



LE SPA



The Spa welcomes you to the heart of its exotic Mediterranean gardens. Scents of rose, star jasmine, lavender, olive wood and citron provide an endless source of inspiration for our teams.

We have developed a partnership with prestigious brands in order to offer you an exclusive selection of treatments, locally inspired and executed with skill and passion by our therapists.

Our team is at your disposal to provide advice and bring their expertise and know-how.

Charlotte Cointement

Spa Director

TABLE OF CONTENTS

SIGNATURE COLLECTION

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Royal Experience for Two

60/90 min

Enjoy a delicious moment of relaxation for two. Escape to the intimacy of our Grand Salon, which includes a whirlpool bath, sensory shower, sauna and steam room. Our therapists' massages will leave you in perfect harmony. The Grand Salon features private changing rooms, showers and a refreshment buffet with champagne and chocolates. You can enjoy the intimacy of this unique space for 30 minutes before and after your treatment.

Cap Ferrat Evasion by Dr Burgener Switzerland

60/90 min

A unique moment of relaxation, this voluptuous interlude combines body scrub and massage. A facial treatment combining the antioxidant power of gold, chardonnay and green caviar with cutting-edge technologies completes your beauty experience. To further enhance this indulgent experience, you are offered a special dessert from our Pastry Chef and a glass of champagne.

After-Sun by St Barth

90 min

Nourishing and comforting, this voluptuous coconut oil wrap is accompanied by a scalp and body massage. Long, flowing strokes enhance sensations of calm and well-being, before giving way to a real sense of letting go. Give your skin a radiant glow thanks to intense hydration, while a feeling of fullness of body and mind settles in for an exquisite escape to the tropics.

“Les Jardins Du Cap” Facial by Dr Burgener Switzerland

90 min

The story of the hotel gardens is also told through the scents of Mediterranean plants. The petals of the crimson roses grown here and delicately combined with Menton lemon beads produce an aromatic bouquet, rich in top-quality, natural, organic ingredients. These natural ingredients provide vectors, enabling active technologies such as hyaluronic acids to diffuse through the epidermis and deliver their benefits. The rose combines perfectly with the detoxifying properties of the lemon beads to combat the effects of pollution and promote drainage. Anti-ageing and plumping extracts of honey and lavender bring out radiance. The treatment offers a combination of freshness, technology and excellence.



MASSAGES COLLECTION

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Deep Tissue Massage

60/90 min

This treatment offers a deep massage of the muscle tissue in order to release any accumulated toxins. It is an invigorating treatment that uses strong pressure and is particularly recommended to help improve recovery following exercise.

Relaxing Massage

60/90 min

Treat yourself to a relaxing massage tailored to your needs. Choose your preferred oil and pressure to create a relaxing, detoxifying or energizing treatment customized to you.

Mother-To-Be Massage

60 min

This relaxing massage helps soothe the aches and pains of pregnancy, transmitting a sense of well-being and establishing an intense bond between mother and baby.

Thaï Massage

60/90 min

This traditional Thai, oil-free massage involves a series of movements that mix pressure points and stretches completed in harmony with breathing. Thai massage calms the mind and produces a state of well-being that is both physical and spiritual. This treatment is carried out solely by certified Thai therapists. You will be given an organic tunic to wear during the massage.

Targeted Massage

30 min

This personalized treatment is entirely customizable, targeting specific areas of choice to help you relax and unwind. Whether you prefer a strong or gentle massage, motions and pressure are both tailored to you.

Foot Reflexology

60 min

Reflexology is an ancient self-care method that stimulates reflex points in the feet that connect to different parts of the body, organs, muscles or bones. Feel your entire body become balanced and revitalized as tiredness and stress disappear.



CLEAN BEAUTY COLLECTION BY SODASHI

Body Balance Balneotherapy

30 min

Indulge in the ultimate relaxation with our rejuvenating bath, blending mineral-rich Pink Himalayan Salt with uplifting botanical extracts of detoxifying Sweet Orange and revitalizing Clary Sage. The body salt leaves skin unbelievably soft, smooth and plump. Immerse yourself in a luxurious spa experience as your body absorbs the myriad of trace minerals from this ancient salt source promoting skin hydration and overall well-being.

