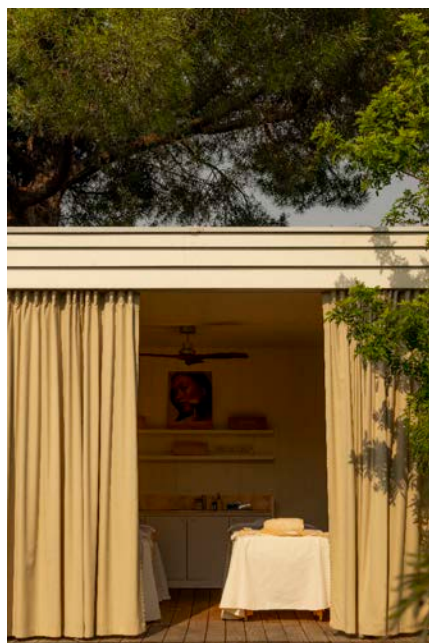


CAP D'ANTIBES • BEACH HOTEL

WELLNESS MENU

OPEN 7/7

BY APPOINTMENT ONLY



WELLNESS MENU – EÏA WELLNESS SPACE CAP D'ANTIBES BEACH HÔTEL

THE CALIFORNIA SPIRIT ON THE MEDITERRANEAN

At the heart of Cap d'Antibes Beach Hôtel, the EÏA Wellness Space brings a holistic vision of well-being inspired by the California way of life: taking time to breathe, to slow down, to walk along the shore, to let energy flow freely, and to return to what truly matters.

Between the golden light of the Riviera and the spirit of the Pacific coast, EÏA creates a sanctuary where each treatment becomes an art of living. Every ritual is conceived as a regenerating pause, a blend of expertise, sensoriality, and deep reconnection with the body.

Our protocols are enriched by Monastery products, a luxury botanical brand founded in California by aesthetician Athena Hewett. Crafted from rare plants and hand-made in their own laboratory, each formula combines clinical efficacy, sensoriality, and a holistic approach to care, an experience where skin, energy, and emotion become one. Here, well-being does not rush. It is breathed in. It is lived.

Whether you are arriving for a stay, seeking deep relaxation, or looking for a fresh start, the EÏA Wellness Space invites you on a journey between the Mediterranean and California, a suspended moment to rebalance the body, soothe the mind, and reveal your natural radiance.

Our three universes :

New Skin

Detox and tonic

Let it go

NEW SKIN

TO PREPARE AND PROTECT THE SKIN FOR SUN EXPOSURE, ACHIEVE A MORE EVEN AND LONG-LASTING TAN, WE HAVE CURATED A SELECTION OF FACE AND BODY TREATMENTS. EACH RITUAL IS DESIGNED TO SUPPORT THE SKIN'S NEEDS, STRENGTHEN THE SKIN BARRIER, PRESERVE HYDRATION, AND REVEAL A SOFT, LUMINOUS COMPLEXION READY FOR SUMMER.



NEW SKIN BODY 1 H45 280
An essential preparatory body treatment before sun exposure.

A deep body scrub eliminates dead cells and reveals soft, luminous skin. A nourishing Monastery treatment enriches the skin before a relaxing massage stimulates circulation. The ritual concludes with the application of a Rudolph Care sun protection, preparing the skin for sun exposure and prolonging the radiance of the tan.

The skin regains softness, vitality and light.

RECOMMENDED ADD-ON:

. Face scrub 30MN .LED 10MN .Extremities 15MN

NEW SKIN FACE BY MONASTERY 60MN 170
A fresh Start

A preparatory facial before sun exposure, combining Monastery's botanical formulas to cleanse, hydrate and strengthen the skin barrier. The enzymatic peel, nourishing mask and restorative massage stimulate microcirculation and protect against dehydration. The treatment concludes with a Rudolph Care sun protection to prepare the skin for the sun.

The skin regains freshness, radiance and balance.

RECOMMENDED ADD-ON:

.LED 10MN .Hydratation ++ corps 15MN .Massage 30MN

NEW SKIN FACE AND BODY 2H45 450
Renewed skin

A complete face and body ritual to deeply renew the skin and prepare for sun exposure. Full body and face exfoliation refines the skin's texture, while a nourishing massage restores comfort and suppleness. Monastery protocols combined with Rudolph Care protection strengthen the skin barrier and shield the skin from the sun.

The skin is soft, hydrated, luminous and summer-ready.

RECOMMENDED ADD-ON:

. LED 10MN

DETOX & TONIC

WITH THE SUMMER HEAT, BLOOD AND LYMPHATIC CIRCULATION MAY SLOW DOWN, CAUSING SENSATIONS OF HEAVINESS AND DISCOMFORT. OUR DÉTOX TREATMENTS ARE DESIGNED TO STIMULATE CIRCULATION, REACTIVATE EXCHANGES AND INSTANTLY RESTORE A SENSE OF LIGHTNESS, FRESHNESS AND WELL-BEING, FOR BOTH THE BODY AND THE FACE.

DETOX BODY 1 H00 170
Drained and light 1 H30 240

A tonic and draining body treatment, ideal during periods of heat. Dry brushing and massage stimulate circulation and restore lightness to the body. The application of a refreshing cold gel followed by Rudolph Care protection delivers an immediate sensation of freshness while preparing the skin for sun exposure.

The body regains lightness, tone and vitality.

