

DIORA  
EDEN-ROC



DIOR  
EDEN-ROC



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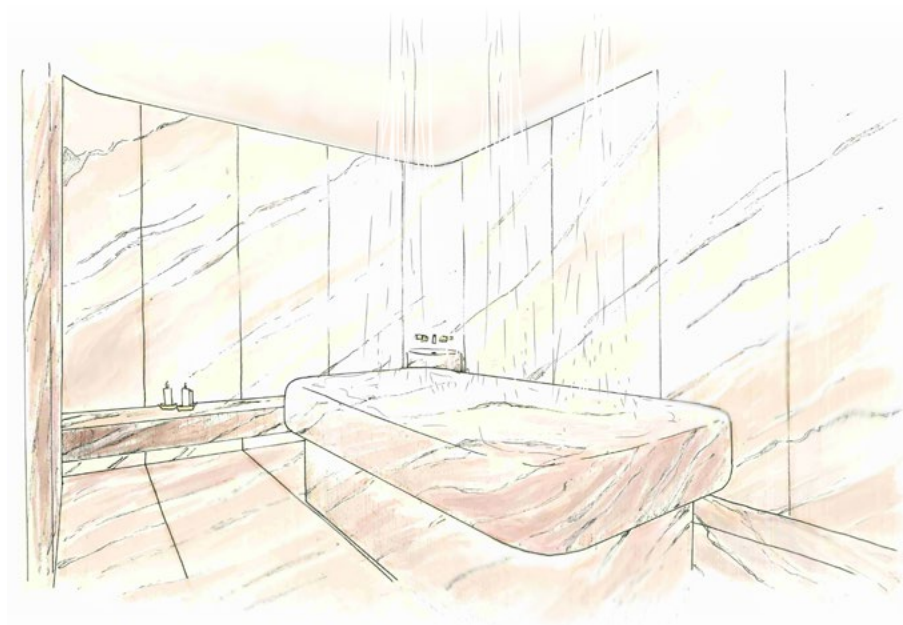
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## HÔTEL DU CAP-EDEN-ROC & THE HOUSE OF DIOR

Two Houses united by the same vision of discreet, authentic luxury. Shared passions have forged links between them that have grown stronger over time. First of all, of course, there is the exceptional art of living and the unique philosophy of well-being, infused with the same desire to help everyone experience unforgettable moments and emotions. Then there's the love, shared with Monsieur Dior, for nature and flowers, in particular the roses that flourish by the thousands in the estate's rose garden.

For this timeless paradise, Dior created a multi-faceted Spa. In a setting inspired by the rocks on which the hotel stands, four treatment suites and an experiential space await their guests. The perfect embodiment of the Mediterranean way of life, the Spa extends into the heart of the vegetation of the Hôtel du Cap-Eden-Roc, inviting you to discover two settings bathed in the light of the French Riviera and the extraordinary blues of the sea.



## ROC AFFUSION SUITE

Water, rock, heat and cold diffused by adjustable water jets, a sauna and ice fountain just a few steps away... Carved from onyx, the Roc Affusion Suite brings the senses and the skin to the surface. Under a rainy sky, a ballet of precise movements regenerates the body and refreshes the mind. Stimulated by the controlled force of water, energies are released in perfect harmony.



## RIVIERA SUITE

The extreme refinement of an intimate setting, the warm simplicity of a cocoon. Conceived as an exceptional getaway for two, the Riviera Suite is equipped with a beauty room and set in a patio planted with Mediterranean trees, opening onto the Eden-Roc garden. All you have to do is cross the threshold of this haven of serenity, with its soft colours, and the journey to absolute well-being begins.





## DIOR GAZEBO

In the gardens of the Hôtel du Cap-Eden-Roc, just a few steps from the rose garden dedicated to Queen Elizabeth roses, a gazebo reaches for the sky. Hidden from view by large curtains, this romantic gazebo houses a double cabin. Curled up on one of the beds warmed by soft linen with soft linen, your body enjoys the delicious sensation of lying on a cloud. The mind becomes lighter, ready to reconnect with the elements, in perfect harmony with nature.



