
Eden Spa & Wellbeing

EDEN SPA & WELLBEING

Welcome to **Eden Spa & Wellbeing**,
a serene and intimate sanctuary dedicated to traditional, holistic, and technological wellness.
Nestled in the heart of the Rock, our team welcomes you into a soothing atmosphere where every
detail has been designed to offer a true escape of serenity and reconnection.

NEW

Discover the **Korean Lift**, an exceptional ritual that unveils your skin's radiance while delivering a visible lifting effect.

Through a personalized and authentic experience, Eden Spa & Wellbeing invites you to slow down, breathe... and shine.



Korean Lift by Elodie Raheria - Lift & Glow

SeeMyCosmetics is a brand founded by **Elodie Raheria**, passionate about skin, care, and natural radiance.

Through her innovative approach to beauty, she develops bespoke protocols that combine expert techniques with visible results.

Among her signature treatments, the **Korean Lift** perfectly embodies her philosophy: a facial ritual inspired by Asian techniques, blending smoothing, drainage, and cellular stimulation.

This unique treatment, combining skilled manual techniques with active cosmetics, delivers an immediate lifting effect, plumped features, and radiant, awakened skin.



Dr. Barbara Sturm - Anti-Inflammatory Facial Treatment

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

At Dr. Barbara Sturm, ethics underpin the credibility of innovation, with no use of toxic, harmful, or harsh ingredients in the products.

"We use advanced scientific ingredients that are healthy, healing, and safe, nourishing living skin rather than attacking it. Our philosophy of skin healing also means we avoid substances and ingredients that are both unnecessary for the skin and can promote inflammation, including artificial fragrances and colors, microplastics, and harsh preservatives."



Hydra Facial® - Deep Cleansing

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).



Ligne St Barth - Sensory Body Treatment

By founding the brand in 1983, Hervé Brin envisioned expressing the art of Caribbean living: starting with annatto oil, aloe gel, avocado oil, and coconut oil.

The first four products were sold on the beaches in rum bottles adorned with handwritten labels.

Tiare flower, vanilla, coconut... In harmony with the tropical nature, this local brand has spent decades celebrating our island and all it has to offer.

At **Eden Rock - St Barths**, as a tribute, we offer body and facial treatments that perfectly combine gentle care with effective results, enriched with sweet and soothing exotic notes.

Prepare for an imminent escape into a relaxing Caribbean getaway!



Renata França - Lymphatic Drainage

Originating in Brazil and now renowned worldwide, the Renata França method is named after its creator, **Renata França**, a therapist passionate about the body and its self-healing power.

Her **lymphatic drainage** is distinguished by rhythmic, firm, and precise movements that intensely stimulate lymphatic and venous circulation.

Beyond aesthetics, this treatment promotes toxin elimination, relieves heavy legs, and provides a profound sense of lightness and well-being.

"I strive to boost my clients' self-esteem not only through massage but also by emphasizing the importance of a healthy lifestyle."



Medical Spa - Tone, Sculpt & Enhance

The **Medi-Spa** offers a unique retreat where scientific rigor meets the gentle touch of Eden Spa & Wellbeing.