Body Exfoliation with Jojoba

50 min

This Sodashi full-body exfoliation is meticulously crafted to suit your unique skin type and preferences, encompassing desired textures and captivating aromas. Through the elimination of dead skin cells, your skin will be noticeably refined, facilitating optimal absorption of the subsequent body moisturizer. The resulting enhanced blood flow will play a role in promoting healthier skin. This aromatic ritual will also soothe your mind.

Holistic Massage

90 min

Treat yourself to an aromatic interlude with this personalised massage that incorporates tailored movements to meet the needs of your body and mind. Using carefully selected essential oils combined with plant oils, this massage offers you a unique experience of well-being.

Samadara Facial

90 min

Embracing highly potent botanicals and advanced skincare science, Samadara is Sodashi's most advanced luxury anti-ageing range, transforming and reawakening the skin. Thanks to an alchemy of pure plant oils rich in antioxidants, Samadara facial increases firmness, corrects pigmentation, and restores elasticity while diminishing the appearance of fine lines and wrinkles for an ultimate glow. An anti-aging facial massage rooted in Ayurvedic healing traditions with Rose Quartz Crystal helps reduce tension and enables the powerful Samadara cream to penetrate deeply into the skin for maximum radiance.

FACIAL COLLECTION

FACIAL COLLECTION

Biologique Recherche Collection

Skin Instant Lab

20 min

As the first stage in the Biologique Recherche method, this unique diagnosis allows us to identify your Skin Instant.

Tailor-made Facial

60/75 min

All Biologique Recherche treatments are personalized and tailor-made. The treatments are designed to precisely and effectively target a skin problem identified by your practitioner during the assessment phase.

Remodeling Second Skin Facial

75 min

A cutting-edge bioelectrical treatment combining the power of three currents (galvanic, medium-frequency and high-frequency) for an immediate, lasting result. An electro spun mask made up of 80% medical hyaluronic acid and Second Skin serum accelerates the bioavailability of the hyaluronic acid contained in the patches, delivering a lifting, smoothing and regenerative effect.

Dr Burgener Switzerland Collection

Balancing Purifying Facial

60 min

This deep cleansing skincare treatment is designed to reduce congestion and prevent clogged pores. Making the most of the finest natural Swiss ingredients such as glacial water and Alpine plants, the facial reduces the appearance of imperfections, eliminates impurities and absorbs excess sebum, resulting in radiant, glowing skin.

Antioxidant Brightening Facial

60 min

The skin appears immediately more radiant with this rejuvenating treatment. The skin's natural exfoliating mechanisms are reactivated, pores are hydrated and smoothed, and the skin is deeply restored. The perfect antioxidant treatment to protect and even out skin tone and promote cell renewal.

Repairing Gold And Green Caviar Facial

90 min

Renowned for its exceptional anti-ageing properties, this treatment is designed to promote the skin's capacity to regenerate and combat environmental damage to cellular DNA. With the help of ultrasound techniques, the powerful antioxidantizing potential of green caviar and an intense dose of gold trace elements are harnessed to repair and firm the skin.