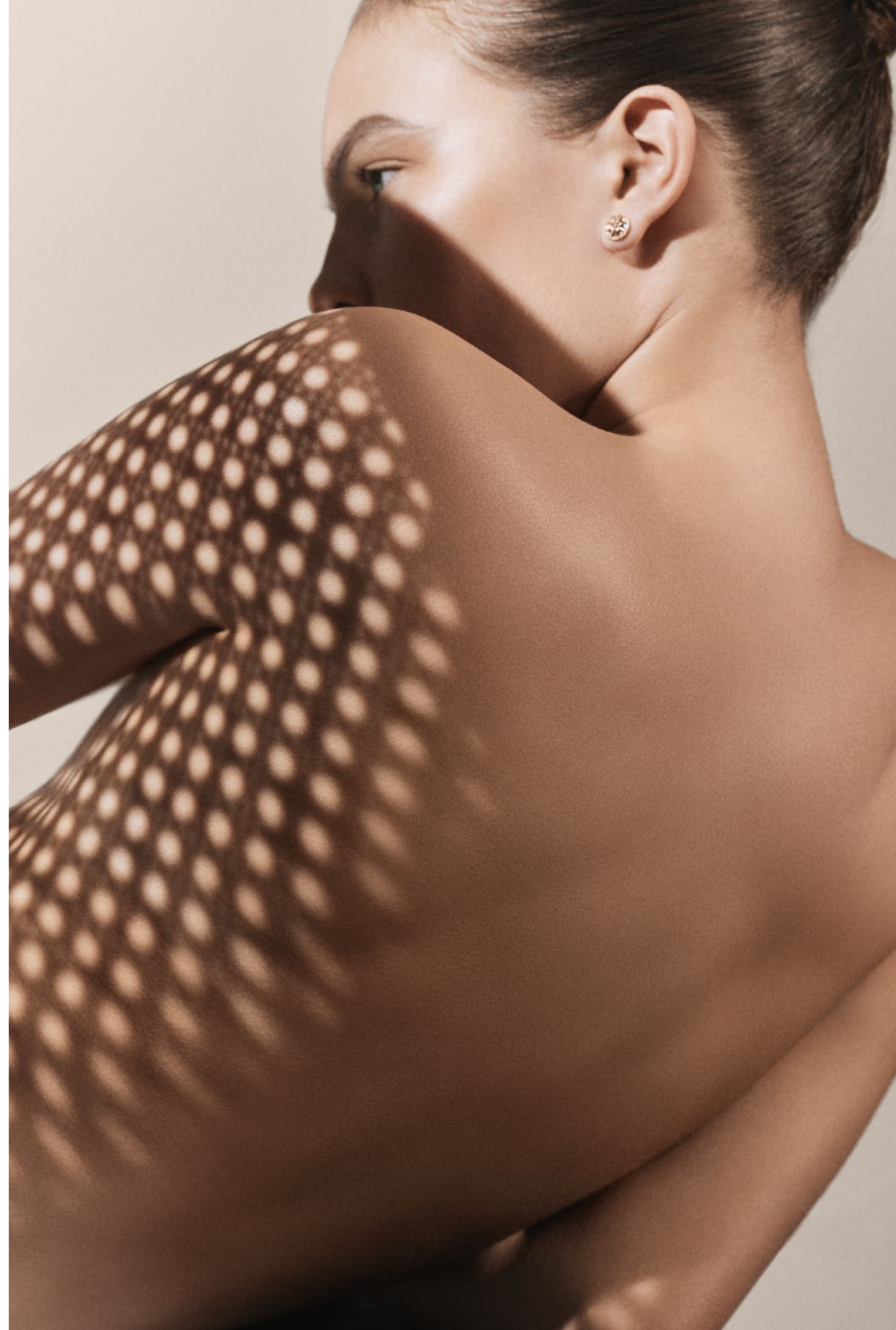
## DIOR CABANA

It's a well-kept secret in the Eden-Roc park. Nestled in the shade of the umbrella pines, the Dior Cabana offers an exceptional panorama of the blue horizon and the Mediterranean. Here, in this refuge where time no longer exists, Dior invites you to enjoy a complete change of scenery for the duration of a body or face treatment. In an instant, your thoughts fly away and you happily take to the road to bliss.

