

CAP D'ANTIBES • BEACH HOTEL

TREATMENTS

OPEN 7/7

BY APPOINTMENT ONLY

HOLIDERMIE FACE & BODY TREATMENTS

HOLIDERMIE FACE TREATMENTS

SIGNATURE TREATMENT.....1H00 185

THIS HOLISTIC TREATMENT IS DESIGNED TO DEEPLY RELAX AND SMOOTH THE SKIN FEATURES.

IT INCLUDES A PURIFYING CLEANSING USING ENZYMATIC EXFOLIANT, A MOISTURIZING AND PLUMPING MASK, A FULL EYE CONTOUR MASK, A SOOTHING HAND MASSAGE, AND A KOBIDO MASSAGE COMBINING JACQUET PINCHES AND MUSCLE STRETCHING : A UNIQUE MOMENT OF RELAXATION FOR A SOOTHED, RADIANT FACE, WITH A NEW GLOW.

PREMIUM SIGNATURE TREATMENT1H15 190

ENHANCE YOUR SIGNATURE TREATMENT WITH THE APPLICATION OF OUR CRYO-TENSOR GLOBES FOR AN IMMEDIATE RADIANT EFFECT AND AN EVEN FRESHER AND MORE LUMINOUS COMPLEXION.

HOLIDERMIE BODY TREATMENT

DRAINING AND REMODELING MASSAGE1H00 155

A TWO-IN-ONE SLIMMING TREATMENT THAT COMBINES MANUAL DRAINING MASSAGE TECHNIQUES WITH THE REMODELING AND SCULPTING VIRTUES OF THE GUA SHA PINK QUARTZ BODY.

BY REACTIVATING THE LYMPHATIC SYSTEM, THIS DEEP MANUAL TREATMENT ALLOWS TO RELEASE TOXINS FROM THE BODY AND TO REACTIVATE ALL THE CIRCULATORY SYSTEMS, THUS RESTORING ITS SHAPE.

IDEAL FOLLOWED ON A TREATMENT PLAN, THIS INSIDE&OUT TREATMENT PURIFIES AND TONES THE BODY, HELPING IT REGAIN A MORE HARMONIOUS SILHOUETTE.

THE HOLIDERMIE BOUTIQUE CORNER

CELL DEFENSE SPF 30	39
CELL DEFENSE SPF 50	39
AFTER SUN QUENCHING BALM.....	29
SERUM-IN-OIL SMOOTHNESS & FIRMNESS	69
ANTIOXIDANT DAY CREAM	69
RICH CREAM LIFT.....	75
RADIANCE FACE OIL.....	35
EYE CONTOUR CREAM.....	45
CRYO-FRESH STICK	35
PINK QUARTZ FACE GUA SHA	35
MAKE-UP REMOVER AND FACIAL CLEANSER.....	29
ENZYMATIC FACE SCRUB.....	39
RADIANCE FACE MAK.....	45
SCULPTING BODY MILK.....	39
SUBLIMATING BODY SCRUB.....	29
BODY BRUSH	24

WELL-BEING MESSAGES

CUSTOM MADE 1H00/1H30 155/225
WHETHER YOU FANCY A DEEP TISSUE, TONING, RELAXING, OR STIMULATING
MASSAGE, A SPORTS MASSAGE OR FEET REFLEXOLOGY, LET US KNOW,
WE WILL BE DELIGHTED TO PROVIDE THE TAILOR-MADE MASSAGE YOU
FEEL LIKE. BECAUSE EVERY MOMENT IS UNIQUE, EVERY NEED IS TOO
AND MUST BE LISTENED AT!

SPECIALS

OSTEOPATHY 1H00 165

THE TREATMENT INVOLVES TECHNIQUES OF PRESSURE, STRETCHING, MUSCULOSKELETAL, VISCERAL, AND/OR CRANIAL MANIPULATIONS DESIGNED TO RELEASE BLOCKAGES. IT WILL THUS ALLOW YOU TO REGAIN MOBILITY AND COMFORT IN YOUR WHOLE BODY. OUR OSTEOPATH IS AVAILABLE UPON REQUEST IN THE BEST POSSIBLE TIMEFRAME.

