



LE SPA



A wellness journey inspired by the Mediterranean spirit — where each experience guides you through a different state of being.

Each section reflects an intention: to reset, recharge, release, radiate, reconnect, revive... all leading to your own sense of balance and wellbeing.

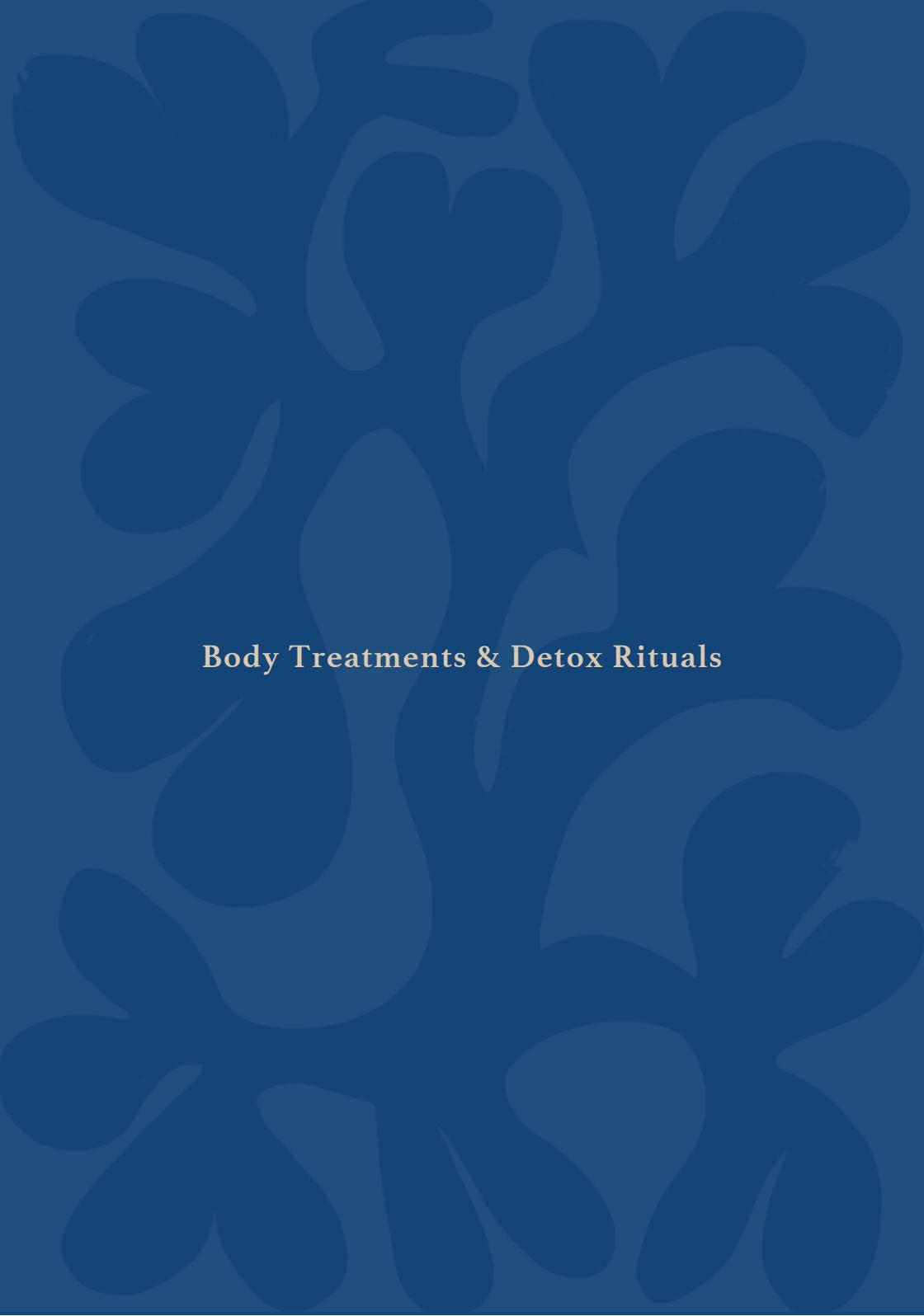
To make your journey intuitive, treatments are grouped by experience type: Body treatments, Massages, Facials, Coaching, Wellness technologies and Beauty rituals.

Charlotte Coitement

Spa Director

SOMMAIRE

1	Body Treatments & Detox Rituals
3	Deep & Therapeutic Massages
5	Relaxing Massages
9	Facials & Advance Skin Care
15	Family Rituals, Face & Body
17	Fitness & Body Performance
21	Wellness Experience & Biohacking
23	Beauty, Hair & Make-up Service
29	Information & Conditions



Body Treatments & Detox Rituals

Personalized Body Scrub - by Dr Burgener

45 min

A tailor-made exfoliating ritual designed to suit your skin's needs and sensory preferences. The textures, fragrances, and techniques are customized to reveal smooth, radiant, and silky skin. This treatment perfectly prepares the skin for sun exposure and naturally enhances your post-sun glow. An ideal prelude to any massage or nourishing treatment, leaving the body renewed and the mind refreshed.