## AN OUT-OF TIME EXPERIENCE

Feel the needs of your skin and body as well as your mind. Taking the time to rediscover yourself. For Dior, beauty and well-being are one: a whole that is conceived in perfect physical, psychological and emotional harmony. To accompany each guest in this quest to return to oneself, Dior draws its inspiration from nature and the power of the elements. At Eden-Roc, water, rock, sun and garden naturally nourish the Dior Spa philosophy and infuse its avant-garde treatments.

Drawing on their perfect knowledge of the skin, the House's Well-Being Experts combine the expertise of virtuoso gestures and cutting-edge technologies to create tailor-made sensory experiences where excellence reaches its peak. Aimed as much at enhancing the exterior as illuminating the interior, they offer each guest the opportunity to rediscover the joy of being themselves. Through precise movements and the rhythm of calmed breathing, energies are rebalanced and the senses are brought to life. Body and mind reconnect with their fundamentals. Aspiring to harmony and absolute well-being is no longer a dream: it's a reality.







## THE DIORIGINELS RITUALS



Like an echo of the Hôtel du Cap-Eden-Roc, the Dioriginels Rituals are inspired by the four elements that make this legendary place so special: the garden, the sea, the rock and the sun.

Specially designed for the Dior Spa Eden-Roc, these exclusive, fully customisable treatments reveal the holistic dimension of the Dior Spa philosophy. They invite you to align your energies and push back the limits of your senses for an unforgettable experience.

### ESCALE À EDEN-ROC

*Face and Body – 1h30 – 440 €*

This ritual is a total “reset” that is ideal for starting your stay at the Hotel du Cap-Eden-Roc. It aims to rebalance and harmonise energy flow during a massage using semi-precious stones chosen exclusively for Dior Spa Eden-Roc. Selected according to the needs of each guest, they are used in a combination of hot and/or cold temperatures. Body and soul are immersed in a soothing wave of wellness.

### ENFLEURAGE CORPOREL

*Face and Body – 1h30 – 450 €*

A total escape for the senses, the source of this new ritual lies in the hotel gardens. A shea butter bar, infused with rose petals, jasmine or mallow, is applied to the entire body for a relaxing massage with exfoliating properties that are more or less intense depending on the chosen flower. The skin is perfectly soft and satiny, enveloped in an elegant floral fragrance. The face is also pampered with a gentle exfoliation using a rose scrub, followed by a comforting mask that is cool and soothing. Body and mind are united and regenerated in this floral harmony.

### ROC AFFUSION

*Body – 30 min - 190 €*

*Body – 1h - 380 €*

Mastered, the full force of water is at the heart of this treatment. Enveloped in the warmth of this onyx suite, the body lets go under the beneficial effects of a scrub rinsed under a choreography of jets, at varying pressures and temperatures. In the one-hour version, this treatment is followed by 30 minutes of personalised affusion muscle massage, with its draining, energising or relaxing effects, depending on the desired strength of the hydro-pressure jets precisely targeted at the energy points. A therapy to soothe the body and spread serene vitality through its meridians.

## MASSAGE THERAPIES

Emblematic of Dior know-how, these massages take care of the body as though it were a genuine masterpiece. In a sequence of meticulously choreographed steps, the full knowledge of the House Wellness Experts serves specific needs with tailor-made variations to fulfil the needs of each guest's body and mind.

### CONSTELLATION

*Body - 1h - 270 €*

*Body - 1h30 - 330 €*

This multi-sensory journey promises to help you completely unwind and relax deeply. A holistic massage combined with slow and enveloping strokes for the entire body aims to release tight muscles one by one. Intensely relaxed, the body becomes a haven of inner peace.

### D-TISSUE

*Body - 1h - 270 €*

*Body - 1h30 - 330 €*

This slow deep tissue massage aims to release tension knots and reoxygenate muscles thanks to highly technical strokes. To help the body feel free again, a combination of strong and gentle meticulous movements helps eliminate toxins and relieve aching muscles. The ultimate high-performance treatment, ideal for recovering after a sports session, for immediate relaxation.