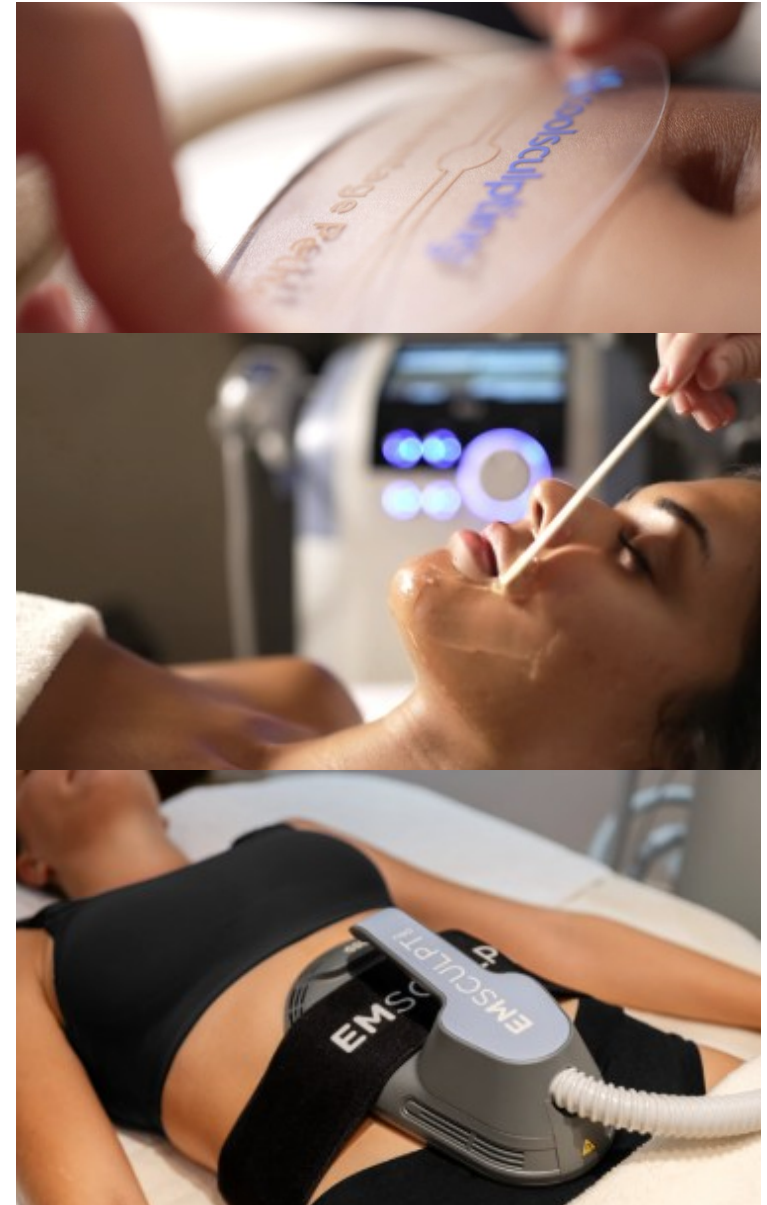
Our team guides you with care and discretion in selecting the technologies best suited to your desires and needs, following an approach that respects your body's balance and personal rhythm.

Coolsculpting, Lymphastim, Exilis 360, Light Therapy, EM Face, and EM Sculpt Neo...

Each of our technologies is designed to target the fundamentals of body and skin: blood circulation, reduction of stubborn fat, muscle toning, as well as skin firmness and elasticity.

Some treatments complement and enhance one another, creating targeted synergies that optimize results.

The Medi-Spa is supervised by **Dr. Pierre-Michel Havet**, and all treatments are non-invasive.



Idalmi St Barth - Nails, Make Up & Tan

It was the island of **St Barth**, a true paradise, that inspired **Idalmi Perez** to create her beauty and cosmetics line.

Passionate about makeup from a young age, this strong-willed Puerto Rican always knew exactly what she wanted.

Searching in vain for products rich in antioxidants and essential ingredients to nourish, protect, and enhance the skin—suitable for life in the Caribbean—Ida became the founder of the eco-friendly cosmetic line **Idalmi St Barth Tropical Beauty Chic**.

Trained in her nail and makeup techniques, our team at **Eden Spa & Wellbeing** will skillfully handle every brushstroke—from your cheeks to the tips of your nails!



Wellness – Yoga, energy & rituals

The **Wellness** area at **Eden Spa & Wellbeing** invites a deep reconnection of body and mind.

Guided by **Flavia**, our Wellness Manager, we offer a holistic well-being experience through **Yoga, Reiki, sound healing, holistic massages, meditation, and hikes.**

Each practice gently guides you toward greater grounding, openness, and overall well-being.

And every month, don't miss our **Full Moon** rituals – a unique moment under the stars to celebrate, release, and realign on a deeper level.



Fitness - Coaching, Movement & Balance

Move, Breathe, Vibrate... Facing St Jean Bay.

In the **fitness room** or the privacy of your villa, every session is a burst of energy. Here, you push your limits in a spirit of joy, guided by a coach who is both attentive and demanding—just for you.

Electrostimulation, private coaching, personalized consultations, Pilates, stretching, dance, aquatraining... Each discipline is designed to awaken the body, boost the mind, and turn effort into pleasure.

Laugh, exhale, sweat, stretch: at Eden Rock, movement engages the heart as much as the muscles.

Sport becomes a personal, intense, and joyful moment in a setting that inspires you to go ever further.



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Facial Treatments

Eden Rock Signatures

Facial Treatments - Eden Rock Signatures

Hangover Rescue Ritual

60 minutes 350€



Designed exclusively for **Eden Rock**, this treatment refreshes and revitalizes your face after a lively night.

Blending **Beauty Tech**, expert facial techniques, and high-performance scientific formulas, it effectively decongests and awakens the skin. The experience begins with **deep breathing**, followed by a **sculpting facial massage** that prepares your skin for the **Korean Lift**, enhanced with a mist of plant stem cells. A targeted **eye contour treatment** firms and plumps delicate skin using collagen leaf technology. To complete the ritual, a **revitalizing beverage** is served, supporting hydration from the inside out.

