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*Eden Spa & Wellbeing*

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# EDEN SPA & WELLBEING

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

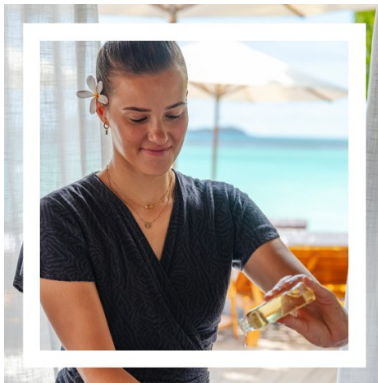
As in a cocoon, it is in the heart of our iconic Rock, that the Eden Spa & Wellbeing opens the doors to a true heaven of peace.

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.



## *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.





# 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



# 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).



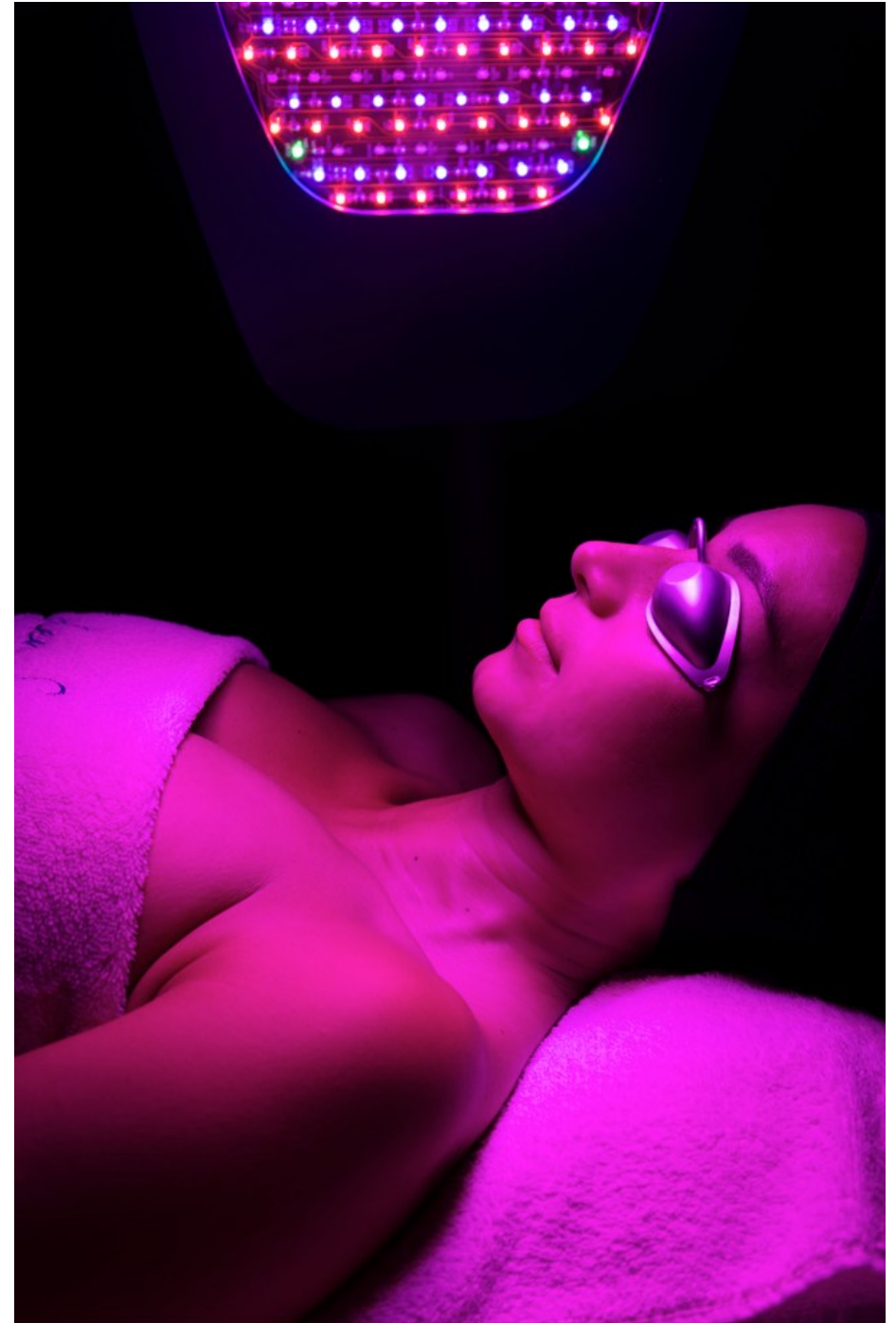
# *Medical Spa*

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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

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4 Body Treatments

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7 Medi-Spa

8 Beauty

9 Wellness & Fitness





# YOUR WELLBEING EVENTS

## RITUEL FULL MOON

Each month, as the full moon approaches, Flavia, your Yoga instructor, guides you through a holistic journey of self-discovery. It's a time for renewal with workshops such as Yoga, Sound Healing, meditation, and journaling to release emotions and set intentions. This ritual takes place on the Yoga Deck, overlooking the sea, under the gentle light of twilight.

## YOGA & GOURMANDISE

Every Sunday morning, awaken your senses and taste buds with a moment of vitality, whether for yourself or to share. Start with an intimate Yoga session, followed by a tasting of treats crafted by our chefs. Enjoy a cozy, intimate atmosphere on our Yoga Deck, overlooking the sea.





# WELLBEING PROGRAMS



## VITALITY

Eden Fitness x Eden Spa

2 hours

300€

1 Private coaching

1 Firming envelopment



## SOUL

Eden Wellness

2 hours

350€

1 Yoga private class

1 Sound healing session



## RELAX

Eden Spa

2 hours

350€

1 Scrubbing

1 Massage (90 min)



# MASSAGES

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# Massages By Ligne St Barth

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## Bliss Massage



30 minutes 100€

60 minutes 180€

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

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.

