



A Four Seasons Hotel

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A Four Seasons Hotel



GRAND-HÔTEL
du Cap-Ferrat
A Four Seasons Hotel



A haven of beauty, elegance & endless care...

In the heart of our 13 000 Sq.ft (1200 m²) landscaped gardens, Le Spa in the GRAND-HOTEL du Cap-Ferrat invites you to experience a moment of wellness, relaxation & harmony in one of the most elegant relaxation spots of the French Riviera. Our 8000 Sq.ft spa facility, including an indoor pool, sauna and steam rooms, 5 treatment rooms including a suite for two and fitness room were decorated by the acclaimed designer Pierre-Yves Rochon. Le Spa offers a selected range of massages, facials & body treatments for you to slow down your rhythm and unwind. To complete your spa experience, the spa offers a selected range of retail products where you can find the best in skin care and spa products.

Massages

Signature Aromatherapy Infused 60/90 min

Offering serenity and healing through essential oils can have a profound effect on body, mind, heart and soul. Your therapist will deliver a custom massage from blended essential oils that speak to your needs of the moment and reflect your chosen intention. This relaxing session includes head, neck and scalp massage.

Sports Therapy 60/90 min

Developed to help athletes prepare their bodies for optimal performance. Recover after a big event or function well during training with this stimulating massage. Our therapists will soothe your aching muscles during this intensive deep tissue massage and make you feel invigorating.

Mother-To-Be 60 min

What mother-to-be wouldn't enjoy a wonderfully soothing and relaxing massage? This very special, pampering treatment has been designed by our spa experts to ease the effects of pregnancy using specially designed maternity pillows. Specific attention and adjustments are made for each mother's stage of comfort and her overall comfort levels.

**please advise your Spa Coordinator if you are in your first trimester



*Royal Time for Two,
a Signature couple's Experience by Le Spa*
60/90 min

Take time to reconnect and relax with a loved one. Escape to our beautifully appointed Grand Salon to enjoy this experience designed exclusively for couples. Experience the indulgence of massage side-by-side as you unwind, relax and enjoy together. Two therapists will work in perfect harmony to provide an unforgettable shared experience. You will have 30 minutes before and after to enjoy the privacy of our suite featuring private lockers, showers, a delicious snack station, champagne, chocolates and luxurious amenities.



Two Hours Experience
120 min

Your dream comes true! Now you can enjoy a full two hours massage and have the best result ever when it comes to relaxation. You will experience a therapeutic massage combining a number of classic massage techniques including Deep Tissue, Acupressure, « Myofascial Release » apparition, Swedish and stretching. This comprehensive massage is customized to your needs to help release chronic muscle tension and aid in recovery from activity-induced soreness.

Feet Time
60 min

This treatment begins with a stimulating warm foot scrub where your feet are gently buffed and hydrated. Afterwards, a refreshing 30 minutes session of reflexology relieves tired soles and soothes tension. Reflexology is a concentrated foot massage designed to enhance your well-being and provide your total body with balance. This massage effectively uses pressure points on your feet and hands that correspond with other parts of your body as well as its organs.

Four Hands
90 min

If two expertly trained and skilled hands can provide relaxation and stress relief, imagine this synchronized four hands massage can do for you? In this massage, two therapists work mirroring each other in perfect harmony to provide you the best experience possible. The technique used in this massage is the Swedish one, the classic full body massage features long, deep strokes and targeted-area kneading to dramatically reduce tension throughout your body, soothe sore and aching muscles and increase circulation. The result is a head-to-toe relaxation.

Ask your therapist about adding one or two of our enhancements to your treatment.

Thai Massage

80 min

Traditional Thai massage uses no oils or lotions. The recipient remains clothed during the treatment. There is constant body contact between the giver and receiver, but rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked. We recommend the recipient of the massage to wear loose and comfortable clothing.

Stress-relieving Neck & Back

30 min

Using a unique blend of essential oils, this massage restores and replenishes the nervous system. It is a perfect quick break for relaxation if you have a tight schedule, are between meetings or games or just want to add to one of your spa services as an enhancement.

In Room Spa

60/90 min

Let your mind and body go into a state of peaceful rest and calm as we deliver you a classic Swedish, Sport, or Deep Tissue massage provided in the privacy of your suite. Our therapist will set the spa mood in your environment so you can experience your own private spa experience.

*additional fee applied for this service

Ask your therapist about adding one or two of our enhancements to your treatment.



Body Treatments

Swiss Salt Cristal Detox

30 min

Extracted from the glaciers in the Swiss Alps, our Salt Crystals are rich in therapeutically minerals to detoxify. This treatment will renew and help to regenerate the surface cells of the skin; it is a perfect addition to any body massage.