Lymphatic Drainage - 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

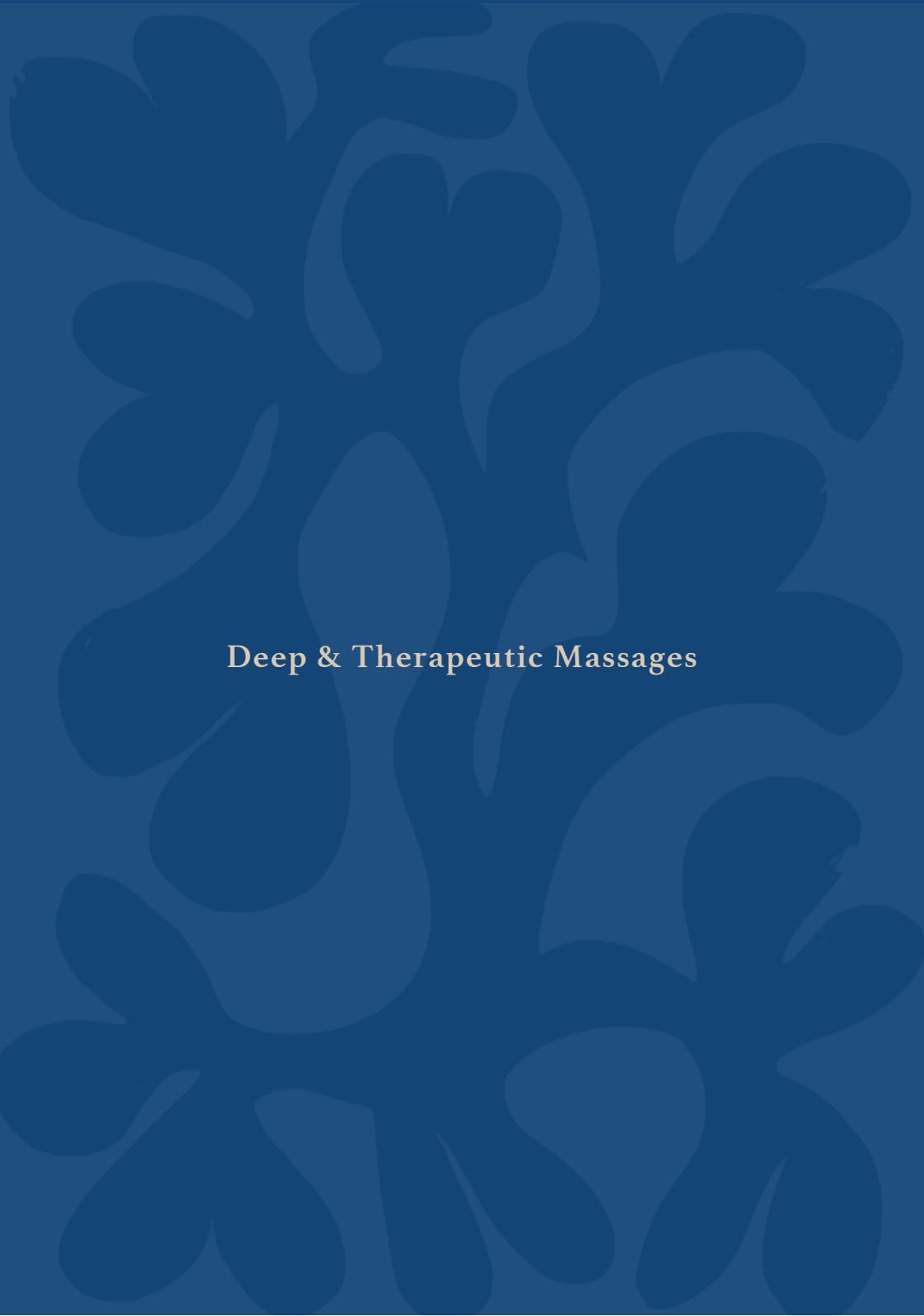
75 min

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 refine your shape and improve the appearance of cellulite.



Deep & Therapeutic Massages

Personalized Deep-Tissue Massage

60/75/90 min

A powerful treatment designed to relieve deep muscular tension and enhance mobility. Our therapists have been trained in advanced Deep-Tissue techniques by David Grand, a renowned expert in sports and therapeutic massage. This invigorating experience promotes physical recovery and deep muscular relaxation, leaving the body restored and re-energized.

Thai Massage

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 by a therapist specially trained in Thai-certified techniques. Comfortable clothing made of natural fibers will be provided.

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.



Relaxing Messages

Royal Experience for Two

60/75/90 min

Treat yourselves to a delightful moment of relaxation for two. Escape to the privacy of our Grand Salon, which includes a whirlpool bath, a sensory shower, a sauna, and a hammam. Massages from our therapists will immerse you in a state of perfect harmony. The Grand Salon features private changing rooms, showers, and a refreshment buffet with champagne and chocolates. You can enjoy the privacy of this unique space for 30 minutes before and after your treatment.

Personalized Relaxing Massage

60/75/90 min

Entirely personalized to your needs, this massage invites you to let go and unwind. Your therapist adjusts the oil, rhythm, and pressure to create perfect harmony between body and mind. Ideal for releasing tension, calming the nervous system, and restoring lasting inner balance.

Float & Relax Massage

90 min

A unique sensory journey combining floatation and relaxation. Begin with 30 minutes of floatation on a bed suspended above 600 liters of Epsom salt, enhanced by a guided meditation for deep mental release. Continue with a 60-minute personalized relaxing massage in our ocean-view Cabana for an unforgettable reconnection experience blending serenity and self-awareness.