## Intenseness 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: To optimize your muscle recovery, Eden SPA suggests enhancing your experience with the Firming wrap.



Beach



Villa



Room



Spa

# Massages By Ligne St Barth

## Sunshine Massage



60 minutes 180€

90 minutes 250€

This exclusive **Ligne St Barth** massage is a warm Caribbean escape. With relaxing and energizing movements, this massage transports you to a sunny dream with gentle olfactory notes of coconut, vanilla, and avocado. Perfect for a vibrant morning or as an after-sun treatment for prolonged tanning.

Tips: To prepare your skin for the sun, Eden Spa recommends the Sunrising scrub. As an after-sun treatment, the Sundowner wrap.

## Eden Flower Massage

60 minutes 180€



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.

Tips: For ultimate relaxation, Eden SPA suggests enhancing your experience with the Pampering wrap.



## Chill out Massage

60 minutes 180€

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 Smoothing scrub.





# Massages of the World

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## Indian Massage

60 minutes 180€



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.

## Lomi-Lomi Massage

60 minutes 180€

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.

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

## 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, Eden Spa will advise you to complete your foot reflexology with a Sound Healing session with Flavia.



Beach



Villa



Room



Spa

# Holistics Massages by Flavia

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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.

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

## 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.

Tips: In addition to a Reiki Massage, Flavia recommends experiencing a Sound Healing session.



Beach



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Room



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# Targeted Massages

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## Prenatal Massage

60 minutes 180€



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 4 and 8 months of pregnancy.

Tips: After a gentle massage, Eden Spa recommends enhancing your experience with the Lightness facial treatment.

