



HOTEL DU CAP-EDEN-ROC
CAP D'ANTIBES



WELLNESS BROCHURE



HOTEL DU CAP-EDEN-ROC
CAP D'ANTIBES

OETKER COLLECTION
Masterpiece Hotels

NATURAL BEAUTY EXPERIENCE

Bamford | June Jacobs | Oribe

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

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

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

Boutique Oetker Collection.





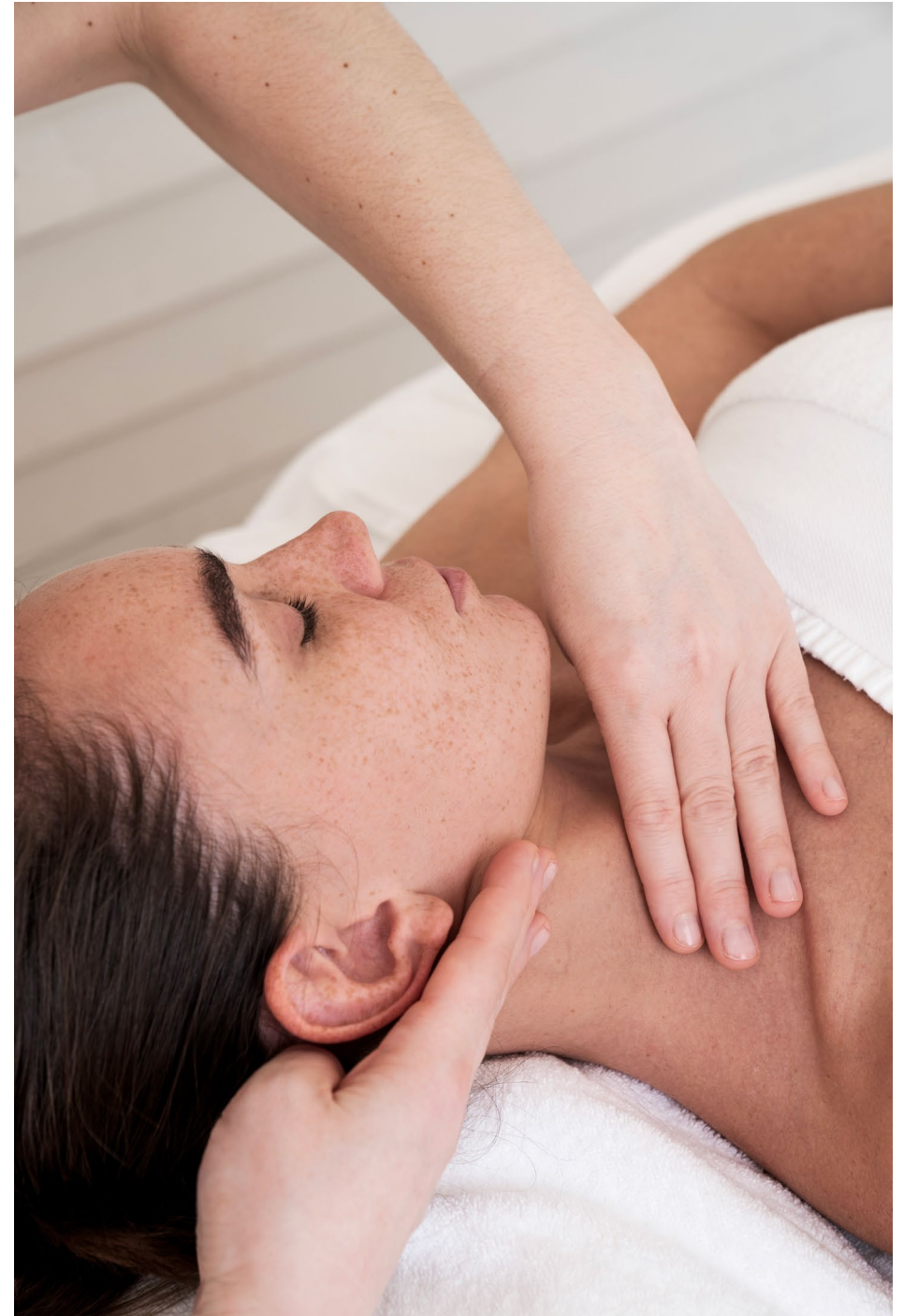
BAMFORD

Bamford Philosophy

bamford

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

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



BAMFORD

Treatments

Tailor-made treatment

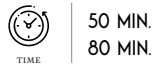
Tailored to your needs, your state of mind, your current mood. Choose the duration and each massage zone, for a moment of absolute relaxation.



Jade treatments

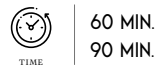
Jade is a stone full of legends and mysteries. Symbol of purity and serenity, its chemical composition promotes temperature retention and energy conduction. The exclusive Jade stone massage is a modelling massage which allies organic oils with warmed and cooled stones. The alternating temperatures provide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

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



Restore & glow

The ultimate skin treatment for a healthy, smooth, and radiant glow. It starts with back skin brushing to boost circulation and remove dead cells, followed by a tension-relieving back and leg massage. The session concludes with a Gua Sha Facial Massage to reduce puffiness and promote lymphatic flow, accompanied by guided sophrology for relaxation. The 90-minute treatment also includes a front leg and arm massage. Choose a sophrology session for deep relaxation, breathing, alignment, or relaxation and self-awareness during the treatment.

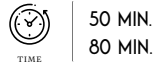


BAMFORD

Massage of the World

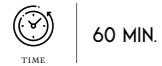
Thaï

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



Hawaiian traditional modelling

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



« Chi Nei Tsang »

Detoxifying massage, helps with digestion and balancing the emotions, as the belly is the largest stress storage area in the body.



BAMFORD

Duo Signatures

Bamford Signature Treatment

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



60 MIN.

TIME



BAMFORD

Family Signatures

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

Treatments for children are 100% organic and paraben free.