The result: radiant, refreshed, and energized skin, ready to glow.

Eden Rock Sturm Glow

90 minutes 390€



This signature treatment combines Hydrafacial® technology with the exclusive techniques of Dr. Barbara Sturm. It exfoliates, deeply cleanses, and smooths the skin. An anti-aging massage and targeted serums enhance the health and radiance of your complexion.

Result: purified, smooth, youthful-looking skin, reflecting the Eden Rock standard of excellence.

Tips: Extend your relaxation after the *Eden Rock Sturm Glow* with a *Revitalizing Scalp Massage*.



Beach



Villa



Room



Spa





Facial Treatments

Korean Lift

Facial Treatments - Korean Lift

Korean Lift



25 minutes 130€



This innovative treatment is based on a patented cosmetic technology that releases a mist of plant stem cells. This unique process performs an airborne lymphatic drainage, promoting detoxification and revitalization of the skin. Through precise techniques, facial contours are redefined, skin texture is visibly smoothed, and the complexion radiates with natural glow.

Result: a refined, lifted, and luminous face with unmatched radiance that reveals your true beauty.

Tips: For the ultimate relaxation experience, the Eden Spa & Wellbeing team recommends pairing with the *Lift & Glow 24K* treatment.



Facial Treatments - Korean Lift

Lift & Glow 24K

45 minutes 270€



This signature treatment combines powerful anti-aging actives with 24K gold, celebrated for its antioxidant properties, alongside the Korean Lift technique. It rejuvenates the skin while delivering an exceptional, refined radiance.

Result: a visibly youthful, luminous, and radiant complexion that glows with timeless beauty.

Tips : For a quick session or to maintain your glow, choose the *Korean Lift* treatment.

Hydra StemCell

45 minutes 290€



Enhance the contours of your face with the Hydra Signature treatment combined with the Korean Lift. This duo delivers deep purification and a visible lifting effect, leaving your skin fresh and radiant.

Result: A sculpted face with purified, smooth, and intensely revitalized skin.

Tips: For an instant glow, indulge in our *Signature Hangover* treatment.



Plage



Villa



Chambre



Spa





Facial Treatments

Dr. Barbara Sturm

Facial Treatments

Super Anti-Aging Facial



90 minutes 390€

This anti-aging treatment by Dr. Barbara Sturm is specifically designed for men's skin. It stimulates cellular regeneration, deeply hydrates, and reduces visible signs of aging. Through a combination of expert techniques and advanced technologies, it provides a targeted moment of relaxation. **Result:** toned, smoother, visibly revitalized skin, with a noticeable reduction in wrinkles and signs of fatigue.

Tips: In addition to your facial treatment, we recommend extending your relaxation with the *Revitalizing Scalp Massage*.

Signature SturmGlow



60 minutes 240€

The Signature SturmGlow treatment delivers a deep cleanse for a fresh, radiant complexion, combined with Dr. Barbara Sturm's exclusive massage techniques. **Result:** luminous, visibly rejuvenated skin with defined features and lifted cheekbones.

Tips: For optimal results, pair your Signature SturmGlow treatment with a session of *light therapy*.