## 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 perfect as a complement to a facial treatment or a massage.

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



Beach



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RENATA FRANCA

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# 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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## BODY TREATMENTS

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# Body Treatments By Ligne St Barth



## Sunrising



30 minutes 100€

45 minutes 120€

Prepare your skin for the sun with an exfoliating body treatment, ideal for achieving an even and long-lasting tan. Your skin is pampered, and your senses awakened by the treasures of tropical nature. Pineapple extract combines with white sand to gently remove dead skin cells. Avocado oil nourishes your skin deeply and envelops it in exotic scents, leaving it soft and hydrated during this moment of pure relaxation.

Tips: To enhance your sun care experience, Eden Spa recommends the Sunshine massage.

## Smoothing



30 minutes 100€

45 minutes 120€

Explore the relaxing world of a body scrub with gourmet notes. Coconut powder gently exfoliates dead cells, while vanilla oil and extract provide lasting protection.

A gentle interlude before a massage (30 minutes) or simply to rediscover silky, velvety, and smooth skin (with rehydration 45 minutes).

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



Beach



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# Body Treatments By Ligne St Barth

## Sundowner



45 minutes 130€

Perfect for revitalizing after a sunny day, our treatment combines the soothing power of aloe vera gel with mint and the nourishing benefits of a melting oil.

Your skin is pampered and repaired, regaining its natural vitality. A relaxing head massage during the wrap application adds a dimension of well-being for a feeling of total relaxation.

Tips: In addition to this massage, Eden Spa recommends the Lightness facial treatment, perfect for a fresh after-sun glow.

## Pampering



90 minutes 270€

Embark on a unique sensory escapade with this luxurious and nourishing coconut oil wrap. Its silky texture and warm fragrance leave the skin soothed by the calming effect of calendula extract. The fluid and enveloping massage movements enhance your sense of well-being, creating a feeling of fullness for body and mind. Experience a new tranquility with this ultra-hydrating and comforting treatment.

Tips: To promote hydration and relaxation, Eden Spa recommends enhancing your experience with the Smoothing scrub."

## Firming



45 minutes 130€

Release tension after physical exertion. A wrap with ivy gel and camphor and menthol oil, combined with a soothing scalp massage, provides unique relaxation.

The skin is firmer, muscle tension is relieved, and blood circulation is improved.

Tips: Perfect after a hike or a private coaching session with Jordan, Rodrigo or Kévin.

## Slim Line



60 minutes 160€

Enjoy an experience dedicated to leg relaxation, whether it's to relieve them after a long flight, to give them an elegant look, or simply for your well-being.

Leg wrapping, complemented by a massage, provides comfort and promotes muscle recovery.

Designed to soothe and revitalize your legs, this refreshing treatment, infused with ivy gel and camphor and menthol oil, revitalizes and firms the skin.

Tips: For a head-to-toe relaxation experience, Eden Spa recommends enhancing your treatment with the Lightness facial treatment.



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# Body Treatments

## 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.



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# 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: In addition to your facial treatment, we recommend extending your relaxation with the revitalizing scalp massage.

## Super Anti-Aging Facial

90 minutes 390€



This anti-aging facial by Dr. Barbara Sturm promotes skin regeneration. The benefits are manifold : hydration, reduction in the appearance of fine lines and wrinkles, reinforcement of the skin's natural barrier function.

This relaxing facial combines the manual skills of your therapist with the benefits of new technologies.

Tips: In addition to your facial treatment, we recommend extending your relaxation with the revitalizing scalp massage.



Beach



Villa



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Spa



# Facial Treatments



## Signature SturmGlow

60 minutes 230€



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.

## Men's Facial

60 minutes 230€



Tailored to the specific needs of men's skin, this facial treatment by **Dr. Barbara Sturm** cleanses, tones, soothes, and comforts irritated skin, particularly after shaving. The Men's Facial enhances the skin's natural barrier function while combating signs of aging, pigmentation issues, and puffiness under the eyes. The skin is deeply cleansed, softer, more radiant, soothed, hydrated, and revitalized.

Tips: For optimal results, our spa therapists recommend complementing your facial treatment with a light therapy session.