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

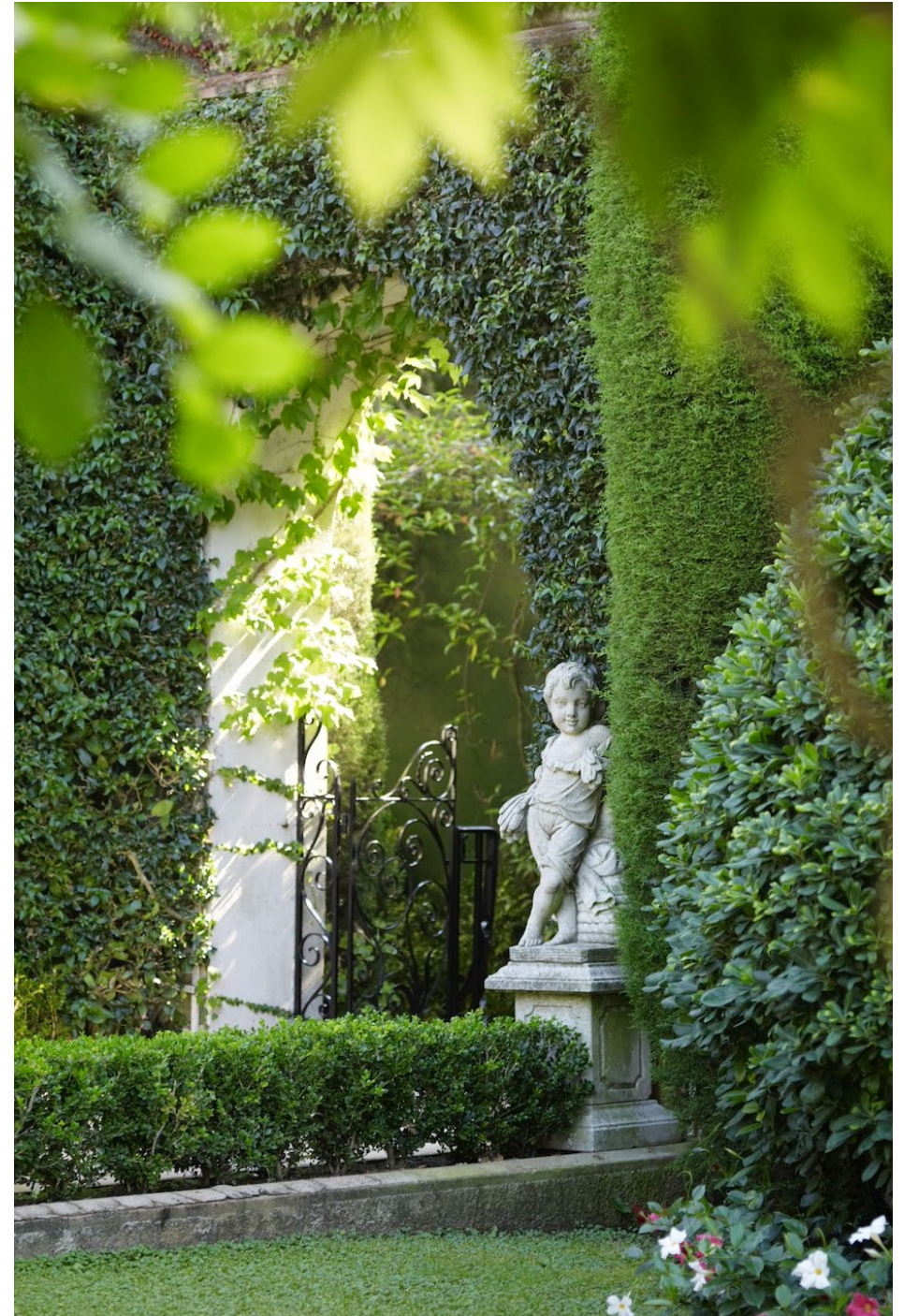
**Subject to one of the two parents accompanying the child for a tailor-made massage

Teenagers & spa | 12 to 16 years old

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

Elves and Goblins | 5 to 12 years

Discovery relaxation for elves and goblins.



