

SDIORA
EDEN-ROC



SP
DIORA
EDEN-ROC
A



CONTENTS

HOTEL DU CAP-EDEN-ROC & THE HOUSE OF DIOR	Page 5
AN OUT-OF-TIME EXPERIENCE	Page 12
THE DIORIGINELS RITUALS	Page 16
MASSAGE THERAPIES	Page 18
DIOR BODY TECHNOLOGY	Page 22
EXCEPTIONAL TREATMENTS	Page 24
EXPERT PROTOCOLS	Page 26
DIOR SKIN TECHNOLOGIE	Page 28
ADD-ON TREATMENTS	Page 31
EXCEPTIONAL EXPERIENCES	Page 32
THE ART OF BEAUTY	Page 34
THE DIOR BOUQUETS	Page 37
EXCLUSIVE HOTEL TREATMENTS	Page 50
SPA ETIQUETTE	Page 52

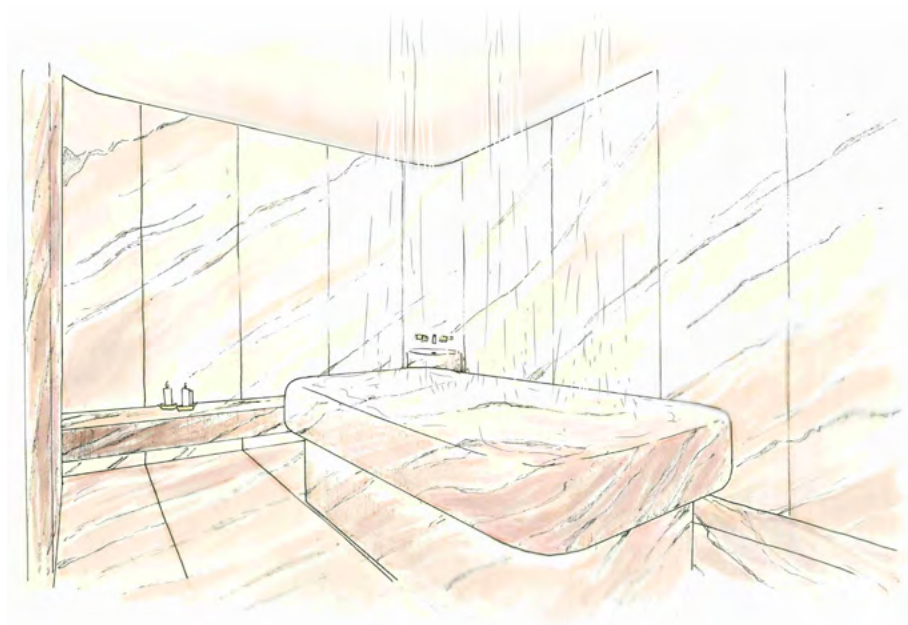


HOTEL DU CAP-EDEN-ROC & THE HOUSE OF DIOR

The two Houses are united by the same vision of discreet and authentic luxury. They share passions that have created bonds between them, which continue to grow stronger over time. Firstly, of course, there is the exceptional art de vivre and a unique philosophy of well-being, both steeped in the same desire to let every person experience unforgettable moments and emotions. Then, there is the love shared with Monsieur Dior of nature and flowers, in particular the roses that bloom in their thousands in the hotel's rose garden.

In this paradise where time stands still, Dior created a multi-faceted Spa. In a décor inspired by the rocks on which the hotel stands, four treatment suites and an experience space await the guests.

In a perfect embodiment of the wonderful Mediterranean lifestyle, the Spa extends into the lush heart of the Hotel du Cap-Eden-Roc grounds, and invites guests to discover two settings bathed in the light of the French Riviera and the extraordinary azure tones of the sea.



ROC AFFUSION SUITE

Pale rock and an aquatic ambiance characterize this setting, where hot and cold water streams from adjustable jets, and where a sauna and an ice fountain lie a few steps away. The onyx-hewn Roc Affusion Suite heightens the senses, skin and emotions. Under a rain-shower, a series of precisely choreographed steps regenerates the body and recharges the mind. Stimulated by the controlled power of water, energy once again flows in perfect harmony.



RIVIERA SUITE

An extremely refined intimate setting with the warm simplicity of a cocoon. Designed for two people to share an exceptional moment and equipped with a beauty room, the Riviera Suite is set near a patio featuring Mediterranean plants and opens onto the Eden-Roc garden. Simply cross the threshold of this haven of serenity decorated in the softest shades, to begin a journey towards complete wellness.





DIOR GAZEBO

In the gardens of the Hotel du Cap-Eden-Roc, a few steps from the rose garden dedicated to Queen Elizabeth II, a gazebo reaches for the skies. Hidden from sight by large veils of fabric, this romantic spot houses a double treatment room. Nestled on one of the treatment tables warmed with soft linens, your body enjoys the delectable sensation of lying on a cloud. The mind is lightened, ready to reconnect with the elements, in perfect harmony with nature.



