



HOTEL DU CAP-EDEN-ROC

CAP D'ANTIBES

WELLNESS BROCHURE



HOTEL DU CAP-EDEN-ROC
CAP D'ANTIBES

OETKER HOTELS
Masterpiece Collection

NATURAL BEAUTY EXPERIENCE

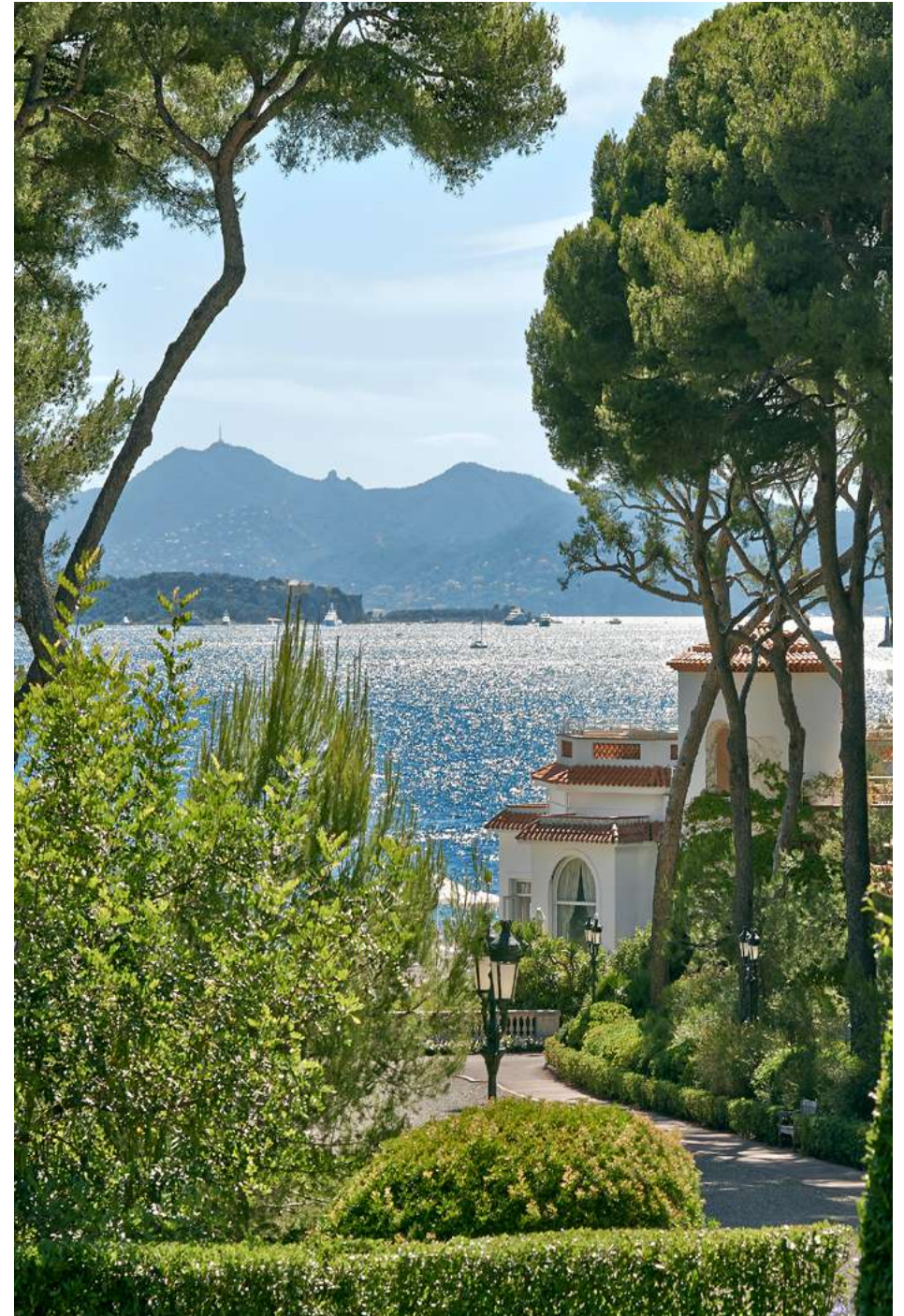
Bamford | June Jacobs | Oribe | Philip B

A setting in the heart of the pine forest, where the song of the cicadas and the scent of the Mediterranean invite you to an authentic and enchanting immersion in BAMFORD CABANA.