Beach



Villa



Room



Spa



Facial Treatments

Men's Facial

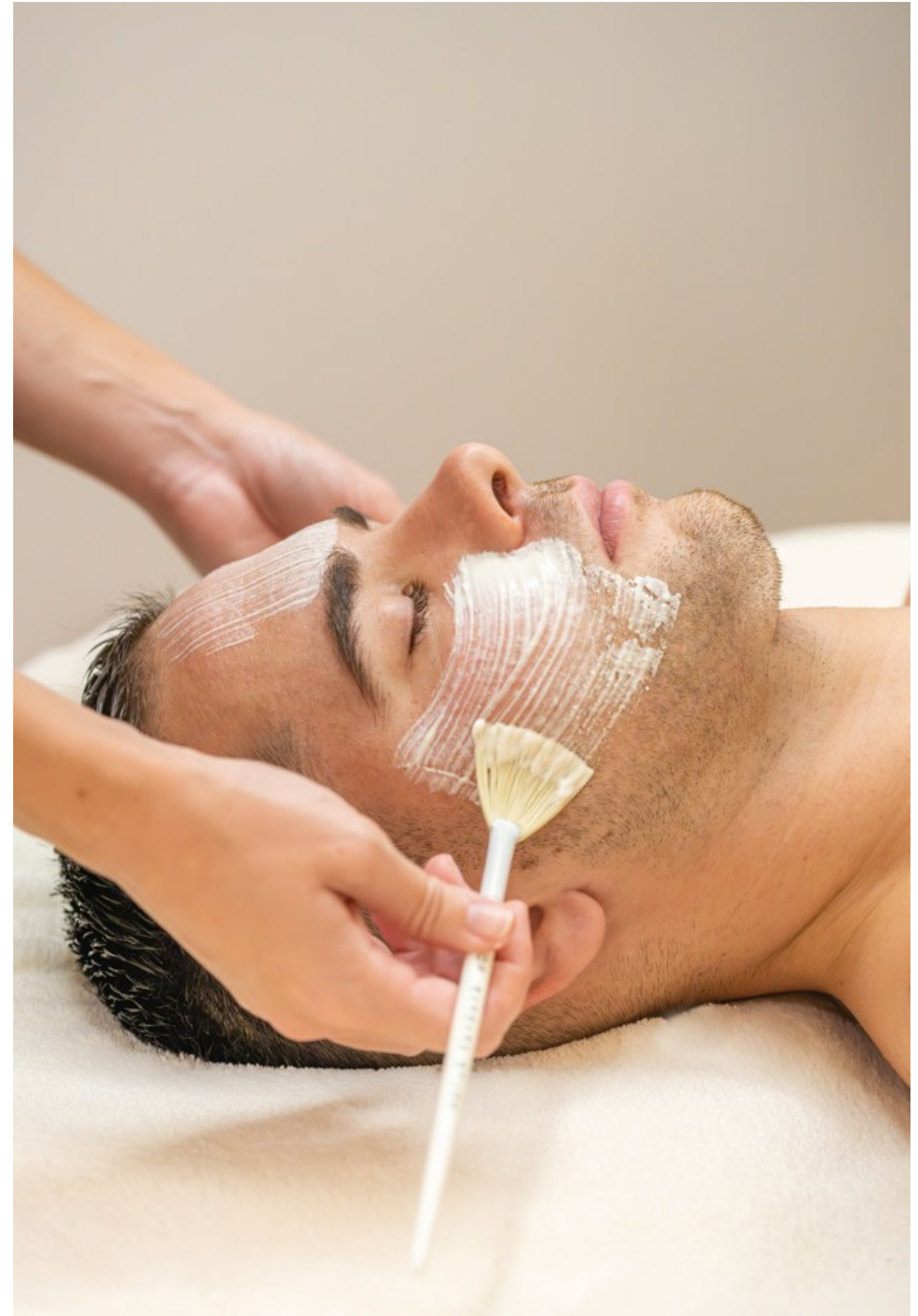
60 minutes 240€



Specifically designed for men's skin, this facial by Dr. Barbara Sturm deeply cleanses, tones, and soothes irritations, particularly after shaving. It strengthens the skin barrier and targets signs of aging, dark spots, and puffiness.

Result: fresh, calm, intensely hydrated, and visibly revitalized skin.

Tips: For optimal results, pair your facial with a session of *light therapy*.



Beach



Villa



Room



Spa

Facial Treatments

Acnee Facial

60 minutes 240€



This rebalancing facial is ideal for skin with imperfections. It regulates sebum production, purifies, smooths skin texture, and softens fine lines. Combining expert techniques with advanced technologies, it delivers a deeply relaxing experience. **Result:** clearer, smoother, rebalanced, and visibly healthier skin.

Tips: To maximize the effects of your facial, add a session of *light therapy*.

Acnee Teen Facial

60 minutes 220€



During adolescence, skin can be unpredictable (acne, excess sebum, redness). This relaxing, anti-inflammatory facial restores the skin's natural pH, regulates sebum, and targets impurities. Combining expert techniques with innovative technologies, it delivers both relaxation and effectiveness. **Result:** fresh, soothed, and visibly clearer skin.

Tips: Enhance your facial treatment with a session of *light therapy* for visible results.



Beach



Villa



Room



Spa



Facial Treatments

Brightening Facial

60 minutes 240€



This Dr. Barbara Sturm facial brightens dull, uneven skin with a nourishing blend of active ingredients. It helps combat premature aging and dark spots caused by oxidative stress.

Result: toned, radiant, and visibly glowing skin.

Tips: For optimal results, enhance your facial treatment with a *light therapy* session.

Sturm Lift Facial

45 minutes 180€



This express facial massage delivers an immediate lifting effect. It visibly reduces wrinkles and fine lines while refining facial contours.
Result: firmer, younger-looking, and radiant skin from the very first session.

Tips: Perfect as a quick boost before your makeup.

Tension Release Facial

30 minutes 120€



This facial massage relaxes and tones the muscles while hydrating and refreshing the skin.

Result: a radiant complexion and skin as soft as a peach

Tips: Facial massage, perfect as a complement to a *body massage*.