Beach



Villa



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# Facial Treatments

## Acnee Facial



This relaxing and rebalancing facial soothes skin with imperfections. It regulates sebum production, smooths and refines skin texture, combats impurities, and reduces the appearance of fine lines and wrinkles. This facial combines the manual expertise of your practitioner with the benefits of new technologies.

Tips: For optimal results, our spa therapists recommend complementing your facial treatment with a light therapy session.

60 minutes 230€

## Acnee Teen Facial



In adolescence, skin is often unpredictable, with acne, excess sebum, and redness. This relaxing, purifying facial is perfect for restoring the skin's natural pH, regulating sebum production, and combating impurities. Skin is left fresh, soothed, and even-toned. This facial combines the manual expertise of your practitioner with the benefits of new technologies.

Tips: For optimal results, our spa therapists recommend complementing your facial treatment with a light therapy session.

60 minutes 230€



Beach



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# Facial Treatments

## Brightening Facial

60 minutes 230€



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.

## Tension Release Facial

30 minutes 120€



This facial massage relaxes and tones the facial muscles. It moisturizes and refreshes the skin, resulting in a peach-skin effect and a radiant complexion.

Tips : A facial massage, the perfect addition to a body massage.



Beach



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# Facial Treatments

## Sturm Lift Facial

45 minutes 120€



This express facial massage treatment generates an instant lifting effect. It immediately reduces the appearance of wrinkles and fine lines, and refines facial features.

Tips: Perfect as a quick fix before your make-up.