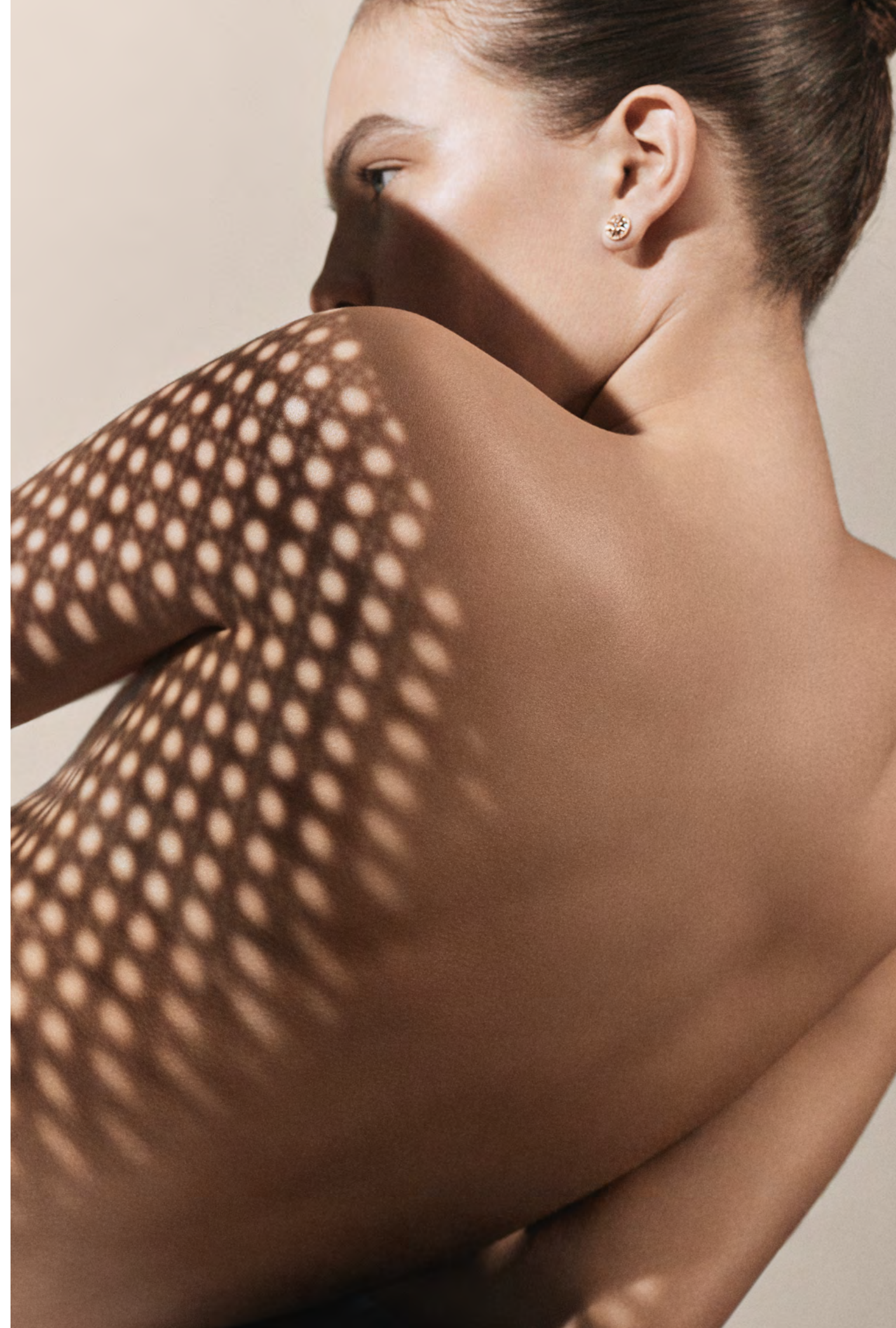
DIOR CABANA

The Eden-Roc garden's best-kept secret. Nestled in the shade of the Aleppo pine trees, the Cabana provides an exceptional view of the blue-tinged horizon and the Mediterranean. Here in this refuge where time stands still, Dior provides a complete change of scene with a facial or body treatment. In an instant, thoughts float away, happily taking the pathway to bliss.

AN OUT-OF-TIME EXPERIENCE

Tune in to the needs of your mind as well as your skin and your body, and take some time for yourself. For Dior, beauty and wellness are one – a whole entity conceived as a perfect harmony between the physical, mental and emotional elements. To guide each guest in this quest for mindfulness, Dior takes inspiration from nature, and draws on the power of the elements. At Eden-Roc, water, rocks, sunshine and the garden naturally nourish the Dior Spa philosophy, and lie at the heart of its avant-garde treatments.

Drawing on their perfect knowledge of the skin, the House Wellness Experts combine skilful massage know-how with leading technologies, to compose made-to-measure sensorial experiences that see excellence reach new heights. Aiming to enhance what is on the outside and illuminate from within, they provide each guest the opportunity to go back to square one and return to a state of happiness. During a series of precise movements, set to a calm breathing pattern, the energies are rebalanced, the senses express themselves and blossom. Mind and body reconnect and return to the fundamentals. Aspiring to harmony and total well-being is no longer a dream: it is a reality.





THE DIORIGINELS RITUALS



In a reflection of the Hotel du Cap-Eden-Roc, the Dioriginels Rituals are inspired by the four elements that give this legendary place its unique character: the garden, the sea, the rocks and the sun.

Created especially for Dior Spa Eden-Roc, these exclusive and entirely customisable treatments reveal the holistic dimension of the Dior Spa philosophy, in a myriad invitations to realign your energy, and to explore sensorial limits during an unforgettable experience.

ESCALE À EDEN-ROC

Face and Body – 2h – 550 €

This ritual is a total “reset” that is ideal for starting your stay at the Hotel du Cap-Eden-Roc. It aims to rebalance and harmonise energy flow during a massage using semi-precious stones chosen exclusively for Dior Spa Eden-Roc. Selected according to the needs of each guest, they are used in a combination of hot and/or cold temperatures. Body and soul are immersed in a soothing wave of wellness.