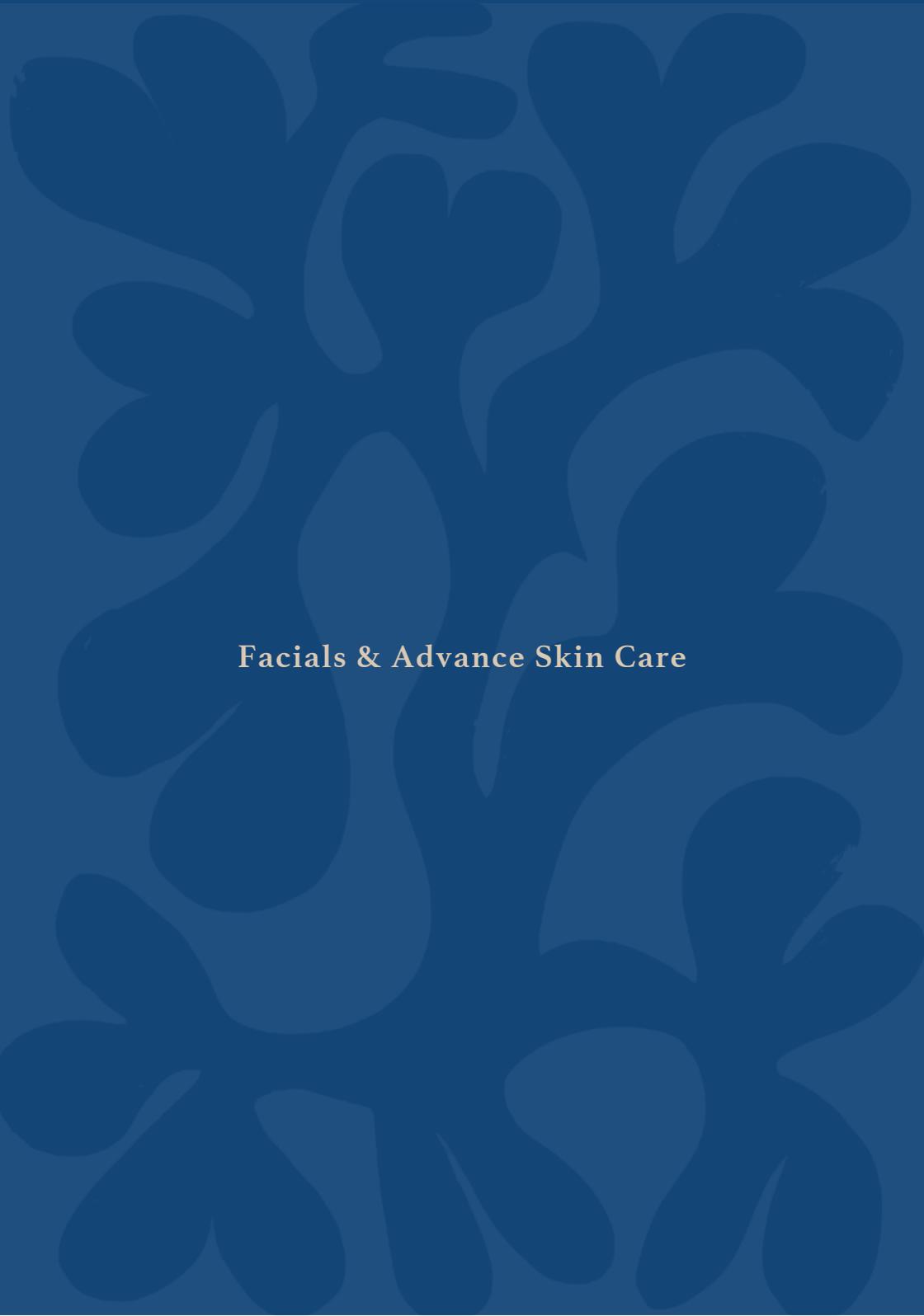
Massage Lomi Lomi

75/90 min

Inspired by ancient Hawaiian traditions, this enveloping massage mimics the soothing rhythm of ocean waves. Flowing forearm movements ease muscle tension, stimulate circulation, and harmonize energy throughout the body. This deeply restorative ritual promotes emotional release and invites you into a state of profound tranquility.







Facials & Advance Skin Care

Hydrafacial

Hydrafacial Deluxe Treatment

45 min

A complete 45-minute treatment that deeply cleanses, exfoliates, purifies and hydrates the skin. This treatment is fully customized to your skin's specific needs for immediate, radiant results. The treatment begins with a gentle cleansing with a hydrating and exfoliating serum, followed by a light peel with glycolic and salicylic acids to smooth skin texture and revive radiance. This is followed by a gentle and painless extraction to remove impurities. Targeted serums are then infused to address your skin's needs, whether for hydration, radiance or anti-ageing. The treatment concludes with an LED light therapy session (blue or red) to soothe the skin, smooth wrinkles or correct imperfections.

Hydrafacial Platinum Treatment

60 min

The Hydrafacial Platinum treatment includes all the benefits of the Hydrafacial Deluxe, enhanced with a gentle lymphatic drainage at the beginning of the session. This additional step helps detoxify the skin, reduce inflammation, stimulate circulation, and optimize the overall results of the treatment.

Hydrafacial Advanced Treatment & Dr Burgener Switzerland

75 min

This treatment combines Hydrafacial technology with the powerful Swiss ingredients from Dr Burgener, enriched with acacia collagen and 3D fibers. The use of ultrasound enhances the penetration of active ingredients and stimulates the skin's natural production of collagen and elastin. The skin is visibly smoother and firmer, and the regeneration is improved. An expert protocol that deeply purifies the skin while delivering a high-performance anti-aging treatment.



Biologique Recherche

Skin Analysis

15 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.

Tailor-Made Facial

60/75 min

All Biologique Recherche treatments are fully customizable. The treatments are designed to precisely and effectively target a skin imperfections identified by your practitioner during the assessment phase.

Second Skin Facial

75 min

A true innovation in professional skincare, this regenerating and lifting treatment features a high-performance mask composed of 80% hyaluronic acid. It targets visible signs of aging, restoring firmness, comfort, and radiance to mature skin. An exceptional experience reflecting the precision and effectiveness of Biologique Recherche products.

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

60/90 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.

"Les Jardins du Cap" Signature Facial - by Dr Burgener Switzreland

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.

