

The Spa welcomes you to the heart of its exotic Mediterranean gardens. Scents of rose, star jasmine, lavender, olive wood and citron provide an endless source of inspiration for our teams.

We have developed a partnership with prestigious brands in order to offer you an exclusive selection of treatments, locally inspired and executed with skill and passion by our therapists.

Our team is at your disposal to provide advice and bring their expertise and know-how.

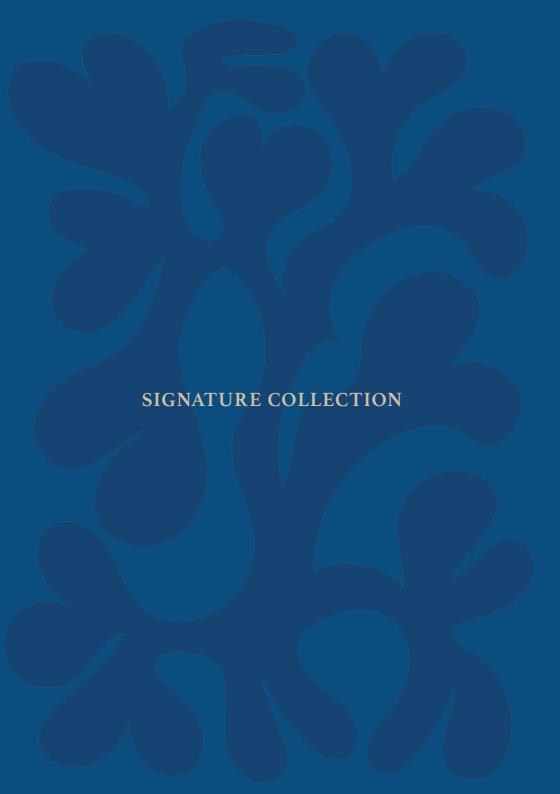
Spa Director

Charlotte Cointement

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## **Floatation Awakening**

45 min

Immerse yourself in a one-of-a-kind biohacking experience blending relaxation and recovery. Floating on a bed suspended above 600 liters of Epsom salt, you'll enjoy an unparalleled moment of serenity. Designed to support sport recovery, alleviate stress, and combat jet lag, this holistic journey is enhanced by a guided meditation to deepen your inner exploration. Treat your body and mind to profound rejuvenation with this innovative treatment.

## Royal Experience for Two

60/75/90 min

Enjoy a delicious moment of relaxation for two. Escape to the intimacy of our Grand Salon, which includes a whirlpool bath, sensory shower, sauna and steam room. Our therapists' massages will leave you in perfect harmony. The Grand Salon features private changing rooms, showers and a refreshment buffet with champagne and chocolates. You can enjoy the intimacy of this unique space for 30 minutes before and after your treatment.

## Warm Shell Body Massage - by St Barth

75/90 min

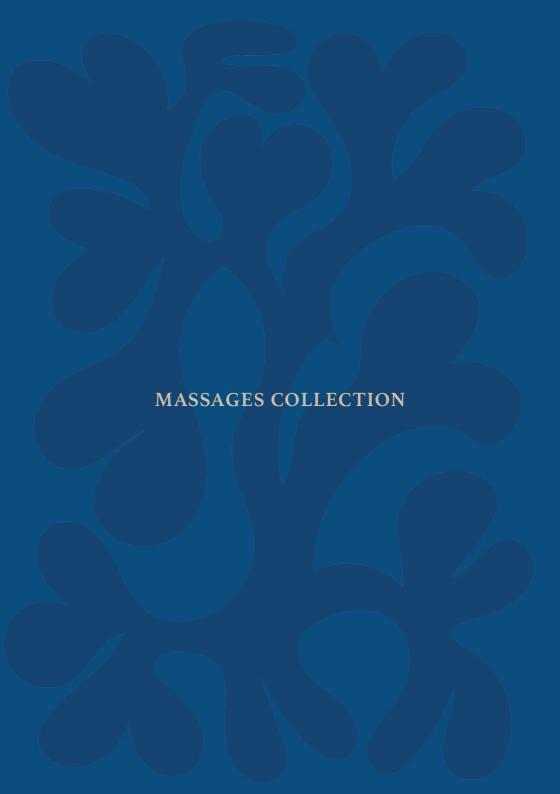
This signature massage combines deep, flowing movements with the soothing warmth of two heated shells. This perfect blend promotes circulation and muscle relaxation, creating a true oasis of calm. Polished shells glide smoothly under warm avocado oil, leaving the skin delicately scented with the calming aroma of tiare flower. Specially designed to relieve tension caused by stress, this treatment with its unique massage techniques invites you to unlock the door to infinite relaxation and experience a profound sense of release.