CHI NEI TSANG 1H00..... 165

AN ENERGETIC MASSAGE OF THE ABDOMINAL ORGANS THAT ADDRESSES ALL THE VITAL SYSTEMS OF THE BODY: DIGESTIVE, RESPIRATORY, NERVOUS, ENDOCRINE, URINARY, REPRODUCTIVE AND MUSCULAR. IT DETOXIFIES AND RELIEVES THE BODY OF EXCESS STAGNATION BY STIMULATING THE LYMPHATIC AND CIRCULATORY SYSTEMS. THE BELLY IS «THE SEAT OF OUR EMOTIONS». CHI NEI TSANG HELPS YOUR ENERGIES CIRCULATE. IT HARMONIZES AND RELEASES BURIED OR BLOCKED EMOTIONS.

PRENATAL MASSAGE..... 1H00/1H30 165/230

RECOMMENDED FROM 4 MONTHS OF PREGNANCY UNTIL TERM, PRENATAL MASSAGE ALLOWS TO RELEASE TENSIONS FROM THE MUSCLES OF THE BACK AND HIPS WHICH ARE PARTICULARLY SOLICITATED DURING PREGNANCY. THE MASSAGE ALSO IMPROVES BLOOD AND LYMPHATIC CIRCULATION TO HELP YOU REGAIN THE COMFORT OF LIGHTER LEGS.

WOU TAI (ON FUTON) 1H00/1H30 165/230

WOU TAI COMBINES THE FLUIDITY OF DANCE WITH OSTEOPATHY. GENTLE AND EMBRACING, IT DEEPLY MOBILIZES EVERY PART OF THE BODY, THEREBY RELEASING PHYSICAL, NERVOUS, AND EMOTIONAL TENSIONS AND BLOCKAGES. A BODY JOURNEY THAT IS PRACTICED CLOTHED ON A FUTON.

THAI MASSAGE (ON FUTON) 1H00/1H30 165/230

TRADITIONAL MASSAGE PERFORMED FULLY CLOTHED ON A FUTON. THROUGH A CHOREOGRAPHY OF PRESSURE, STRETCHING, AND MOBILIZATION OF THE LIMBS, THE ENTIRE BODY IS WORKED ON TO IMPROVE ENERGY AND BLOOD CIRCULATION. IT IS AN INTENSE AND DETOXIFYING TREATMENT THAT CREATES A GREAT SENSE OF RELAXATION, LEAVING YOU FEEL FRESH AND ENERGIZED THE NEXT DAY!

HAND BEAUTY

TRADITIONAL RITUAL 75 MN 115
AN EMOLLIENT TREATMENT FOR THE HANDS, INCLUDING CUTICLE CARE,
NAIL SHAPING, NAIL POLISH APPLICATION, AND RELAXING MASSAGE.

EXPRESS RITUAL 45 MN 85
NAIL SHAPING, CUTICLE CARE, AND CLASSIC BASE COAT APPLICATION.

NAIL POLISH REMOVAL FOR HANDS 30 MN 50
NAIL SHAPING, CUTICLE CARE, AND CLASSIC BASE COAT APPLICATION.

FOOT BEAUTY

TRADITIONAL RITUAL 75 MN 135
AN EMOLLIENT TREATMENT FOR THE FEET, INCLUDING CUTICLE CARE,
NAIL SHAPING, NAIL POLISH APPLICATION, AND RELAXING MASSAGE.

EXPRESS RITUAL 45 MN 85
SHAPING, CUTICLE CARE, AND CLASSIC BASE COAT APPLICATION.

NAIL POLISH REMOVAL FOR FEET 30 MN 50

HAIR REMOVAL

AREA OF YOUR CHOICE 30 MN/60 MN ... 75/135

ENERGY CARE

GROUP YOGA CLASSON DEMAND

YIN YOGA (SOLO OR DUO)..... 1H00..... 150

INSPIRED BY TRADITIONAL CHINESE MEDICINE, YIN YOGA OFFERS SLOW, GENTLE AND PASSIVE STRETCHING POSTURES TO FIND STEADY RELAXED MIND & BODY. THE GOAL IS TO REACH THE DEEP TISSUES TO BETTER RELEASE TENSIONS IN STILLNESS. FROM EACH POSTURE, ENERGY REGAINS BETTER CIRCULATION THROUGH THE BODY.

QI GONG (SOLO OR DUO)..... 1H00..... 150

QI GONG IS A CHINESE ENERGY ART THAT COMBINES SLOW AND FLUID MOVEMENT, PRESENCE, BREATHING, RELAXATION AND FREE CIRCULATION OF QI (VITAL ENERGY). ENJOY A TIME OF RELAXATION, CENTERING, GROUNDING AND MOVEMENT MEDITATION THAT ALSO STRENGTHENS FLEXIBILITY, BALANCE, BODY AWARENESS AND RELEASES ANY BLOCKAGES YOU MAY HAVE.