Lifting And Firming Collagen Facial

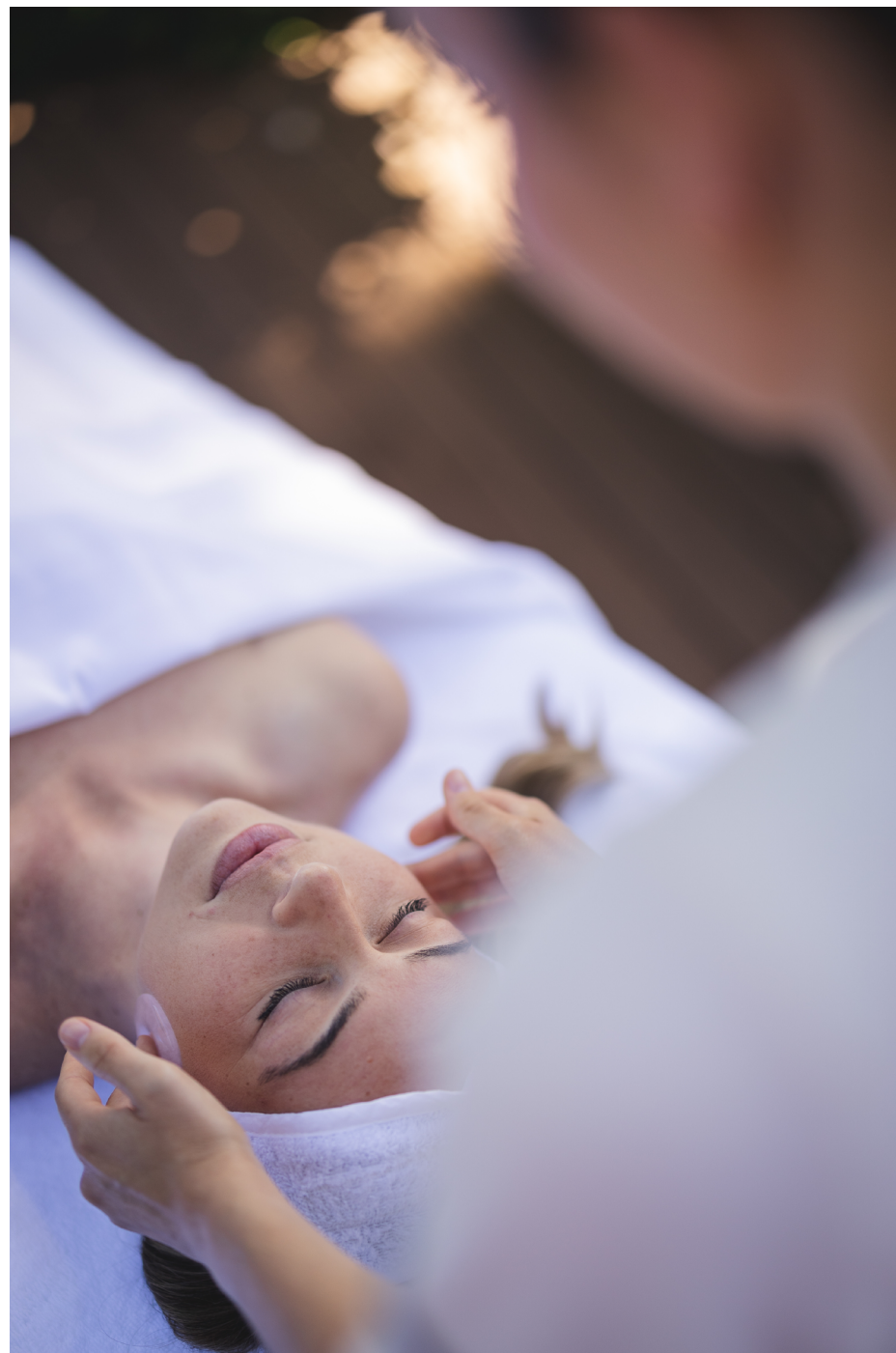
90 min

Stimulating from the inside out, the VitaSkin Ultrasound promotes the natural production of collagen and elastin, leaving skin toned and vibrant. The collagen mask, combining collagen from acacia flowers with 3D collagen fibres, tones, plumps and smooths the skin, giving you a uniform complexion.

The Haute-Couture Programme

A genuine revolution, the result of five years of intense research, this protocol developed by Dr Burgener Switzerland is based on a new and innovative approach to anti-ageing skin care, based on a complete ritual and ultra-personalised support that combines technology, skin analysis, cosmetics and facial care for long-lasting results.

- 1- Skin analysis
- 2 - Analysis of heavy metals and trace elements
- 3 - Haute Couture skin care
- 4- Personalised Haute Couture skincare products



SILHOUETTE COLLECTION

SILHOUETTE COLLECTION

Lymphatic Drainage Massage Method Renata França

60 min

Renata França Lymphatic Drainage is a whole-body manual drainage technique that delivers immediate results from the very first session. It is reputed to have numerous benefits for the body, including weight loss, elimination of water retention, reduction of watery cellulite and deep detoxification of the body.

Slimming Booster Treatment by Biologique Recherche

75 min

A draining treatment to hone your shape and improve the appearance of cellulite.

