

Bermuda & Beautiful Skin Go Together

BY LISA ARCELLA

Getting glowing skin in a great location. Who could ask for anything more? And that's exactly what you'll get at the Bersalon Spa at Sonesta Beach Resort in Bermuda. Nestled below a high hill that overlooks breathtaking views of the Atlantic, the resort is set on three private beaches, and a tropical garden is nearby the picturesque Gibbs Lighthouse in the Southampton Parish section of the island.

First-time visitors to Bermuda are struck by its beauty. White graduated roofs (to catch rainwater) reveal pastel homes in every shade of the rainbow. That and the lush green vegetation against the blue, blue sea give the place a fantasy feel. It's almost hard to believe it's just 600 miles from North Carolina and a two-hour flight from most major East Coast cities. But before you decide to put down a down payment and move here, realize that housing is in high demand and newcomers have to spend more than a million for a home if they intend to relocate. Maybe that's part of the reason the place attracts the well-heeled like Michael Douglas and Catherine Zeta-Jones, New York City mayor Michael Bloomberg and former presidential candidate Ross Perot.

Of course, there's more than enough to do here: shopping in Hamilton, endless golf courses, crystal caves, glass-blowing exhibits, a perfume factory, film festivals, an arts center at the Royal Naval dockyard, a fantastic aquarium and of course every water sport imaginable.

But we're here to feel good and, more importantly, darling—feel better. There are also excellent spas at the Ariel Sands Hotel (owned by Michael Douglas and his family) and at the Fairmont Southampton Princess, but Bersalon, while certainly not so flamboyant, provides more for less and was the first resort spa (there are several locations) on the island to specialize in European face and body treatments.

Whole families have been known to descend on the Sonesta Beach Resort and among the devotees are the husbands, sons-in-law and brothers of the original female clients. "Men are no longer dubious about venturing into our spa for treatments and now arrive at our spa reception knowledgeable and well prepared to discuss the



Guinot Longue Vie Cellulaire

merits of various types of wellness therapies—including men's fitness facials," President and CEO Michael J. Ternent tells *BE*. "The thing that separates us is that our staff is trained to UK London City & Guilds or UK National Vocational Qualification standards—the best in the world." Ternent says the therapists and technicians at the spa need to have up to three years of education before they are hired.



Guinot Pure Balance Concealer



Guinot One-Step Cleanser

WHAT TREATMENTS ARE BEST FOR AFRICAN AMERICAN SKIN?

"This question was posed to various members of our beauty therapy team and produced identical answers," says Ternent. "Basically skin is skin, but there are some facials that are excellent for African American skin. Some treatments are skin-specific—i.e., ingredients are mixed at the time of the treatment and according to the skin condition as determined by the therapist after examination of the skin and following a consultation with the client."

Hydradermie (\$80/70 minutes)—In this unusual facial the skin is deeply cleansed, nourished, moisturized and oxygenated to achieve a dramatic improvement in the skin's texture and tone. Results are immediate and long-lasting, promoting a radiant and younger-looking complexion.

Hydra Plus (\$155/80 minutes) The ultimate treatment for the face, neck and delicate eye area combines the Hydradermie with a specialized Serenity Massage of the upper back and arms. Additionally, specific eye and neck gels are used along with enriched lifting serums. This treatment will help prevent wrinkles, rehydrate and rejuvenate the face, eye and neck areas.

Beaute Neuve (\$75/50 minutes) This renewing treatment eliminates the dead cells—which dull the complexion and create wrinkles, spots, etc.—to effectively reveal a new skin.

The Bersalon De Luxe Facial Treatment (\$130/90 minutes) This combines the Hydradermie and Hydradermie Plus beauty treatments with a soothing Serenity Massage and hand and foot mitt hydration.

Other facial treatments include **Acne Treatments** (\$90/80 Minutes) and **Liftosome** (\$85/50 minutes)—a firming, lifting and anti-aging booster treatment with orange extracts that revives the skin with a flourish. There's also **CACI nonsurgical facial face-lift** (\$95/50 minutes), which uses the Computer Aided Cosmetology Instrument (CACI) to help tighten and tone sagging muscles while smoothing the appearance of fine lines and wrinkles.

Hydradermie is also available for the back (\$85/70 minutes) and bust (\$70/50 minutes).

Want to drop a few pounds in an hour? The spa also offers body-reducing and toning treatments like the **Marine Detoxifying Masque** (\$105/70 minutes), **Self-Heating Ocean Mud Treatments** for all body parts (prices vary), a **Sea Clay Contour Wrap** (\$150/two hours) and **Bermuda Shorts Cellulite Treatments** (\$85/70 minutes).

Of course, Bersalon has traditional spa treatments like waxing, eyelash tinting, and a dozen different massages from sports to Swedish. But it also boasts alternative, new-age therapies like Reflexology (\$60/40 minutes), Aromatherapy (\$110/80 minutes) and Oriental Wisdom—a new therapeutic and holistic therapy treatment not available in the United States



Guinot Refreshing Toner

or Canada. It combines Oriental and Western massage techniques (Tui Na and Shiatsu) with a unique blending of Essential Aromatherapy Oils and Chinese Herbs (\$125/80 minutes).

WHERE TO STAY

There are numerous hotel choices in Bermuda, but the Sonesta features a three-day spa package that includes: island-view, water-view or oceanfront room for two, four days/three nights; round-trip airport transfers in Bermuda for two people; Marine Algae Body Masque for one/two people; daily use of spa facilities, (sauna, steam bath, whirlpool, fitness room, bathrobes, towels, lockers and relaxation lounge for one/two people); Self-Heating Ocean Mud Treatment for one/two people; Relaxation and Tranquility Massage for one/two people; Spa Manicure and Aroma Spa Pedicure Therapy for one/two people. Daily rates run from \$395 to \$675 depending on the season and type of room (contact reservations@sonesta-bermuda.com for more information).

GETTING THERE AND GETTING AROUND

Most major airlines like American, Continental, Delta and Air Canada fly nonstop from New York, Boston, Philadelphia and Washington. Other cities generally connect through Miami. Once you are on-island, mopeds are the famous way to get around Bermuda, and most hotels will rent them. But if mopeds intimidate you, taxis, buses, ferries and even horse-drawn carriages will get you from here to there. What you won't find: a car-rental agency. Bermudians are concerned about the ecology of their little home and only permit one car per household.

WHERE TO EAT

The Sonesta offers elegant dining at Lillian's and a lovely and casual restaurant called the Longtail Café that overlooks the bay.

For a gourmet splurge and great views of Hamilton Harbour, try La Coquille (at the Bermuda Underwater Exploration Institute, 40 Crow Lane, Hamilton, 441-292-6122).

You may spot Catherine Zeta-Jones and friends lunching at the Lemon Tree Cafe (7 Queen St., Hamilton, 441-292-0235).

Don't miss the Bermuda fish chowder, spiked with sherry peppers and black rum, at Flanagan's Irish Pub & Restaurant (69 Front St., Hamilton, 441-295-8299).

To toast Bermuda's Anglican heritage you might want to try the nearby Henry VIII Restaurant & Pub for good grub and grog (South Shore Road, Southampton, 441-238-1977). **BE**

For More Information

Contact the Bermuda Department of Tourism at 800-BERMUDA or bermudatourism.com.