## "Les Jardins Du Cap" Facial by Dr Burgener Switzerland

90 min

The hotel's gardens tell their story through the essences of Mediterranean plants. Locally cultivated deep purple rose petals, delicately blended with Menton lemon pearls, create an aromatic bouquet rich in natural and organic ingredients—precious gems of the Mediterranean. These ingredients serve as natural carriers, allowing cutting-edge actives such as hyaluronic acids to penetrate the skin deeply and deliver their full benefits. The regenerating properties of rose harmonize with the detoxifying and draining effects of caviar lemon, while honey and lavender extracts provide anti-aging and plumping effects, revealing a radiant complexion. To enhance this experience, the treatment concludes with the application of an LED mask, amplifying and prolonging the benefits of the active ingredients, leaving the skin luminous and revitalized. This treatment embodies freshness, technology, and excellence.





## Personalized Massage - Relaxing or Deep

60/75/90 min

Indulge in a fully tailored massage designed to meet your individual needs. Select the oil that resonates with you and choose your preferred pressure level for a relaxing or deep massage. Every aspect is customized to provide a truly unique and harmonious experience.

#### Energizing Recovery Massage - by St Barth

60/75/90 min

Experience a revitalizing massage combining precision techniques and originality. The treatment begins with targeted stretches, followed by deep movements to release tension in every muscle. A camphor-menthol oil adds a soothing sensation and enhances your comfort. Perfect after a workout or to relieve everyday tension, this massage ensures immediate and lasting relaxation. Immerse yourself in delicate aromas of lily or citrus-rosemary for a truly unique sensory journey.

## Mother-To-Be Massage

60/75/90 min

This relaxing massage helps soothe the aches and pains of pregnancy, transmitting a sense of well-being and establishing an intense bond between mother and baby.

## Thai Massage

60/75/90 min

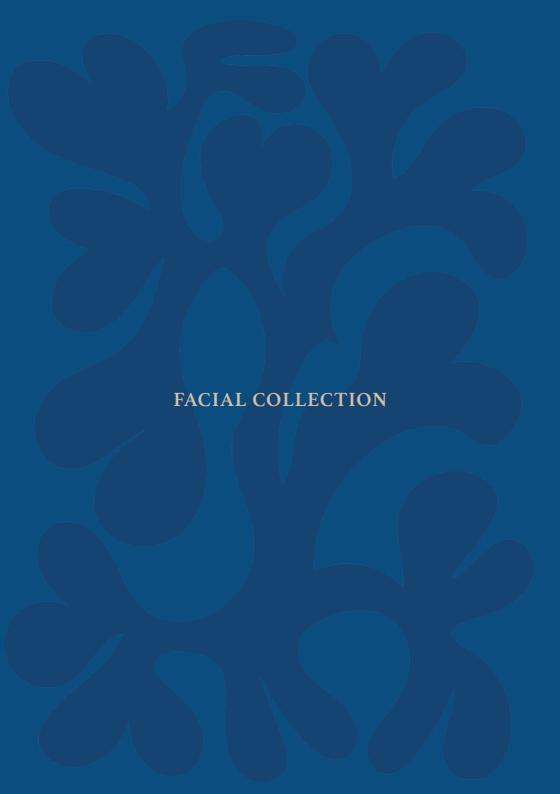
This traditional Thai, oil-free massage involves a series of movements that mix pressure points and stretches completed in harmony with breathing. Thai massage calms the mind and produces a state of well-being that is both physical and spiritual. This treatment is carried out solely by certified Thai therapists. You will be given an organic tunic to wear during the massage.

## Foot Reflexology

45 min

Reflexology is an ancient self-care method that stimulates reflex points in the feet that connect to different parts of the body, organs, muscles or bones. Feel your entire body become balanced and revitalized as tiredness and stress disappear.