A heaven of serenity, where time seems to stand still.

Beauty and image experts will assist you in your choice of clothing and accessories, hairdressing and beauty treatments:
Boutique Oetker Hotels.

Hairdressing salon located next to the Eden-Roc Pavilion.





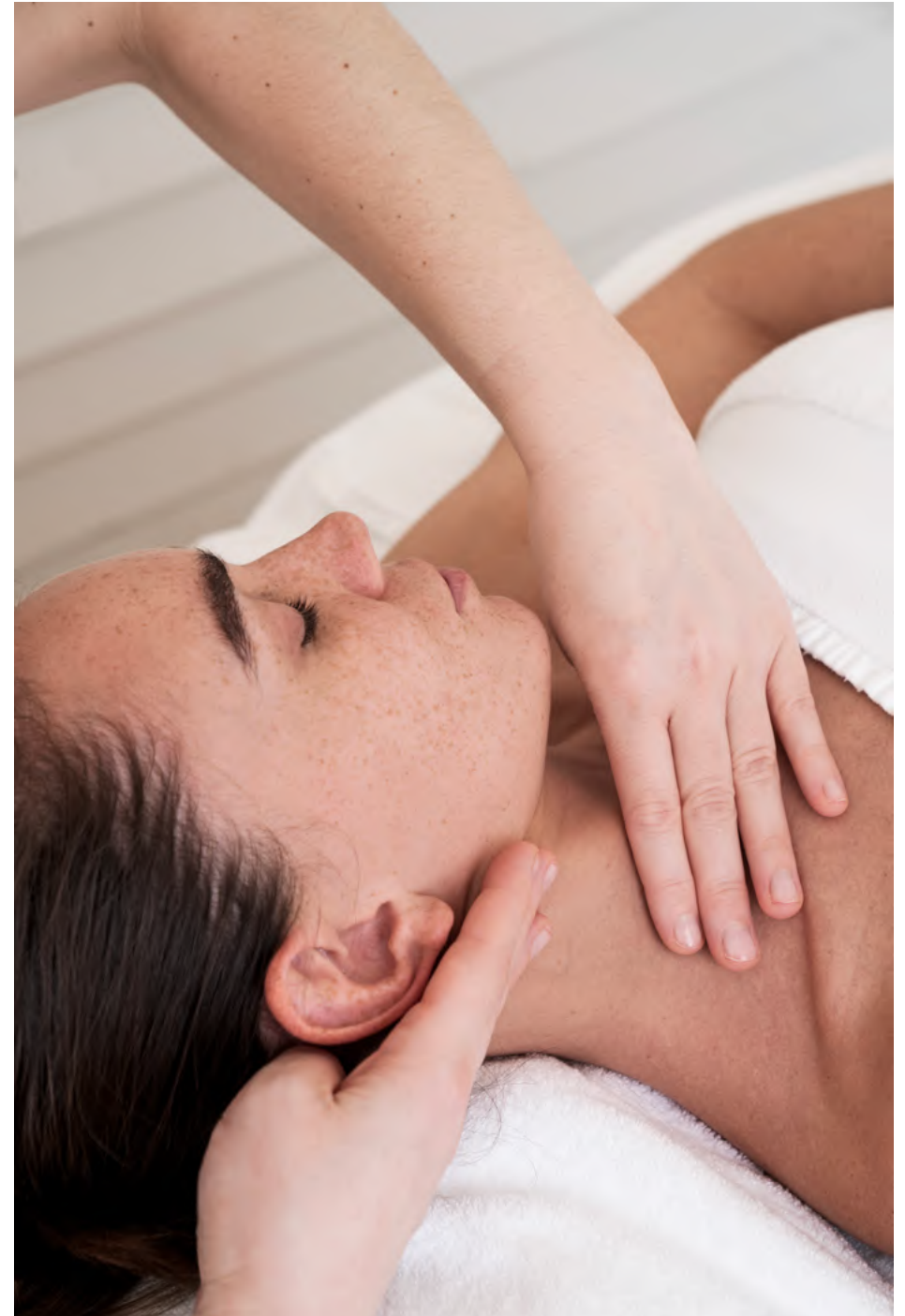
BAMFORD

Bamford Philosophy

bamford

At Bamford we believe that the body's sense of well-being on the outside is linked to well-being on the inside. Our treatments are specifically formulated with certified organic products of the highest quality to cleanse, protect and rejuvenate.