ENFLEURAGE CORPOREL

Face and body – 2h – 580 €

A total escape for the senses, the source of this new ritual lies in the hotel gardens. A shea butter bar, infused with rose petals, jasmine or mallow, is applied to the entire body for a relaxing massage with exfoliating properties that are more or less intense depending on the chosen flower. The skin is perfectly soft and satiny, enveloped in an elegant floral fragrance. The face is also pampered with a gentle exfoliation using a rose scrub, followed by a comforting mask that is cool and soothing. Body and mind are united and regenerated in this floral harmony.

RIVIERA SOLAR GLOW

Face and body – 1h30 – 420 €

Created to allow guests to fully succumb to the Côte d’Azur sun, this exclusive ritual is inspired by the new Dior Solar line. Available either before sun exposure in order to benefit from its protective properties, or afterwards, to repair the skin intensely, it begins with a body scrub that has both enzymatic and mechanical effects. For the ultimate touch of sophistication L’Huile Sublimatrice gives the skin a sumptuous satiny finish. Face and body blossom and light up with a radiant glow.

ROC AFFUSION

Body – 1h30 – 460 €

Body – 1h – 350 €

The full and controlled power of water lies at the heart of this ritual. Enveloped in the warmth of this onyx suite, the body relaxes under the beneficial effects of a scrub rinsed off under a series of choreographed water jets of various temperatures. A customised muscle massage beneath the affusion shower reveals draining, energising or relaxing effects, depending on the desired pressure of the water jets, which are precisely directed at energy points. This therapy soothes the body and diffuses serene vitality through the meridians.

MASSAGE THERAPIES

Emblematic of Dior know-how, these massages take care of the body as though it were a genuine masterpiece. In a sequence of meticulously choreographed steps, the full knowledge of the House Wellness Experts serves specific needs with tailor-made variations to fulfil the needs of each guest's body and mind.

CONSTELLATION

Body – 1h – 240 € or 1h30 – 300 €

This multi-sensory journey promises to help you completely unwind and relax deeply. A holistic massage combined with slow and enveloping strokes for the entire body aims to release tight muscles one by one. Intensely relaxed, the body becomes a haven of inner peace.

D-BALANCE

Body – 1h – 250 € or 1h30 – 310 €

Inspired by acupressure techniques, this energising treatment combines specific and rhythmic strokes that tone tissue, release physical energy and return each guest to a state of inner well-being. Bio-rhythms are stimulated to boost energy flow. Deeply detoxified and regenerated, the body is fully revitalised and sees a return to inner strength.

This particularly invigorating massage is not available for pregnant women.





NEW LOOK

Body – 30 min – 180€ or 1h – 250€

The silhouette is redefined with this slimming and firming massage. For optimum effectiveness, it concentrates on one or two selected areas, applying precise manual massage strokes and cutting edge techniques to each one. The in-depth work of this treatment combines the palpate-roll method with the “skin lift” method, for an exceptional anti-cellulite action. Draining movements are completed by maderotherapy techniques to provide a slimming effect while toning tissues.

D-TISSUE

Body – 1h – 250 € or 1h30 – 310 €

This slow deep tissue massage aims to release tension knots and reoxygenate muscles thanks to highly technical strokes. To help the body feel free again, a combination of strong and gentle meticulous movements helps eliminate toxins and relieve aching muscles. The ultimate high-performance treatment, ideal for recovering after a sports session, for immediate relaxation.

9 LUNES

Body – 1h – 240 € or 1h30 – 300 €

For pregnant women on their unique odyssey towards motherhood, Dior has created a cocoon in which the needs of body and mind are listened to more closely than ever. This gentle moment of relaxation includes a sequence of slow and beneficial massage strokes to eliminate muscular tension, soothe tired legs and let future mums flourish during this emotional journey.

This ritual is recommended after the first trimester of pregnancy.

DIOR BODY TECHNOLOGY

At the cutting edge of treatment, Dior combines the excellence of manual techniques with the scientific expertise of new high-tech tools. These complementary areas of know-how lead to extremely effective treatments, providing the ultimate experience of beauty and wellbeing without sensorial compromise.

ENDOSPHERES THERAPY

Body – 45 min – 180 € or 1h30 – 310 €

Through Endospheres Therapy, Dior offers an expert treatment that tones and sculpts the body. Based on a compressive micro-vibration mechanism, this method acts deep down on the causes of cellulite. A roller of silicone spheres delivers the ideal pressure for each guest, providing five synergetic actions in the following areas: pain relief, lymphatic drainage, circulation, body contouring and muscle tone. This painless technique lowers lymphatic stasis, reduces cellulite, improves micro-circulation and optimises muscle tone. With each successive session, the body undergoes a spectacular transformation.

WAVES 21

Body – from 45 min – 180€

Dior has called on Waves 21 technology to transform each area of the body. By combining metamere electrostimulation with cryotherapy, this technology deeply detoxifies tissues and reduces sub-cutaneous and visceral fat, while tackling cellulite and firming the skin, for instantly visible results.

IYASHI DÔME

Body – 30 min intense session – 120 €, 20 min gentle session – 90 €

Dior uses the Iyashi Dôme technology to provide a detox experience via extremely efficient infra-therapy. Inspired by traditional Japanese therapies, this sauna diffuses gentle heat through far-infrared light rays. Providing a feeling of complete wellness, the benefits spread throughout the body, mind and senses. This cocoon of multiple powers helps to: detox the organism, firm the skin, sculpt the body and aid slimming, while also acting on sleep, soothing the nervous system, and preparing for or recovering after sports. At the end of the session, endorphins are released for deep and lasting relaxation.