## **Skin Analysis**

30 min

Begin your facial treatment with a comprehensive skin analysis in our dedicated skin analysis salon. This essential step allows our experts to gain a precise understanding of your skin's unique needs, ensuring a fully customized treatment and perfectly matched product selection. Give your skin the personalized care it deserves for visible and lasting results.

## By Biologique Recherche

#### Tailor-made Facial

60/75 min

All Biologique Recherche treatments are personalized and tailor-made. The treatments are designed to precisely and effectively target a skin problem identified by your practitioner during the assessment phase.

## Remodeling Second Skin Facial

75 min

A cutting-edge bioelectrical treatment combining the power of three currents (galvanic, medium-frequency and high-frequency) for an immediate, lasting result. An electro spun mask made up of 80% medical hyaluronic acid and Second Skin serum accelerates the bioavailability of the hyaluronic acid contained in the patches, delivering a lifting, smoothing and regenerative effect.

## By Dr Burgener Switzerland

#### **Balancing Purifying Facial**

60 min

This deep cleansing skincare treatment is designed to reduce congestion and prevent clogged pores. Making the most of the finest natural Swiss ingredients such as glacial water and Alpine plants, the facial reduces the appearance of imperfections, eliminates impurities and absorbs excess sebum, resulting in radiant, glowing skin.

#### **Antioxidant Brightening Facial**

60 min

The skin appears immediately more radiant with this rejuvenating treatment. The skin's natural exfoliating mechanisms are reactivated, pores are hydrated and smoothed, and the skin is deeply restored. The perfect antioxidant treatment to protect and even out skin tone and promote cell renewal.

## Lifting And Firming Collagen Facial

90 min

Stimulating from the inside out, the VitaSkin Ultrasound promotes the natural production of collagen and elastin, leaving skin toned and vibrant. The collagen mask, combining collagen from acacia flowers with 3D collagen fibres, tones, plumps and smooths the skin, giving you a uniform complexion.

## Repairing Gold And Green Caviar Facial

90 min

Renowned for its exceptional anti-ageing properties, this treatment is designed to promote the skin's capacity to regenerate and combat environmental damage to cellular DNA. With the help of ultrasound techniques, the powerful antioxidizing potential of green caviar and an intense dose of gold trace elements are harnessed to repair and firm the skin.

#### **Premium Haute Couture Treatment**

105 min

The Haute Couture Treatment is the ultimate experience, combining the most advanced anti-aging technologies for spectacular results. This bespoke treatment incorporates cutting-edge techniques such as glycolic peels, ultrasonic cavitation, radiofrequency, diamond microdermabrasion, and needle-free mesotherapy, using highly effective skincare products. Designed to stimulate cellular regeneration, reduce wrinkles and pigmentation spots, firm the facial contours, and enhance radiance, this treatment delivers visible and long-lasting results.

## By III Skin

## **Rose Gold Healing Facial**

60 min

This facial combines illuminating properties with innovative soothing formulas to reveal a radiant, glowing complexion.

Using an expert three-step manual massage approach, including deep facial muscle techniques, this ritual relaxes the mind while refining and sculpting the face's natural contours.

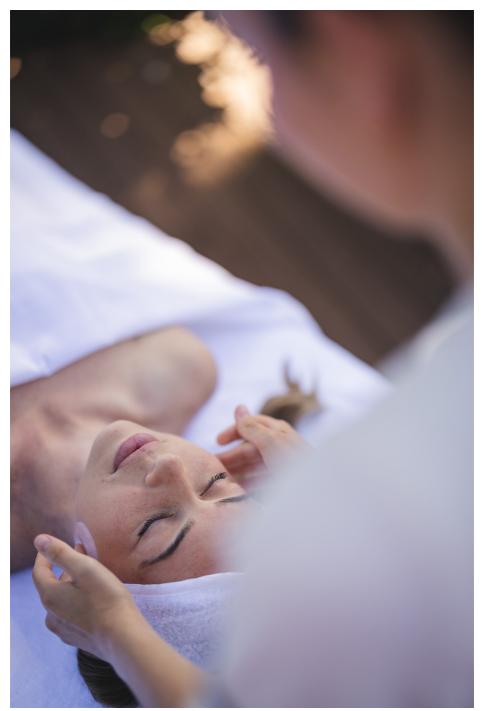
Formulas enriched with Colloidal Gold and Damask Rose Extract soothe the skin and enhance its radiance, delivering an event-ready glow perfect for any special occasion.