Switzerland Algae Draining Wrap

75 min

Originating from Brittany, this algae draining and remineralizing wrap, enriched with Dr Burgener's Active Draining Concentrate, is renowned for its slimming and detoxifying properties.

Personalized Scrub

45 min

Exfoliation is a basic but very important body care step. Whether you prefer a relaxing, detoxifying or energizing treatment, this body scrub is entirely personalized to your liking. Dead skin is buffed away to reveal soft, nourished and glowing skin.



BEAUTY COLLECTION

BEAUTY COLLECTION

Hands & Feet Collection

Beauty of the Hands by St Barth

45-60 min

The hand treatment begins with a gentle hand bath with exotic fragrances. A scrub with papaya foam and fine sand removes impurities and dead cells from the surface of the skin. A hand massage provides a pleasant moment of relaxation before cuticle cleaning, nail care, filing and finish with a classic nail polish application.

Beauty Of The Feet by St Barth

45-60 min

This relaxing treatment begins with a foot bath with scents from the Caribbean. The scrub prepared with fresh papaya foam and fine sand gently removes dead surface cells. A foot massage accompanied by pressure showers bring you a moment of well-being before cuticle cleaning, nail care, filing and finish with a classic nail polish application.

Beauty of the Hands by St Barth and Semi-permanent

60-75 min

Beauty of the Feet by St Barth and Semi-permanent

60-75 min

Make-up Collection

Our specialists will be delighted to welcome you for an exceptional make-up application, a light touch or an evening make-up application.



HAIRDRESSER COLLECTION

HAIRDRESSER COLLECTION

Whether it's a simple shampoo and blow-dry appointment, a haircut or hair colouring with or without highlights, our hair salon takes care of the whole family. Whether you're a woman, a man or a child, our team will take care of your hair for a moment of softness and hair sublimation.

Children's cut

Men's cut

Women's cut and blow-dry

Shampoo & Blowdry

Sophisticated blow-dry

Special event styling

Highlight & Colour

Tailor-made Hair Care by Biologique Recherche

FITNESS COLLECTION

FITNESS COLLECTION

Experience a private coaching session tailored to your needs, in our indoor fitness centre or in the spa garden.

Body Control

60 min

Yoga, Pilates, Breath Work and Meditation

Fitness Studio & Coaching

60 min

Personalized coaching to meet your goals:
Cardio Training, Strengthening, Boxing



KIDS COLLECTION

KIDS COLLECTION

Bonpoint Collection

Tenderness Awakening Facial by Bonpoint

30 min

This introduction to skincare treatment is a discovery of the key steps involved in facial treatment. Guided by expert hands children become aware of the volume of their face, most important of their skin needs, as well as the sensory appeal of the Bonpoint products line. Children are invited to reproduce these technics at home and adopt a new hygiene beauty routine from a very young age.

Dreamy Massage by Bonpoint

30/60 min

Reassuringly accompanied by a parent, the child is invited to discover a duo treatment , true moment of complicity and relaxation. Gentle and enveloping techniques of expert face and body care , suitable for parents and children depending on their individual needs .To finish, the parent is invited, guided by the practitioner's expert hands to repeat massage gestures on the child's back.

Beauty Collection

Fairy Fingers

30 min

Time to make small hands pretty (nail filing, cuticle treatment, shaping, polish).

Princess/Prince Toes

30 min

A nourishing and relaxing treatment for tiny feet (nail filing, cuticle treatment, shaping, polish).

Princess Make-Up

30 min

WEDDING COLLECTION

WEDDING COLLECTION

This complete program combines beauty treatments with relaxation to prepare you for the most beautiful day of your life.

Wedding Package Make-Up & Hair Style

Including trial and wedding day with our hairdresser and make-up artist.

Eternal Radiance

220 min

The Ultimate Pre-bridal Experience by Dr Burgener Switzerland.

The experience begins with a gentle exfoliation using Swiss Alpine salts to leave your skin feeling renewed and soft. Next, surrender to the soothing embrace of a grape pearl wrap, meticulously designed to hydrate your skin, wash away fatigue and melt away stress, leaving you refreshed and energised. The body treatments end with a relaxing massage. The experience continues with a facial treatment using a blend of black pearls and green caviar ingredients, with the gold mask, carefully selected to bring out your natural radiance.