Enjoy a gentle session to relax your body, or an intense session to sculpt your body thanks to its slimming effects.

3 or 5-session cure

Intense 3-session cure – 330€ – Gentle 3-session cure – 240€

Intense 5-session cure – 550€ – Gentle 3-session cure – 410€

Beneficial and helpful at every level, the Iyashi Dôme sessions can be offered as a 3 or 5-session treatment course, a perfect complement to any Dior Spa Eden-Roc treatment.



DIOR EXCEPTIONAL TREATMENTS



Inspired by the excellence of the greatest skincare lines of the House, these three exceptional treatments create unforgettable experiences. Every last detail has been planned to satisfy the senses and lead guests towards complete fulfilment. The face of every guest is lastingly enhanced, while their inner light shines intensely.

L'OR DE VIE MIRACLE

Face – 1h30 – 390 €

In tandem with the L'Or de Vie line, this antioxidant protocol gifts the skin with the infinite longevity of the Yquem sap. Like a prelude to plenitude, it opens with a relaxing back massage that extends to the face to relax micro-tensions. The combination of Dior rock crystal with these enveloping movements gives the skin a sensation of harmony and a spectacular visible transformation. To enhance the end of the treatment, a thermo-warming mask imbues the skin with its precious active ingredients. Step by step, the skin gains strength and resistance, while the face radiates with a divine glow.

DIOR PRESTIGE HIGH-PRECISION

Face – 1h30 – 360 €

An enveloping and lifting high-precision massage redefining the facial contour, mouth and eye areas. After a quick peel, a sequence of strokes sculpts the entire face, neck and décolleté. Tensions are eliminated, muscle support is reinforced and cellular regeneration is stimulated. To increase these benefits tenfold, the Wellness Experts use a rose quartz massage stone on the upper back and décolleté, while a cool sculpting mask is applied to the face.

DIOR CRYO 360° REGARD

Face – 1h30 – 360 €

This lifting treatment, applied in conjunction with the Dior Prestige line, acts on every dimension of the eye area. The exclusive Dior draining cryo-massage is followed by the application of a chilled congestion relieving wraparound mask. Puffiness and dark circles are visibly reduced. The eyes look refreshed and the signs of age fade away. This area, reflecting all emotions, is further brightened by the effect of a relaxing back massage that relieves tension and liberates inner joy.

DIOR EXPERT PROTOCOLS

These essential, ultra-targeted treatments ensure that the skin looks more beautiful than ever. In the professional hands of the House Wellness Experts, the most efficient treatments and techniques are combined to enhance the face lastingly.

GLOW D-TOX

Face - 1h - 260 €

A detoxifying treatment that targets toxins and makes the skin look radiant. A massage under the steamer is followed by a thermo-warming mask to even the complexion and help skin regain its natural glow. Once cleansed, the benefits of the daily skincare rituals are felt even more intensely.

KOBI-DIOR

Face - 1h - 260 €

Kobi-Dior is a high-performance anti-aging treatment inspired by Kobido techniques. Reinterpreted by Dior, these techniques lend their power to a lifting muscle massage with rejuvenating effects. Deep and precise strokes sculpt and plump the entire face. Every sign of age is diminished. Wrinkles are smoothed and contours are redefined.

D-CALM

Face - 1h - 260 €

Perfect after sun exposure, this ultra-hydrating treatment is also ideally comforting for skins in need of soothing. After an expert massage, the face is pampered with an enveloping dermo-repair Cataplasme as soft as a cocoon. A blue photo-stimulation light is projected over the cool mask to multiply its soothing and calming benefits. A sequence of slow and enveloping massage strokes helps the skin absorb the treatment and allows your mind wander.



DIOR SKIN TECHNOLOGIE



Dior has always combined its scientific skincare expertise with manual techniques and cutting edge technologies. This global avant-garde vision gives rise to exceptionally effective experiences.

DIOR MICRO-ABRASION

Face – 30 min – 160 €, 1h – 260 €, 1h30 – 360 €

Cure – 3 treatments of 1h30 – 950€

An exclusive and emblematic Dior Skincare technique, Sapphire Crystal Micro-Abrasion is based on a high-tech tool that combines micro-abrasion with photo-stimulation. This exfoliating experience promises spectacular anti-aging that stimulates deep regeneration within the skin. The Dior Micro-Abrasion protocols provide the skin with a radiant glow and an exceptional smoothing effect. The face is toned and instantly illuminated. In the days after the treatment, the skin is increasingly receptive to skincare benefits.

This treatment is suitable for every skin type, even the most sensitive.

DIOR POWERED BY HYDRAFACIAL

Face – 45 min – 300 € or 1h30 – 540 €

Dior combines its Floral Science with cutting edge Hydrafacial technology in a treatment developed, for the first time, by the two Houses. Deep facial cleansing and exfoliation is boosted and completed by the Dior Floral Peeling Lotion applied through a specific tool, developed exclusively by the House of Dior and Hydrafacial experts. De-oxidised and hydrated skin returns to its naturally radiant state, and is perfectly prepared to then receive a tailor-made treatment as part of a total wellness dimension.