Repairing Gold and Green-Caviar Facial

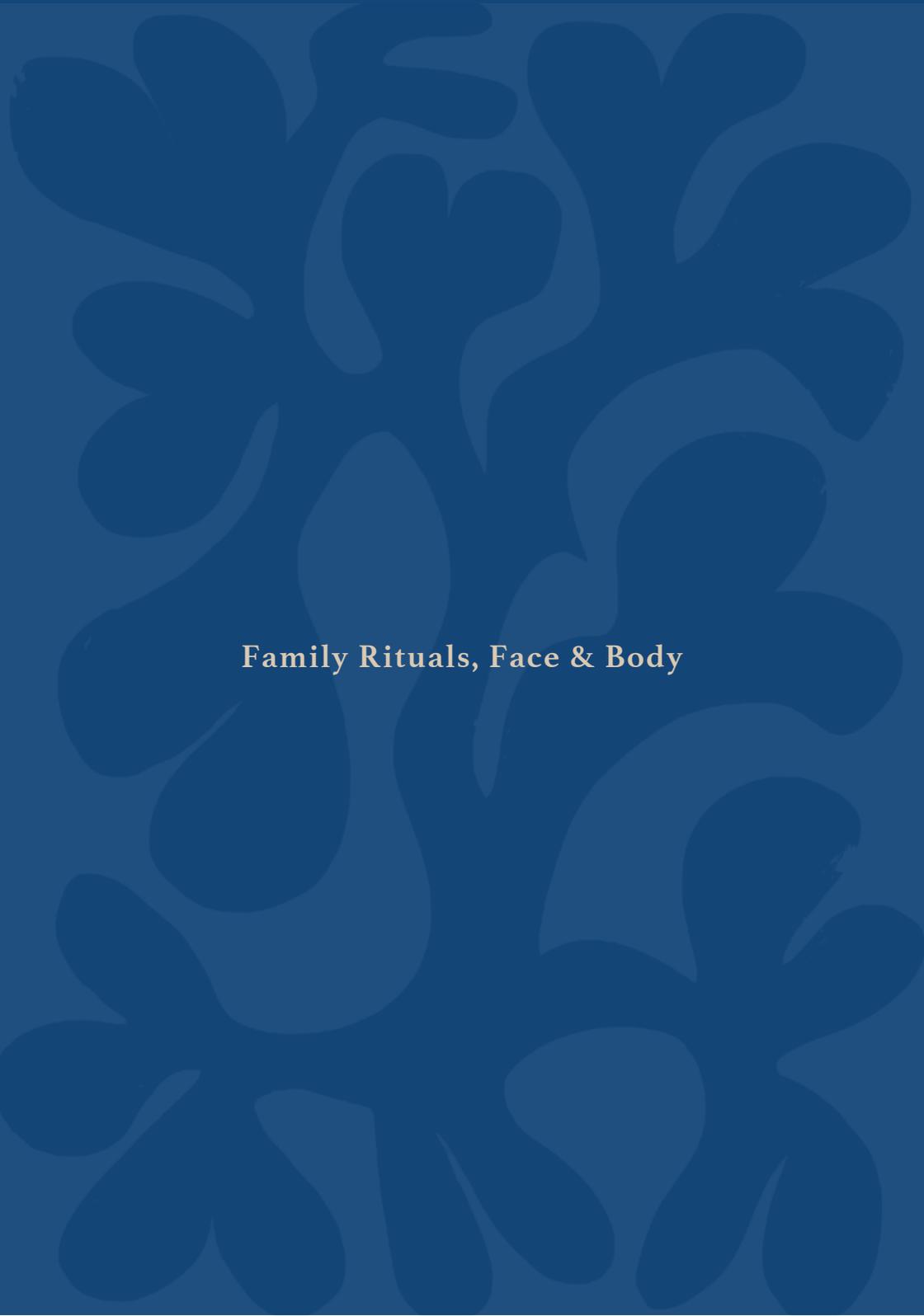
90 min

Known for its exceptional anti-aging 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.



Family Rituals, Face & Body

Mother-To-Be Massage

60/75 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.

