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*Eden Wellbeing*

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# EDEN WELLBEING

This menu is an invitation to take care of yourself, through sport, care and energies.

As in a cocoon, it is in the heart of our iconic Rock, that the Eden Spa opens the doors to a true heaven of peace.

Our team invites you to discover your new relaxation space, in a zen atmosphere, with warm notes of serenity and relaxation, in the yacht-on-land themed sitting room and discrete cabins.

From ancestral massage to new technologies, benefit from treatments using innovative techniques associated with the expert hands of a team dedicated to your wellbeing.

Take a deep breath, now is your time.

Charles Baudelaire wrote "There, all is order, comfort and beauty, luxury, calm and bliss".



# *Ligne St Barth*

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Immerse yourself in the quintessence of tropical flora: feel on the skin the refinement of a skincare line inspired by scented flowers, exotic fruits and the sweetness of Caribbean living.

For more than three decades, **Ligne St Barth** has endeavored to combine in harmony the traditional knowledge of plants with scientific advances to create new incomparable formulas - as innovative as they are timeless, carefully adapted to the needs of the skin and to modern life.



# Renata França

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Thousands of women around the world have seen their lives transformed and are now applying its exclusive methods of drainage lymphatic and sculpting massage.

“I try to boost my clients' self-esteem not only with massages but also by working on the importance of healthy living.”

**Renata França** method lymphatic drainage consists of draining the body in its entirety: the lower limbs, the abdomen, the upper limbs and the back. This technique reduces edema, activates blood circulation and potentiates a complex network of vessels where body fluids circulate, combating cellulite in particular.

The results are immediate and evolve within 72 hours of the session. Renata's contouring is a massage whose main characteristic is the application of vigorous, rapid and firm movements all over the body. This massage has surprising results because it has been designed to shape the adipocytes, that is to say, to move the fat to the right place and thus give more contour to the body. Kneading, pinching and sliding are some of the maneuvers that promise to give new shapes to the body and guarantee a curvier silhouette.



MÉTHODE  
RENATA FRANÇA



## *Dr. Barbara Sturm*

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**Dr. Barbara Sturm** is a German aesthetics doctor, widely renowned for her anti-inflammatory philosophy and her non-surgical anti-aging skin treatments.

At **Dr. Barbara Sturm**, the team's ethos represents the credibility of innovation without the use of toxic, harmful or aggressive ingredients in our products.

“We use advanced science ingredients that are healthy, healing and safe, nurturing rather than attacking living skin.”

Our philosophy of skin healing also means we do not use substances and ingredients that are both unnecessary for the skin and may promote inflammation, including artificial fragrance, color, micro plastics and aggressive preservatives.



# Hydra Facial®

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28 registered patents now enable skincare **HydraFacial®** one of the most revolutionary on the market for beauty.

**HydraFacial®** uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract and hydrate skin, and, the spiral design delivers painless extractions.

1. **Cleanse and Peel** : Uncover a new layer of skin with gentle exfoliation and relaxing resurfacing.
2. **Extract and Hydrate** : Remove debris from pores with painless suction. Nourish with intense moisturizers that quench skin.
3. **Fuse and Protect** : Saturate the skin's surface with antioxidants and peptides to maximize your glow.

(One session lasts 30 to 60 minutes depending on the treatment and the price varies according to the choice of boosters).



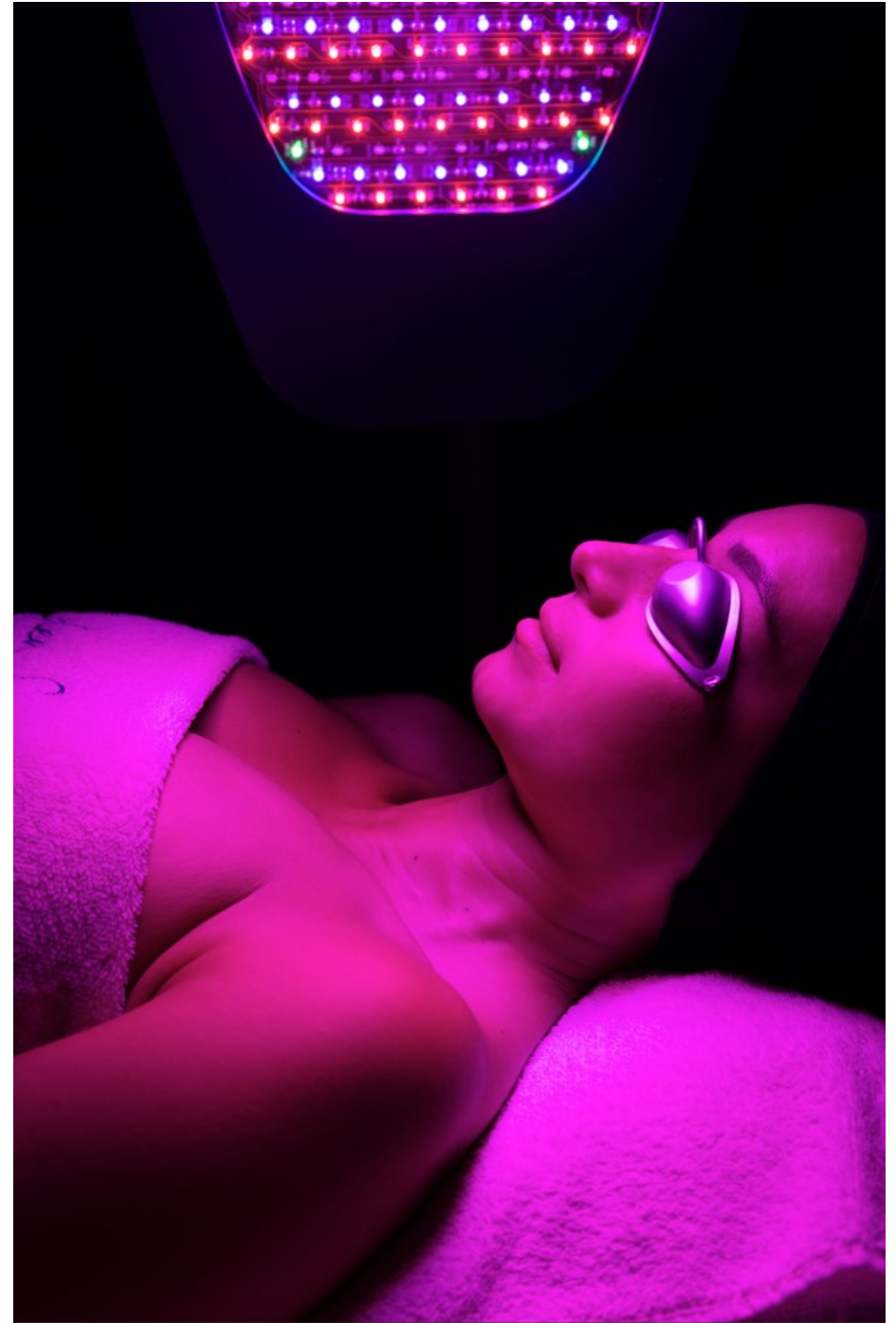
# *Medical Spa*

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Under the supervision of **Dr. Havet**, we provide various medical treatments. Over a cup of tea or a refreshment, we are here to listen to your needs and desires in order to determine together the treatment you need to regain all the comfort you deserve.

For the face and/or body: muscle mass gain, fat loss, combating wrinkles or skin sagging, skin elasticity, or even relieving the sensation of heavy legs...

We will take care of guiding you with kindness and serenity throughout your sessions and treatments.



# *Idalmi St Barth*

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Based in St Barths since the early 2000's, **Idalmi** was desperately seeking products rich in antioxidants and other ingredients essential to facial beauty and wellbeing, yet adapted to life in the Caribbean.

Ida founded the eco-friendly cosmetics line,  
**IDALMI ST BARTH** Tropical Beauty Chic.

This collection of beauty products and makeup was designed for women who visit or live in St Barths, as well as for anyone who enjoys the lifestyle of idyllic tropical islands.





# *Wellness*

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Eden Wellness offers private wellness coaching with the possibility of learning or progressing in various activities. On the menu: yoga, meditation, pranayama, hiking, for a free and always personalized training.