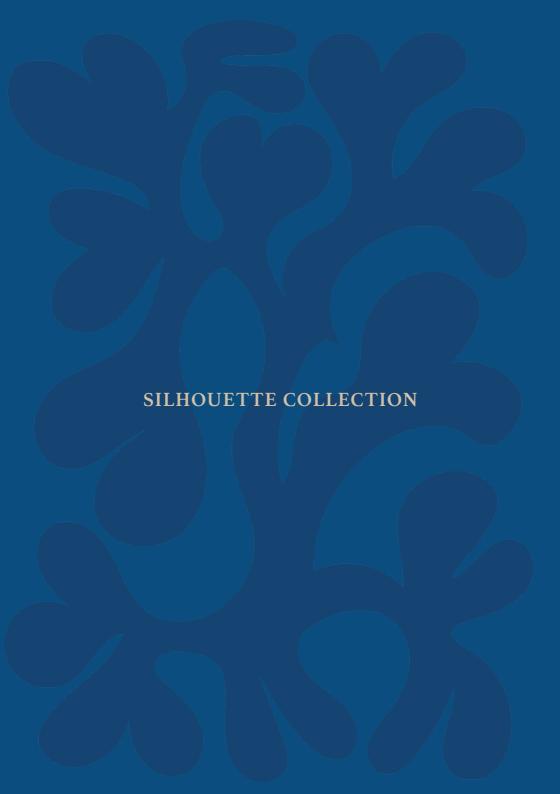
#### **Black Diamond Face Lift**

75 min

This indulgent treatment relies on the powerful formulas of the Intensive Collection by III SKIN to deliver visibly younger, smoother, and more sculpted skin. Gentle exfoliation prepares the skin, unveiling a radiant and even complexion. The products used are enriched with renewing and brightening actives, featuring Fine Diamond Particles to optimize absorption and the patented NAC  $Y^{2\text{TM}}$  complex, renowned for boosting cellular regeneration and enhancing skin vitality.

The treatment is defined by deep manual facial massage techniques that lift, firm, and sculpt the face's natural contours. A luxurious experience with visible results from the very first session.





## Coconut Powder Body Scrub - by St Barth

45 min

With its indulgent notes, this full-body scrub offers a uniquely sensory experience. Finely ground coconut powder gently exfoliates dead skin cells, while coconut oil replenishes the skin's lipids. The active compounds in vanilla extract work to leave your skin softer and silkier. This soothing care moment is perfect for achieving smooth, unified, and radiant skin

## Lymphatic Drainage Massage - Method Renata França

60 min

Renata França Lymphatic Drainage is a whole-body manual drainage technique that delivers immediate results from the very first session. It is reputed to have numerous benefits for the body, including weight loss, elimination of water retention, reduction of watery cellulite and deep detoxification of the body.

## Algae Draining Wrap - by Dr Burgener Switzerland

75 min

Originating from Brittany, this algae draining and remineralizing wrap, enriched with Dr Burgener's Active Draining Concentrate, is renowned for its slimming and detoxifying properties.

## Slimming Booster - by Biologique Recherche

75 min

A draining treatment to hone your shape and improve the appearance of cellulite.



At the Spa's hair salon, in partnership with the prestigious Leonor Greyl brand, we offer a wide range of services to enhance your hair for any occasion. Get ready for your evening events with a flawless blow-dry, or indulge in a reparative treatment, perfect after sun exposure or swimming. For the whole family, we offer bespoke haircuts, personalized coloring, and sophisticated styling tailored to your needs. Our experts are also available to create unique bridal hairstyles, designed to enhance your special day.