## ADD ON

### BODY SCRUB AFFUSION

Body - 30 min - 190 €

Mastered, the full force of water is at the heart of this treatment. Enveloped in the warmth of this onyx suite, the body lets go under the beneficial effects of a scrub rinsed under a choreography of jets, at varying pressures and temperatures.

### FOOT RELIEF

Body - 30 min - 140 €

An invigorating body scrub followed by an energetic massage inspired by foot reflexology, for an exquisite sensation of lightness in the legs and feet.

### DIOR SKIN LIGHT LED THERAPY

Face - 15 min - 90 €

Boost your face or body treatment with the power of red LEDs. At the end of the session, the skin is relaxed and repaired, and the metabolism is rebalanced. The beneficial effect of the light calms the mind and restores harmony.





## ADD ON

### NEW LOOK

*Body - 1h - 270 €*

*Body - 1h30 - 330 €*

This lymphatic drainage treatment refines the silhouette, sculpts the contours, and provides an immediate sensation of lightness. With its precise, toning gestures and draining movements, this treatment detoxifies the body while targeting localized fat deposits for remarkable anti-cellulite benefits. Working deeply, it tones the skin and smooths out irregularities. The results are immediate: legs are lightened, the silhouette is reshaped and energy is renewed.

### 9 LUNES

*Body - 1h - 270 €*

*Body - 1h30 - 330 €*

For pregnant women on their unique odyssey towards motherhood, Dior has created a cocoon in which the needs of body and mind are listened to more closely than ever. This gentle moment of relaxation includes a sequence of slow and beneficial massage strokes to eliminate muscular tension, soothe tired legs and let future mums flourish during this emotional journey.

This ritual is recommended after the first trimester of pregnancy.

### BODY SCRUB AFFUSION

Body - 30 min - 190 €

Mastered, the full force of water is at the heart of this treatment. Enveloped in the warmth of this onyx suite, the body lets go under the beneficial effects of a scrub rinsed under a choreography of jets, at varying pressures and temperatures.

### FOOT RELIEF

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Face - 15 min - 90 €

Boost your face or body treatment with the power of red LEDs. At the end of the session, the skin is relaxed and repaired, and the metabolism is rebalanced. The beneficial effect of the light calms the mind and restores harmony.

## THE FACIAL CARE



Inspired by the excellence of the greatest skincare lines of the House, these three exceptional treatments create unforgettable experiences. Every last detail has been planned to satisfy the senses and lead guests towards complete fulfilment. The face of every guest is lastingly enhanced, while their inner light shines intensely.

## ADD ON

### BODY SCRUB AFFUSION

Body - 30 min - 190 €

Mastered, the full force of water is at the heart of this treatment. Enveloped in the warmth of this onyx suite, the body lets go under the beneficial effects of a scrub rinsed under a choreography of jets, at varying pressures and temperatures.

### BACK RELEASE

Body - 30 min - 140 €

A tailor-made back massage with that invites you to relax your muscles relaxation and deep relaxation.

### FOOT RELIEF

Body - 30 min - 140 €

An invigorating body scrub followed by an energetic massage inspired by foot reflexology, for an exquisite sensation of lightness in the legs and feet.

### DIOR SKIN LIGHT LED THERAPY

Face - 15 min - 90 €

Boost your face or body treatment with the power of red LEDs. At the end of the session, the skin is relaxed and repaired, and the metabolism is rebalanced. The beneficial effect of the light calms the mind and restores harmony.

### GOLDEN AURA

Face - 1h30 - 520 €

Dior redefines facial radiance with a luxurious and rejuvenating treatment that gently stimulates the skin, enhancing blood circulation and promoting lymphatic drainage. Rhythmic motions work to release tension, reduce puffiness, and encourage the flow of oxygen rich blood to the skin's surface. This process revitalizes the complexion, revealing a radiant, glowing face. The skin appears naturally luminous, with a healthy, youthful glow from this indulgent self care ritual.

### KOBI-DIOR

Face - 1h - 280 €

Kobi-Dior is a high-performance anti-aging treatment inspired by Kobido techniques. These techniques have been reinterpreted by Dior, harnessing their power through a lifting muscle massage with rejuvenating effects. These deep and precise massage movements reshape and plump the entire face. All signs of aging are diminished. Wrinkles are smoothed, and contours are resculpted.