Beach



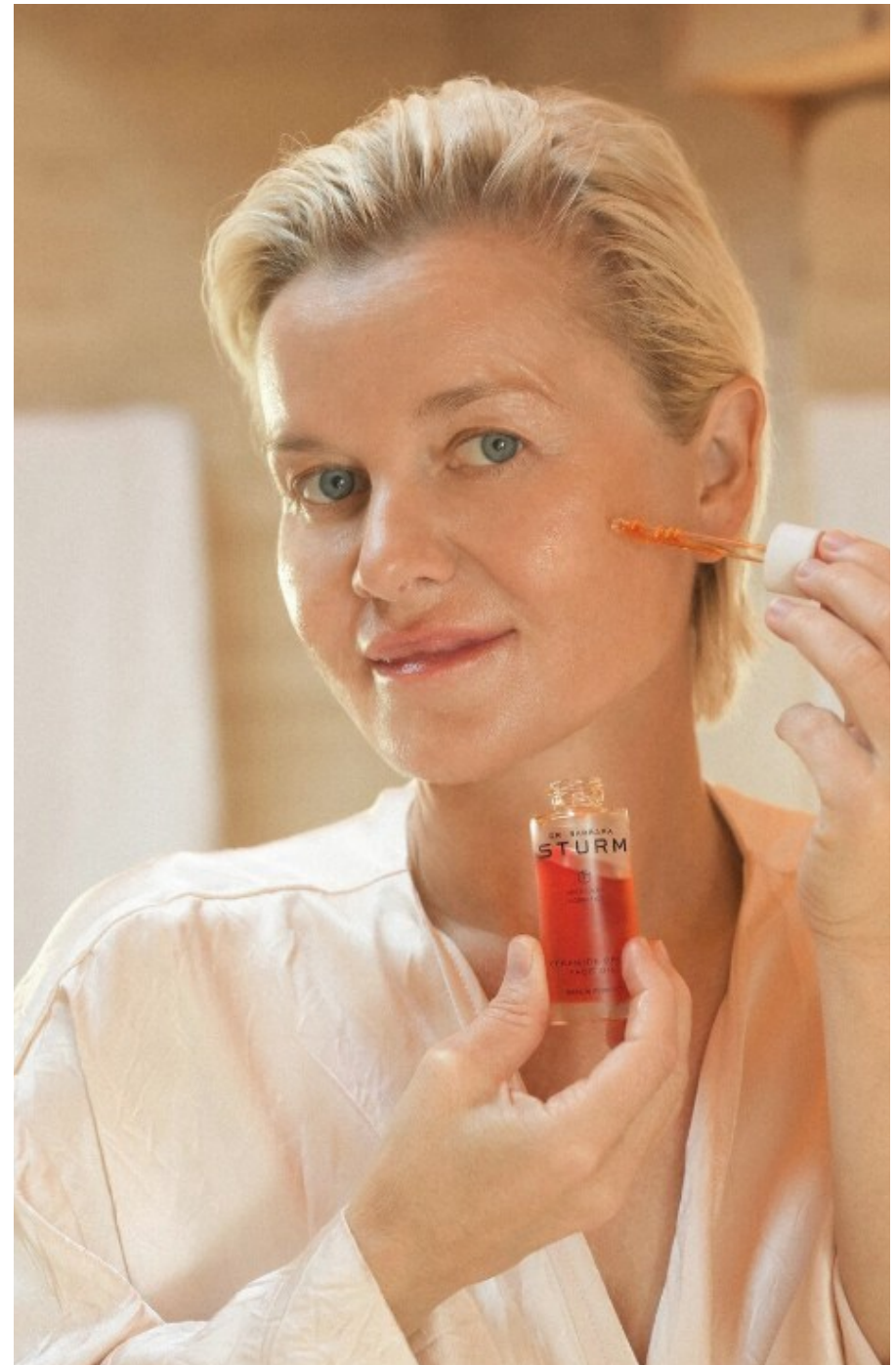
Villa



Room



Spa





Facial Treatments
Hydrafacial®

Hydra Facial®



Only at Eden Spa

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.

A genuine radiance-boosting effect guaranteed.

Your treatment is personalized for your skin type with the choice of a booster (anti-spot, dull skin, sensitive skin, and many other options).

Hydra Facial® Platinum

60 minutes 350€

An in-depth Cleansing / Extraction / Hydration + 1 superbooster

Enjoy the benefits of the Hydrafacial Deluxe, and treat yourself to a radiant, glowing complexion with our facial drainage.

Hydra Facial® Perk Eye

10 minutes 50€

Hydrates the eye contour, reduces the appearance of dark circles, and smooths wrinkles and fine lines for a brighter, more radiant gaze.