Bamford treatments are inspired by a range of traditions including shiatsu, meridian modelling, Swedish massage, reflexology, abdominal modelling, Indian head massage, and yogic breathing. They are holistic treatments that work on both the physical body as well as the more subtle energetic layers of the body.



BAMFORD

Duo Signatures

Bamford Signature Treatment

A delightful treatment that incorporates a blend of modelling techniques using organic products. This treatment is a combination of shiatsu techniques linking the meridian pathways and Swedish modelling. It stimulates the muscles and energy channels of the body. Finger pressure on the face, neck and shoulders is deeply relaxing and uplifting. The treatment ends with yogic breathing to refresh the lungs and revitalise.



60 MIN.



BAMFORD

Treatments

Jade treatments

Jade is a stone full of legends and mysteries. Symbol of purity and serenity, its chemical composition promotes temperature retention and energy conduction. The exclusive Jade stone massage is a modelling massage which allies organic oils with warmed and cooled stones. The alternating temperatures provide a unique and deeply relaxing experience.

- Jade Stone Body Massage (50 min) to target specific areas of tension.
- Jade Stone Face and Body Massage (80 min) to have body and mind indulge in full relaxation using the benefits of this ancestral stone.



TIME

50 MIN.
80 MIN.

Restore & glow

The ultimate treatment for healthy, smooth, and radiant skin begins with a back skin brushing to stimulate circulation and remove dead cells, followed by a relaxing back and leg massage to ease tension. The session concludes with a Gua Sha facial massage to reduce puffiness and promote lymphatic flow, accompanied by a guided sophrology session for deep relaxation. Choose a sophrology session for profound self-relaxation during the treatment



TIME

60 MIN.
90 MIN.

Additional Touch

Anti-aging LED mask | Hydra tensing mask | Youthful eye mask
Face cream mask | Hot stones on the back | Add-on «LYMA Laser»



BAMFORD

Family Signatures

Going to Bamford Cabana to be pampered is good, but going with the kids is even better!

Treatments for children are 100% organic and paraben free.

Anyone under 18 years of age must provide a consent form signed by their parents or legal guardian.

**Subject to one of the two parents accompanying the child for a tailor-made massage

Teenagers & spa | 12 to 16 years old

Back scrub, skin cleansing, back, shoulder and head relaxation.

Elves and Goblins | 5 to 12 years

Discovery relaxation for elves and goblins.



BAMFORD

Massage of the World

Thaï

This technique relies on passive stretches and gentle pressures along energy lines of the body to increase flexibility, relieve muscle and joint tensions by balancing energy systems. This massage takes place on a floor futon, during which you will be wearing loose-fitting clothes.



TIME

50 MIN.
80 MIN.

Hawaiian traditional modelling

Hawaiian technique: lomi lomi is an enveloping massage, aims to harmonize body and mind. Long and continuous movements produced by the forearms provide you balance and inner well-being.



TIME

60 MIN.



BAMFORD

Massage of the World

« Chi Nei Tsang »

Detoxifying massage, helps with digestion and emotional balance, as the belly is the largest area of stress storage in the body.



50 MIN.

Maderotherapy Body&Face

Of Colombian origin, the maderotherapy consists in performing an intense massage performed with various wooden tools (made in Colombia) each of them having a very specific use to sculpt each area of the body. Unique protocol. No pain. Results visible from the first sessions.

Benefits: reduction of cellulite, elimination of toxins, improvement of circulation...

On the face, it stimulates the production of elastin and collagen, tones facial muscles and gives a firmer and brighter skin. (Lifting effect)



45 MIN.

75 MIN.

90 MIN.

Cupping Therapy

Cupping has been practiced in Chinese medicine for millennia and is based on the use of traditional cups.

This painless technique improves joint flexibility, reduces muscle tension, alleviates stress, and releases energetic blockages.



60 MIN.



BAMFORD

Exlusive treatments

Performed EXCLUSIVELY by our expert body specialist
LAURENT BECOUARN,
for the past 10 years, he has been offering his services to numerous
top-level professional tennis players and created this treatment exclusively
for the spa.

Manual Energetic Body Cleansing

Real time for yourself. This treatment envelops your body and mind. It
releases and restarts energy. Fusion between the massage with precise
manual movements and the work of the meridians for a re-harmonization
of the whole body.