Delicate

30 min

Especially adapted for delicate and sensitive skin, this treatment uses tiny exfoliating grains of Swiss crushed apricot stones. With high concentration of Swiss honey, it has both balancing and nourishing properties, leaving your skin velvety, hydrated and radiant; it is a perfect addition to any body massage.

Algae Draining Wrap

80 min

From the Atlantic coast of Brittany, France, this draining and re-mineralizing algae treatment is renowned for its slimming and detoxifying properties. The addition of our Dr Burgener Active Draining Concentrate gives our contouring treatment exceptional results.



Royal Damascan Rose

80 min

Our anti-aging ritual uses beautiful Damascan Rose to rehydrate and soothe the skin. Pink clay found within the mountains of Syria gently gets the body rid of impurities, while allowing moisture to be retained. Further benefits are achieved, with the addition of the Dr Burgener Active Anti-Aging Concentrate. This precious combination of royal jelly, honey, propolis and essential oils, allows for optimal results.

Slimming Five Days Cure

With the Dr Burgener course of slimming over 5 days, you can obtain long-lasting and exceptional results. Thanks to our natural and highly concentrated active ingredients we will strongly detoxify and drain the body to have a great result on the water excess and orange skin effect.

- Day 1: Swiss Salts Detox body wrap + Massage lympho palper rouler
- Day 2: Massage palper rouler + Lipo draining Cryofit wrap
- Day 3: Massage lympho palper rouler
- Day 4: Massage palper rouler + Lipo draining Cryofit wrap
- Day 5: Massage lympho palper rouler

LPG Slimming

The LPG machine works on the skin and subcutaneous tissues aiming on slimming and anti-aging results. We offer the service in one body session but guests may obtain better results with a course of 6 body sessions.

Ask your therapist about adding one or two of our enhancements to your treatment.

Skin Care by Dr. Burgener Switzerland

Swiss Anti-aging Jewel

60 min

From the Swiss Alps our soothing and nourishing honey is extracted directly from the hive. This journey commences with a deep cleansing and exfoliation using Swiss apricot stones from the Valais region. A rejuvenating massage, followed by an application of nutrient rich serum and essential oils, will combat the signs of aging. An extra dose of vitamin and trace element, with our Royal jelly mask turn back the hands of time.

Luxury Green Caviar

90 min

By the power of Swiss anti-aging excellence, this treatment suits particularly skin in of a regenerative boost. The VitaSkin Ultrasound penetrates on a cellular level with an intense dose of Green caviar and Gold trace elements to repair and revamp the skin.

Collagen Firming

90 min

Stimulating from the inside out, the VitaSkin ultrasound will allow the skin to produce more collagen and elastin in order to improve cellular functioning. A firmer, dense, smoother and more uniform complexion is obtained through our plumping Acacia Collagen Mask.

Men's Skin Fitness

60 min

This treatment is specially designed to address the needs of men's skin that in many cases present a combination of oily skin due to fitness activities. A bamboo peeling is followed by extractions to eliminate impurities, leaving the skin refreshed. The natural acid mantel is restored by a mist and an application of our Intensive Purity Mask. We recommend that you do not shave at least 24 hours prior to your facial.

Five Days Cure

With the Dr Burgener course of slimming over 5 days, you can obtain long-lasting and exceptional results. Thanks to our natural and highly concentrated active ingredients we will strongly detoxify and drain the body to have a great result on the water excess and orange skin effect.

- Day 1. Luxury Green Caviar
- Day 2. VitaSkin Full Treatment
- Day 3. Swiss Anti Aging Jewel
- Day 4. Collagen Firming
- Day 5. Luxury Green Caviar



Ask your therapist about adding one or two of our enhancements to your treatment.



Skin Care by Biologique Recherche

Royal Hydrating

60 min

This facial is perfect for seasonal change; pollution effect of time... The skin has every reason to become dehydrated. This treatment envelops your face a hydrating cocoon to reveal a unified complexion, perfectly refreshed skin and instant comfort.

Lifting CVS

60 min

An exfoliating and lifting treatment combined with toning and shaping techniques to sculpt contours and firm the shape of the face. This treatment acts like a real fitness of the skin. Cleverly fingers experts stimulate the skin to re-sculpt facial contours. The lifting effect is immediate ... firmer, your skin is transformed and glowing!

Illuminating

60 min

A complexion evening treatment to prevent and reduce the appearance of dark spots, brighten and illuminate your complexion. This facial will help to treat hyper-pigmentation, block melanin synthesis and reduce free radicals damage. The skin is left brighter, unified in appearance through complete epidermal exfoliation.