A holistic oasis in paradise awaits you.



# *Fitness*

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Eden Fitness offers you personalized coaching tailored to meet your needs and expectations in a completely revamped gym fitted with cutting-edge technologies including spearhead equipment.

Eden Fitness provides a training program with the innovative and efficient technology of Electrostimulation which positively impacts on your body, right from the first session.



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# MENU

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1 Wellbeing programs

2 Massages

3 Body Treatments

4 Renata França

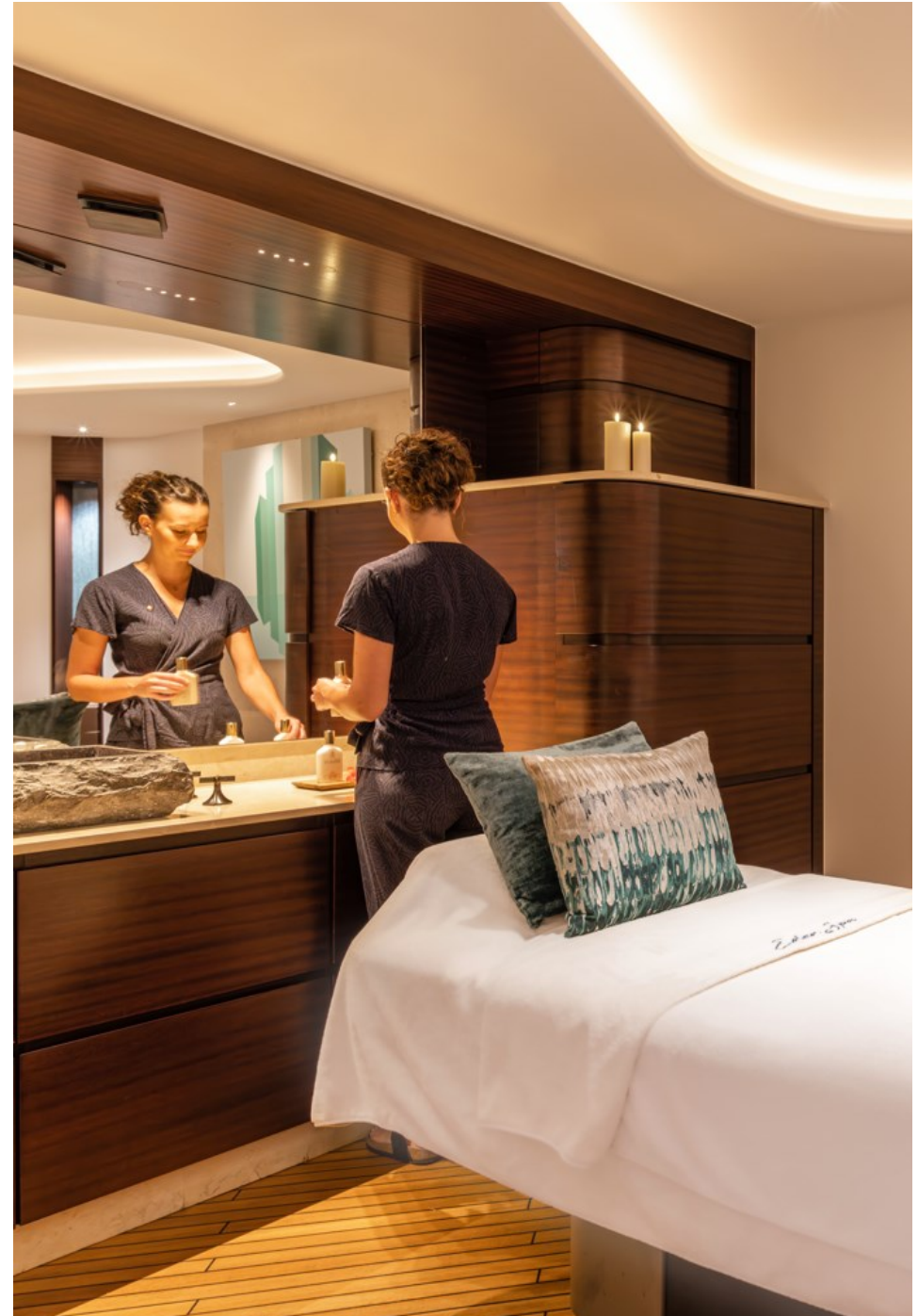
5 Facial Treatments

6 Hydrafacial

7 Medical Spa

8 Beauty

9 Wellness & Fitness



# WELLBEING PROGRAMS



## VITALITY

Escape - 5 hours

950€

5 treatments available upon choice

1 Private Coaching Session 60'

1 Renata Franca Massage 60'

1 Yoga Session 60'

1 Eden Rock Sturm Glow Facial 90'

1 Pressotherapy Session 30'

Lifestyle - 2.30 hours

310€

1 Private Coaching Session 60'

1 Indian Massage 90'



## SOUL

Escape - 6 hours

950€

5 treatments available upon choice

1 Yoga Session 60'

1 Reiki Massage 90'

1 Yoga Massage 90'

1 World Massage of your choice 60'

1 Session of Pranayama & Stretching 60'

Lifestyle - 2.30 hours

410€

1 Yoga Session 60'

1 Reiki Massage 90'



## RELAX

Escape - 5.30 hours

950€

5 treatments available upon choice

1 Body Scrub 30'

1 Sensation Wrap 90'

1 Freshness Facial Treatment 90'

1 Lomi-Lomi Massage 60'

1 Yoga Session 60'

Lifestyle - 2 hours

400€

1 Body Scrub 30'

1 Massage 60'

1 Sensation Wrap 30'



## MASSAGES

# Massages By Ligne St Barth

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## Harmony Massage

30 minutes 100€



60 minutes 175€

90 minutes 250€

Escape and let go... Signed **Ligne St Barth**, it is the relaxing massage by excellence.

Through gentle, slow and deep movements, it harmonizes energies and frees the body and mind from physical and psychic stress.

Choose your oil, relax and enjoy this tailor-made journey to discover yourself

## Chill out Massage

60 minutes 175€

90 minutes 250€



Intensely relaxing body treatment by **Ligne St Barth** using warm clam shells and avocado oil with hints of tiaré flower. A memorable and long-lasting experience.

Tips: For optimal relaxation, a prolonged tan and skin of unparalleled softness, our spa therapists advise you to complete your massage with the Softness scrub.

## Eden Flower Massage

60 minutes 175€



This ultra-relaxing massage focuses on the back, scalp and hair. The exclusive signature scent created for the Eden Spa evokes the languid lifestyle of the Caribbean. This exclusive **Ligne St Barth** massage was created for the Eden Spa.



Beach



Villa



Room



Spa

# Massages of the World

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## Indian Massage

60 minutes 180€



Choose your Ayurvedic oil then enjoy an invigorating hot oil massage inspired by the Indian tradition. The alternation of energetic and warming rhythms releases tension, relaxes the muscles and frees the mind.

## Thai Massage

90 minutes 260€



True millennial Asian art. Comfortably settled on your futon, this ancestral massage composed of stretching stimulates energy flows, promotes the flexibility essential to your body and frees the mind from negative emotions. This is the perfect time to find yourself, recharge your batteries and free yourself.

Tips: For a true energy journey, our spa therapists advise you to complete your Thai massage with a Yin Yoga session with Flavia.

## Lomi-Lomi Massage

60 minutes 175€

90 minutes 250€



Inspired by Hawaiian tradition, this massage from the islands is inspired by nature and the 4 elements. Lomi-Lomi is practiced in the philosophy of Aloha (love, respect, indulgence) which connects the body, the heart and the soul to the source of life. A gentle and deep massage, in particular thanks to the help of the forearms which hug the body to the rhythm of the rocking of the ocean waves.

## Sports Massage

30 minutes 100€

60 minutes 180€

90 minutes 250€



This tailor-made massage is recognized for the muscle relaxation it provides. Intense maneuvers, warm-ups, kneading and stretching combine to release every tension, dislodge stress and balance the body.

Breathe deeply and treat yourself to an extraordinary well-being experience...