Tenderness Awakening Facial by Bonpoint

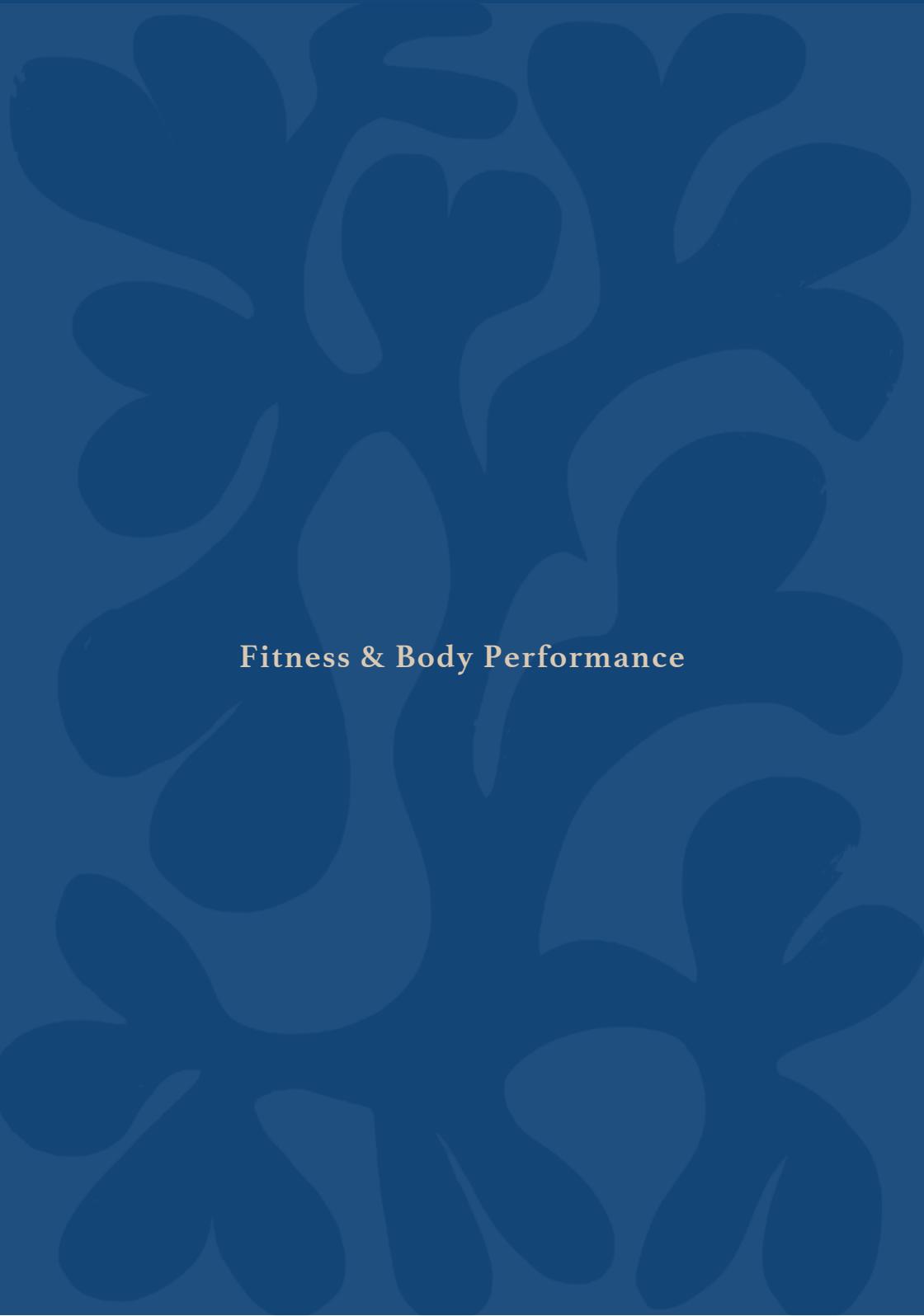
For children from 4 to 11 - 30 min

This treatment offers an introduction to the key steps of a facial treatment. Guided by expert hands, children become aware of the form of their face, most importantly their skin needs, as well as the sensory appeal of the Bonpoint products line.

Dreamy Massage

For children from 4 to 11 - 30/60 min

Reassuringly accompanied by a parent, the child is invited to discover a duo treatment, a 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. The treatment ends with a guided tutorial, from the practitioner to the parent, to reproduce the movements of the child's back massage.