### D-PURE

Face - 1h - 260 €

An exceptional ritual dedicated to skin purification and radiance. A series of steps frees the skin of impurities and cleanses it deep down.

Detoxified, moisturized and revitalized, the skin regains its natural luminosity and is ready to maximize the benefits of its daily skincare routine.

## DIOR SKIN TECHNOLOGY



Dior has always combined its scientific skincare expertise with manual techniques and cutting edge technologies. This global avant-garde vision gives rise to exceptionally effective experiences.

## ADD ON

### BODY SCRUB AFFUSION

Body - 30 min - 190 €

Mastered, the full force of water is at the heart of this treatment. Enveloped in the warmth of this onyx suite, the body lets go under the beneficial effects of a scrub rinsed under a choreography of jets, at varying pressures and temperatures.

### BACK RELEASE

Body - 30 min - 140 €

A tailor-made back massage with that invites you to relax your muscles relaxation and deep relaxation.

### FOOT RELIEF

Body - 30 min - 140 €

An invigorating body scrub followed by an energetic massage inspired by foot reflexology, for an exquisite sensation of lightness in the legs and feet.

### DIOR SKIN LIGHT LED THERAPY

Face - 45 min - 150 €

Each skin cell has the incredible ability to absorb light and convert it into energy. To help inner light shine through at the surface, Dior uses lighttherapy technology with the Dior Skin Light Led mask. This absolute gem of design reflecting the oval shape of the face is a high-tech tool that acts as a source of natural energy, boosting cellular respiration. At the end of the session, the skin is relaxed and repaired, while its the metabolism is rebalanced. Under the beneficial effects of the light, the mind is soothed and returns to a harmonious state.

## EXCEPTIONAL EXPERIENCES



A legendary refuge nestled at the far end of Cap d'Antibes, facing the Mediterranean and the Lérins Islands, the Hotel du Cap-Eden-Roc embodies the myth of the French Riviera. Dior Spa Eden-Roc invites guests to discover its every facet during unique moments combining beauty, wellness and intense pleasure, through Exceptional Treatments, Expert Protocols, Massages Therapies and Add On Treatments at the Dior Spa.

### MORNING DETOX

*4h - 695 €*

Start your day gently at the Hôtel du Cap-Eden-Roc with a yoga session in the hotel gardens or facing the sea. Then enjoy a tasty buffet breakfast with an abundance of pastries and a variety of healthy, well-balanced options. Then head to the Dior Spa Eden-Roc: where you can indulge in a 1h30 wellness break, choosing from a range of Exceptional Treatments, Expert Protocols, Massages and Complementary Treatments\*.

### JET LAG THERAPY

*2h - 450 €*

Regain your vitality after a long journey or a short night, take the time to reconnect with yourself right from the start at Hôtel du Cap-Eden-Roc. Let yourself be transported on a soothing sensory journey, designed to restore balance to the body when it needs it most. This combination of rituals recharges and awakens body and mind, resynchronising the biological clock and the emotions. Enveloped in the warmth of the hammam, deeply relaxed by the Affusion body scrub and pampered by the massage that follows, body and mind return to alignment, infused with natural energy. A true prelude to an exceptional day.

### FITNESS & SPA

*2h - 430 €*

Begin your journey towards a quest for holistic wellbeing in this sporting interlude guiding you towards absolute liberation. Take advantage of the Côte d'Azur's most iconic tennis court for an hour of private coaching or reinvigorate your body through a personalised fitness session, and extend the pleasure with an hour of one of the Expert Protocols, Massages and Complementary Treatments. Guided through this tailor-made approach, your training experience is transformed into a moment of full awareness. A timeless moment of connection between body and mind, dedicated to your well-being.



## DIOR BABY SPA

### BABY DIOR

FROM 3 MONTHS TO 4 YEARS OLD

FACE AND BODY

30 MIN SESSION (15 MIN DISCUSSION & 15 MIN MASSAGE)

€120

3 MASSAGE TRAINING SESSIONS

€350

In the tender thread of childhood, between laughter and gentleness, a sacred ritual is born: massage for our little ones, a caress of love and connection. Each session becomes a dance of complicity, where the parent is guided in the massage of his or her child. Over the course of the sessions, three chapters are devoted to learning beneficial gestures, offering a gentle sensory journey, weaving indestructible bonds in the warmth of parental intimacy.