Tips: For optimal relaxation, a prolonged tan and skin of unparalleled softness, our spa therapists advise you to complete your massage with the Softness scrub.



Beach



Villa



Room



Spa

# Holistics Massages

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## Yoga Massage

90 minutes 270€



This ancestral art will give you an incomparable feeling of well-being thanks to the perfect balance between yoga and Thai massage techniques. In order to relieve muscle tension and promote the body's energy balance, this treatment is composed of unique know-how such as meditation, pranayama, gentle twists and deep stretching.

## Reiki Massage

90 minutes 290€



A fusion between massage and Reiki: unique massage techniques are used to increase the fine benefits of this treatment and facilitate the flow of energy from the chakras thanks to the use of essential oils of the highest quality, in succession along the 7 chakra points.

This ultimate experience will bring you into a true meditative state, it is designed to promote and multiply the harmonization of mind, body and soul for the days ahead.

## Foot Reflexology

45 minutes 130€



Inspired by Chinese medicine, this massage aims to relieve the ailments of the body and the mind by applying pressure on the reflex zones of the arch of the foot connected to the various organs.

Tips: For absolute well-being and letting go, our spa therapists will advise you to complete your foot reflexology with one of our relaxing full-body massages.



Beach



Villa



Room



Spa



# Targeted Massages

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*Prenatal Massage*  60 minutes 180€  
90 minutes 250€



Soft, relaxing and pampering prenatal massage.

A special Mum To Be moment to release muscle tension and bring lightness and calm.

Suggested for future mothers, between 3 and 8 months of pregnancy.

*Kids Massage (from 6 to 12 years)* 30 minutes 75€



Back and scalp relaxing massage with the aromatic scents of vanilla and coconut will relax and soothe the little ones.

Tips: For absolute relaxation, our spa therapists advise you to complete your kid's massage with a Yoga class with Flavia.

*Revitalizing Scalp Massage* 15 minutes 50€



This pressure point scalp massage helps to relieve stress, reduce muscle tension and encourage blood circulation. **Dr. Barbara Sturm's** SCALP SERUM soothes the appearance of irritated skin and provides intense hydration. The treatment helps to promote naturally beautiful, shiny hair.

Tips: The Revitalizing Scalp Massage is recommended as a complement to a facial treatment or a massage.



Beach



Villa



Room



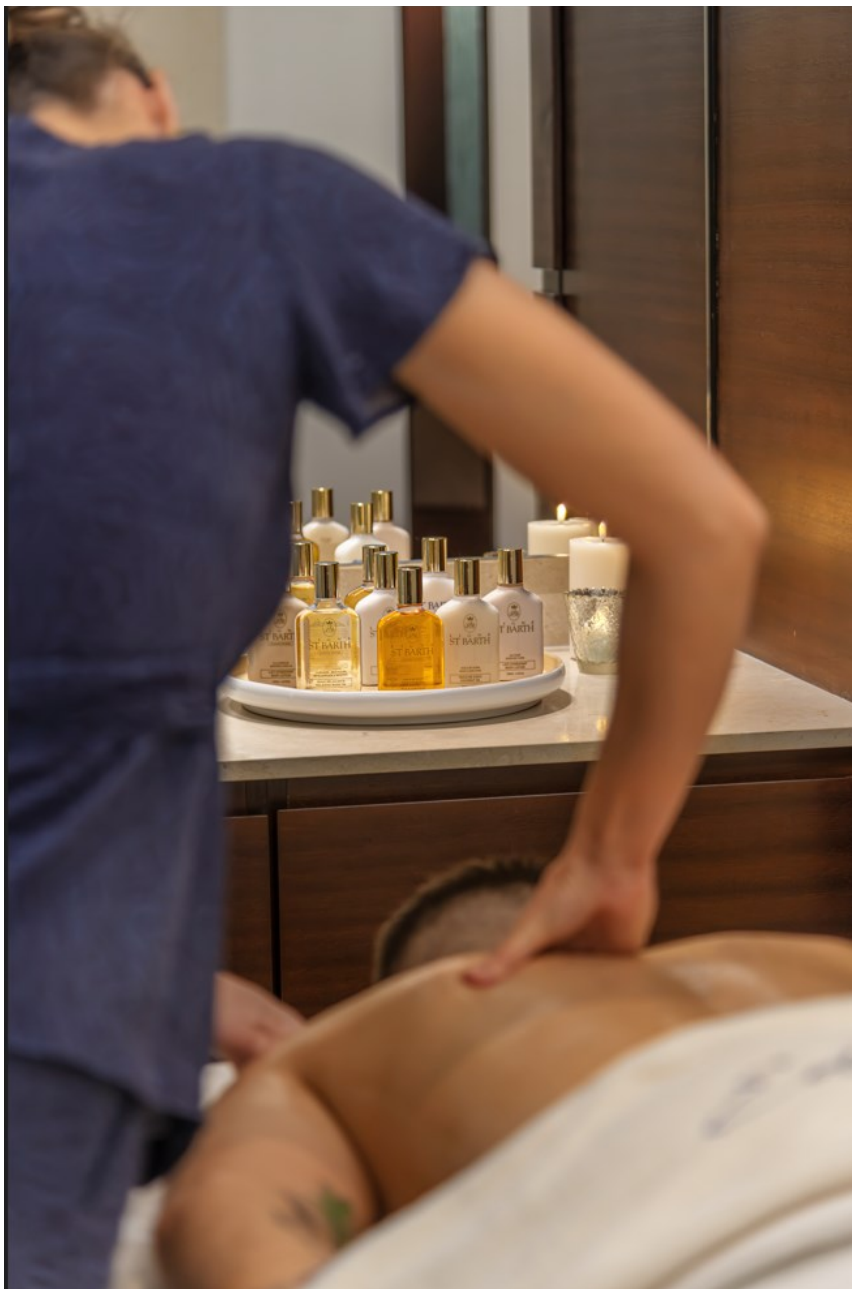
Spa



# BODY TREATMENTS

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# Body Treatments By Ligne St Barth



## Softness



30 minutes 100€

45 minutes 135€

This **Ligne St Barth** exfoliating body massage takes care of your body thanks to the treasures of tropical nature: the fresh foam of exotic fruits rich in enzymes merges with the white sand for an instant result.

You will then benefit from a real moisturizing cocoon with coconut oil and exotic scents. Your skin is soft and velvety.

Tips: For absolute letting go, our spa therapists advise you to continue your experience with one of our relaxing massages.

## Sensation



60 minutes 160€

Signed by **Ligne St Barth**, this voluptuous wrap based on coconut oil is accompanied by a scent of your choice: vanilla, lily or tiare. The long fluid movements of the modeling allow the fullness of body and mind for a real hydration bath.

Tips: To promote the penetration of moisturizing active ingredients and optimize your relaxation, our spa therapists recommend the Softness Short body treatment.



Beach



Villa



Room



Spa

# Body Treatments

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## Anti-Aging Body Treatment

60 minutes 165€



This anti-aging body treatment includes gentle exfoliation, intensive hydration and relaxing massage movements to stimulate blood circulation. Your body skin will be smoothed, firmer, visibly younger and will leave you feeling relaxed and refreshed.

Tips: For a real letting go, our spa therapists advise you to complete your treatment with one of our relaxing massages. .



# Renata França

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## Lymphatic Drainage

60 minutes 200€

6 sessions Cure 1 000€

Cure: Customized after consultation



This technique combines firm pressure and fast rhythm with pumpings and exclusive maneuvers, altogether producing immediate results.

It reduces edema, activates blood flows and boosts a complex network of vessels which transport fluids throughout the body, which contributes to reducing the dreaded cellulite.

As a result, the body benefits from a reduction in swelling and gains a better defined contour, in addition to accelerating its metabolism and enjoying well-being.

Tips: To help sculpt your body and complement the benefits of drainage, our spa therapists advise you to complete your treatment with Renata França's Remodeling Massage.

## Sculpting Massage

60 minutes 200€

6 sessions Cure 1 000€

Cure: Customized after consultation



The sculpting massage is a manual massage technique that applies vigorous, fast and firm movements along the whole body.

This massage presents surprising results, as it was conceived to model adipocytes. That is, moving the fat to the right places, thus giving the body a better contour.