## Light Therapy Treatment Face & body

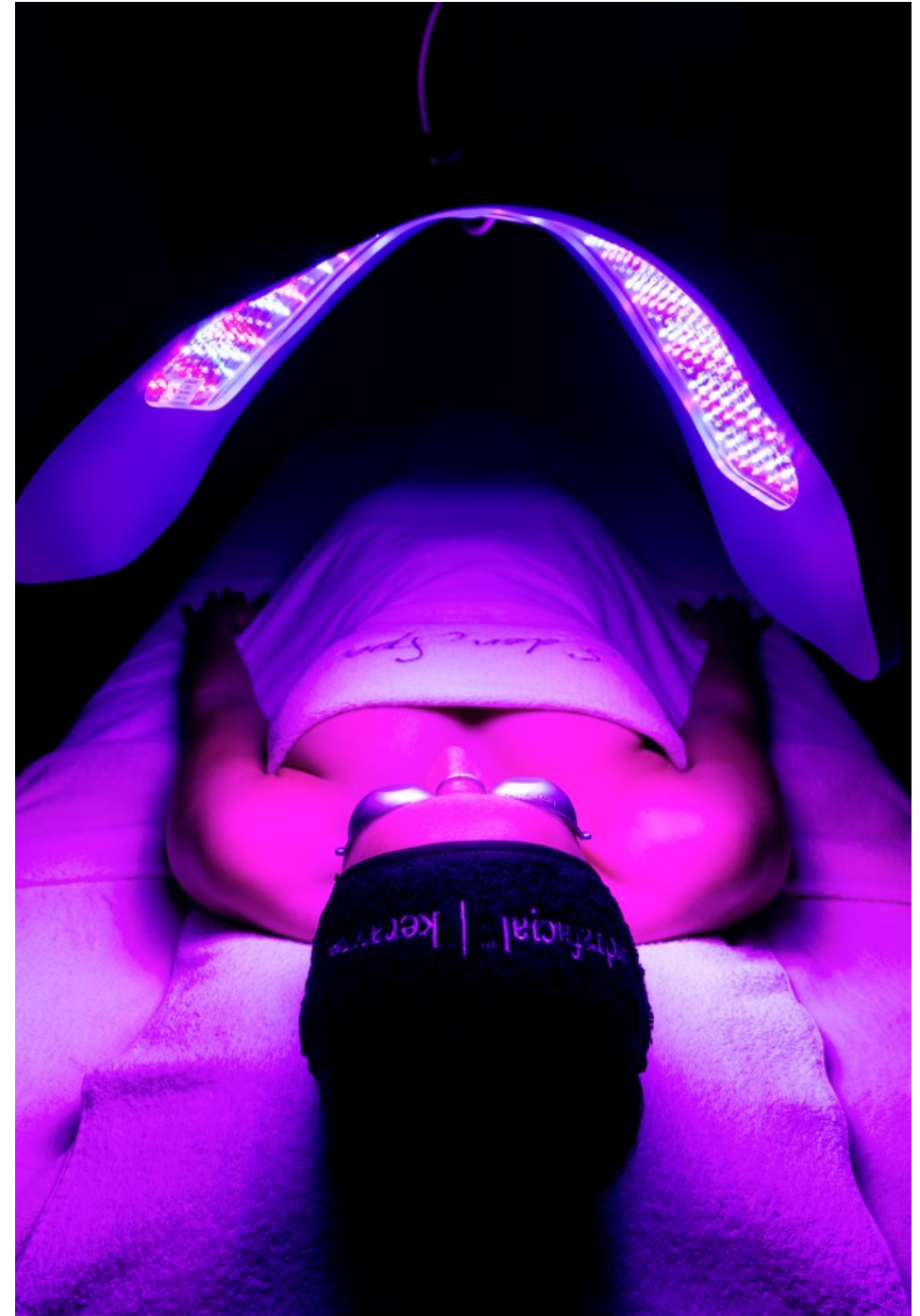
15 minutes 50€



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.

Tips: Ideal as a complement to a facial treatment or a massage



Beach



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# Facial Treatments

## Lightness - Detox



60 minutes 210€

Indulge in a complete ritual inspired by the aromatic flowers and vitamin-rich fruits of a tropical garden. This facial treatment by Ligne St Barth provides detoxifying and rebalancing benefits for purified, soothed skin and a radiant complexion.

Tips: As a complement to your facial treatment, Eden Spa recommends the Step Touch foot treatment for 30 minutes of scrubbing, masking, and massage.

## Richness - Anti-aging



90 minutes 260€

Embark on a journey to the tropics with this exclusive facial treatment by Ligne St Barth. Using the purifying ingredients from our islands and the lifting manual techniques of your practitioner, your skin regains comfort, freshness, and firmness. Experience the perfect combination of relaxation and results for a complete immersion in the heart of Saint Barth.

Tips: As a complement to your facial treatment, Eden Spa recommends the Step Touch foot treatment for 30 minutes of scrubbing, masking, and massage.



Beach



Villa



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Spa



HYDRAFACIAL®

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# Hydra Facial®

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Only at the 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

+ choose your superbooster 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 + choose your superbooster 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.







# MEDI-SPA

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



# 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.



Beach



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# 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<sup>\*</sup>

## 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



30 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.



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BEAUTY

# 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 of Full Bikini or Arms	85€
Back or Torso 45min	90€

## Makeup



Price upon request

## Hairdresser



Price upon request



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## 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.



# *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€

## Yoga Massage



90 minutes 270€

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.