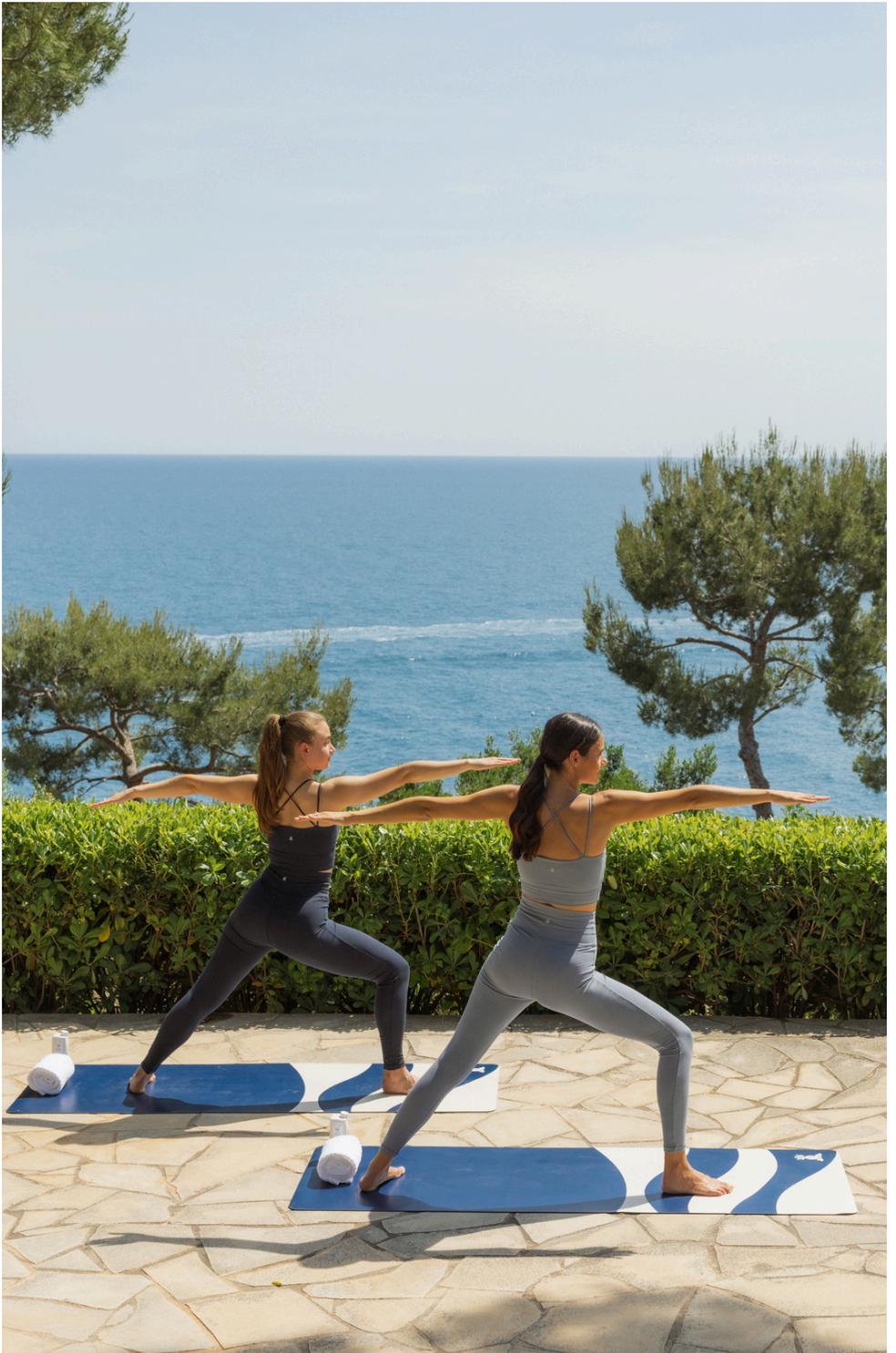
Fitness & Body Performance

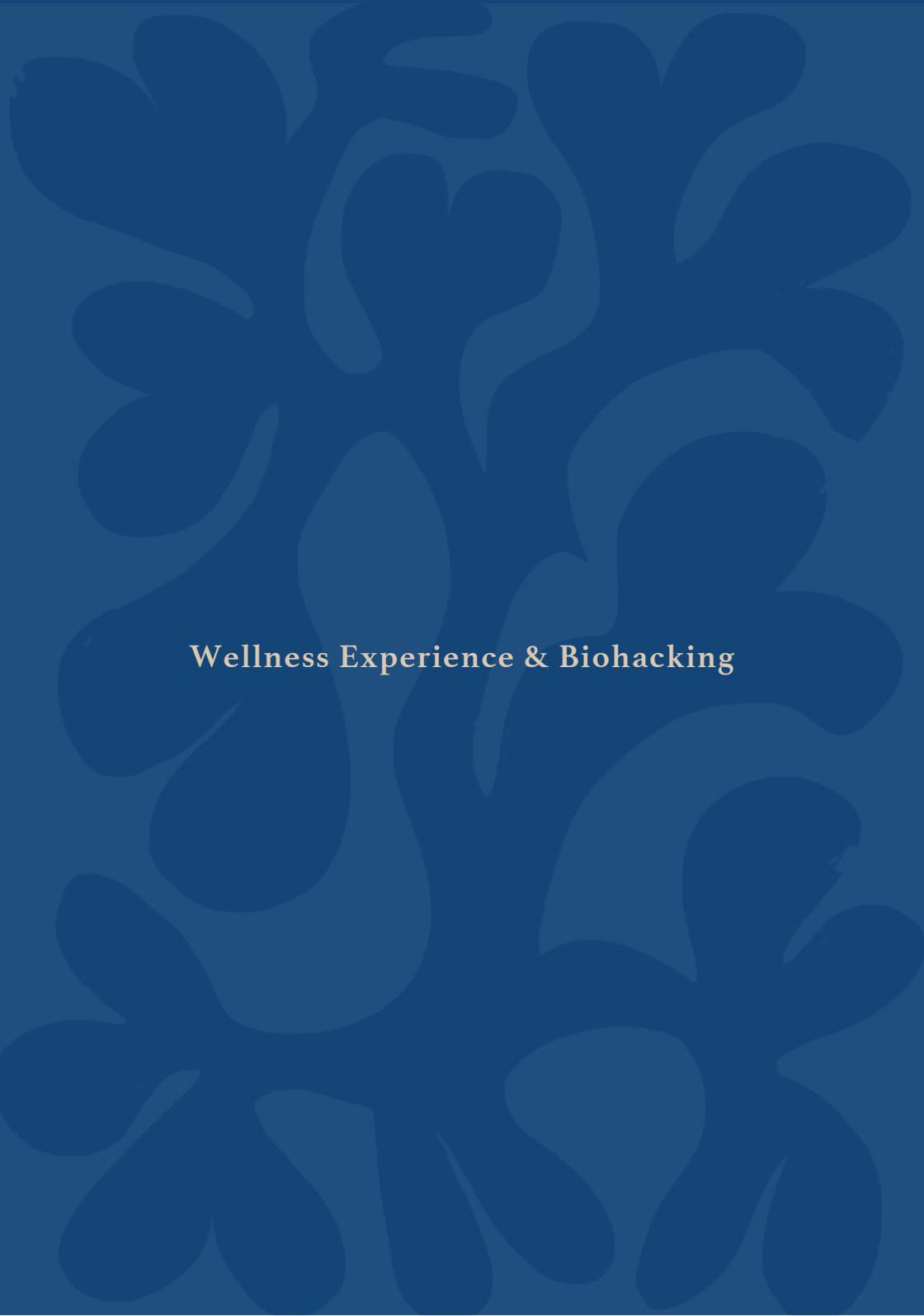
Run my Cap - Tailored to suit your needs*90 min*

Explore Cap-Ferrat in a unique way, accompanied by one of our Spa coaches. Adapted to your pace and preferred distance, this running experience is designed for solo runners as well as couples, families, or groups of friends. Along the way, be inspired by historical anecdotes and fascinating facts shared by your coach. Upon returning to the Spa, enjoy a pressotherapy session and a collagen drink for optimal recovery. Discover the Cape as you've never seen it before, and let yourself be carried away by this one-of-a-kind experience.

Performance Coaching - Cardio Training, Strengthening, Boxing*60 min***Pilates Classe - Mat or Reformer***60 min***Yoga Classe***60 min*







Wellness Experience & Biohacking

Floatation Awakening

30 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.

Full Body Red Light Therapy

30 min

Immerse yourself in a light-infused experience designed to stimulate the body's natural regeneration. Red and near-infrared wavelengths boost collagen production, enhance muscle recovery, and energize cellular vitality. A bridge between beauty and performance, for an inner glow that radiates outward.