JANZU - AN ENERGY REBALANCING..... 1H00..... 150

AN AQUATIC RELAXATION IN WARM WATER THAT BRINGS PHYSICAL AND PSYCHIC RELAXATION. THE BODY IS CARRIED WITH KINDNESS, SOMETIMES ON THE SURFACE OF THE WATER, SOMETIMES IMMERSING. AN EXTRAORDINARY JOURNEY FOR A MEDITATIVE CALMING TIME, ROCKED BY THE CONTACT OF THE WATER. THE BODY IS RELAXED, REALIGNED AND REHARMONIZED. PHYSICAL TENSIONS AND PSYCHO-EMOTIONAL BLOCKAGES ARE GENTLY DISSOLVED.

REIKI SESSION 1H00..... 130

TO ENJOY THIS MOMENT, WE INVITE YOU TO BE CONFIDENT, AND SIMPLY FEEL. A REIKI TREATMENT IS THE TRANSMISSION OF UNIVERSAL ENERGY THROUGH THE PLACEMENT OF HANDS (WITHOUT NECESSARILY A MANUAL TOUCH). IT BALANCES AND STIMULATES ENERGY WHERE IT IS TOO LOW. HARMONIZED, THE BODY AND MIND (RE)CONNECT TO THEIR VITAL FORCE.

COLLECTIVE SOUND BATHON DEMAND

LYING COMFORTABLY ON THE GROUND, LET THE SOUND IMMERSION ENVELOP YOU LIKE A BATH'S WATER. OUR THERAPIST WILL MAKE THE TIBETAN BOWLS SING UNTIL YOUR WHOLE BODY RELAXES AND YOUR MIND CALMS DOWN. A HEALING JOURNEY THAT IS BOTH DEEP AND GENTLE.

ADDITIONAL INFORMATION

FOR BOTH RESIDENT AND NON-RESIDENT GUESTS.....

THE WELLNESS AREA IS OPEN 7/7 BY APPOINTMENT ONLY:

+[33] 4 92 93 13 30 • WELLNESS@CABH.FR

TO ENSURE THAT WE CAN ACCOMMODATE YOUR PREFERRED APPOINTMENT TIME, WE INVITE YOU TO BOOK YOUR TREATMENT IN ADVANCE.

SUPPLEMENT

A SURCHARGE OF 20% APPLIES FOR ALL APPOINTMENTS BETWEEN 7:00 PM AND 9:00 PM. A SURCHARGE OF 30% APPLIES FOR ALL APPOINTMENTS BETWEEN 9:00 PM AND 10:00 PM.

TREATMENT DURATION

THE INDICATED TREATMENT DURATION ONLY REFERS TO THE ACTUAL TREATMENT TIME. PLEASE ALLOW ADDITIONAL TIME FOR ARRIVING, SETTING UP, AND RETURNING TO YOURSELF.

WELLNESS MESSAGES

OUR SERVICES HAVE NO THERAPEUTIC PURPOSE AND ARE IN NO WAY SIMILAR TO PHYSICAL THERAPY OR ANY OTHER MEDICAL PRACTICE.

LATE ARRIVALS.....

IN THE EVENT OF A LATE ARRIVAL, WE WILL DO OUR BEST TO MAINTAIN THE TREATMENT DURATION, ALTHOUGH WE CANNOT GUARANTEE IT. IN BOTH CASES, THE TREATMENT WILL BE CHARGED IN FULL.

RESCHEDULING AND CANCELLATION

FOR ANY RESCHEDULING OR CANCELLATION, WE REQUEST THAT YOU NOTIFY US AT LEAST 24 HOURS PRIOR TO YOUR APPOINTMENT TIME. IF YOU CANCEL AFTER THIS PERIOD, THE TREATMENT WILL BE CHARGED IN FULL.

COMFORT & SAFETY.....

WE ASK THAT YOU REMOVE YOUR JEWELRY FOR ALL TREATMENTS AND INVITE YOU TO STORE THEM IN YOUR SAFE IF YOU ARE A HOTEL GUEST, OR LEAVE THEM AT HOME IF YOU ARE A NON-RESIDENT GUEST. IN THE EVENT OF LOSS OR THEFT, THE HOTEL CANNOT BE HELD LIABLE.

HYGIENE

PLEASE NOTE THAT HYGIENE STANDARDS RELATIVE TO THE WELLNESS AND BEAUTY INDUSTRY ARE STRICTLY RESPECTED.