Yoga Deck



Villa



Room





# 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.

## Meditation & Pranayama

Private lesson

60 minutes 160€

Additional person\*

60€

\*Maximum number of people upon request

 Yoga Deck

 Villa

 Room





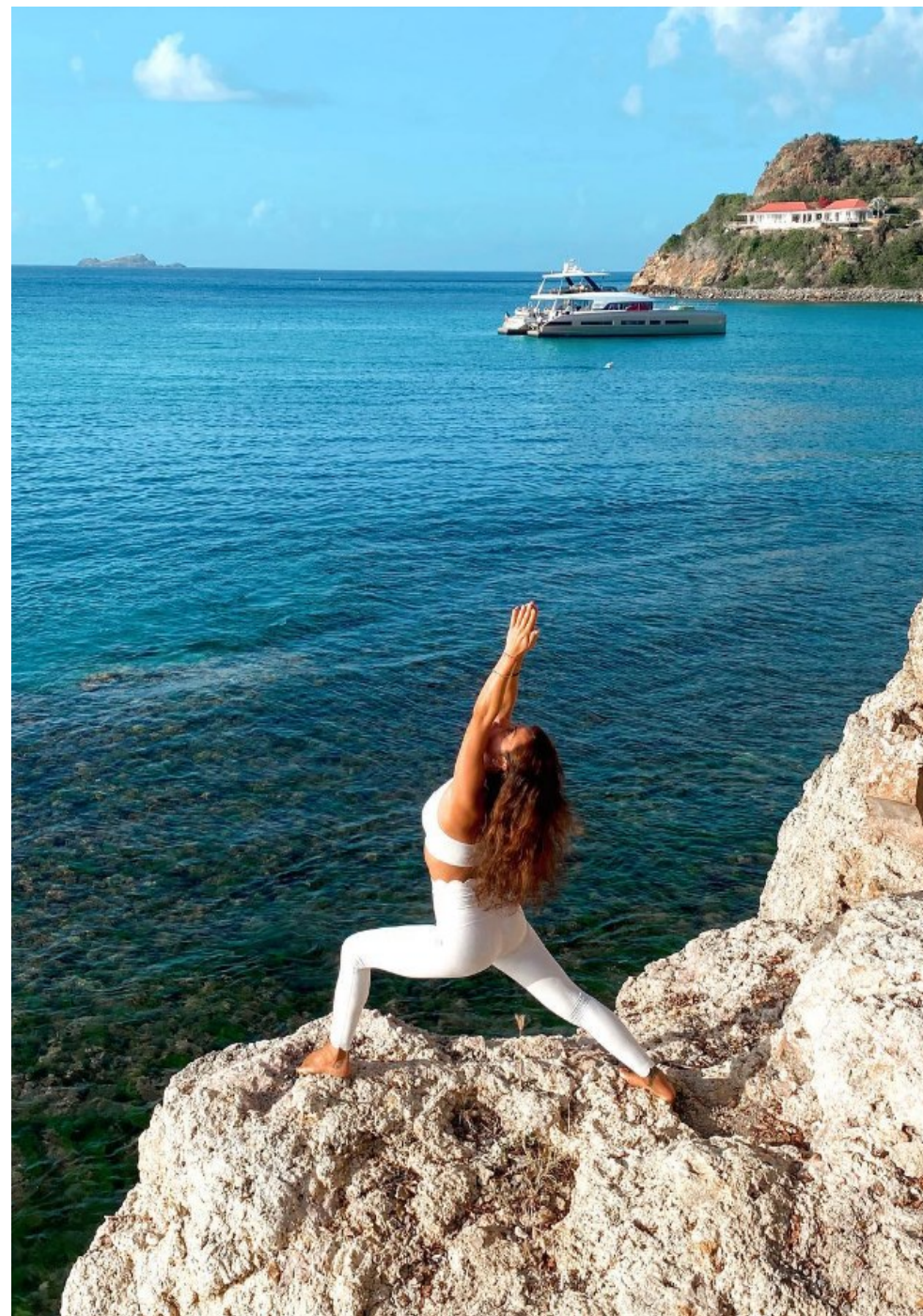
# Stretching



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€
Group classes		50€
Package 5 classes		200€
Package 10 classes		300€