Pressotherapy Boots Session - Leg Recovery

30 min

Inspired by athletic recovery rituals, this session uses gentle, rhythmic compression to activate circulation, reduce water retention, and relieve achy legs. Perfect after a flight, a long day on your feet, or an intense workout.

Biohacking Circuit – Red Light & Pressotherapy

45 min

A complete regeneration journey combining Red Light Therapy and Pressotherapy for optimal recovery. This high-performance protocol enhances microcirculation, restores body balance, and revitalizes both body and mind. The ultimate synergy of technology, relaxation, and performance.



Beauty, Hair & Make-up Service

Hair Salon - By Leonor Greyl

Located in 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.

Blow Dry

Blow Dry Classic or Sophisticated

60/75 min

Dry Style

45 min

Up Do

60 min

Bridal Hair Style

90 min

Hair Cut

Children's Hair cut

45 min

Women's Hair Cut - Blow-dry in Addition

45 min

Hair Cut

Men's Hair Cut

60 min

Hair Color

Roots

60 min

Gloss

45 min

Highlight Partial / Full

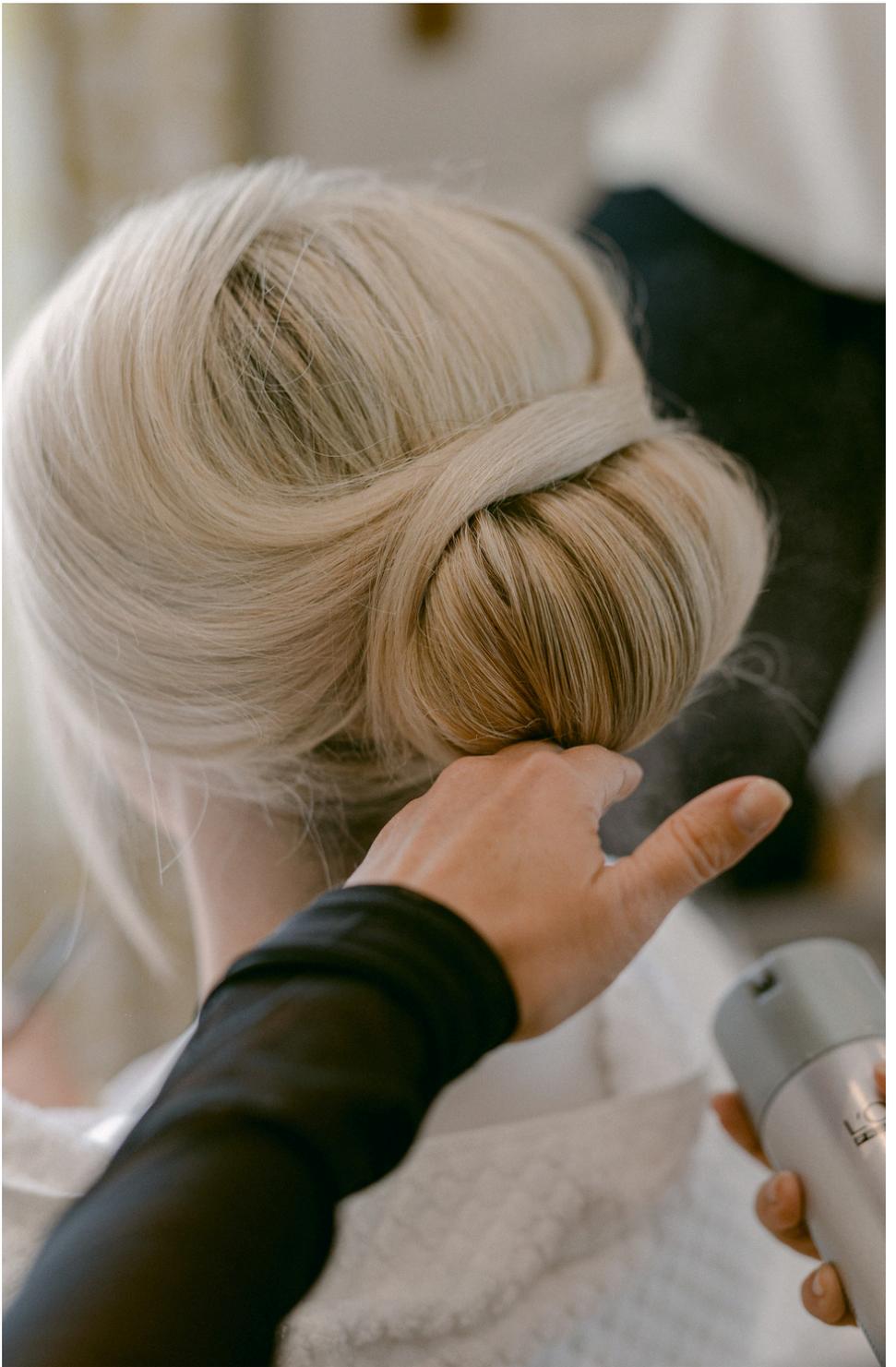
90/105 min

Hair Care

Discovery Deep Care - by Leonor Greyl

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.



Manicures and Pedicures

Our manicure and pedicure rituals, available in classic or semi-permanent finishes, enhance hands and feet with precision and refined care.

Designed for the whole family, they offer an elegant, luminous beauty, perfect for days spent in the sun and by the sea

Classic Manicure

30 min

Classic Pedicure

30 min

Polish Application

30 min

Semi-Permanent Polish Removal

30 min

Semi-Permanent Manicure

90 min

Semi-Permanent Pedicure

90 min

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.