### LE BESTIAIRE DIOR

FROM 4 TO 10 YEARS OLD

FACE AND BODY – 45 MIN

€180

In the heart of an enchanted glade, in the soft, subdued light of the Dior Suite, the Bestiaire Dior is reborn to give life to the gentlest of massages. With tenderness and affection, each animal initiates beneficial movements all over the body, releasing revitalising energy or calming storms. A moment of gentleness, nourishing body and soul.

### BONNE ÉTOILE

FROM 10 TO 18 YEARS OLD

FACE AND BODY – 60 MIN

€220

Whatever the dreams it inspires, each star is a promise of light guiding the steps of dreamers. This treatment is a real return to calm, liberating body and mind. Each pressure, each movement soothes, refocuses the anchor points to free the body of tensions and harmonise energies. The celestial magic of the moment imbues the heart and soul with new energy.

*The presence of a parent or legal guardian is compulsory during the provision of treatment.*



## THE ART OF BEAUTY

### BESPOKE MAKEUP

*On request - from 170 €*

Discover the secrets of the Dior look with one of the House Makeup Artists. For a natural or sophisticated makeup look, a fresh and luminous complexion, couture lips and graphic eyes that reflect your personality.





## DIOR THERAPIES

Make the most of your stay on the Riviera, discover a new vision of well-being and adapt it to your own philosophy of life and your own objectives. This is the spirit behind the six Dior cures designed exclusively for the Dior Spa Eden-Roc. Created according to the length of your stay and tailored to your expectations, these expert treatment programmes deliver visible and tangible results, liberating the body and opening the way to bliss. Dior Thérapies combine a wide range of approaches, treatments and techniques to create truly holistic experiences. In these places of tranquillity that invite resilience, these privileged, made-to-measure interludes allow you to reconnect with the present moment and open other doors to yourself. These are all inspirations for resilience, for rediscovering the perfect balance between body and mind, and experiencing a true rebirth.

## DIOR RELAXATION THERAPY

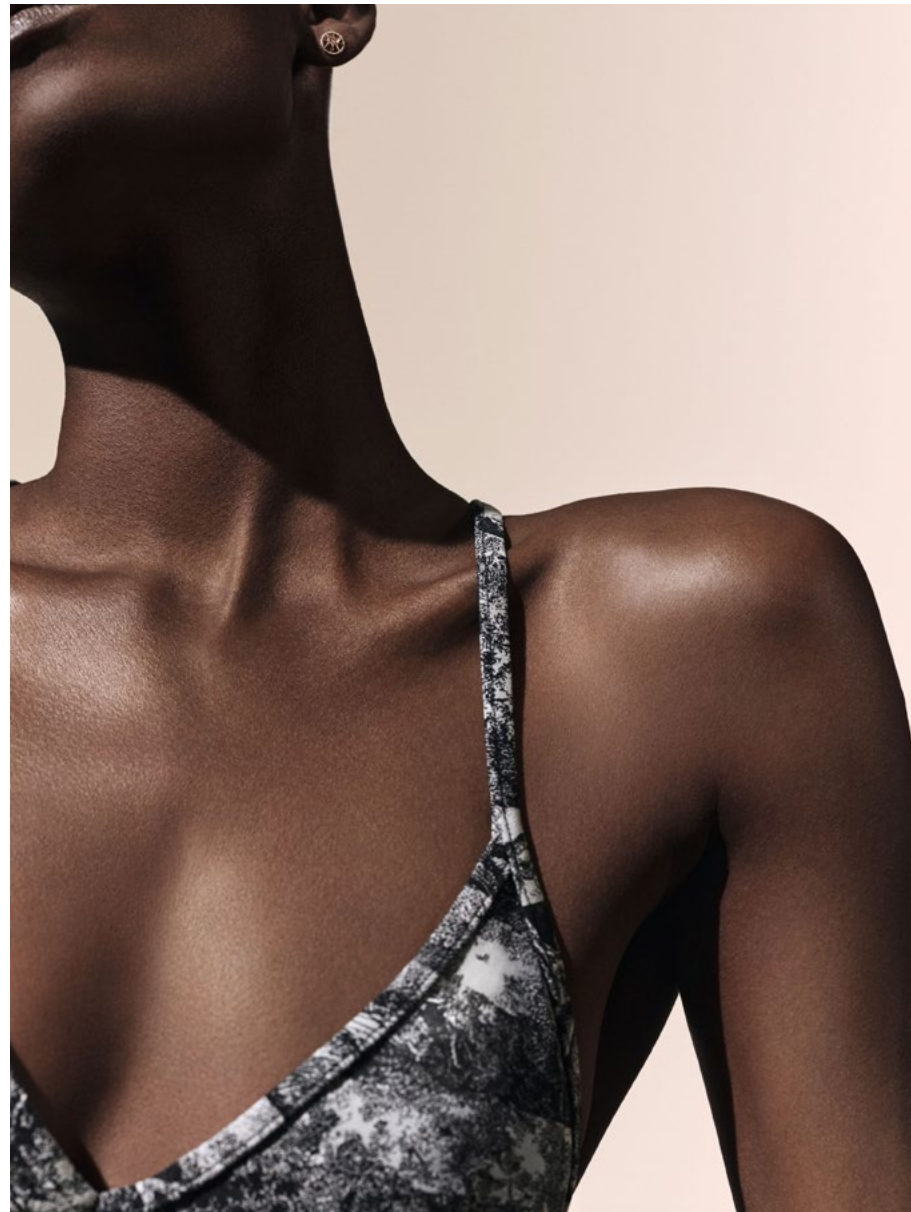
*The aim: recharge your batteries, get some fresh air and come back to yourself*

