfoliating,
contouring or hydrating corporal
treatment.

NOURISHING INDULGENCE

Volcanic clay, nature's most effective detoxifier, is applied to your entire body before you are enveloped in a warm cocooning wrap. Clays' rich minerals draw toxins from your body, to stimulate circulation and clear the mind.

SEAWEED WRAP

Energizing body wrap based on organic marine algae, wasabi, and citrus masks, it combines the finest nutrient-rich ocean extracts to detoxify and nourish the skin. This is then followed by an application of a rich hydrating cream... excellent after a long flight!

SLIMMING & FIRMING TREATMENT

Coffee, known for its detoxifying and firming effects, is infused with hints of lemon to further purify and tone your body. Also rich in bio-peptide and antioxidants that will nurture your body while diminishing the appearance of cellulite, making skin look firm and tight.

AROMATHERAPY BODY POLISH

This aromatic, exfoliating ritual appeals the senses while polishing the skin. High mineral content sea salts work to hydrate, detoxify, and exfoliate the skin. Your body is further relaxed with an application of a luxurious moisturizer of selected aromatic scents like lavender, clove or mint to customize your experience.

MUSCLE RELIEF

This treatment begins with a refreshing body exfoliating scrub. The experience continues with a stimulating liniment rub to target sore muscles and melt away physical stress and mental tension.



HAND & FOOT TREATMENTS

A natural approach to healthy
hands and feet.



TROPICAL RETREAT FOR FEET

This decadent treatment provides a coconut salt soak, a papaya pineapple exfoliation, and a luxurious massage with coconut milk for deeply hydrated and incredibly smooth skin.

EXOTIC RESTORE

A refreshing cleansing and soothing treatment to restore your feet with a mint soak, followed by a sea salt exfoliation, concluding with a hot stone massage that relaxes tired muscles.

TROPICAL RETREAT FOR HANDS

This exotic treatment provides a luxurious papaya pineapple exfoliation, a relaxing massage and finishes with a coconut milk application for deeply hydrated and incredibly smooth skin.

HAND RESCUE

A coconut salt exfoliation, an age defying honey mask and an almond oil massage. Rich in vitamins and minerals, this treatment is ideal if you are looking for healthy, beautiful hands.

*Treatments include nail care, trimming and shaping, cuticle care and your choice of buff or polish.



SPA PACKAGES

When your mind, body and spirit
will find perfect balance.



RESTORE RENEW

Treat yourself with a **Liquid Lift Facial** to combat the signs of aging, add the **Slimming & Firming Body Treatment**, and the **Tropical Retreat Hand & Foot Treatment** to bring your body gently back in total restoration.

Delight yourself in an **Aromatherapy Body Polish** and an **Ultimate Relaxation Massage**. Finish this treatment with a dip in the Jacuzzi and a refreshing shower to awaken the senses.

We suggest that before selecting any package from the menu, you consult with our spa concierge for seasonal offerings.

BALANCE

Start your experience with a **Skin Quench Facial**. Next you will be enveloped in a **Nourishing Indulgence Wrap** and finish with a **Tropical Retreat Hand Treatment**.

JOURNEY FOR TWO

Performed in the Duet Suite, your journey begins with a deeply relaxing **Renaissance Massage** and continues with the nourishing and cleansing **Nature's Best Facial**. Enjoy a side-by-side **Hand and Foot Massage**. Conclude your treatment in the outdoor private relaxation area; where you can relax and reconnect with that special someone.



OTHER SERVICES

Feel more luxurious and complete
your renovation.

HAND AND FOOT MASSAGE

This is the perfect way to restore your hard-worked limbs.

HAIR & SCALP TREATMENT

Treat your scalp and restore your hair with this rich argan oil treatment that regenerates elasticity and shine.

EYE RESCUE

"Instalift" for tired eyes, combats lines and dark circles, improves the eye contour appearance by reducing puffiness, brightening and re-hydrating the delicate skin around the eyes.

LIP REPAIR

The lip treatment is ideal to combat the harsh effects of the sun, and it refines the look of plump lips and surrounding skin.



MAKE UP APPLICATION

A professional make-up application can enhance your natural beauty and create a striking new look.

WAXING

Services for both men and women to achieve perfectly smooth skin on face and body.

SHAMPOO & BLOW DRY

Hair is shampooed, conditioned and styled to your liking. Pricing depends on short, medium and longer lengths.

UP DO

The style can be as simple as ponytail or braid, or an elegant updo for a special occasion. For updos, please arrive with washed hair, at least one day prior. If not, reserve a Shampoo and Blow Dry from our menu.



THE SPA EXPERIENCE

A few suggestions to enhance your Bearth
Spa experience.

HOURS

The spa is open from 8:00 AM to 6:30 PM daily (last 60 minute appointment is at 5.30pm and last 90 minute appointment is at 5pm).

BOOK IN ADVANCE

To avoid disappointment, reservations for spa services are highly recommended prior to your arrival. Appointments made on the day of arrival or same day are always welcome, however, they are based on availability.

ADDITIONAL OPTIONS

Treatments are offered in the spa, however, for an additional charge, some services are available outdoors on the beach or in the privacy of your guestroom suite.

YOUTH

The spa and fitness guests must be at least 18 years of age. Children may not accompany guests during spa services and cannot be left unattended in the spa.

INAPPROPRIATE BEHAVIOR

Any lewd or inappropriate behavior will not be tolerated. Your treatment will conclude immediately if any misbehavior is reported by our therapists.

TIME

Please check in at least 15 to 30 minutes prior to your scheduled appointment. This will allow you ample time to relax and enjoy our facilities prior to your treatment.

PLAN AHEAD

We encourage you to use the steam and shower facilities prior to treatments. For gentlemen receiving facials we recommend shaving 12 hours or more prior to your treatment to reduce any sensitivity and allow a more comfortable experience.

WHAT TO WEAR

Your privacy is of utmost importance to us. During treatments you may choose to disrobe or wear undergarments to your own comfort level. You will be assigned a locker and provided with a robe and sandals. We recommend securing jewelry and other valuables in your guest room safe. The spa will not accept responsibility for the loss of money or valuables brought into the facilities. Guests are responsible for their locker keys whilst in the spa.

PEACE & QUIET

You and others are here to relax and rejuvenate. We ask that you leave electronic devices in your room or locker. Our spa is a place of tranquility, please be considerate of all guests.

CANCELLATIONS

Your experience is important to us, however arriving late for a service may result in a shortened services. Full charges are applied to shortened services. We require 8 hours' notice for cancellations to avoid a 50% penalty. No-shows will be charged 100% of the treatment(s) price. Cancellation of group reservations require 48 hours advance notice to avoid 100% penalty.

OUR PRODUCTS

In addition to skin and body care products, sunscreens, travel kits and other fine products are available at the spa reception to allow you to continue a spa experience and wellness regime at home. Gift Spa certificates are available.



WYLGYM

The will to exceed your own
expectations.



Completely equipped with cardiovascular strength equipment and free weights, our gym area is available 24 hours and has been conceived for those determined to always give the best of themselves. For yoga and personal training sessions, please consult with our Spa Concierge.

The logo for BEARTH RENAISSANCE SPA features the word "BEARTH" in a large, white, serif font. Below it, the words "RENAISSANCE SPA" are written in a smaller, white, sans-serif font. To the left of the text, there are three overlapping, curved lines in shades of yellow, orange, and red, resembling a stylized leaf or a brushstroke.

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