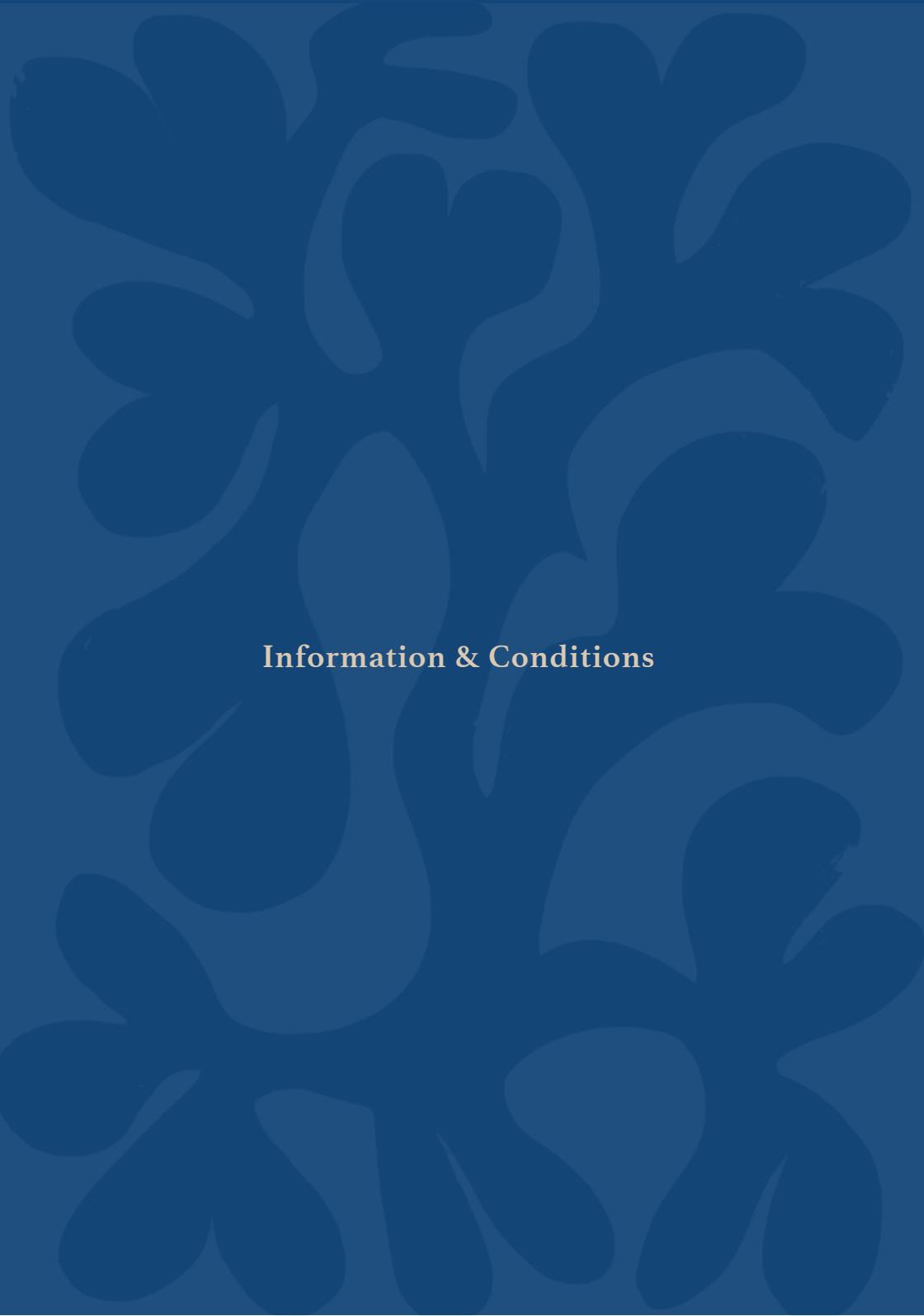
Make-Up Day and Night

105 min

Bridal Make-up

105 min

Waxing- Upon Request



Information & Conditions

Our facilities are designed as shared spaces for all guests, fostering a sense of community and wellbeing. Swimwear must be worn at all times, and we kindly ask that voices are kept low to maintain a calm atmosphere, respecting whether others wish to converse or enjoy quiet.

ARRIVAL

Please arrive at least 15 minutes before the scheduled time to check in and enjoy our wet facilities. Arriving late may limit the duration of your treatment, so the next guest's appointment is not delayed.

MEDICAL

Kindly inform us of any special needs that require additional attention. Please advise us of any health conditions, allergies, or injuries when making your spa reservation. If you are pregnant, you must be in the second or third trimester to receive spa services. Certain treatments may not be recommended during pregnancy. Alcohol is not advised before, during, or immediately following spa treatments. We also recommend that you do not sunbathe after any massage, body treatment, or depilatory waxing for at least six hours.

VALUABLES

Please do not bring valuables to the spa. The Spa and hotel are not responsible for lost or stolen items. Before leaving for the day, please ensure you have not left any personal belongings in your locker or within the spa facilities.

ATTIRE

Our spa is designed to feel like a serene extension of your living room, and you are most welcome to arrive in your bathrobe and slippers. Discreet spa garments appropriate for your treatment will be provided for your comfort. Throughout your experience, our therapists employ impeccable draping techniques to ensure your privacy and sense of ease at all times.

AGE GUIDELINES

The swimming pool is open to children between 9:00am and 11:00am, all children under the age of 16 must be accompanied and supervised at all times by an adult. Access to our hydrotherapy area and fitness room is permitted from the age of 16 only if accompanied by an adult. Children under the age of 16 wishing to enjoy a treatment must be accompanied by an adult with prior approval and a signed parental waiver.

CANCELLATION

A 100% cancellation fee will apply for any treatments canceled less than 24 hours before the scheduled time.