*Duration and prices on demand*

A sanctuary of tranquillity bathed in sumptuous scenery, the Riviera is a spontaneous invitation to relax. To encourage relaxation and leave behind the stresses of everyday life, this treatment programme takes advantage of both the luxurious facilities of the Spa and the gardens of L'Hôtel du Cap-Eden-Roc to lead you towards unprecedented relaxation. Body massage and Dioriginel rituals wrap every part of your body and mind in deep relaxation. Facial treatments restore the skin's radiance. Guests feel their energies realigned, their minds freed and reset. They rediscover absolute serenity.

Body Scrub Affusion  
Constellation  
Golden Aura  
Feet Relieve





## DIOR DETOX AND SLIMMING THERAPY

*The aim: to boost detoxification of the body and skin, reduce cellulite and reshape the figure.*

*Duration and prices on demand*

This multi-faceted programme of benefits has been designed as a 'reset' for the body and psyche. The various body and facial massages cleanse, pamper and sublimate the skin. Drainage and massage follow one another to initiate this metamorphosis. The organs are detoxified, energies are realigned and revitalised using a range of manual techniques. A tailor-made treatment programme to help you become fully aware of yourself and transform your body and skin.

Hammam / Sauna

Golden Aura

New Look

## DIOR REVERSE AGING THERAPY

*The aim: to improve skin quality, reduce the effects of time and optimise well-being.*

*Duration and prices on demand*

With this treatment programme for the face as a whole, each guest's inner youth is brought to life. Of each guest is brought to life. The longevity and tone of the skin naturally lead to inner fulfilment to inner fulfilment and a lasting sense of well-being.

Kobi-Dior  
D-Pure





DIOR SPA EDEN-ROC

## DIOR HOMME THERAPY

*The aim: to decompress, regain fitness and well-being and rebalance the body.*

*Duration and prices on demand*

Dior takes a new look at men, creating the first totally adaptable men's skincare programme designed to rebalance and fulfil every need. Facial and body treatments are combined, with muscle-relaxing massages to re-energise and comfort the body. This 100% masculine, made-to-measure therapy also includes personalised facial treatments. A new, unique and complete approach to overall well-being.

Ritual Body Scrub Affusion

Constellation

D-Tissue

D-Pure

EXCLUSIVE HOTEL TREATMENTS

## COACHING, YOGA & OSTEOPATHY

### CUSTOMISED COACHING

*30 min – 145 €*

*60 min – 215 €*

A dedicated team of expert coaches guides each guest with a customised programme.