Kneading, pinching and sliding are some of the maneuvers that promise to give the body a new shape and ensure a curvy silhouette.

Tips: To free your body of toxins and thus promote the sculpting of your body, our spa therapists advise you to complete your treatment with Renata França's Lymphatic Drainage.



Beach



Villa



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Spa





## FACIAL TREATMENTS

# Facial Treatments

## Eden Rock SturmGlow

90 minutes 390€



This exclusive treatment combines **HydraFacial®** technology and the leading techniques of **Dr. Barbara Sturm**.

The technology of the **HydraFacial®** device will leave your skin smoother, the pores will be temporarily opened for a deep cleansing, the tissues will be exfoliated while extracting the impurities. Combining the benefits of anti aging massage and hydrating serums to improve overall skin health and appearance.

Tips: For optimal results, our spa therapists advise you to complete your facial treatment with a light therapy session.

## Super Anti-Aging Facial

75 minutes 300€



The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles.

Tips: For optimal results, our spa therapists advise you to complete your facial treatment with a light therapy session.



Beach



Villa



Room



Spa



# Facial Treatments



## Signature SturmGlow

60 minutes 225€



The Signature SturmGlow Facial combines thorough cleansing, exfoliation and extractions to leave the skin super clean and refreshed. It also includes **Dr. Barbara Sturm's** Signature Anti-Aging Massage; a unique combination of massage techniques which help increase blood and oxygen flow and tone and define the facial muscles for an instant, youthful-looking complexion.

Tips: For optimal results, our spa therapists advise you to complete your facial treatment with a light therapy session.

## Darker Skin Tones Facial

60 minutes 225€



Specially formulated for darker skin tones by **Dr. Barbara Sturm**, the potent active ingredients used in this facial treatment will hydrate and calm the skin and reduce the appearance of hyperpigmentation, while minimizing the appearance of pores and helping to prevent breakouts.

Tips: For optimal results, our spa therapists advise you to complete your facial treatment with a light therapy session.



Beach



Villa



Room



Spa

# Facial Treatments

## Brightening Facial

60 minutes 225€



Decreases the appearance of hyperpigmentation and gently brightens the skin using natural brightening ingredients while combatting the oxidative stresses that cause premature aging and dark spots.

Shimmer particles included in the brightening serum, brightening face cream and brightening face lotion, boost skin tone and leave skin looking luminous while hydrating ingredients also provide essential moisture and rejuvenating anti-aging powers.

Tips: For optimal results, our spa therapists advise you to complete your facial treatment with a light therapy session.

## Clarifying Facial

60 minutes 225€



**Dr. Barbara Sturm's** Clarifying Facial was formulated for blemish-prone skin. It directly improves the skin's barrier and helps to restore its natural balance. The active ingredient complex reduces discomfort and alleviates skin sensitivity and irritation for an instant calming effect, while addressing the signs of aging by reducing the appearance of fine lines and wrinkles.

Tips: For optimal results, our spa therapists advise you to complete your facial treatment with a light therapy session.



Beach



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Room



Spa



# Facial Treatments

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## Men's Facial

60 minutes 225€



Customized to the specific needs and challenges of men's skin, this treatment cleanses, tones, soothes and comforts irritated skin, especially after shaving. The **Dr. Barbara Sturm** Men's Facial removes rough or dry skin and improves skin barrier function, while also fighting the signs of aging, under eye discoloration and puffiness.

Tips: For optimal results, our spa therapists advise you to complete your facial treatment with a light therapy session.

## Light Therapy Treatment Face & body

15 minutes 50€



The Light Therapy Treatment delivers doses of safe, therapeutic red and near infrared light to the skin.

The use of natural light LEDs is non-invasive and painless, with clinically-documented benefits, including diminishing the appearance of age spots, helping to reduce the appearance of fine lines and wrinkles, as well as making skin feel firmer and more elastic.



Beach



Villa



Room



Spa

# Facial Treatments

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## Freshness

90 minutes 270€



An exceptional **Ligne St Barth** Caribbean treatment that begins with gentle cleansing and exfoliation, followed by a revitalizing massage and a purifying face and décolleté mask.

The rich and creamy texture of precious oils, lotions and gels combined with the effective action of fresh tropical fruits captivates and transports you to a marvelous ocean of exoticism. While the clay and cucumber foam mask works, a massage is offered according to your desires: feet and legs, or hands and arms.

Tips: For a real exotic interlude, our spa therapists recommend the Ligne St Barth Chill-out massage with hot shells.



# Hydra Facial®

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*Hydra Facial® Signature* 30 minutes 200€

Cleansing / Extraction / Hydration  
A soft and healthy skin guaranteed.

*Hydra Facial® Deluxe* 45 minutes 280€

In depth Cleansing / Extraction / Hydration Result  
+ 1 superbooster among 4 to choose with your spa therapist  
A genuine radiance-boosting effect guaranteed.

*Hydra Facial® Platinum* 60 minutes 350€

Lymphatic drainage / An in-depth Cleansing / Extraction  
Hydration / LED + 1 superbooster among 4 to choose with your spa therapist  
Your skin is renewed, plumped-up and detoxified.

*Hydra Facial® Perk Eye* 10 minutes 50€

Visibly brightened, toned, and firmer outer eye. Acceleration of skin surface renewal and plump skin.

*Hydra Facial® Perk Lip* 10 minutes 50€

Visibly smoother and exfoliated lips, lightly plumped and hydrated.

*Choice of 4 Superboosters!*



BRITENOL: Brightens and balances skin tone while minimizing the appearance of dark spots and sun spots.

DERMABUILDER: helps smooth the appearance of fine lines and wrinkles and enhances skin elasticity.

CIRCADIA CHRONO PEPTIDE: Reduces the appearance of fine lines and wrinkles, energizes the skin, leaves skin feeling radiant and glowing.

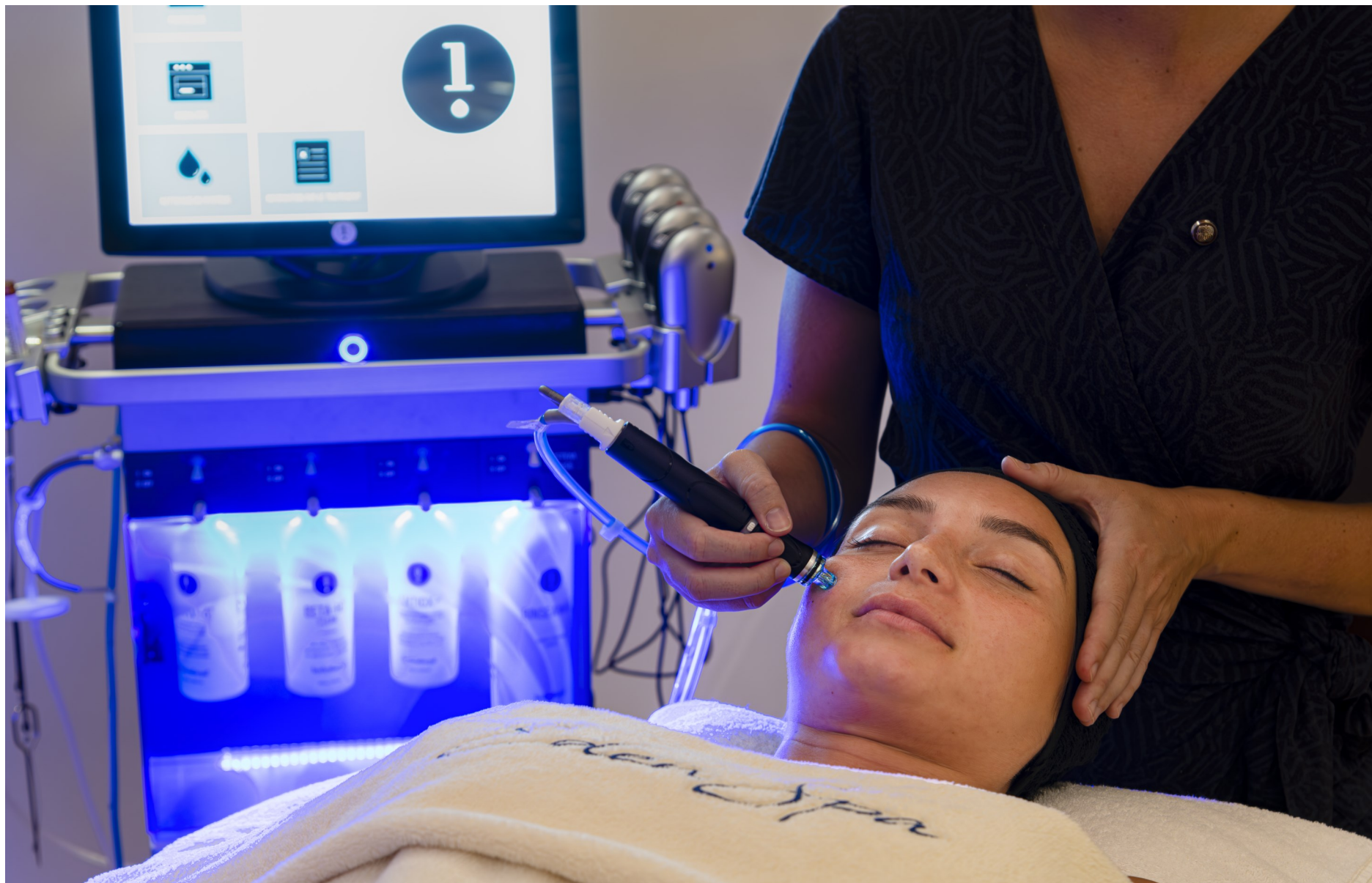
CICARDIA PROTECT PLUS: Protects the skin from free radical damage, provides optimal hydration, reduces visible signs of redness.