Available by reservation only.



30 MIN.



SOUND THERAPY EXPERIENCE

Sound therapy Experience

Sound therapy

Sound therapy care promotes energy, physical and emotional well-being.

Tibetan Bowls can be placed on the body and around you. They create a massage called : vibratory massage.

The vibration of sound penetrates the heart of the cells and allows the release of emotional and energy charges.

The benefits felt : relaxation, emotional blockages and karmic memories release, stress and tension release.



TIME

60 MIN.



WELL-BEING

Yoga

Join us for group wellness sessions every Thursday at 9 am. Yoga, gentle awakening, muscle strengthening... Our 45-minute sessions, with a new theme each week, are designed to help you start your day well, cultivating harmony of body and mind.

Booking in advance, maximum of 6 people.



45 MIN.



EXCLUSIVES TREATMENTS AT THE HOTEL

Wellness, detox & nutrition

By appointment 24-48 hours before.

These three exceptional treatments are designed to enhance your well-being, stimulate cellular regeneration, sculpt your silhouette, enhance your skin, free you from migraines, and correct any dysfunction in your body. A true journey towards renewed vitality.

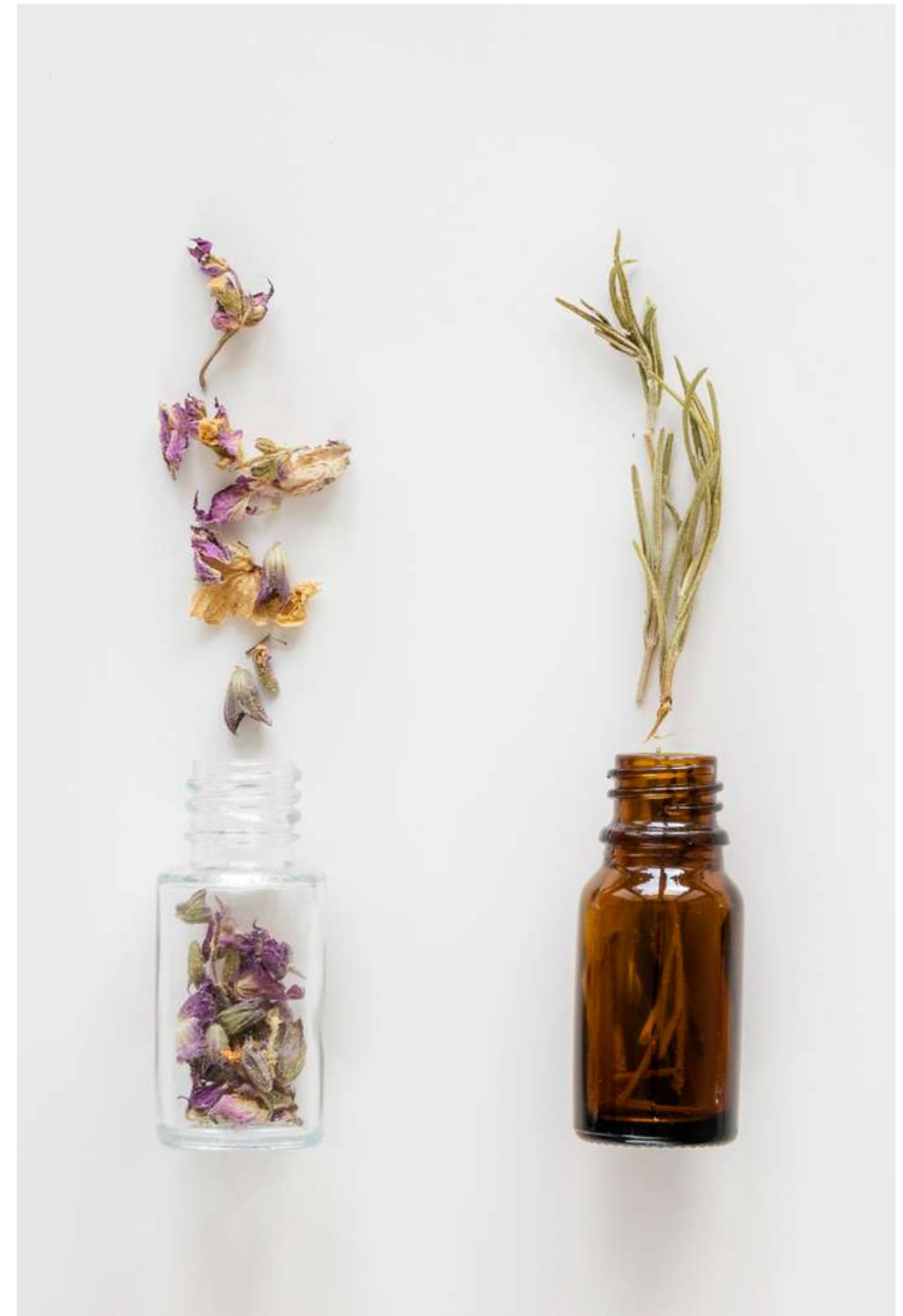
Complete iridology includes recommendations in naturopathy
Session 60 min