### YOGA

*30 min – 145 €*

*60 min – 215 €*

Yoga practice leads to a strong and flexible body. It is the perfect addition to any treatment, as it improves respiratory, circulatory, digestive and hormonal functions, while also providing emotional stability and a clear mind.

### GROUP YOGA

*60 min – from 285 €*

In the gardens of the Hôtel du Cap-Eden-Roc, the body is totally rediscovered, movement is explored and the vital breath, master of the senses, is rediscovered.

### OSTEOPATHY

*60 min – 250 €*

Osteopathy is a speciality of natural medicine whose aim is to restore the body's functions, rebalancing the whole body and releasing tension.

EXCLUSIVE HOTEL TREATMENTS

## HEALTH DETOX & NUTRITION

By appointment 24-48h in advance

The complementary nature of these treatments targets global well-being, improving cellular regeneration and any disfunction in the organism.

### NATUROPATHY

*60 min – 430 €*

This natural therapy rebalances the organism and develops each person's inherent potential. Its effects are increased tenfold when combined with iridology, which provides a true impression of the body and how well it is functioning.

### IRIDOLOGY

*60 min – 660 €*

A blend of art and science, iridology deciphers the languages of nature through the iris, in a real projection of the body. "The eye is not only a window to the soul, it is also a window to the body."

# DIOR SPA EDEN-ROC ETIQUETTE

## TREATMENT DURATION

To make the most of your experience, we recommend that you arrive 15 minutes before your appointment time (except for treatments starting at 10am or on special request). All treatments include the time needed for your Wellbeing Expert to carry out a personalised consultation beforehand.

## THE WELLNESS EXPERIENCE

The Dior Spa Eden-Roc is a place dedicated to well-being and relaxation. We therefore kindly ask you to turn off your mobile phones so that you can fully enjoy your experience and respect the peace and quiet of every guest. Our equipment is sterilised and the air is cleaned and purified between appointments.

## SPA ETIQUETTE

If you would like to shower before your treatment, please do so before you arrive. We would be grateful if you could inform your Wellbeing Expert of any illness or medical treatment you are currently receiving or have recently received.

## RESERVATIONS & CANCELLATIONS

The Wellbeing Experts will be delighted to help you with your booking request. You can contact them by email or telephone from your room on 7621:

spa.hdcer@oetkercollection.com  
+33 (0)4 92 93 76 21

For any modification or cancellation, please inform the Spa at least 24 hours in advance. Otherwise, you will be billed in full.

## OPENING HOURS & CONDITIONS

The Dior Spa Eden-Roc is open daily from April to October from 10am to 7pm. From the Film Festival and from June to August from 10am to 8pm and on request from 8am to 10am.

Please note that treatments in the Cabana Dior or the Gloriette Dior are weather permitting. It is forbidden to smoke or consume alcoholic beverages inside the Spa. The Spa cannot be held responsible for valuables brought into the Spa.

A 20% surcharge will be applied to all treatments performed before 10am and after 7pm. A surcharge of 25% will be applied for in-room treatments. A surcharge of 50% will be applied for all treatments carried out on the boats or in a private villa.

## EXTERNAL CLIENTS

The Spa is open to outside customers every day from 10am to 3pm (except access to the cabins, swimming pool and facilities). Subject to availability and with a minimum booking of two hours of treatment, or Body Scrub Affusion Ritual. The boutique and hairdressing area is open during salon opening hours.

## EXCEPTIONAL EXPERIENCES CONDITIONS

### JET LAG THERAPY

\* Offer valid every day from 8am to 10am from 19 April to 19 October 2025, subject to availability and booking only.

### MORNING DETOX

\* Offer valid from 19 April to 19 October 2025 subject to availability and booking only, price per person. This package includes a buffet breakfast in our Eden-Roc restaurant, as well as a mimosa or a glass of champagne. The Eden-Roc restaurant is open for breakfast every day from 7am to 10.30am. Offer not valid during the Cannes Film Festival. Correct dress is required, we ask gentlemen not to wear tank tops. Please note that pets are not allowed on the premises.



DIOR  
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