* We recommend a 3-session treatment over 1 month

Sensitive Skin Care

60 min

This facial will treat your face respecting the delicate physiological balance of sensitive and reactive skin suffering from redness. Light smoothing movements and the application of treatments full of hydrating ingredients help reduce the area of the skin affected by redness, prevent the formation of new blood vessels, soothe your skin and provide a feeling of comfort.

Ask your therapist about adding one or two of our enhancements to your treatment.

Treatment Enhancements & Mini Experiences

Scalp Massage

25 min

A delightful addition, this enchanting add on begins with acupressure that release fatigue and tension from neck and head whilst at the same time nourishing the hair with vital minerals and oils.

Foot Recovery

25 min

Add a touch of reflexology to any of your treatments. A foot care is a delicious way to end any of our spa experiences!

Men Express Facial

30 min

This anti-fatigue mini-facial clears the complexion and promotes robust tone radiance. It is the perfect addition to a massage and a great touch before an event!

For the Eyes

30 min

Plant active ingredients and specific techniques combine to smooth away wrinkles and fine lines, tone eyelids and improve signs of fatigue.

Quick Rub by the pool

15 min

This quick massage will help you to relax by the pool at our Club Dauphin while relaxing by the sun with the best view of the south of France. You can choose between shoulders or feet...or both!

Change the Color by the pool

15 min

Tired of your nail color? Need a quick fix? Want to get a different nail polish for your event? Too relaxed by the pool to go to the spa? No worries, we go to you. Our nail technicians will change your polish while you enjoy your favorite drink by the pool in our Club Dauphin.

*this service do not include the removal of cuticles

Nails & Colors - NAIL CARE FOR HER

Manicure

45 min

Bathe your worn-out nails in a warm, softening soak followed by trimming, buffing, shaping and an application of lotion. To finish, an application of your favourite nail polish.

Spa Manicure

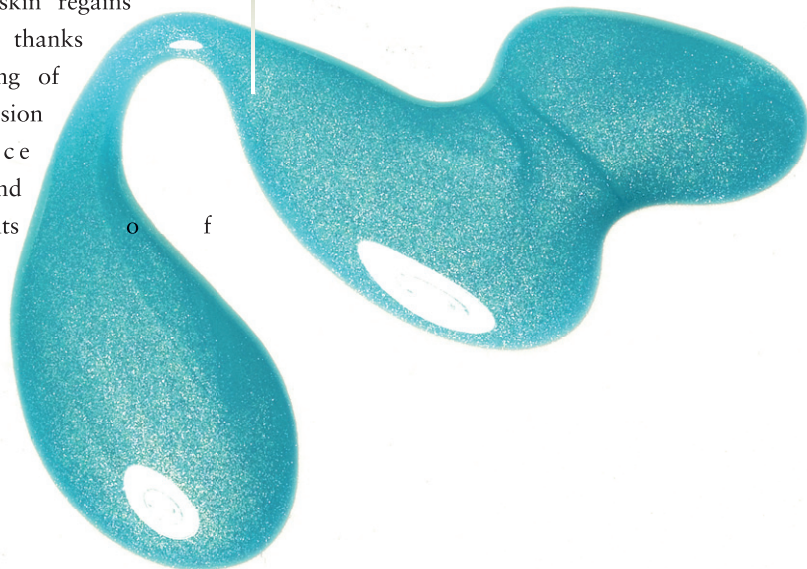
60 min

Enjoy a warm, softening soak. Careful trimming, gentle cuticle care and expert nail shaping is followed by a hand scrub. A tension-melting hand massage and hot paraffin dip soothes and revitalizes while the perfect polish completes this fabulous manicure, our spa manicure is an ideal treatment for damaged, dry hands. The skin regains suppleness thanks to the pairing of the Emulsion Rénovatrice Mains and the benefits of paraffin.

Pedicure

60 min

Soak your feet in a hot, softening bath in preparation for nail trimming, buffing and shaping. Complete this perfect pedicure with a gentle lotion application and your favourite nail polish.



NAIL CARE FOR HIM

Spa Pedicure

90 min

Combining exfoliation, the application of a hydrating mask and a Biologique Recherche modeling with the benefits of the Pedispa's balneotherapy and luminotherapy, this complete restoring treatment relaxes repairs and beautifies your feet. Nail polish is included.



French tips

Polish change

Paraffin add-on

Executive Manicure

45 min

Specifically tailored to a man's needs, this manicure begins with a warm, hydrating soak to soften your nails and prepare them for trimming, buffing and shaping. A customized scrub exfoliates your hands while a light massage relaxes tension.