Naturopathy combined with iridology provides a holistic approach to health. Through a detailed analysis of the iris, this personalized session identifies imbalances, enabling the naturopath to recommend customized natural methods, including diet, medicinal plants, and other advice, to promote optimal well-being.

Microbiota Analysis | Session 30 min

Explore the mysteries of your intestinal flora, optimize your digestion, strengthen your immunity, and unveil the keys to mental vitality.

A fascinating dive into your inner well-being, where a profound understanding of your microbiota paves the way for an energetic and balanced life.



JUNE JACOBS

Beauty Care

Each June Jacobs product contains our powerful patented blend of six antioxidants to combat the visible signs of aging. This blend of extracts provides protection against free radicals while simultaneously making the active ingredients in the formula even more effective. Together with her daughter Rochelle, June has created a cutting-edge and technologically-advanced adaptation of the homemade remedies passed down to June through generations. Cutting-edge science, married with nature.

Hands and feet

- Natural manicure ritual
- Brazilian manicure without nail polish
 - Natural pedicure ritual
- Brazilian pedicure without nail polish

- Manicure for men
- Pedicure for men
- Hand or foot paraffin
 - Fairy fingers

Nail polish application

- Classic nail polish application
- Semi-permanent nail application
- Removal semi-permanent nail polish
- Package removal and application semi-permanent nail polish



BEAUTY

Aesthetics

- Eyelashes tinting
- Eyebrows tinting
- False eyelash application

Eyelash extensions

- Lash to lash
 - Mixed
- Natural volume
- Sophisticated volume
- Eyelash extensions filler
 - Removal

Waxing

- Bikini
- Brazilian bikini
- Under arms
- Full Bikini
- Half legs or thighs
 - Full legs
 - Arms
- Eyebrows, upper lip or chin
 - Back or chest
- Ears and moustache



HAIR SPA

Hairstyle

Blow dry

Short hair (chin, neck) | Long hair
Sophisticated blow-dry
Hair extensions supplement
Shampoo & conditioner included

Cut

Split hair cut | Layered hair cut

Highlights

Short hair | Long hair | Very long hair

Colour

Short hair | Long hair | Sophisticated (patina & color)

Occasional hairstyles

Buns and ties

For children

Boy haircut | Girl haircut and blowdry | Princess haircut



HAIR SPA

Oribe

Customized treatment experience

A revolutionary treatment experience. These customized antidotes are designed to help restore the holistic health of hair, perfecting and protecting it from root to tip. Hair is transformed into lustrous, polished perfection with movement and reflective shine for transcendent results.

Short Hair | Long Hair | Voluminous Hair



60 MIN.

All Oribe products are formulated with safe, high quality and innovative ingredients. Dermatologically tested, colour and keratin treatment safe, vegan, gluten-free, proudly approved by PETA.



HAIR SPA

Philip B

Protocol Russian Amber
(ultra-nourishing)
Long hair | Very long hair

Treatment designed to improve hair density. Green tea and various amino acids such as keratin stimulate hair growth and regeneration.



60 MIN.

Royal Color and Shine Enhancing Treatment
Long hair | Very long hair

Revives the color and provides lasting shine and hydration. Custom treatment that revitalizes the scalp for a vibrant color.



60 MIN.



HAIR SPA

Philip B

Scalp Booster Treatment

This protocol, combined with the NOOANCE helmet, maximizes the effectiveness of hair regrowth thanks to a combination of LED Technology and LLLT Lasers (Low Level Laser Therapy).