Tips: For true relaxation, our spa therapists advise you to complete your Hydrafacial treatment with the Revitalizing Scap Massage.

# *Medical Spa*

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These medical treatments are provided at the Eden Spa under the local direct supervision of Dr Havet.



# Medical Spa\*

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## CoolSculpting



1 suction cup	600 €
2 suction cups	1100 €
3 suction cups	1700 €
4 suction cups	2300 €

CoolSculpting® uses cryolipolysis technology, a noninvasive treatment that targets and freezes fat cells. Your body will then naturally eliminate the dead cells in 1-3 months or more, resulting in up to 20%-25% reduction of fat in a treated area.

Tips: For a truly sculpted, toned and defined silhouette, our spa therapists advise you to discover Exilis and EM Sculpt.

## Pressotherapy

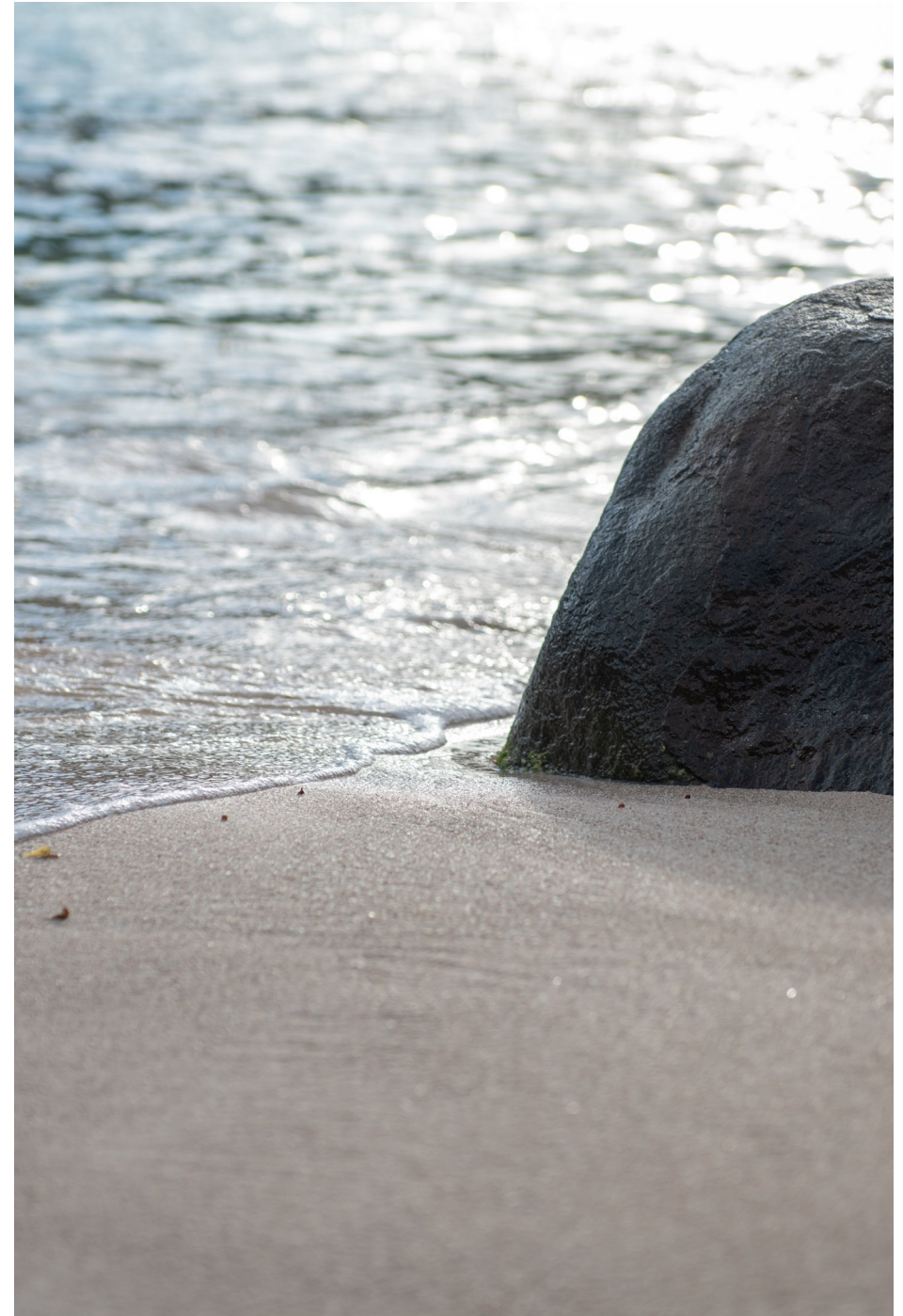


30 minutes	130€
45 minutes	170€
60 minutes	200€

Pressotherapy is a drainage technique veno-lymphatic performed mechanically. Improving the lymphatic system, pressotherapy helps to relieve blood circulation problems: heavy legs feeling, water retention and aqueous cellulite.

Tips: For an incomparable feeling of lightness, our spa therapists recommend Renata Franca treatments.

\*These medical treatments are provided at the Eden Spa under the local direct supervision of Dr Havet.



# Medical Spa<sup>+</sup>

## Exilis



**Exilis** simultaneously delivers radiofrequency and ultrasound to firm the skin in a completely painless and non-invasive way.

This technique also helps to reduce small, very localized fatty deposits and stimulate collagen production, which has the effect of improving the texture and firmness of the skin on the face and body.

### FACE

#### Small face area or hands

(Eye contour, mouth contour, cheekbones, oval of the face, neck or chest)

30 minutes 300€

4 sessions 1 050€

#### Full Face

60 minutes 800€

4 sessions 2 750€

### BODY

#### Hands

30 minutes 300€

4 sessions 1 050€

#### Small body area

(above kneecap, pubis, under buttock)

30 minutes 350€

4 sessions 1 200€

#### Medium body area

(front & inner thighs, back & outer thighs, buttock, belly, arms, hips or knees)

45 minutes 550€

4 sessions 1 900€

#### Large body area

(abdomen & hips or full thighs)

60 minutes 900€

4 sessions 1 900€

Tips: For a truly sculpted, toned and defined silhouette, our spa therapists advise you to discover CoolSculpting and EM Sculpt.

\*These medical treatments are provided at the Eden Spa under the local direct supervision of Dr Havet.



# Medical Spa\*

## EM Sculpt Neo



EMSculpt® Neo uses electromagnetic energy to gain muscle and burn fat easily, while relaxing during treatment and achieving results similar to intensive sports training. Additionally, the non-invasive treatment requires no downtime.