DIOR SKIN LIGHT LED THERAPY

Face – 15 min – 85 €

Cure – 8 treatments of 15 min – 580€

Each skin cell has the incredible ability to absorb light and convert it into energy. To help inner light shine through at the surface, Dior uses lighttherapy technology with the Dior Skin Light Led mask. This absolute gem of design reflecting the oval shape of the face is a high-tech tool that acts as a source of natural energy, boosting cellular respiration. At the end of the session, the skin is relaxed and repaired, while its the metabolism is rebalanced. Under the beneficial effects of the light, the mind is soothed and returns to a harmonious state.



ADD-ON TREATMENTS

Carried out in addition to the other treatments, these effective little moments of wellness extend any delightful experience.

BACK RELEASE

Body – 30 min – 130 €

A gentle sequence of enveloping strokes shapes this tailor-made back massage, which is the perfect complement to a face or body treatment. It offers a moment to unwind and eradicate the day's stress, or simply relax at any time.

FOOT RELIEVE

Body – 30 min – 130 €

Inspired by reflexology, this invigorating massage is an enriching addition to every other face and body treatment.

It boosts circulation while leaving legs and feet feeling light and rested. A sensation of weightlessness accompanies body and mind.

BODY SCRUB

Body – 30 min – 130 €

Ideal as a prelude to a body treatment, and for the pleasure of seeing your skin glow, this quick scrub-peel presents a dual mechanical and enzymatic action. A new energy inhabits the mind and lights up the skin, extremely gently.

EXCEPTIONAL EXPERIENCES

A legendary refuge nestled at the far end of Cap d'Antibes, facing the Mediterranean and the Lérins Islands, the Hotel du Cap-Eden-Roc embodies the myth of the French Riviera. Dior Spa Eden-Roc invites guests to discover its every facet during unique moments combining beauty, wellness and intense pleasure, through Exceptional Treatments, Expert Protocols, Massages Therapies and Add-On Treatments at the Dior Spa.

D-DAY

3h or 4h – on request from 850€

Dior adds its unique touch of wellness to precious wedding moments. As a prelude to this exceptional day, or to relax after the magical moment, Dior Micro-Abrasion and L'Or de Vie Miracle facial treatment are the ideal combination to enhance your skin. A makeup test with a Dior makeup artist is the finishing touch to this first act. On the day itself, the Dior Spa Eden-Roc experience symbolises the first instants of happiness of your dream day.

LUNCH & SPA AT EDEN-ROC

3h30 – 610 €

Enjoy a 1h30 well-being treatment before or after a delectable lunch, in the exceptional setting of the Eden-Roc restaurant, looking out over the sea. All the senses are awakened during this unforgettable experience.*

MORNING DÉTOX

4h – 650 €

Start your day gently at the Hotel du Cap-Eden-Roc with a yoga session in the hotel gardens or facing the sea. Next, enjoy a delicious buffet breakfast with an abundance of pastries and a choice of healthy balanced options. Then head to Dior Spa Eden-Roc and enjoy a 1h30 well-being treat, selected from the Exceptional Treatments, Expert Protocols, Massages and Add-On Treatments.**

THE ART OF BEAUTY

BESPOKE MAKEUP

Face - 30 min - 90 € or 1h - 160 €

Discover the secrets of the Dior look with one of the House Makeup Artists. For a natural or sophisticated makeup look, a fresh and luminous complexion, couture lips and graphic eyes that reflect your personality.





THE DIOR BOUQUETS

Benefit fully from your stay on the French Riviera in another way, by discovering a new vision of wellness and adapting it to your own life philosophy and your own goals. Such is the spirit of the six Dior wellness cures, created exclusively for Dior Spa Eden-Roc. Available as 3, 7, 10 or 14 day courses, these expert Bouquets provide visible and tangible results, freeing the body of any discomfort and opening the path to happiness. An initial consultation with an expert allows each guest to determine a program depending on their needs and expectations. The Bouquets combine multiple approaches, treatments and techniques creating truly holistic experiences. In this peaceful setting that invites resilience, these special, tailor-made moments enable guests to explore and elevate their personal potential, and to open new doors leading to self-discovery. Serving as a guide to everyday life, they invite guests to continue on the same path once they are back at home. These multiple experiences give rise to resilience, helping you find the perfect balance between the body and mind, for a total rebirth.

RELAXATION BOUQUET

Goals: to recharge, oxygenate and return to your inner self

3 days – from 2167€ / 7 days – from 4069€

10 days – from 5552€ / 14 days – from 7868€

The French Riviera is a sanctuary of tranquility surrounded by sumptuous landscapes spontaneously inviting relaxation. To encourage this and help let go of the stresses of everyday life, this Bouquet offers up the luxurious Spa facilities for guests to enjoy, as well as the Hotel du Cap-Eden-Roc gardens for outdoor activities such as yoga, meditation and qi gong sessions. To envelope every inch of the body and mind, invigorating massages and lyashi Dôme sessions provide oxygenation and relaxation. Facial treatments bring a radiant glow back to the skin. Completed by a full nutritional program and advice, guests feel their energies realign, while their minds release and reboot, for a return to complete serenity.





IMMUNITY BOUQUET

Goals: to revitalise, fortify and detoxify the body and mind

7 days – from 4501€ / 10 days – from 6189€ / 14 days – from 9137€

The body, organism and mind will be totally boosted, ready to face everyday life once again, with this Bouquet that fortifies inside and out. It includes a muscle strengthening program and pilates as well as yoga: day after day, circulation is stimulated and optimised. Invigorating and relaxing massages alternate with lymphatic drainage or osteopathy sessions to relieve tensions and repair the body. High-tech machines such as the Iyashi Dôme, Wwave 21, Hydrafacial and Lucibel help boost immunity while strengthening the organism. Undeniable effectiveness is combined with the joy of renewed energy, supported by well-being and nutrition advice throughout, to apply as a new routine at the end of the treatment course.