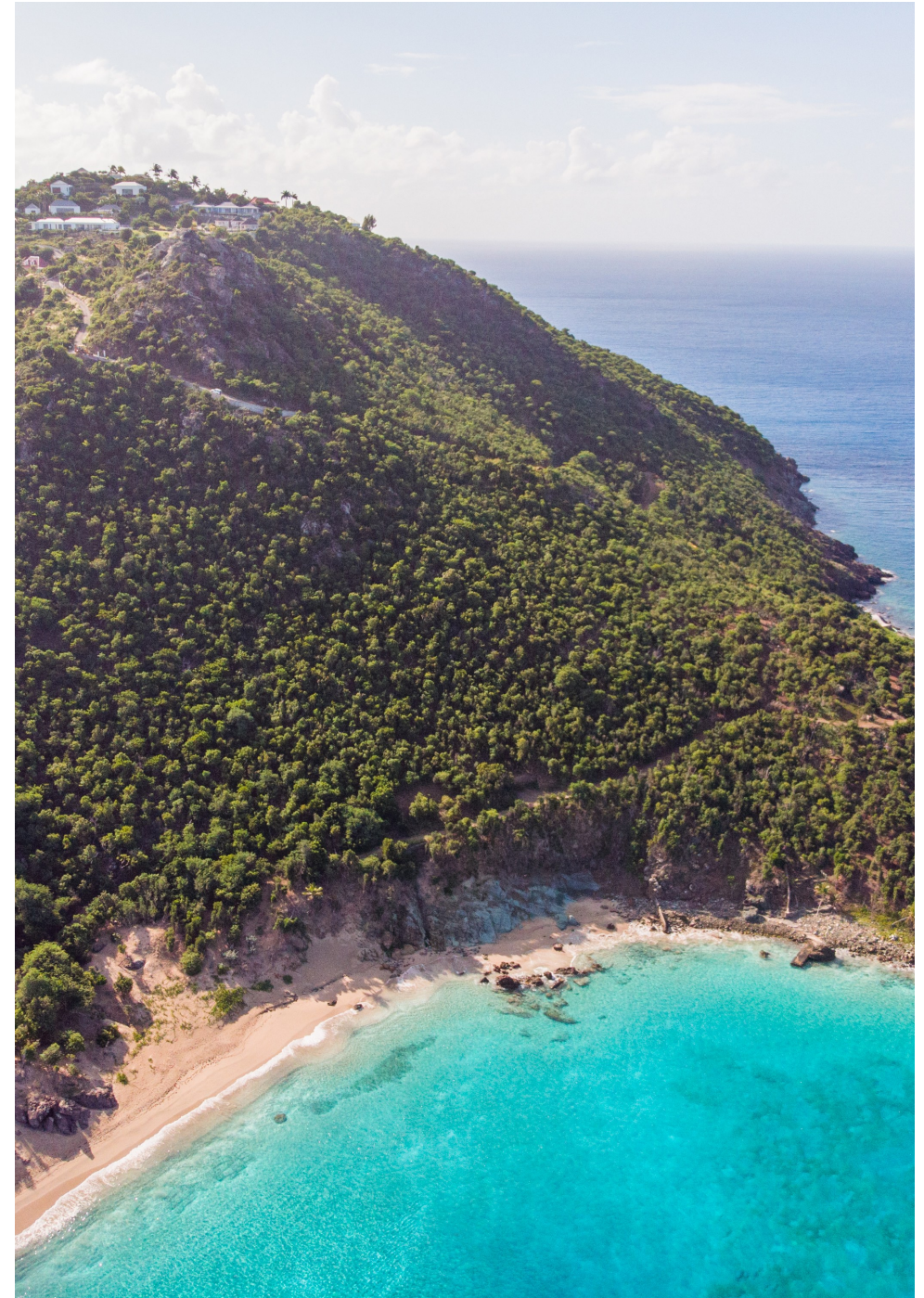
# Hike

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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 150€
Package of 5 sessions	600 €

### *Flexibility Course Stretching*

Private lesson	60 minutes 140€
Additional person	70 €

### *Personalized Coaching*

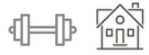
Private lesson	60 minutes 170 €
Additional person	60 €
Lesson for 4 people or more	300 €

### *Hip Hop or Modern Jazz Class*

Private lesson	60 minutes 130€
Additional person	50 €



# 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.





# 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 90 €

Private lesson for children or adults

60 minutes 170 €

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



Beach



Villa



Room





# 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 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.