1 ZONE	450€
4 sessions	1 500€
2 ZONES	750€
4 sessions	2 600€

## EM Face



20 minutes 500€

EMFace® is the first and only needle-free, hands-free procedure that simultaneously treats facial skin and muscles in a 20-minute session. The end result is less wrinkles and more lift naturally without needles.

Tips: For a truly sculpted, toned and defined silhouette, our spa therapists advise you to discover Exilis & Coolsculpting.

\* These medical treatments are provided at the Eden Spa under the local direct supervision of Dr Havet.



Beach



Villa



Room



Spa





BEAUTY

# Beauty

## Manicure & Pedicure



### Manicure / Pedicure Red Rock Simple

45 minutes 90€

A treatment designed to take care of you down to your fingertips. We You will choose the shape you, and we will take care of the contours and surface of your nails to give them, and then magnify the result by applying the classic **Idalmi** nail polish from a colorful selection.

### Manicure / Pedicure Red Rock Luxe

75 minutes 115€

A treatment designed to take care of you down to your fingertips. We You will choose the shape you, and we will take care of the contours and surface of your nails to give them, and then magnify the result by applying the classic **Idalmi** nail polish from a colorful selection.

This treatment includes a moment of absolute relaxation thanks to the massage and the nourishing Keratin hand or foot mask.

### Classic nail polish IDALMI ST BARTH

30 minutes 35€

### Semi - permanent nail polish OPI

30 minutes 50€

### Semi - permanent nail polish removal

30 minutes 30€



Beach



Villa



Room



Spa



# Beauty



## Wax



Eyebrows or Lips	30€
Under-arms or Bikini	45€
Half-arm or Half-leg or Brazilian Bikini	60€
Full Legs of Full Bikini or Arms	85€
Back or Torso 45min	90€

## Makeup



Price upon request

## Hairdresser



Price upon request



Beach



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Room



Spa

## *Wellness & Fitness*

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An expert in nutrition and French Champion in Judo and Sambo many times over, **Jordan** (right) shares his vision of better performance in his personalized coaching. A Wiemspro ambassador, he also specializes in electrostimulation: muscle strengthening.

Trained in yoga in numbers of renowned academies internationally, **Flavia** is a master of Ashtanga, Vinyasa and Yin Yoga methods and for all levels. Breathing, posture to reinforce and harmonize the body, and deep work on the muscles ensure marked improvements in personal wellness.

With **Rodrigo** (left), you will complete your chosen workout session... With charisma and good humour, he motivates away any slight amount of reticence which may initially be present! An experienced coach in Olympic Wrestling, Rodrigo is a triathlon and crossfit expert. Adjusted to suit your level, his sports sessions are intense and entertaining.



# *Energetic Treatments*

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## *Reiki*

60 minutes 160€



"Reiki" is a journey through yourself.

Become fully aware of the energies flowing in your body by working on all the chakras. This treatment will allow you to balance your energy flow for a peaceful state of well-being.

## *Reiki Massage*

90 minutes 290€



A fusion between massage and Reiki: unique massage techniques are used to enhance the benefits of this treatment and facilitate the flow of energy to the chakras through the use of the highest quality essential oils in succession along the 7 chakra points.

This ultimate experience will take you to a true meditative state, designed to promote and multiply the harmonization of the mind, body and soul for days to come.



# Yoga



Start your day with an energizing, relaxing or detoxifying yoga class. Our classes focus on the alignment of the body, the logical sequence of postures and the coordination between the movements and breathing.

Private lesson 60 minutes 160€

Additional person\* 60€

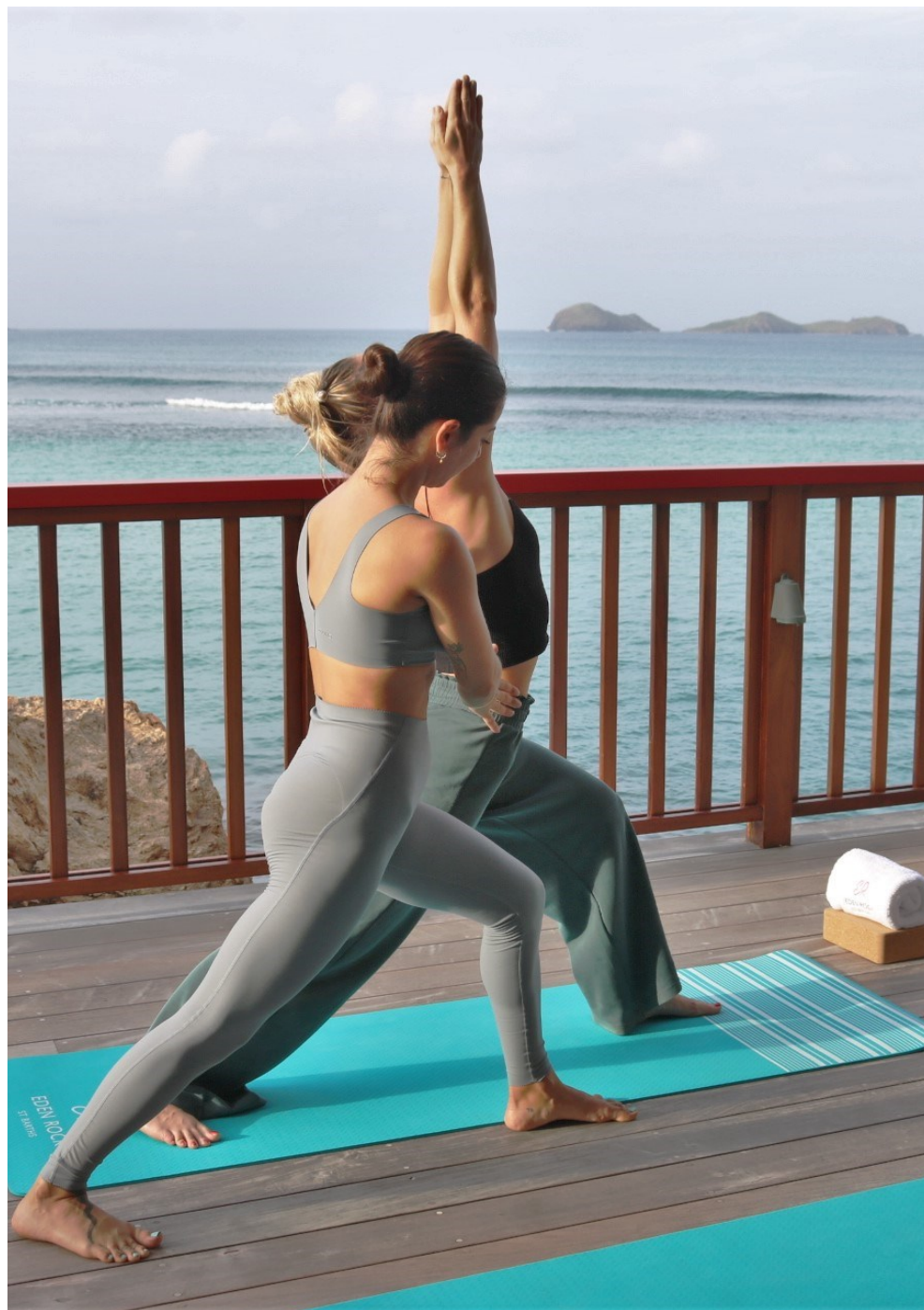
Group classes : 50€

Package 5 classes : 200€

Package 10 classes : 300€

Flavia invites you to discover Yoga in another form, for a unique experience: ancestral art will give you an incomparable feeling of wellbeing thanks to the perfect balance between yoga and Thai massage techniques. In order to relieve muscle tension and promote the body's energy balance, this treatment is composed of unique know-how such as meditation, pranayama, gentle twists and deep stretching...

\*Private classes can be organized within the intimacy of your hotel room or in your villa.





# Stretching

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It is on the edge of the Ocean, on our Yoga Deck, that Flavia guides you with kindness into a stretching session.

Reconnect the harmony between your body and your mind.