Sports Pedicure

60 min

This pedicure was specially formulated with men in mind. Over-worked feet need our gentle trimming, filing and buffing. Then a scrub softens calluses and rough, dry skin followed by a hydrating masque, rejuvenating massage.

Ask your therapist about adding one or two of our enhancements to your treatment.

Waxing for Her

- Full Leg waxing
- Half Leg waxing
- Arm waxing
- Bikini waxing
- Brazilian bikini waxing
- Under arm waxing
- Upper Lip waxing
- Eyebrow waxing

Waxing for Him

- Chest
- Back

Hair

- Short hair blow dry
- Mid-length hair blow dry
- Long hair blow dry
- Ladies hair cut
- Gentlemen’s hair cut
- Child haircut
- Under 12 years old

Tinting

- Eyelash tinting
- Eyebrow tinting

Make-Up

- Cocktail and evening make-up
- 30-60 min

Shaving

Classic Shave
30 Min

This relaxing escape begins with a hot towel. Your skin prepared with warm towels before our barber uses a traditional razor to shave with the grain first, and then re-lather and shave once more against the grain for closeness. A cold towel infused with essential oil provides a soothing and relaxing experience followed by an after shave lotion application.

Cap Ferrat Shave
45 Min

This indulgent shave starts with a Men’s Express Facial to prepare your skin for a smooth shaving experience! This anti-fatigue mini-facial clears the complexion and promotes robust tone radiance. We will follow the treatment with a classic shaving which will leave your skin radiant and healthy for an evening out in Cap Ferrat!

Spa Packages

Couples in Harmony

180 min

Enjoy a side by side relaxing experience in our Luxury Grand Salon Suite with a massage and facial and complete privacy. This suite is outfitted with its own change room, showers and private lounge, where champagne and strawberries are served to complete your journey. Journey includes a 30 minutes prior and after treatment to relax in the private atmosphere. The experience includes:

- Two Relaxing Aromatherapy Infused Massages
- Two Facials (Skin Fitness for Him and Swiss Anti-aging Jewel)
- 30 minutes to enjoy the privacy of our suite before and after the treatments
- A delighted suite bar featuring champagne, chocolate and fresh fruits

Mother and Daughter Spa Day

165 min

This package is a wonderful opportunity to reconnect and relax in the luxurious atmosphere of our Grand Salon Suite. The experience includes:

- Two Relaxing Aromatherapy Infused Massages
- Two Luxury Green Caviar Facials
- 30 minutes to enjoy the privacy of our suite after the treatments
- A delighted suite bar featuring champagne, chocolate and fresh fruits

Spa Day for Her

310 min

Enjoy a combination of spa treatments created to make you feel pampered and special! The treatments can be taken one after the other or with breaks in between them so you can enjoy your day and pamper yourself as you feel. The experience includes:

- Royal Damaskan Rose
- Luxury Green Caviar
- Manicure
- Pedicure

Spa Day for Him

165 min

A perfect combination of treatments for gentlemen who need to slow down from the busy lifestyle and take a minute to relax!

The experience includes:

- Men’s Skin Fitness Facial
- Sports Therapy Massage
- Executive manicure

Spa Fitness

Le Spa offers personal trainers upon request and sunrise fitness activities. Please check the schedule and availability with the spa reception.

Spa Etiquette

- We recommend that you book your spa treatments in advance to guarantee your preferred dates and times.
- At time of booking, please advise the spa of your preference for a male or female therapist and all health considerations we should be aware of such as pregnancy, allergies, high blood pressure, physical ailments or disabilities.
- Please note that only facials and nail services are available for women in their first trimester.
- Our spa therapists are highly skilled and professional. You will be professionally draped at all time. We recommend that you remove all clothes for body treatments however, please feel free to wear whatever is comfortable for yourself. Disposable undergarments are available in each treatment room for your convenience.

- For the comfort and relaxation of all, cell phone use is not permitted in the spa.
- Guests of Le Spa must be a minimum of 16 years of age. Nail services are available for patrons under the age of 16, when accompanied by an adult.
- Le Spa is a non-smoking environment.
- Le Spa is not responsible for any lost or stolen items.
- Gift certificates are available at the spa reception.

Arrival Procedures

We recommend that you arrive at Le Spa at least 30 minutes prior to your scheduled appointment time to enjoy use of the facilities. The spa offers an indoor pool, dry sauna, steam room and fitness room. We recommend showering prior to your service in order to receive maximum benefit from the treatment oils and creams. Please note that should you arrive late for your treatment, your treatment may be shortened with no reduction in price.

Cancellation Policy

Should you need to cancel or reschedule your appointment, we require four (4) hours advance notice in order to avoid a 100% cancellation fee.





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