

by Rachel Kossman

# spa showcase

TEAM TRAVELS



## NEED TO KNOW

Part of a \$70 million resort-wide renovation project, a brand-new Exhale Spa at the Hamilton Princess ([thehamiltonprincess.com](http://thehamiltonprincess.com)) opened in July. The 8,200-square-foot space, which overlooks an outdoor pool and yoga pavilion, includes a Mind Body Gym and a Fitness Studio that host barre, yoga and core fusion classes.

## NOTEWORTHY

Exhale was envisioned by Annbeth Eschbach and Julia Sutton in 2005 and now boasts 26 locations in 10 U.S. cities, plus Turks and Caicos, and this newest Bermuda locale. The spa and fitness center's membership program—available in month-to-month, annual or seasonal packages—includes various combinations of unlimited classes, gym privileges, access to the resort's private beach club, and discounts on spa therapies and boutique purchases.

## SIGNATURE SERVICE

"Although Exhale is a well-established spa brand, we worked together to craft treatments exclusive to our Hamilton location," explains spa director Menique De La Rosa. Case in point: the unique **Rum Swizzle Scrub** (60 min./\$190), inspired by a classic Bermuda cocktail. Clients are scrubbed head to toe with a brown sugar and aged rum concoction, then massaged with a whipped shea and cocoa butter moisturizer infused with hints of vanilla and citrus. Once the guest has been thoroughly pampered, they're guided to the pool deck to sip on a complimentary Rum Swizzle and soak up stunning harbor views. 🍹

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