

---

*Eden Spa & Wellbeing*

---

# Wellness

---

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.

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.



# *Energetic Treatments*

---

## *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€

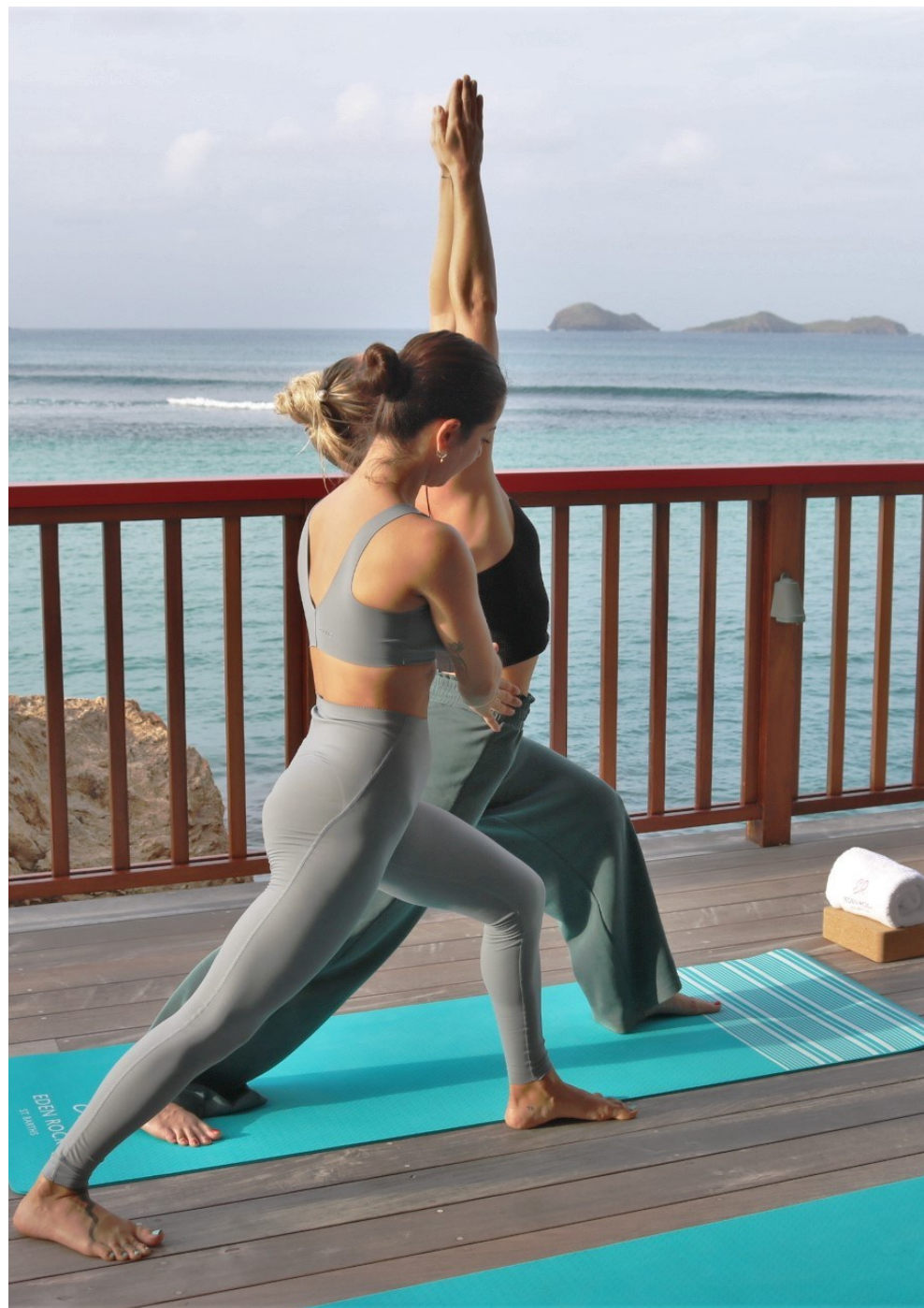
# Yoga Massage

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.