PRICES





GRAND-HÔTEL
du Cap-Ferrat
A Four Seasons Hotel

SIGNATURE COLLECTION

Royal Experience for two <i>60 / 90 min</i>	780 / 860
Cap Ferrat Evasion <i>by Dr Burgener 150 min</i>	680
After-Sun <i>by St Barth 90 min</i>	350
«Les Jardins du Cap» Facial <i>by Dr Burgener 90 min</i>	350

MASSAGES COLLECTION

Deep Tissue Massage <i>60 / 90 min</i>	300 / 360
Relaxing Massage <i>60 / 90 min</i>	280 / 340
Mother-To-Be Massage <i>60 / 90 min</i>	280 / 340
Thaï Massage <i>60 min</i>	350
Targeted Massage <i>30 min</i>	180
Foot Reflexology <i>30 min</i>	180

CLEAN BEAUTY COLLECTION

BY SODASHI

Body Balance Balneotherapy <i>30 min</i>	150
Body Exfoliation with Jojoba <i>30 min</i>	180
Holistic Massage <i>75 / 90 min</i>	350 / 430
Samadara Facial <i>90 min</i>	430

FACIALS COLLECTION

BY BIOLOGIQUE RECHERCHE

Skin Instant Analysis <i>20 min</i>	80
Tailor-Made Facial <i>60 / 75 min</i>	265 / 320
Remodeling Second Skin Facial <i>75 min</i>	430

BY DR BURGNER SWITZERLAND

Balancing Purifying Facial <i>60 min</i>	330
Antioxidant Brightening Facial <i>60 min</i>	330
Repairing Gold and Green-Caviar Facial <i>90 min</i>	450
Lifting and Firming Collagen Facial <i>90 min</i>	450

SILHOUETTE COLLECTION

Lymphatic Drainage <i>Method Renata França 60 min</i>	360
Slimming Booster Treatment <i>by Biologique Recherche 75 min</i>	330
Switzerland Algae Draining Wrap <i>by Dr Burgener 75 min</i>	330
Personalized Scrub <i>30 min</i>	150

Our rates are VAT in euro & services included

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FITNESS COLLECTION

Body Control <i>Yoga / Pilates / Breath working & Meditation 60min</i>	200
Fitness Studio & Coaching <i>Cardio Training / Strengthening / Boxing 60 min</i>	200

BEAUTY COLLECTION

HANDS AND FEET COLLECTION

Beauty of the Hands <i>by St Barth</i> <i>60 min</i>	165
Beauty of the Feet <i>by St Barth</i> <i>60 min</i>	185
Beauty of the Hands and Semi-Permanent <i>75 min</i>	215
Beauty of the Feet and Semi-Permanent <i>75 min</i>	235

MAKE-UP COLLECTION

<i>Make-Up Day and Night</i>	from 300
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WAXING upon request

WEDDING COLLECTION

Wedding Package Make-Up & Hair Style <i>Including Trial & D-Day</i>	1100
Eternal Radiance: The Ultimate Pre-Bridal Experience <i>by Dr Burgener 220 min</i>	850

Our rates are VAT in euro & services included

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HAIR COLLECTION

HAIR DRESSER

Children's Haircut	from 80
Men's Haircut	from 115
Women's Haircut & Blow Dry	from 195
Shampoo & Blowdry	from 150
Sophisticated Blowdry	from 170
Highlights and Colors	from 280
Special Event Styling	from 310

HAIR TREATMENTS

Tailor-Made Hair Care <i>by Biologique Recherche 60 min</i>	130
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KIDS COLLECTION

BY BONPOINT

Tenderness Awakening Facial <i>from 6 to 12 yo</i> <i>30 min</i>	90
Dreamy Massage <i>from 12 to 16 yo</i> <i>30 / 60 min</i>	90 / 125
Fairy Fingers <i>30 min</i>	70
Princess / Prince Toes <i>30 min</i>	80
Princess Make-Up <i>30min</i>	50



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