SOUND THERAPY EXPERIENCE

Sound therapy Experience

Sound therapy

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

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

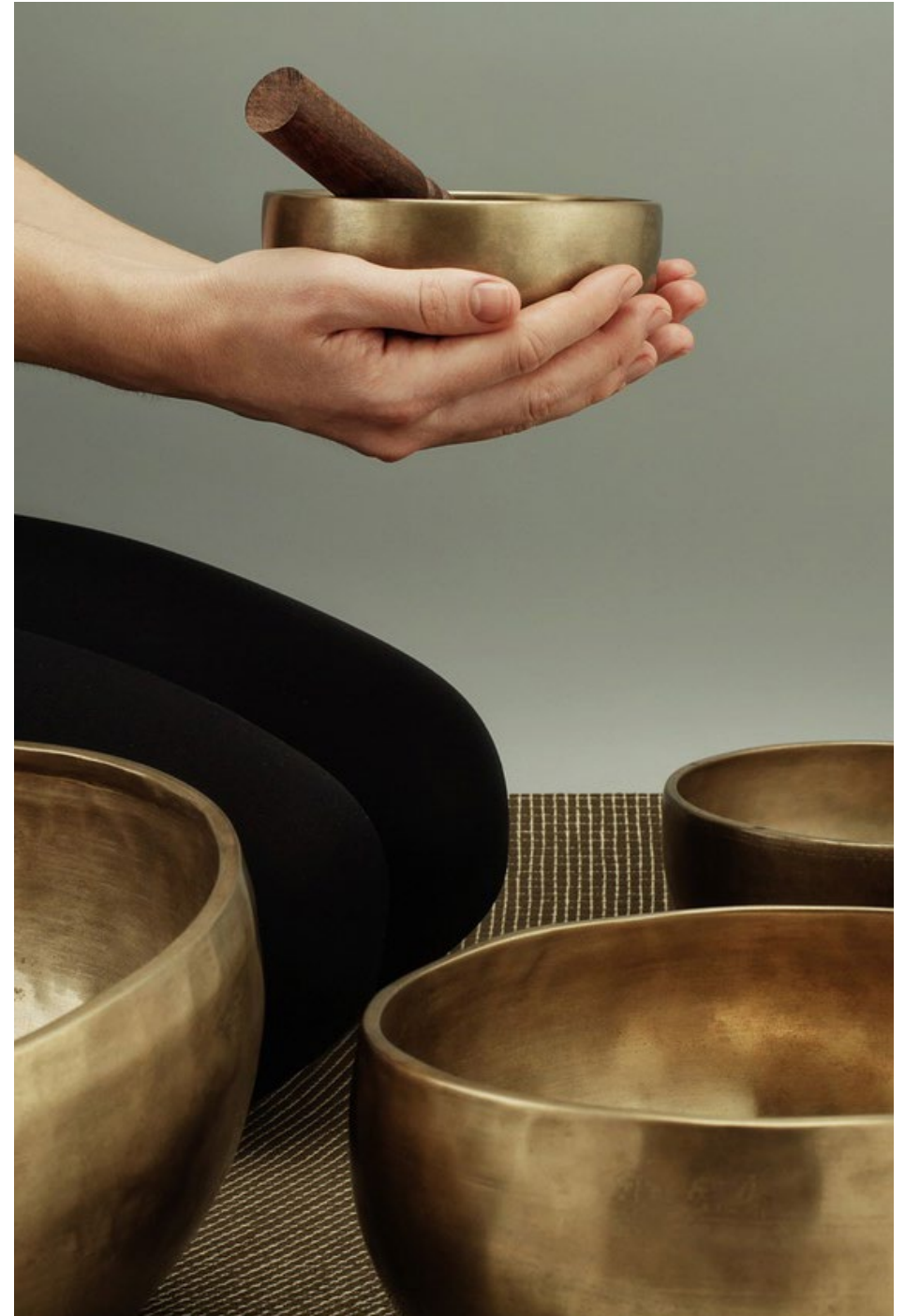
The vibration of sound penetrates the heart of the cells and allows the release of emotional and energy charges.

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



60 MIN.

TIME



WELL-BEING

Yoga

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

Booking in advance, maximum of 6 people.



45 MIN.



EXCLUSIVES TREATMENTS AT THE HOTEL

Wellness, detox & nutrition

By appointment 24-48 hours before.

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

Simple Iridology | Session 30 min

Explore the secrets of your well-being with our iridology session. Let the precision of this ancestral method unveil inner harmony through your eyes.

