

# 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 TREATMENT .....1H15 ..... 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 MASSAGE .....1H00 ..... 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

### SOLAR

CELL DEFENSE SPF 50 .....	39
ABSOLUTE BALM .....	55

### BODY CARE

SUBLIMATING BODY SCRUB .....	29
NORMAL SKIN BODY BRUSH .....	24
SCULPTING BODY MILK.....	39
SOFTNESS & FIRMNESS BODY SERUM-IN-OIL .....	49

### FACE CARE

CLEANSING EMULSION-GEL .....	29
DETOXIFYING ENZYMATIC SCRUB .....	39
OXYGENATING FACE MASK .....	47

GLOBAL SERUM, DAY AND NIGHT .....	69
FACE CARE OIL .....	35
ANTIOXIDANT DAY CREAM .....	69
RICH DAY AND NIGHT CREAM .....	79
SOS IMPERFECTIONS CARE .....	39

CONCENTRATED EYE CREAM .....	49
FRESH EYE CONTOUR STICK .....	35

### ACCESSORIES & BREWING

GUA SHA ROSE QUARTZ FACE .....	35
VIRTUOUS INFUSION .....	29

## FOOD SUPPLEMENTS

Dr Jérôme Paris, a surgeon specialising in facial rejuvenation, is Holidermie's Medical Director. Convinced of the benefits of nutritional supplements on skin development, Dr Paris has developed a food range containing the Holiderm® antioxidant complex to effectively complement the action of the brand's cosmetics.

COLLAGEN AND HYALURONIC ACID .....	39
ANTI-AGEING AND ANTI-OXIDATION.....	39
RADIANT AND STAIN-RESISTANT .....	39
SOLAR .....	39

## WELL-BEING MASSAGES

CUSTOM MADE .....	1 H00/1 H30 .....	155/225
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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!

BODY SCRUB .....	30 MN .....	90
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For an even, long-lasting tan, exfoliate your body at the start of your holiday to remove impurities from the epidermis; your skin will be healthy, smooth and soft, ready for the summer tan. Protect your skin carefully before exposure.

BODY SCRUB + CUSTOM MADE .....	30 MN + 1 H00 .....	230
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## 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 teang 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 sollicitated 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 POLISH REMOVAL FOR HANDS .....	30 MN .....	50
ADDITIONAL CARE		
MOISTURISING EXFOLIATING MASSAGE.....	10 MN .....	20

## 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
ADDITIONAL CARE		
MOISTURISING EXFOLIATING MASSAGE.....	10 MN .....	20

## HAIR REMOVAL

AREA OF YOUR CHOICE .....	30 MN/60 MN ...	75/135
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## YOGA CLASSES

**YOGA, GROUP CLASS ..... 30 / PERSON**

Beginners and amateurs are welcome.

Our morning class gives your body and mind the wake-up call they deserve. Conscious breathing and stretching will gently awaken your body's vital systems. You'll enjoy the resulting benefits: a wider range of movement, easier digestion and a sense of inner peace.

9.00 am to 10.00 am every sunday and 8.00 pm to 7.00 pm every tuesday  
at the Yoga Cabana

2 up to 5 guests maximum

Upon reservation only

**YOGA, PRIVATE CLASS ..... 1 H00 ..... 150**

Beginners and amateurs are welcome.

Our two yoga teachers will adapt the energy and postures to suit your level. Vinyasa yoga, yin yoga, Hatha yoga, different energies and postures to offer you a time of pure connection to your body and your heart.

1 up to 2 guests maximum

Available 7/7, at the Cabana Yoga

Upon reservation reception

## ENERGY CARE

**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 BATH .....ON 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](mailto: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 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.