This non-invasive treatment is designed for hair suffering from loss of density and delivers incredible results:

Stimulates hair growth

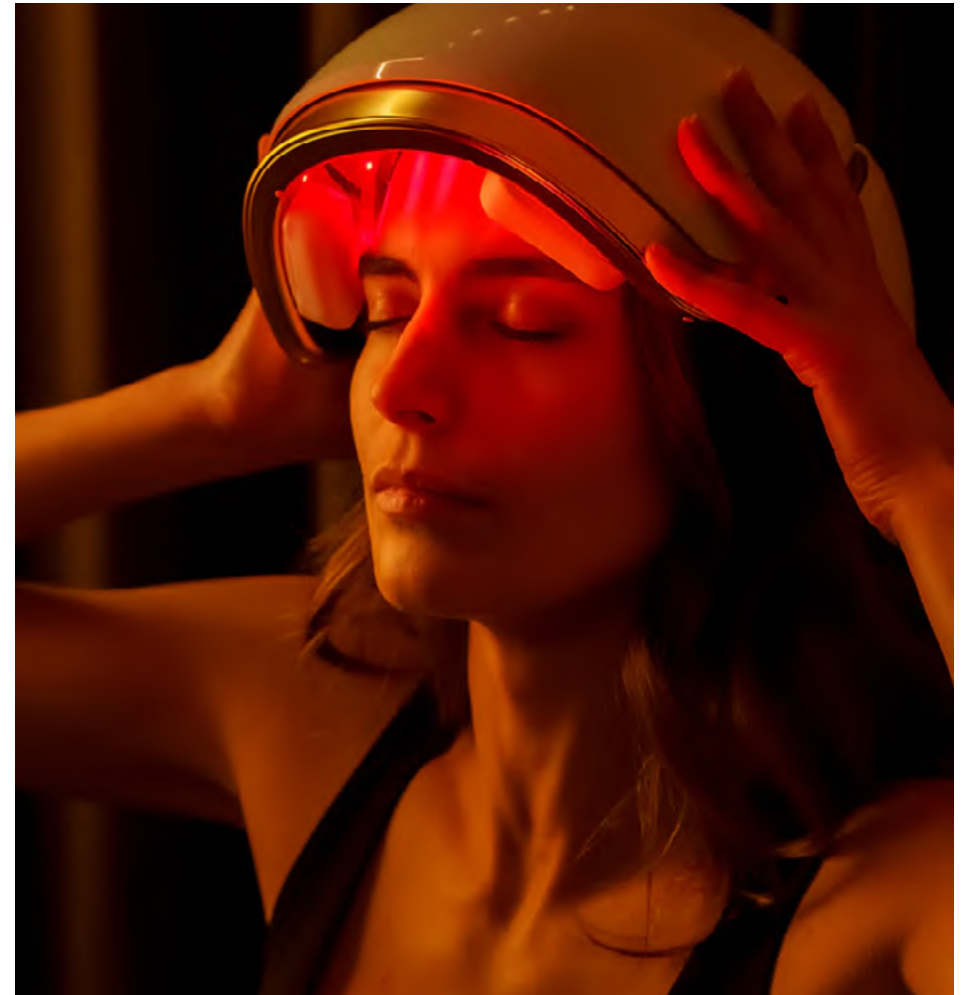
Improves overall hair health

Significantly reduces daily hair loss

Visibly increases hair strength

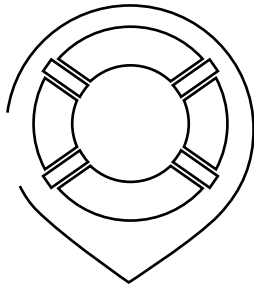


30 MIN.
60 MIN.



SPA EDEN-ROC

Natural Beauty



Booking information

Bamford Cabana, Hair Salon -Esthetics by e-mail at spa.hdcer@oetkerhotels.com and by telephone +33 (0)4 92 93 76 21 or 7621 from your room.

To ensure that your booking time and service are available, we recommend that you book in advance. If you wish to change or cancel your appointment, please inform us at least 24 hours in advance. Otherwise, you will be taking the client in charge. The effective duration of the treatment includes the care of the client.

Opening hours Bamford Cabana and Hair Salon - Shop

Open from April to October from 10am to 7pm and from the Film Festival, June to August from 10am to 8pm. 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. Last treatment 1h before the closing time.