Hydra Facial® Perk Lip

10 minutes 50€

Visibly smoother and exfoliated lips, lightly plumped and hydrated.





Massages

Massages By Ligne St Barth

Bliss Massage



30 minutes 100€

60 minutes 190€

90 minutes 260€

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...

Tips: For ultimate relaxation, begin your treatment with the *Smoothing Scrub*.

Intenseness Massage



30 minutes 100€

60 minutes 190€

90 minutes 260€

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: To maximize relaxation, enhance your experience with the *Sunrising Scrub*.



Beach



Villa



Room



Spa

Massages By Ligne St Barth

Sunshine Massage

60 minutes 190€

90 minutes 260€



This relaxing massage with sweet aromas promises total disconnection and transports you into a sunny escape. Perfect for an energizing morning or to extend your sun-kissed glow at sunset.

Tips: To prepare your skin for the sun, we recommend the *Sunrising Scrub*. As an after-sun treatment, the *Sundowner Wrap*.

Eden Flower Massage

60 minutes 190€



Do you love back massages and wish they would never end? Indulge in Eden Flower, an exclusive Ligne St Barth massage created especially for Eden Spa & Wellbeing. Focused on the back, arms, and head, it deeply releases upper-body tension.

Tips: Treat your body to an extra touch of softness with the *Smoothing Scrub* for complete relaxation.

Chill out Massage

60 minutes 190€

90 minutes 260€



An exotic caress that immerses you in a tropical escape. The soothing warmth of shells, combined with the scents of avocado and tiaré flower, brings deep relaxation and comfort.

Tips: For absolute relaxation, extend the experience with the *Smoothing Scrub*.



Beach



Villa



Room



Spa

Renata França

Drainage Lymphatique



60 minutes 200€

Cure 6 séances 1 000€

Tailored after consultation

A true wellness revolution, the Renata França lymphatic drainage method combines firm pressure, dynamic rhythm, and exclusive techniques for visible results from the very first session.

It helps reduce swelling, stimulates circulation, and diminishes the appearance of cellulite, while sculpting the body.

Result: a lighter, more contoured silhouette and a wonderful feeling of renewed vitality.

Tips: To enhance the effects of drainage, add a pressotherapy session with our *Lymphastim* boots.



Beach



Villa



Room



Spa

Massages of the World

Indian Massage

60 minutes 190€



Lie down and let yourself be carried away by an invigorating, energizing massage inspired by Ayurveda.

Alternating between slow, dynamic, and warm rhythms, it releases tension, relaxes muscles, and liberates the body.

Tips: To complete your holistic journey, Eden Spa invites you to experience a *Reiki* session with Flavia.

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 *Yoga* session with Flavia.



Beach



Villa



Room



Spa

Lomi-Lomi Massage

60 minutes 190€

90 minutes 260€



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.

Tips: Prepare your skin with the *Sunrising Scrub*, or soothe it after sun exposure with the *Sundowner Wrap*.

Foot Reflexology

45 minutes 140€



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 a massage that combines relaxation with targeted pressure point work, we recommend the *Thai Massage*.

Holistics Massages

Reiki Massage

90 minutes 290€



Indulge in a rare fusion of massage and Reiki, where every gesture is designed to awaken and harmonize the energy flowing within you. Gentle techniques, combined with precious essential oils, glide along the seven chakras, unlocking a deep and nurturing energetic flow. This unique experience invites you on an inner journey – a meditative state where mind, body, and soul align in perfect harmony. It cultivates lasting balance, nourishing your being with softness and light for days to come.

Tips: To complement your Reiki Massage, enhance the experience with a *Sound Healing* session guided by Flavia.



Beach



Villa



Room



Spa

Targeted Massages

Prenatal Massage

60 minutes 190€



A gentle, cocooning prenatal massage, specially designed for expectant mothers between 4 and 8 months of pregnancy. This precious treatment provides a true moment of well-being, gently releasing accumulated muscle tension. It brings lightness, calm, and comfort, promoting deep relaxation for both mother and baby. A special time to reconnect, re-charge, and embrace motherhood with serenity.

Tips: After a soothing massage, Eden Spa invites you to extend your well-being with a *facial treatment*.

Revitalizing Scalp Massage

15 minutes 50€



This scalp massage releases stress, relaxes the muscles, and stimulates circulation.

Dr. Barbara Sturm's Scalp Serum soothes, hydrates, and enhances naturally radiant hair, all while providing deep relaxation.

Tips: Perfect as a complement to a *massage* or *facial treatment*.



Kido Massage (6 to 12 years)

30 minutes 80€



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

Tips: For an exclusive relaxation experience, this treatment can be done as a duo or as family.