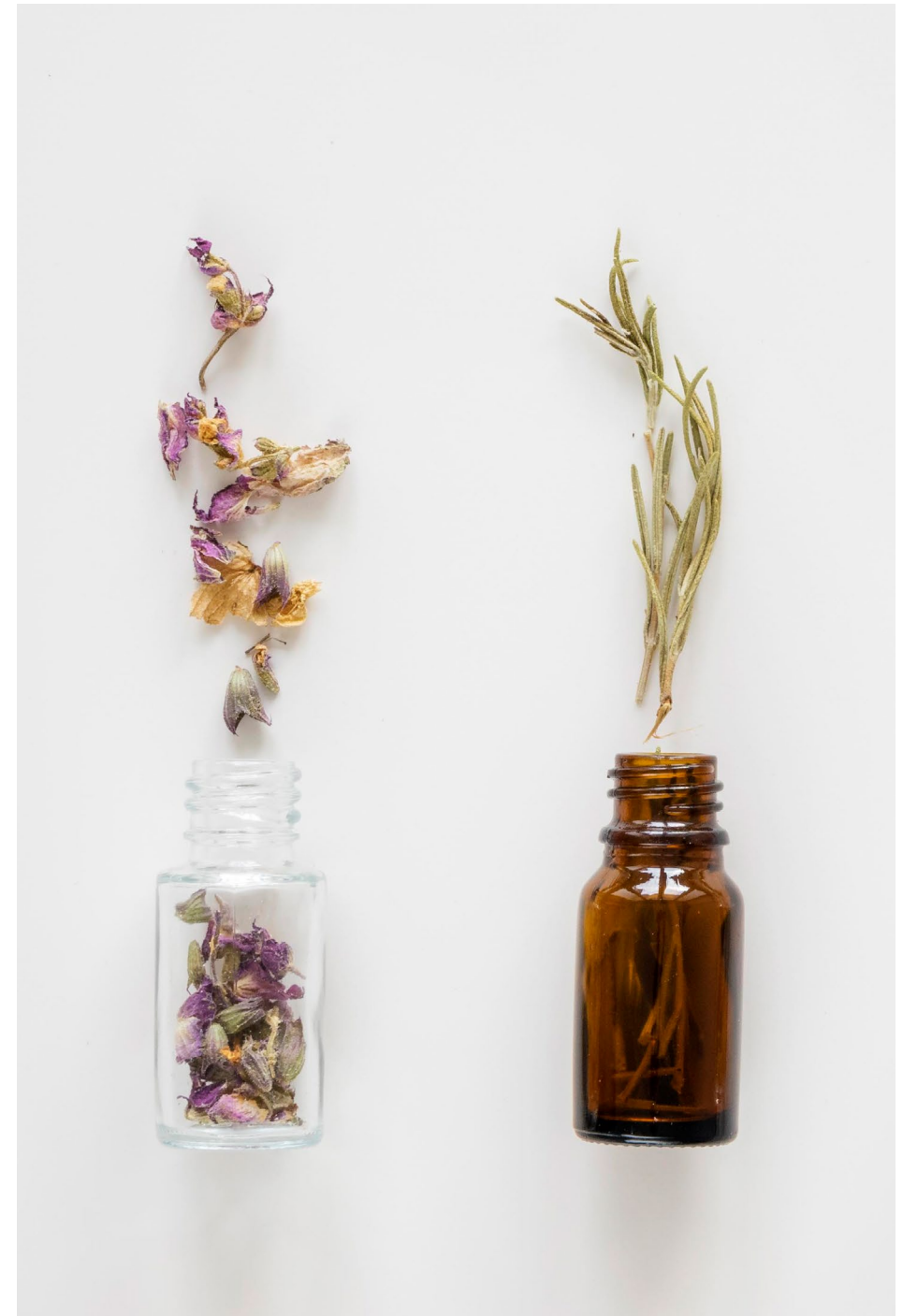
Complete iridology includes recommendations in naturopathy Session 60 min

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

Microbiota Analysis | Session 30 min

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

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



JUNE JACOBS

Beauty Care

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

Hands and feet

- Natural manicure ritual
- Brazilian manicure without nail polish
 - Natural pedicure ritual
- Brazilian pedicure without nail polish
 - Manicure for men
 - Pedicure for men
- Hand or foot paraffin
 - Fairy fingers

Nail polish application

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



BEAUTY

Aesthetics

- Eyelashes tinting
- Eyebrows tinting
- False eyelash application

Eyelash extensions

- Lash to lash
 - Mixed
- Natural volume
- Sophisticated volume
- Eyelash extensions filler (includes taking charge)
 - Removal

