

# CAP D'ANTIBES • BEACH HOTEL

TREATMENTS

OPEN 7/7

BY APPOINTMENT ONLY

## HOLIDERMIE FACE & BODY TREATMENTS

### HOLIDERMIE FACE TREATMENT

**KOBIDO FLASH TREATMENT..... 45MN ..... 120**

The natural radiance of the skin is revealed, signs of tiredness are diminished, the face is glowing and perfectly relaxed.

**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 ..... 195**

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.

**INTENSE LIFT CARE ..... 1H15 ..... 195**

The tissues are toned thanks to the multiple techniques used, the décolleté is smoothed, the skin is firmed, as if boosted from within.

### 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.

## HOLIDERMIE DETOX RITUAL

**BODY SCRUB** ..... 45MN ..... 120

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, soft, ready for the summer tan. Protect your skin carefully before exposure.

**COMPLETE CARE** ..... 1 H45MN ..... 250

A gentle exfoliation to cleanse and enhance your skin, followed by a draining and reshaping massage to detoxify your body and tone your silhouette.

## THE HOLIDERMIE BOUTIQUE CORNER

### REPAIRING TREATMENT

**ABSOLUT BALM, BODY AND FACE** ..... 57

### BODY CARE

**SUBLIMATING BODY SCRUB** ..... 39

**NORMAL SKIN BODY BRUSH** ..... 25

**SCULPTING BODY MILK 100ML/140ML** ..... 25/39

**SOFTNESS AND FIRMNESS BODY SERUM-IN-OIL** ..... 55

### FACE CARE

**CLEANSING EMULSION GEL** ..... 39

**OIL CLEANSING BALM** ..... 39

**DETOXIFYING ENZYMATIC SCRUB** ..... 42

**MOISTURIZING FACE MASK** ..... 49

**GLOBAL SERUM, DAY AND NIGHT** ..... 75

**ABSOLUT HYDRATION SERUM** ..... 49

FACE CARE OIL .....	35
ILLUMINATING FACE CARE OIL.....	55
ANTIOXIDANT DAY CREAM .....	69
RICH DAY AND NIGHT CREAM .....	85
SOS IMPERFECTION CARE .....	39

#### ACCESSOIRES & INFUSION

ROSE QUARTZ FACE GUA SHA.....	35
ROSE QUARTZ BODY GUA SHA .....	49
VIRTUOUS INFUSION.....	29
STIMULATING BRUSH FOR THE SCALP.....	14

#### 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 Holidermdevelopment, Holiderm® antioxidant complex to effectively complement the action of the brand's cosmetics.

HAIR AND NAIL GUMMIES.....	35
COCOA COLLAGENE CUBES .....	39
COLLAGEN AND HYALURONIC ACID .....	39
ANTI-AGING AND ANTI-OXIDATION.....	39
POWDER COLLAGEN .....	75

## WELL BEING MESSAGES

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

BODY SCRUB AND HYDRATION OF THE SKIN..... 45 MN .....120

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 ..... 45 MN + 1 H00 ..... 250

## THE SPECIFICS

OSTEOPATHY ..... 1 H00 ..... 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 ..... 1 H00..... 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..... 1 H00/1 H30 ..... 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..

## 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
ADDITIONAL CARE		
MOISTURIZING 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		
MOISTURIZING 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 in our exotic garden.

2 to 8 person maximum. Upon reservation only (reception)

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 to 2 guests maximum, available 7/7, in our exotic garden.

Upon reservation only (reception)

## ENERGY CARE

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

## THE SINGING BOWLS OF THE HIMALAYAS

The singing bowl has accompanied the peoples of the Himalayas since the 12th century in their spiritual quest for well-being. Today, the vibration of the bowls carries a universal message of serenity and inner harmony. Deep and delicate, the sounds gradually penetrate the body and mind like a wave of comforting energy.

UNION OF TRADITIONS, MASSAGE AND SINGING BOWLS... 1 H15.....195

A deep and customized massage accompanied by the sounds, voices, and vibrations of Tibetan bowls.

VIBRATIONAL ENERGY MASSAGE .....1 H00..... 165

A treatment with the sound of Tibetan bowls that, placed on and around you, will sing their deep notes to nourish your body and mind with their cleansing and comforting vibrations.

HARMONY OF SOUNDS..... 30MN.....60

Treat yourself to an original moment of relaxation. Solo or in duo, let yourself be enveloped by the deep and healing sounds of the singing bowls. It's an invitation to an inner journey, where each note resonates as a gentle reminder of the harmony that exists within us. We also offer an individual meditation option, perfect for deepening your connection with your inner space.



## 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 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 AND 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.