DETOX BOUQUET

Detox goals: boost detoxification of the organism and the skin and create a healthy lifestyle

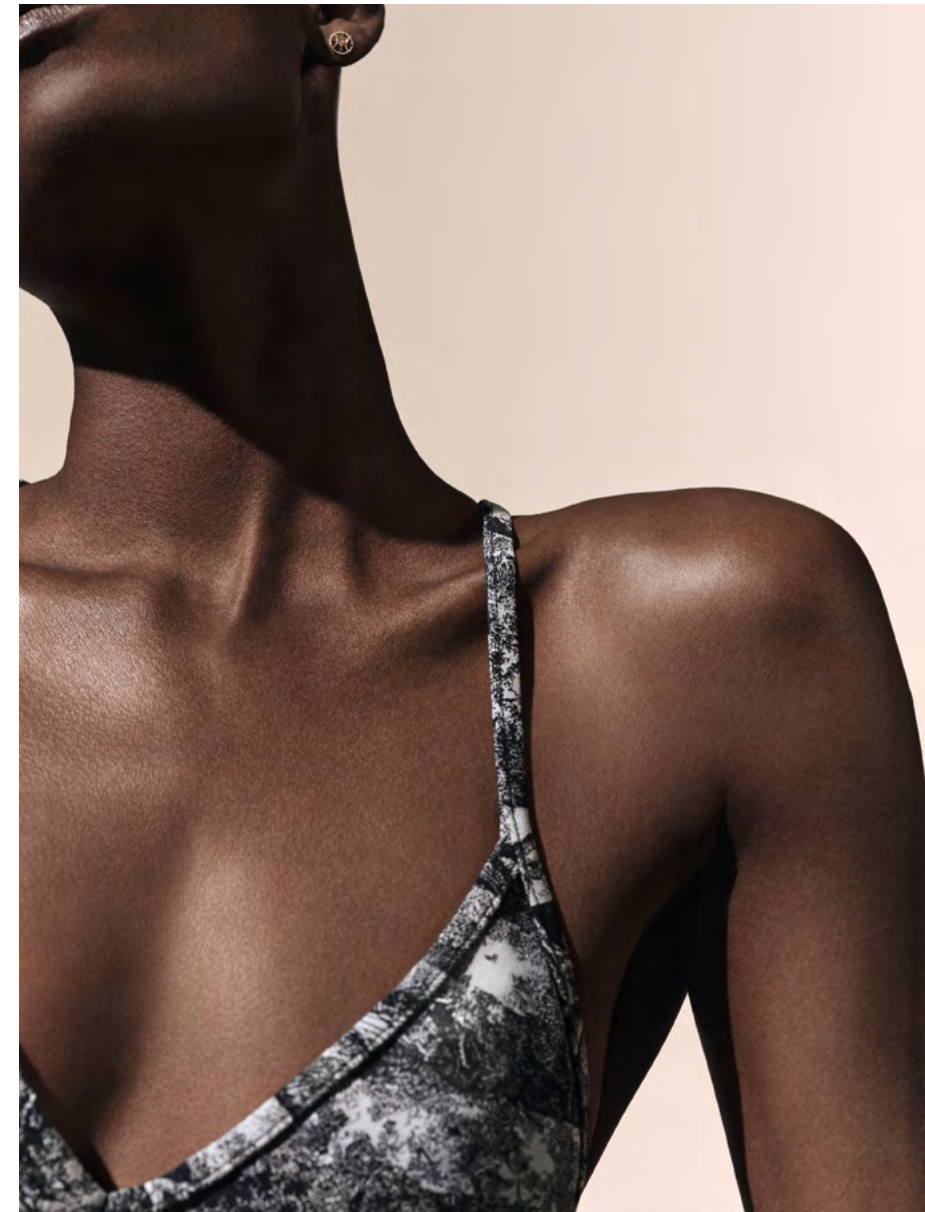
*3 days – from 2376€ / 7 days – from 4524€
10 days – from 5826€ / 14 days – from 8937€*

This Bouquet with numerous benefits and multiple facets was created to reset the body and mind. Various face and body massages (affusion shower, Hydrafacial treatment, etc.) cleanse, pamper and enhance the skin. The organs are detoxified and energies are realigned and stimulated thanks to different manual and high-tech treatments (Waves 21, Iyashi Dôme, etc.). To increase their benefits, sports sessions and customised sessions of meditation in particular, aim for a state of complete mindfulness. Lastly, a private coach, working with body mass analysis and culinary workshops, helps you maintain the progress made once your stay has ended. This treatment course offers a new beginning.

Slimming goals: to lose weight lastingly, reduce cellulite and reshape the body

7 days – from 4678€ / 10 days – from 6222€ / 14 days – from 8649€

This Bouquet calls on all the specific Dior Spa technologies and treatments to transform the body and the skin. A sequence of treatments including organ detoxification, energy boosting, lymphatic drainage, massages and wraps, initiates the transformation. Gentle or intense sports activities help guests rediscover their body, feel every muscle and reshape it according to their goals. In parallel, tailor-made sessions of meditation and sophrology in particular, invite guests to recentre themselves, to better listen to their own needs. Lastly, a private coach, working with body mass analysis and culinary workshops, opens a pathway to new habits and a new daily life steeped in well-being.