Outside customers

The Spa & Wellness Boutique are open to non-resident every day from 10 a.m. to 3 p.m. (except the access to the huts, swimming pool and the hotel facilities). The Boutique and Hairdresser area is open daily on opening hours. For all spa bookings, we will send you a secure payment link to confirm your reservation.

Oetker Hotels Boutique

Discover in exclusivity the Eden-Roc collection. A designer's selection from all over the world creating a collection of luggage, jewellery, men, women and children clothing, shoes, beach items, sunglasses...all you need at your hotel.

Gifts

Give friends and family a unique well-being experience at the spa. Gift vouchers are personalised so guests can choose their preferred treatments from our spa menu. Please note that the gift voucher is not refundable.

Treatment menu

BAMFORD

Treatments

Jade Treatments	50/80 min. 230/315€
Restore & glow	60 min. 290€

Massage of the world

Hawaiian tradition	60 min. 230€
Thaï	50/80 min. 250/335€
Chi nei tsang	50 min. 250€
Madérotherapy body & face	45/75/90 min. 180/300/360€
Cupping therapy	60 min. 250€

Exclusive treatments

Manual Energetic Body Cleansing	30 min. 120€
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Signatures

Bamford Signature treatment	60 min. 250€
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Wellness supplements

Hydra-tensor mask	60€
Youthful eye mask	45€
Face cream mask	45€
Hot stones on the back	45€
Anti-aging LED mask	85€
Add-on «LYMA Laser»	85€

Family signatures

Elves and Goblins	30 min. 120€
Fairy fingers	15 min. 50€
Teenagers & spa	45 min. 160€

Wellness, detox & nutrition

Complete iridology includes naturopathy	Session 60 min 650€
Microbiota analysis	Session 30 min 500€

THE TIBETAN SINGING BOWLS EXPERIENCE

Sound therapy	60/90 min. 265/325€
Yoga group session	from 90€/pers

JUNE JACOBS

Aesthetic treatments

Hands and feet

Complete natural ritual manicure	140€
Brazilian manicure without nail polish	90€
Complete natural ritual pedicure	150€
Brazilian pedicure without nail polish	100€
Manicure for men	80€
Pedicure for men	110€
Hand or foot paraffin	40€

Nail polish application

Classic	15 min. 45€
Semi-permanent	60€
Removal semi-permanent	50€
Package removal and application semi-permanent	105€

BEAUTÉ

Aesthetics

Eyelashes tinting	75€
Eyebrows tinting	55€
False eyelashes application	50€

Eyelashes extension

Lash to lash	330€
Mixed	360€
Natural volume	390€
Sophisticated volume	450€
Eyelashes extensions filler	270€
Removal	150€

Waxing

Bikini	60€
Brazilian bikini	75€
Under arms	50€
Full bikini	90€
Half legs or thighs	90€
Full legs	150€
Arms	65€
Eyebrows, upper lip or chin	30€
Waxing from the back or chest	70€
Waxing from ears and moustache	30€

Treatment menu

HAIR SPA

Hairstyle

Blow dry

Short hair (chin, neck)	110€
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Long hair	155€
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Sophisticated blow-dry (curly)	195€
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Hair extensions supplement	30€
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Shampoo & conditioner included

Cut

Split hair cut	75€
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Layered hair cut	125€
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Highlights

Short hair	from 295€
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Long hair	from 395€
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Very long hair	445€
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Colour

Short hair	265€
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Long hair	365€
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Very long hair	415€
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Occasional hairstyles

Buns and ties	195€
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For children

Boy haircut	60€
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Girl haircut and blow-dry	85€
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Princess haircut	65€
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Oribe

Customized experience care

Short hair	60 min. 90€
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Long hair	60 min. 120€
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Voluminous hair	60 min. 180€
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Philip B

Protocole Russian Amber

Long hair	60 min. 120€
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Very long hair	60 min. 180€
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Scalp Booster Treatment

30/ 60min. 90/ 150€

Royal Color and Shine Enhancing Treatment

Long hair	130€
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Very long hair	180€
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CONTACT

Boulevard JF Kennedy, CS 10029 – 06601 Antibes Cedex, France
spa.hdcer@oetkerhotels.com | boutique.hdcer@oetkerhotels.com
Spa +33 (0)4 92 93 76 21 | Boutique +33 (0)4 92 93 32 38

OETKER HOTELS

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www.oetkerhotels.com