Body Treatments

Body Treatments By Ligne St Barth

Sunrising & Smoothing Scrubs



30 minutes 100€

45 minutes 120€

For soft, radiant skin, indulge in one of our two exceptional scrubs by Ligne St Barth.

The **Smoothing Scrub**, rich and ultra-hydrating, combines coconut oil with a fragrance of your choice – vanilla, lily, or tiaré – for a deeply relaxing and sensory experience.

The **Sunrising Scrub**, perfect before sun exposure, blends pineapple extract, white sand, and avocado oil to gently exfoliate, intensely nourish, and reveal a natural glow.

Tips: To enhance your sun-inspired skincare ritual, indulge in the *Sunshine Massage*.



Beach



Villa



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Body Treatments By Ligne St Barth

Sundowner

45 minutes 130€



Perfect after a sunny day, this treatment soothes and nourishes the skin thanks to a blend of aloe vera gel with mint and a melting oil. Your skin is repaired, rehydrated, and regains its full vitality. A scalp massage during the wrap prolongs the feeling of well-being for complete relaxation.

Tips: Prepare your skin with the Sunrising scrub, or soothe it after sun exposure with the Sundowner Wrap.

Slim Line

60 minutes 160€



This revitalizing treatment, perfect after a long flight, a busy day, or simply for your well-being, combines a cooling wrap with a soothing massage. Enriched with ivy gel, camphor, and menthol, it helps reduce swelling, stimulates circulation, tones the skin, and supports muscle recovery. A true sensation of lightness for visibly rested and firm legs.

Tips: To enhance the effects of the drainage, treat yourself to a pressotherapy session with our *Lymphastim* boots.



Body Treatments

Longevity Face & Body Ritual  105 minutes 420€



This exceptional treatment combines intense hydration with expert massage to revitalize your skin from head to toe. Designed to smooth, firm, and regenerate, it visibly reduces the signs of aging and stress. Ideal for restoring a radiant complexion, firmer skin, and a sculpted face, this ritual offers a complete experience of well-being and renewed youthfulness.

Tips: Extend your experience with the ultimate relaxation of a *Revitalizing Scalp Massage*.

Anti-Aging Body Treatment 60 minutes 160€



This anti-aging body treatment includes exfoliation, with the Body Brush of Dr Barbara Sturm, for 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: Complete your experience with an unparalleled moment of relaxation with the *Revitalizing Scalp Massage*.



Beach



Villa



Room



Spa







Medi-Spa

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

Medical Spa

Light Therapy Treatment Face & body

15 minutes 50€



Light therapy uses a natural light, called LED, to work deeply on the skin and overall well-being. Its benefits are numerous: it helps reduce the appearance of age spots, visibly diminishes fine lines and wrinkles, while firming the skin and improving its elasticity. This gentle light also soothes skin irritations, contributing to a more even and radiant complexion.

Beyond its effects on the skin, light therapy also supports overall well-being by enhancing mood, stimulating cognitive functions, and boosting energy levels. It is a natural approach that nurtures both outer beauty and inner vitality.

Tips: Perfect as a complement to a *facial* or *massage*.



Beach



Villa



Room



Spa

Medical Spa*

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*

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 is the only treatment in the world that effectively builds muscle in the abdomen and glutes while reducing localized and visceral fat. Relax during the session and achieve results comparable to an intense workout.

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

EM Face



EMFace® uses electromagnetic energy to promote muscle toning and facial remodeling in a 20-minute session. This non-invasive treatment simultaneously targets the skin and facial muscles, delivering fast and effective results.

Tips: To combine results with relaxation, our spa therapists recommend a *Dr. Barbara Sturm facial*.

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



Beach



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Room



Spa



IDALMI ST BARTH



Beauté

Beauty

Manicure & Pedicure



Manicure or Pedicure Red Rock Simple

60 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 or 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€



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Beauty



Wax



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

Makeup



Price upon request

Hairdresser



Price upon request



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Spa

Wellness & Fitness

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.



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€



Energetic Treatments

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.