Waxing

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



HAIR SPA

Hairstyle

Blow dry

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

Cut

Split hair cut | Layered hair cut

Highlights

Short hair | Long hair | Very long hair

Colour

Short hair | Long hair | Very long hair

Special request

Buns, fancy hairdressing

For children

Boy haircut | Girl haircut and blowdry | Princess haircut



HAIR SPA

Oribe

Customized treatment experience

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

Short Hair | Long Hair | Voluminous Hair



60 MIN.

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



HAIR SPA

Balmain

Signature Hair Spa Treatments

The ultimate balmain hair experience. Hair Care Ritual with a unique combinaison of natural oils and extracts for healthy, regenerated and revitalized hair

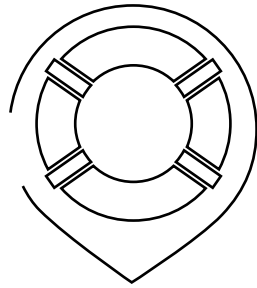


30 MIN.



SPA EDEN-ROC

Natural Beauty



Booking information

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

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

Opening hours Bamford Cabana and Hair Salon - Shop

Open from April to October from 10am to 7pm and from the Film Festival, June to August from 10am to 8pm. An extra charge of 20% will be added to all treatment before 10 am and after 7 p.m. An extra charge of 25% will be added to all treatments done in your room. An extra charge of 50% will be added to all treatments done on a boat or in private villa. Last treatment 1h before the closing time.

Outside customers

The Spa & Wellness Boutique are open to non-resident every day from 10 a.m. to 3 p.m. (except the access to the huts, swimming pool and the hotel facilities). The Boutique and Hairdresser area is open daily on opening hours.

Oetker Collection Boutique

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

Gifts

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

SPA EDEN-ROC

Treatment menu

BAMFORD

Treatments	
Tailor-made treatment	30-60-90 min. 135/245/355€
Jade Treatments	50/80 min. 225/310€
Restore & glow	60/90 min. 285/360€
Massage of the world	
Hawaiian tradition	60 min. 225€
Thaï	50/80 min. 245/330€
Chi nei tsang	50 min. 245€
Duo Signatures	
Bamford Signature Treatment	60 min. 245€
Family Signatures	
Elves and Goblins	30 min. 115€
Fairy Fingers	15 min. 45€
Teenagers & spa	45 min. 155€
Wellness, detox & nutrition	
Simple Iridology	Session 30 min 290€
Complete iridology includes naturopathy	Session 60 min 500€
Microbiota analysis	Session 30 min 500€

SOUND THERAPY EXPERIENCE

Sound Therapy	60 min. 260€
Group yoga class	45 min. 45€/pers

JUNE JACOBS

Beauty care	
Hands and feet	
Complete natural ritual manicure	140€
Brazilian manicure without nail Polish	90€
Complete natural ritual pedicure	150€
Brazilian pedicure without nail polish	100€
Manicure for men	80€
Pedicure for men	110€
Hand or foot paraffin	40€
Nail Polish Application	
Classic nail polish application	15 min. 45€
Semi-permanent nail application	60€
Removal semi-permanent nail polish	50€
Package removal and application semi-permanent nail polish	105€

BEAUTY

Aesthetics	
Eyelashes tinting	75€
Eyebrows tinting	55€
False eyelash application	50€
Eyelash extensions	

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

Waxing

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

HAIR SPA

Hairstyle

Blow dry	
Short hair (chin, neck)	110€
Long hair	155€
Very long hair	190€
Sophisticated blow-dry (curly)	195€
Hair extensions supplement	30€
<i>Shampoo & conditioner included</i>	

Cut

Split hair cut	75€
Layered hair cut	125€

Highlights

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

Colour

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

Special request

Buns, fancy hairdressing	195€
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For children

Boy haircut	60€
Girl haircut and blowdry	85€
Princess haircut	65€

Oribe

Customized Experience Care

Short Hair	60 min. 90€
Long Hair	60 min. 120€
Voluminous Hair	60 min. 180€

Balmain

Signature Hair Spa Treatments	30 min. 90€
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CONTACT

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