# 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€





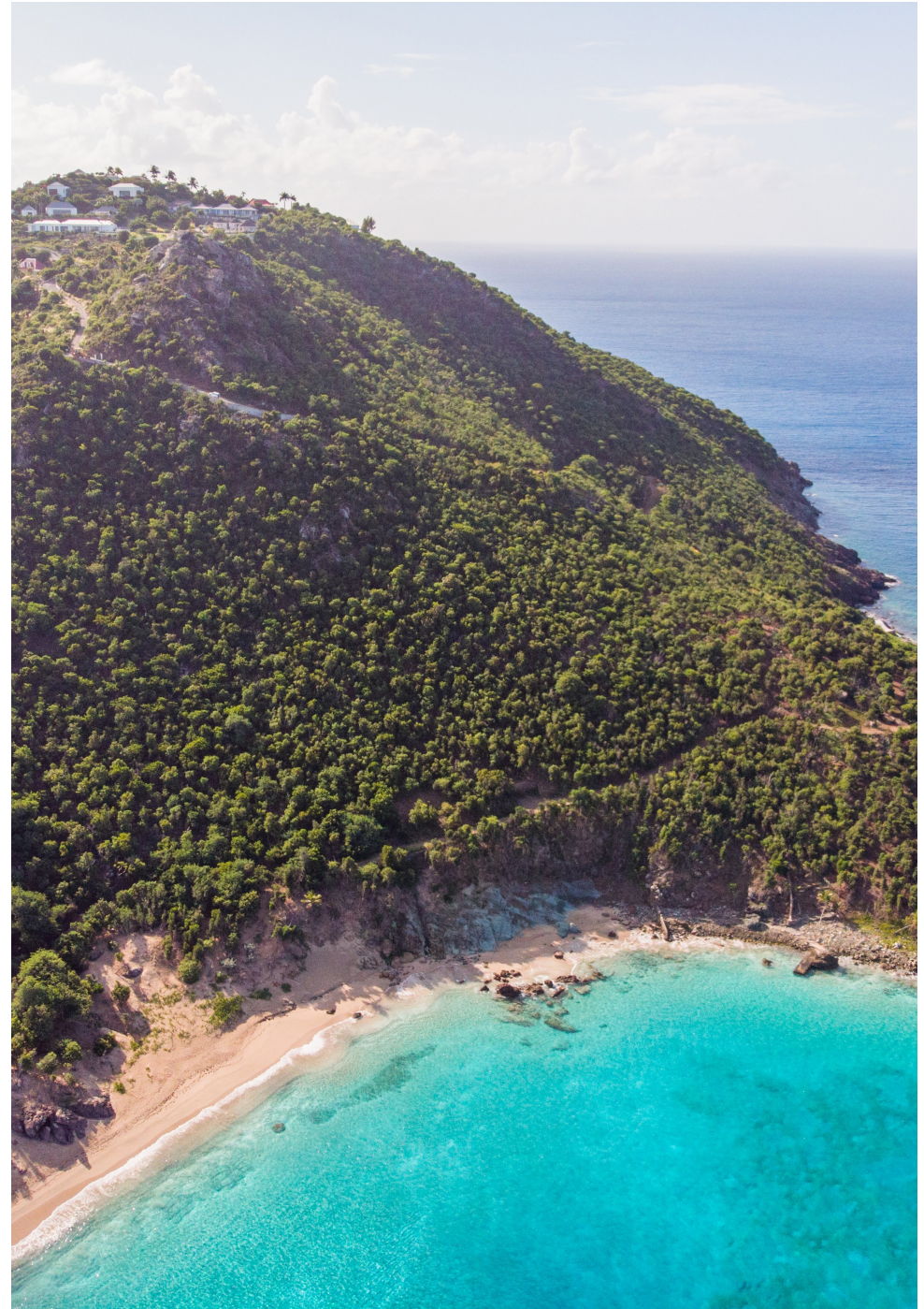
# Hike

---

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.



# GENERAL CONDITIONS

---

## 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.



Eden Rock - St Barths, Baie de St Jean, St Barthélemy, 97133 French West Indies  
[spa.edenrock@oetkercollection.com](mailto:spa.edenrock@oetkercollection.com) | Tel + 590 590 29 79 90  
[www.edenrockhotel.com](http://www.edenrockhotel.com)