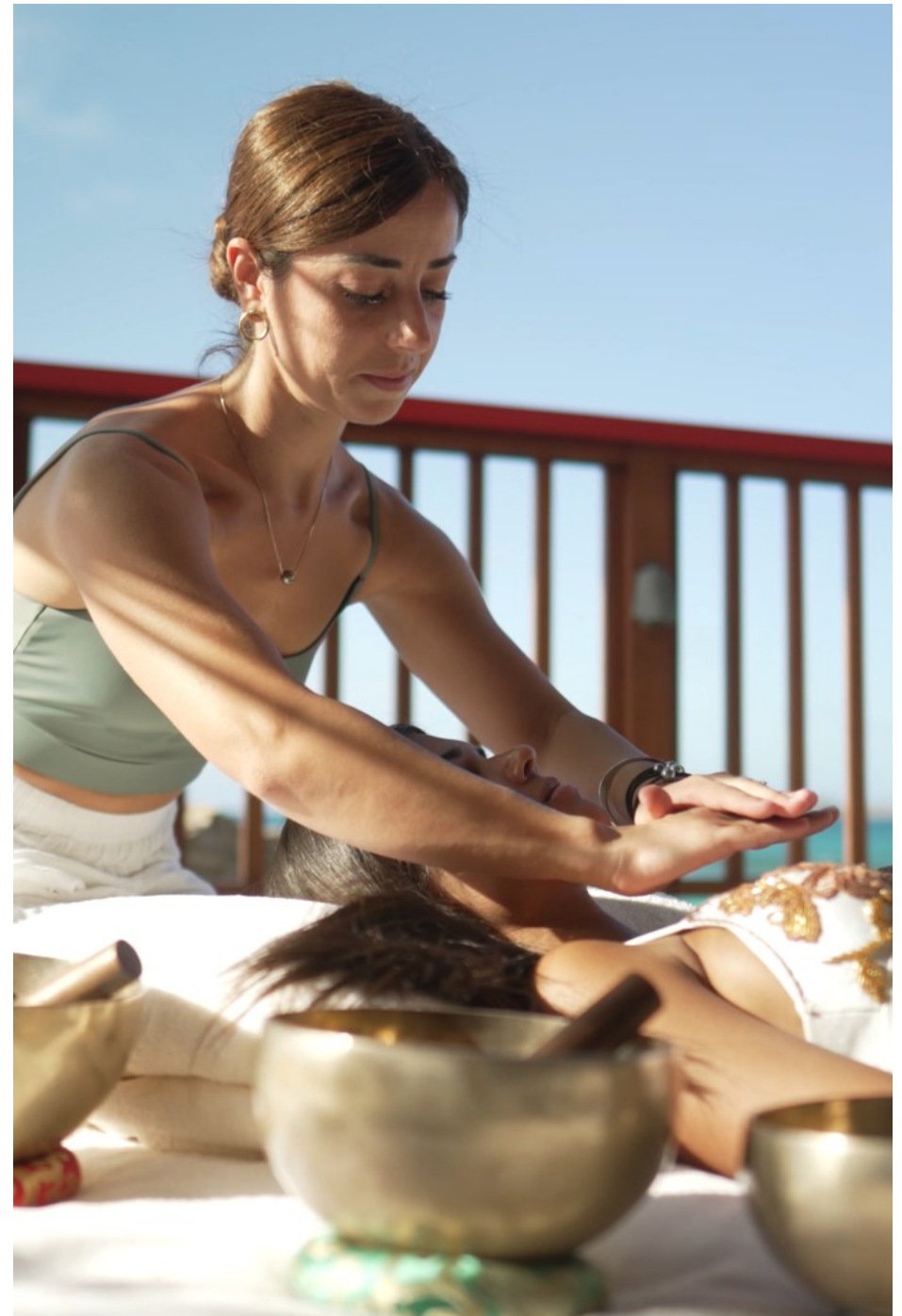
Reiki Massage

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.



Sound Healing & Meditation



Sound Healing

60 minutes 200€

Experience a new level of relaxation with a deeply immersive sound experience that combines various instruments, including the soothing harmonics of crystal singing bowls, Himalayan singing bowls, and therapeutic percussion. This helps you dive into a deep meditative state, creating a new level of serenity and promoting a lasting sense of inner stillness.

Full Moon Ritual

Each month, as the full moon approaches, Flavia, your Yoga instructor, invites you on a holistic journey of self-discovery. Treat yourself to a moment of relaxation through a variety of workshops: Yoga, Sound Healing, meditation, or journaling, to release your emotions and set your intentions. This unique ritual takes place on the Yoga Deck, overlooking the sea, bathed in the gentle glow of twilight.

Meditation & Pranayama

Private lesson

60 minutes 160€

Additional person*

60€

 Yoga Deck

 Villa

 Room





Stretching



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€

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Hike

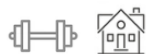
Discover the island on foot while enjoying the surrounding panoramas and breathtaking views.

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



WiemoPro 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	150€
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€



Fitness room



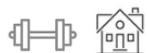
Villa



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Pilates Class



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.



Fitness room



Villa



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Aquatic Trainings



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.



Beach



Villa



Room



GENERAL CONDITIONS

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@oetkerhotels.com or by telephone at +590 590 29 79 90.

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 four 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.