REVERSE AGING BOUQUET

Goals: improve skin quality, reduce the effects of aging and optimise well-being

3 days – from 2190€ / 7 days – from 3990€

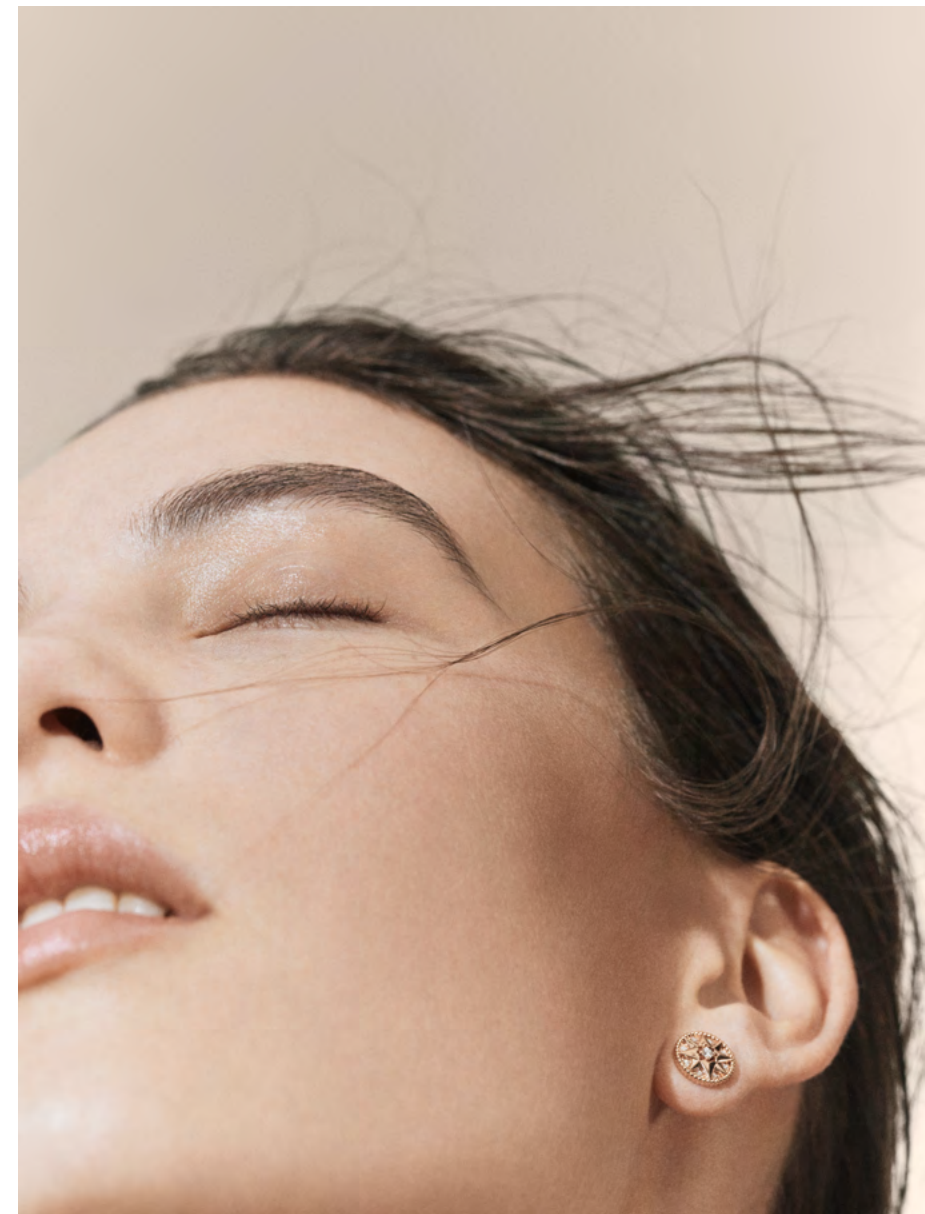
With this Bouquet, which addresses the body as a whole, the inner youth of each guest surges through the entire being. Longevity and skin tone naturally lead to inner fulfilment and a lasting capacity for living well. With that as the goal, this program includes yoga and meditation sessions that encourage guests to unwind. To fully enjoy every aspect of total wellness, cardio and muscle strengthening sessions are also available, along with a nutrition plan. Treatment session of Skin and Body Technology, Hydrafacial, Micro-Abrasion, Light Therapy, Iyashi Dome and Wave 21, complete a series of tailor-made face and body treatments and massages.

HORMONAL BALANCE BOUQUET

Goals: to regulate the organism and stimulate the metabolism in order to experience hormonal changes harmoniously

14 days – from 9723€

Available only as a 14-day course, this Bouquet is a true guide to serenity that takes guests step-by-step through life's natural changes. For the best possible approach to, and a serene experience of these moments that transform the body, the skin and emotions, this complete program aims to take total charge of the guest. Numerous face and body massages alternate with treatments sessions using different machines such as the Waves 21 to specifically detoxify certain organs, Endospheres to act on circulation, and the Lyashi Dôme for a physical and psychological effect. In addition to wellness and sports activities, this Bouquet also plans for numerous tailor-made coaching sessions in gentle methods such as sophrology, meditation and osteopathy, as well as different nutrition workshops.





DIOR SPA EDEN-ROC

DIOR HOMME BOUQUET

Goals: to decompress, return to form, find well-being and rebalance the organism

3 days – from 2358€ / 7 days – from 4194€

10 days – from 5794€ / 14 days – from 8291€

With this course, Dior takes a new look at men, addressing their every facet and by extension, every expectation. Sport, nutrition and wellness are combined in a completely adaptable program aiming to resolve and meet every need. Cardio and muscular strengthening sessions stimulate tone, while relaxing muscle massages re-energise and soothe the body. Considering the male body as a whole, this 100% tailor-made course also includes customised facial treatments and Hydrafacial, Iyashi Dôme and Endosphere sessions. This new, unique and complete approach is enriched with well-being tips and a nutrition plan to follow at the end of the stay, to maximise results already gained.