## **Blowdry**

Shampoo & Blowdry 60 min

Sophisticated Blowdry 75 min

Bridal Hairstyle Trial

Bridal Hairstyle D-Day 90 min

#### Haircut

Children's Hair Cut

45 min

Women's Hair Cut

60 min

Men's Hair Cut

75 min

## **Hair Color**

## **Highlights and Colors**

60 min

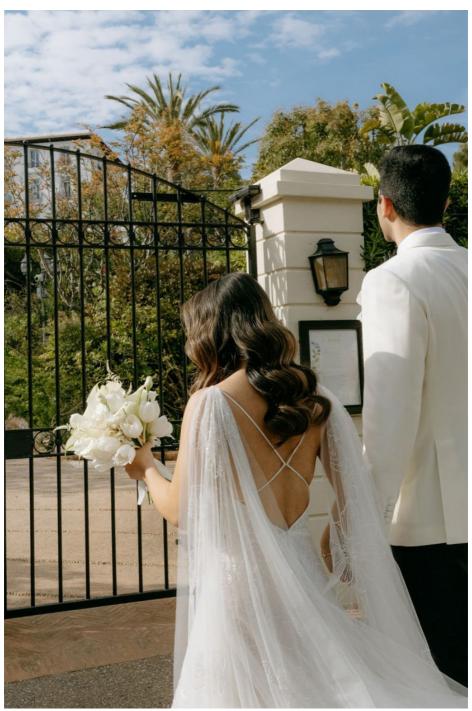
#### **Hair Treatments**

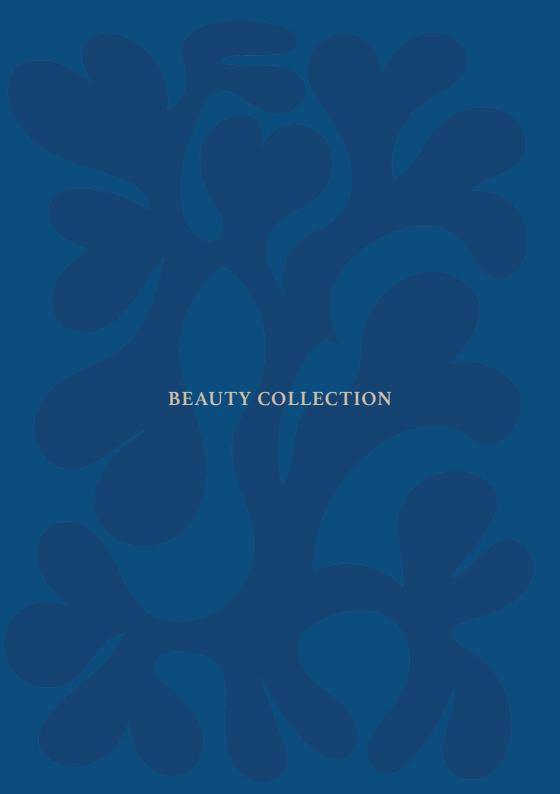
#### **Leonor Greyl Discovery Treatment**

30 min

Give your hair a bespoke wellness experience with the Leonor Greyl Discovery Treatment. This ritual begins with a personalized scalp analysis, followed by a treatment tailored to your specific needs: dry, very dry, frizzy, oily, or devitalized hair, as well as sensitive or flaky scalps.

With Leonor Greyl's expertise and exceptional natural products, this express treatment revitalizes your scalp and restores shine and vitality to your hair.





## Manicures and Pedicures - by St Barth

#### Beauty of the Hands

60 min

The hand treatment begins with a gentle hand bath with exotic fragrances. A scrub with papaya foam and fine sand removes impurities and dead cells from the surface of the skin. A hand massage provides a pleasant moment of relaxation before cuticle cleaning, nail care, filing and finish with a classic nail polish application.

#### Beauty of the Feet

60 min

This relaxing treatment begins with a foot bath with scents from the Caribbean. The scrub prepared with fresh papaya foam and fine sand gently removes dead surface cells. A foot massage accompanied by pressure showers bring you a moment of well-being before cuticle cleaning, nail care, filing and finish with a classic nail polish application.

## Beauty of the Hands and Semi-permanent

90 min

#### Beauty of the Feet and Semi-permanent

90 min

## Waxing

# **Upon Request**

# Make-up

Our specialists welcome you for exceptional makeup services, whether you desire a natural glow, an elegant evening look, or bespoke bridal makeup. Enhance your beauty for any occasion with the expertise of our professionals.