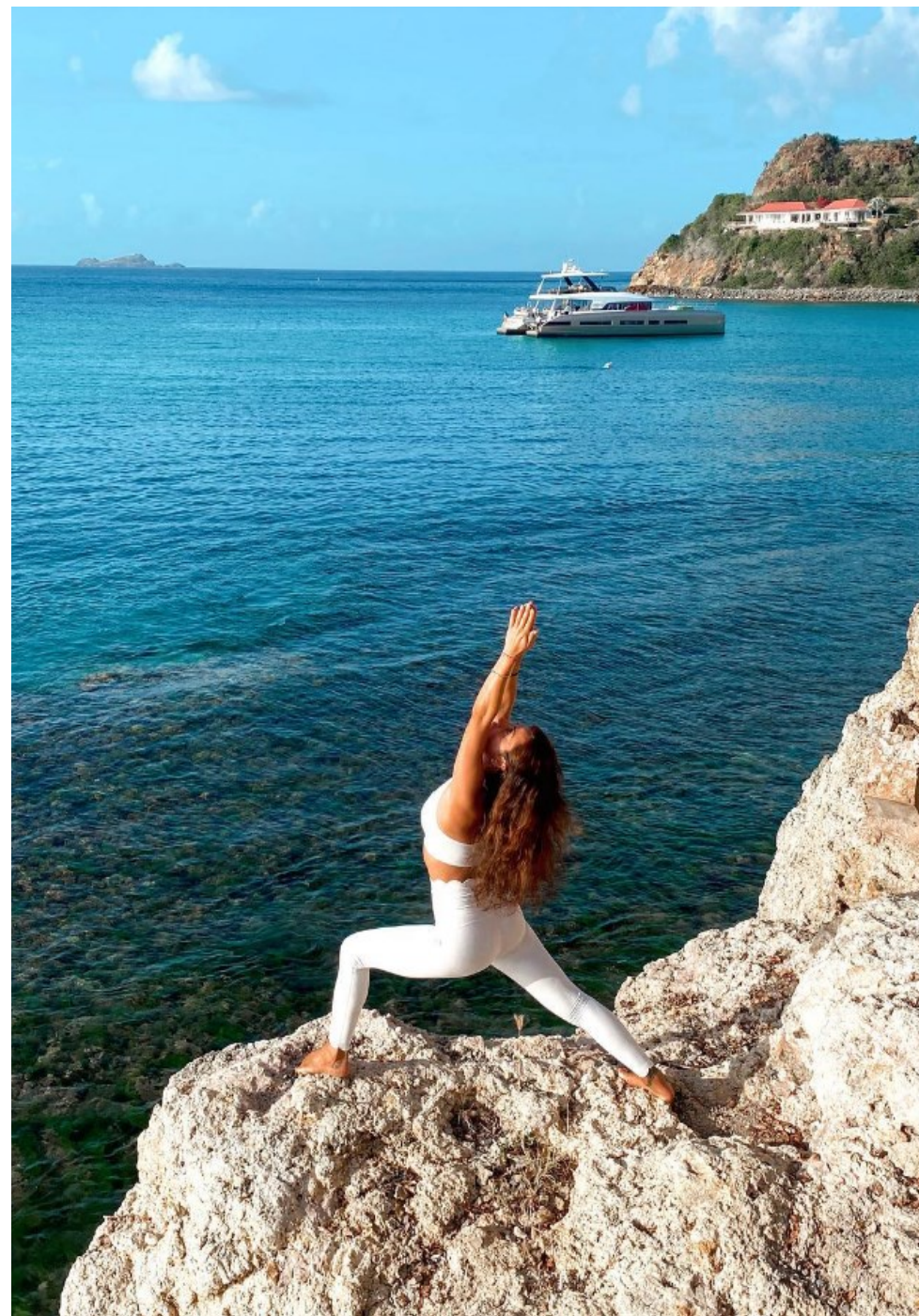
Private lesson 60 minutes 160€

Additional person\* 60€

Group classes : 50€

Package 5 classes : 200€

Package 10 classes : 300€



# Meditation

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## Meditation & Pranayama

Private lesson	60 minutes 160€
Additional person*	60€

\*Maximum number of people upon request



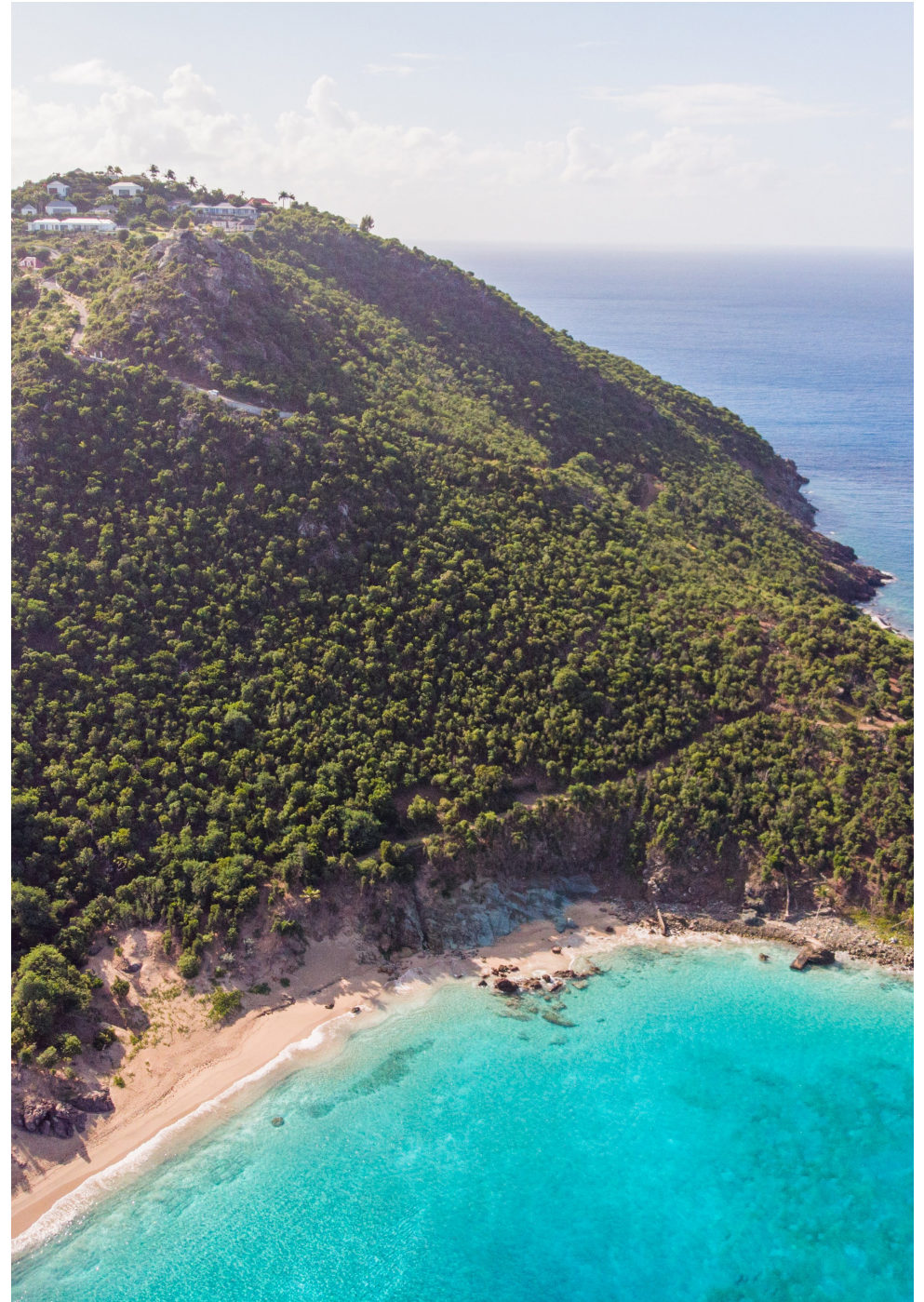
# Hike

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Discover the island on foot while enjoying the surrounding panoramas and breathtaking views.

