

The Ultra Uber Girlfriend Getaway --- A weekend with Mariel Hemingway
Healthy from the Inside Out

Bermuda – 2007 – Cambridge Beaches Resort & Spa is all about the “luxury of moments” and for thirty-six women seeking the ultimate in luxurious moments a weekend with Mariel Hemingway is sure to deliver. Hemingway will start the weekend with a book signing and cocktail/mocktail party. Saturday begins with an intimate beachside yoga session, a Hemingway inspired lunch and then afterwards a Q & A on the benefits of great nutrition and how to choose “foods that boost”, plus guests can sample Hemingway’s signature menu items throughout the weekend, as they will be prominently featured. The weekend wraps with a personal conversation about stress, the benefits of meditation and Hemingway will take questions from participants. This four-day, three-night package is available from November 15 – 18, 2007 and priced at \$3,335 per person based on double occupancy sharing, alternatively single occupancy prices start from only \$4,175 per person. Prices are based on premium deluxe rooms and include all service taxes and gratuities, excluding airport transfers. Additionally the package will provide *Rare*, a special gift from Lili Bermuda, the islands onsite perfumery, a spa treatment*, additional yoga classes, all meals and full use of the resort’s 10,000 square foot Ocean Spa, meditation/Labyrinth gardens, tennis, five-private beaches (one of which is a private marina) with guest’s choice of pink or white sand.

“For those who can’t join us during Hemingway’s special event, we have taken steps to make the entire month of November, *Healthy from the Inside Out* for all guests who visit. Great strides in the Ocean Spa have been completed and guests can now indulge in the new experiential shower, the herbal sauna and enjoy the new manicure and pedicure suite,” states Louise Palmer, Spa Director at Cambridge Beaches Resort and Spa. “Along with new structural amenities, the Spa has also introduced one of France’s most sophisticated skincare lines, Sothys of Paris, and London’s own Aromatherapy Associates, (a favorite of Gwyneth Paltrow) is also now available. These new produce introductions have spawned a variety of new spa treatments,” adds Palmer. Guests who book the *Healthy Living from the Inside Out package* during the month of November will receive Hemingway’s book and *Rare* a perfume gift from, Lili Bermuda, Bermuda’s own perfumery since 1928. Hemingway infused menu items will be available throughout the month, additional yoga classes, Hemingway inspired self-guided walking tours, how-to home spa tips from the European trained spa professionals and the resorts four private beaches are great for quiet moments and self guided meditation.

For additional information, package availability or to learn more about this off the beaten path cottage property tucked away in Somerset, Bermuda, offering elegance and a four-diamond rating, visit www.cambridgebeaches.com/spa or U.S. residents can call 800.468.7300.

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*All spa treatments will need to be booked in advance.

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