EXCLUSIVE HOTEL TREATMENTS

COACHING, YOGA
& OSTEOPATHY

CUSTOMISED COACHING

30 min – 125€ or 60 min – 195€

A dedicated team of expert coaches guides each guest with a customised programme.

YOGA

60 min – 195€

Yoga practice leads to a strong and flexible body. It is the perfect addition to any treatment, as it improves respiratory, circulatory, digestive and hormonal functions, while also providing emotional stability and a clear mind.

GROUP YOGA

60 min – à partir de 275€

In the heart of the Hôtel du Cap-Eden-Roc gardens, enjoy getting back in touch with your body as you begin to explore movement, and return to essential breathing, which is the master of the senses.

OSTEOPATHY

60 min – 240€

A specialty area of natural medicine aiming to restore the organism's functions, osteopathy rebalances the entire body and liberates the mind.

EXCLUSIVE HOTEL TREATMENTS

HEALTH DETOX
& NUTRITION*By appointment 24-48h in advance*

The complementary nature of these treatments targets global well-being, improving cellular regeneration and any disfunction in the organism.

NATUROPATHY

60 min – 420€

This natural therapy rebalances the organism and develops each person's inherent potential. Its effects are increased tenfold when combined with iridology, which provides a true impression of the body and how well it is functioning.

IRIDOLOGY

60 min – 650€

A blend of art and science, iridology deciphers the languages of nature through the iris, in a real projection of the body. "The eye is not only a window to the soul, it is also a window to the body."

REFLEXOLOGY

60 min – 240€

According to the principles of reflexology, the foot is divided into reflex zones that each correspond to a specific organ. This foot massage thereby enables accumulated tensions to be gradually removed, inviting the muscles and the mind to relax. In this way, energy flow is rebalanced again.

DIOR SPA EDEN-ROC ETIQUETTE

TREATMENT DURATION

In order to fully benefit from your experience, we recommend arriving 15 minutes before your appointment. Every treatment includes the time required for your Wellness Expert to carry out a customised consultation beforehand.

THE WELLNESS EXPERIENCE

Dior Spa Eden-Roc is a place dedicated to wellness and relaxation.

We would like to ask you to turn off mobile phones in order to fully benefit from your experience and to respect the tranquillity of each guest. Our equipment is sterilised after every use, and the air is cleansed and purified in between every appointment.

SPA ETIQUETTE

If you wish to take a shower before your treatment, please do so before you arrive for your appointment. We would be grateful if you would inform your Wellness Expert of any illness, or of any medical treatments you are currently taking or have recently taken.

RESERVATIONS AND CANCELLATIONS

The Wellness Experts are delighted to help you with your reservation. Please contact them by email or telephone at:

spa.hdcer@oetkercollection.com

+33 (0)4 92 93 76 21

From your room dial: 7621

Out of respect for other guests, we ask that you inform us of any appointment cancellations at your earliest convenience. Any appointment changes or cancellations carried out less than 24h in advance will be invoiced for the full amount of the reserved treatment.

Please inform us of any changes or cancellations at least 24h in advance, otherwise the service will be invoiced in full.

OPENING HOURS & CONDITIONS

Dior Spa Eden-Roc is open from April to October, every day from 10am to 7pm. During the Cannes Film Festival, and from June to August opening hours are 10am to 8pm, and on request from 8-10am.

Please note that treatments in the cabana and the gazebo are subject to weather conditions. Please note that smoking and alcoholic beverages are forbidden inside the spa. In addition, the Spa cannot be held responsible for any valuable objects on its premises.

An extra charge of 20% will be added to all treatment before 10 am and after 7 p.m. An extra charge of 25% will be added to all treatments done in your room. An extra charge of 50% will be added to all treatments done on a boat or in private villa.

EXTERNAL CLIENTS

The Spa is open to external clients every day from 10am to 3pm (except for access to the cabanas, the swimming pool and its facilities). Subject to availability and with a minimum booking of one hour treatment (excluding coaching). The boutique and hair salon spaces are open during salon opening hours.

EXCEPTIONAL EXPERIENCES CONDITIONS

LUNCH AT EDEN-ROC & SPA

*Conditions: Offer valid from April 14th to October 15th 2023 subject to availability and by reservation only, price per person. The lunch buffet of this offer includes a glass of champagne, a glass of wine (our sommelier's choice), a bottle of mineral water and a cup of tea or coffee to go with your meal. The Eden-Roc restaurant is open every day from 12.30pm-2.30pm. Offer not valid during the Cannes Film Festival. Suitable attire is required at lunchtime, and we request that men do not wear singlets. Please note that animals are not welcome in our bars and restaurants.

MORNING DETOX

**Conditions: Offer valid from April 14th to October 15th 2023 subject to availability and by reservation only, price per person. This offer includes a breakfast buffet in the Eden-Roc restaurant as well as a mimosa cocktail or a glass of champagne. The Eden-Roc restaurant is open for breakfast every day from 7am to 10.30am. Offer not valid during the Cannes Film Festival. Suitable attire is required, and we request that men do not wear singlets. Please note that animals are not welcome in our bars and restaurants.

DIOR
EDEN-ROC