1. Colombier via Flamands - 1 hour or 2 hours - possibility of swimming and enjoying Colombier beach, one of the most beautiful beaches on the island. This same hike can be longer for the sporty guests they may choose to take the steps and start at the Colombier viewpoint.
2. Grand Fond's Natural Sea Pools - 1.30 hours or 2 hours - for all levels - including bathing in the pools.
3. Grand Fond's 3 Crêtes - 3 hours to 3.30 hours - advanced only - includes climbing and rocky steep terrain.
4. Mont Vitet - 2 hours - only for confirmed people but preferably advanced only - rock climbing and steep terrain.
5. Gouverneur by Chauvette Saline - 2.30 hours - advanced only.
6. Gouverneur - 1 hour - for all levels.
7. Toiny via Petit Cul de Sac - 2 hours - a bit of road and the rest uphill along the coast.

Price upon request depending on the duration of the hike.



## *Fitness Class*



### *WiemsPro Electro-Stimulation*

Electrostimulation is a concept of personal fitness through electro-muscular stimulation. This method uses low frequency pulses to dynamically contract your muscles. Under the guidance of your coach, you perform dynamic movements to counteract the muscle contractions caused by the impulses.

Private lesson 45 minutes 140€  
Package of 5 sessions 600 €

### *Flexibility Course Stretching*

Private lesson 60 minutes 140€  
Additional person 70 €

### *Personalized Coaching*

Private lesson 60 minutes 170 €  
Additional person 60 €  
Lesson for 4 people or more 300 €

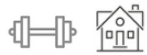
### *Hip Hop or Modern Jazz Class*

Private lesson 60 minutes 130€  
Additional person 50 €



# *Pilates Class*

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Private Pilates lesson	60 minutes	170€
Pilates Reformer Class		190€
Additional person		60€
Lesson for 4 people or more		300 €

## *What is Reformer Pilates ?*

Founded in 1920 by Joseph Pilates in New York, the Pilates method is now widely used throughout the world. This German, living in England, passionate about anatomy, has created a large repertoire of movements with the aim of gently working the posture, the muscles and the mobility.

From the beginning of its creation, the discipline takes shape under the name of "Contrology" and is practiced on devices:

the Reformer, the Cadillac, the Wunda Chair, etc.

This is how the Pilates Reformer was born, which was then widely developed in the United States. This machine for muscle strengthening consists of a sliding bench called a cart, equipped with springs, bars and straps.



# Aquatic Trainings

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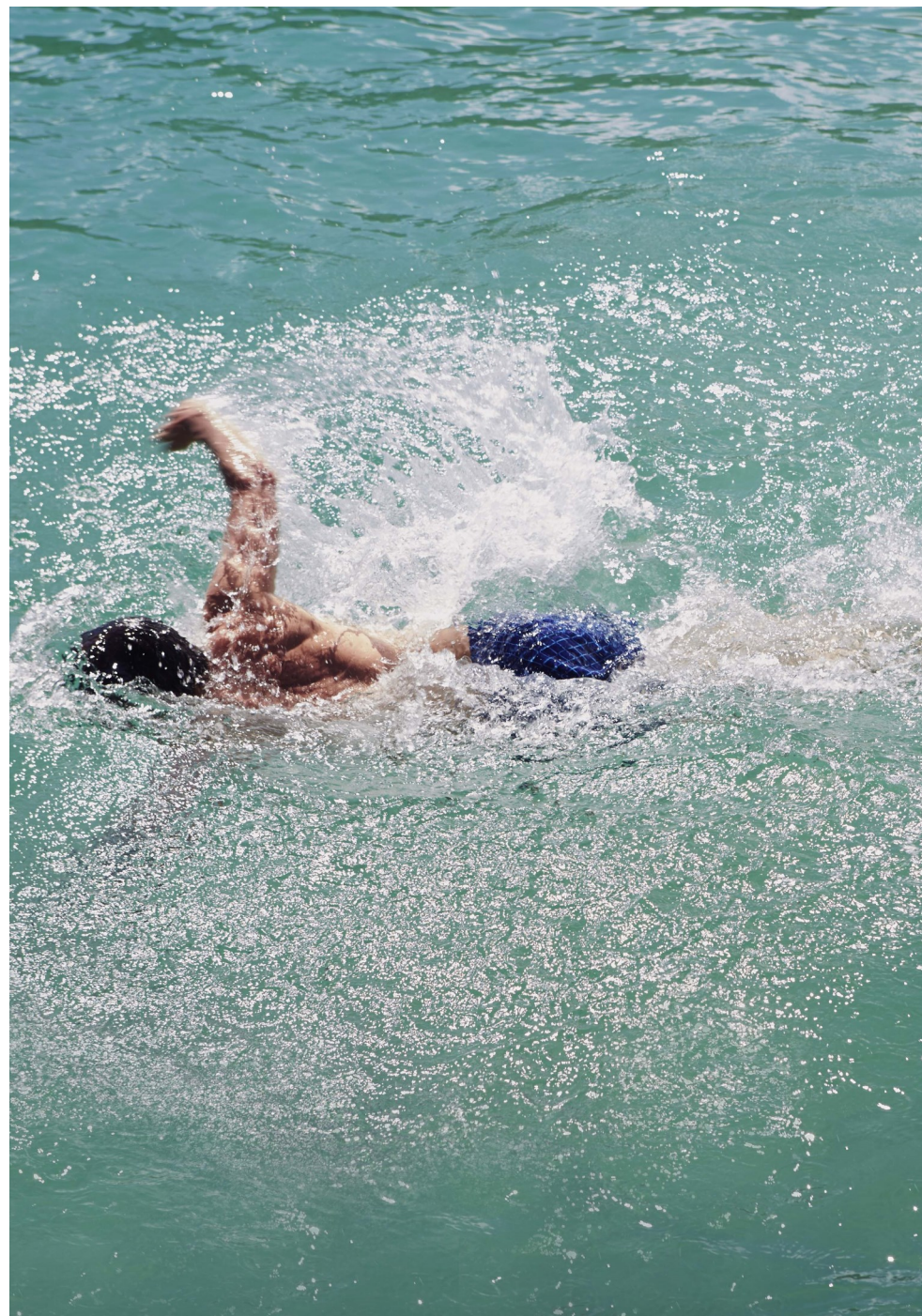


These training activities take place in the pool of your villa, providing a feeling of well-being in the water and the absence of aches and pains after the effort.

## Swimming Lessons

Private lesson for children or adults	30 minutes 80 €
Private lesson for children or adults	60 minutes 150 €

\*Refer to our coach to check the pool facilities in your room or in your villa.



# GENERAL CONDITIONS

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## Opening hours

The Eden Spa is open Monday to Sunday from 10.00 a.m. to 8.00 p.m. Eden Fitness is open daily from 6.30 a.m. to 10.00 p.m.

## Contact & Reservation

The Spa team is at your disposal for any request for information and reservations at the email address [spa.edenrock@oetkercollection.com](mailto:spa.edenrock@oetkercollection.com) or by telephone at +590 590 29 79 99.

## Arrival at the Spa

We recommend that you arrive at the Spa 10 minutes in advance. Time to complete your health questionnaire and be able to start your treatment at the scheduled time. If you wish to refresh yourself before starting your treatment, we kindly ask you to do so before arriving at the Spa, the changing time being included in your treatment.

## Cancellation/modification policy

In order to avoid total billing for your treatment, please provide notice of cancellation or modification less than 24 hours before the time of your appointment. In case of delay, if our schedule allows us, we will carry out your treatment by honoring its defined duration. Otherwise, we will have to shorten your treatment accordingly.

## Health

The Eden Spa reserves the right to refuse treatment depending on your health conditions. We thank you for kindly informing us of your state of health, any allergies or specifying if you are pregnant. Minors under 16 must be accompanied by a responsible adult. The "kids massage" is reserved for children from 6 years old to 13 years old exclusively.

## Ethics

Your wellbeing is our priority. We invite our guests to inform us of any illnesses or medical care in progress or recently received.

## Pregnancy

We offer treatments for women over three months pregnant.

## Treatments in your room at Eden Rock - St Barths or your Eden Rock Villa Rental villa

Treatments are available at the Spa, in your room, in your villa or at the beach depending on availability and requested treatment. For any treatment performed outside Spa opening hours, a supplement of 100% of the value of the treatment will be applied.



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