Make-Up Day and Night

90 min

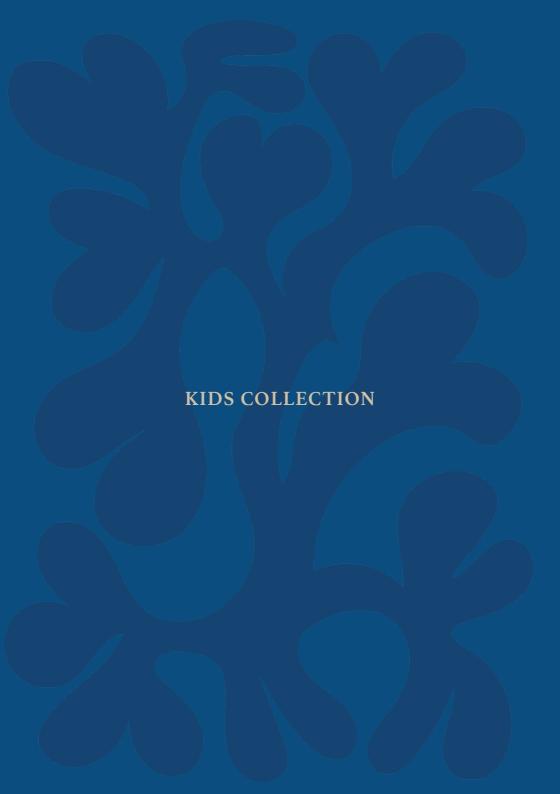
**Bridal Make-up Trial** 

90 min

Bridal Make-up D-Day

105 min





## Face and Body - by Bonpoint

#### **Tenderness Awakening Facial**

30 min

This introduction to skincare treatment is a discovery of the key steps involved in facial treatment. Guided by expert hands children become aware of the volume of their face, most important of their skin needs, as well as the sensory appeal of the Bonpoint products line. Children are invited to reproduce these technics at home and adopt a new hygiene beauty routine from a very young age.

## **Dreamy Massage**

30/60 min

Reassuringly accompanied by a parent, the child is invited to discover a duo treatment, true moment of complicity and relaxation. Gentle and enveloping techniques of expert face and body care, suitable for parents and children depending on their individual needs. To finish, the parent is invited, guided by the practitioner's expert hands to repeat massage gestures on the child's back.

## Hands and Feet - by St Barth

## **Beauty of the Hands**

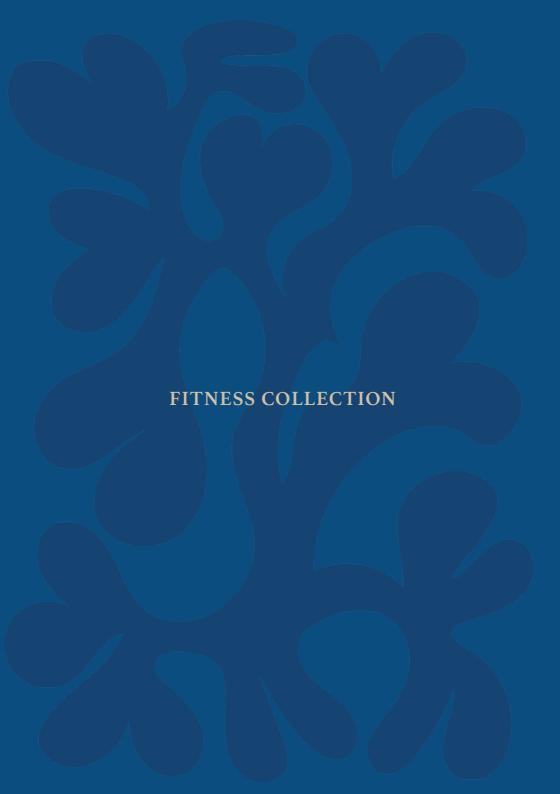
30 min

Time to make small hands pretty (nail filing, cuticle treatment, shaping, polish).

## Beauty of the Feet

30 min

A nourishing and relaxing treatment for tiny feet (nail filing, cuticle treatment, shaping, polish).



## **Body Control**

60 min

Yoga, Pilates, Meditation

#### Fitness Studio & Coaching

60 min

Cardio training, Strengthening, Boxing

## Run My Cap

Discover Cap-Ferrat like never before with a guided running experience led by a Spa coach. Tailored to your pace and preferred distance, this unique journey is perfect whether you're running solo, as a couple, with family, or with friends. Along the way, your coach will share historical anecdotes and fun facts about the area. Upon returning to the Spa, enjoy a guided stretching session and a refreshing detox drink to recover in style. Explore the Cap as only a local could show you and make memories on this unforgettable adventure.



Experience a private coaching session tailored to your needs, in our indoor fitness centre or in the spa garden.





A Four Seasons Hotel