RECOMMENDED ADD-ON:

• LED 10MN • 2 parts scrub 30MN • Extremities 15MN

DETOX FACE BY MONASTERY 60MN 165
Luminous and sculpted

A detoxifying and stimulating facial massage, ideal for restoring freshness and radiance through Monastery's botanical products. Dry brushing, draining and sculpting massage reactivate circulation and redefine facial contours. A targeted serum, LED and Rudolph Care protection strengthen the skin and prepare it for sun exposure.

The face regains radiance, firmness and vitality.

RECOMMENDED ADD-ON:

• LED 10MN • Massage 30MN • Extremities 15MN

DÉTOX FACE & BODY 1 H30 250
Corps drainé, visage lumineux

A complete face and body ritual designed to drain, lighten and boost circulation. Sculpting techniques stimulate flow, eliminate toxins and create an immediate feeling of lightness. Ideal during periods of fatigue or warm weather, this treatment revives energy and restores the skin's natural radiance.

A lighter body, a refreshed face, and toned, revitalised skin.

RECOMMENDED ADD-ON:

• LED 10MN • Extremities 15MN

LET IT GO

WHETHER YOU HAVE JUST ARRIVED OR NEED TO RELEASE PRESSURE, LET IT GO TREATMENTS OFFER AN ESSENTIAL PAUSE. A MOMENT TO SLOW DOWN, UNWIND, AND RESTORE BALANCE THROUGH DEEPLY RELAXING, TENSION-RELEASING MESSAGES.

LET IT GO BODY	1H00	165
Enveloping & Soothing Massage	1H30	240

A harmonising and personalised massage combining deep strokes and soothing movements to release tension and restore the body's balance. Adapted to your needs, it can be gentle and fluid, or more deeply focused, to relax both body and mind.

The body unwinds, the breath settles, and a lasting sense of balance is restored.

RECOMMENDED ADD-ON:

- LED 10MN
- Hydratation ++ body Monastery 15MN
- Extremities 15MN

LET IT GO FACE BY MONASTERY60MN..... 165

A relaxing facial massage with Monastery's botanical treatments, designed to soothe the nervous system and encourage a deep release. Slow gestures, work on the shoulders and neck, and cranial manoeuvres release tension and rebalance energy. Monastery's rose oil nourishes the skin and envelops the senses.

The face relaxes, the mind settles, the skin rediscovers softness and serenity.

RECOMMENDED ADD-ON:

- LED 10MN
- Massage 30MN
- Extremities 15MN

LET IT GO BODY & FACE 1H30..... 245

Total release ritual

A complete face and body ritual designed to slow down and release tension. Gentle, enveloping movements relax the body, calm the mind and restore a sense of fluidity.

The body unwinds, the face softens, the mind settles.

RECOMMENDED ADD-ON:

- LED 10MN
- Extremities 15MN

THE SPECIFICS

OSTEOPATHY 60MN 170

A personalised osteopathic treatment to free the body and restore its natural balance. Our osteopath comes to the hotel on request, at the earliest convenience, for a session tailored to your needs. The treatment draws on precise techniques — pressure, elongation, and musculoskeletal, visceral or cranial manipulation — to identify and release areas of tension. This deep work frees blockages, restores the body's natural mobility and encourages better energy circulation.

The body regains fluidity, comfort and balance.

CHI NEI TSANG 60MN 170

A deep energetic treatment centred on the abdomen, considered the body's vital centre and the seat of emotions. Chi Nei Tsang works on the internal organs to stimulate circulation, support natural detoxification and release accumulated tension. This precise and enveloping work helps free blockages and reharmonise the body's energy flow.

The body regains lightness, balance and inner calm.

PRE-NATAL MASSAGE.....60MN..... 170

An enveloping treatment especially designed to accompany the expectant mother from the fourth month of pregnancy. Gentle, safe gestures relieve tension in the back and legs, while encouraging circulation and deep relaxation. This moment of care brings comfort, lightness and calm during this transformative period.

The body unwinds, the mind settles, the mother-to-be rediscovers softness and balance.

ENERGY

TIBETAN SINGING BOWLS MASSAGE 1H15..... 190

A sensory experience combining enveloping massage and sound vibrations for profound relaxation. Tibetan bowls placed around the body emit soothing frequencies that accompany the slow, harmonising gestures of the massage. Tension dissolves, the nervous system settles, and energy flows more freely.

The body relaxes, the mind opens, and a deep sense of harmony takes hold.

YOGA 80MN 160

Mindfulness meditation, available solo or as a duo.

A selection of yoga practices is offered to create a moment of pure connection with body, mind and heart.

A peaceful pause to restore balance, grounding and vitality.
[For 1 to 2 people — €30 supplement per additional person.]

JANZU..... 1H00 175

A moment of gentle harmonisation combining slow movements, breathing and mindful presence. This practice invites the body to release tension, soothe the mind and reactivate the flow of energy. The body recentres, the breath calms, and the mind rediscovers clarity and stability.

A pause of calm to restore balance, grounding and vitality.

ADD ON

ADD-ONS MAY BE SELECTED AT THE TIME OF ONLINE BOOKING (DIRECTLY ATTACHED TO TREATMENTS) OR AT CHECK-IN ON THE RELEASE FORM. THESE OPTIONS ARE AVAILABLE AS COMPLEMENTS TO A TREATMENT ONLY.

BODY SCRUB - 30MN..... 70
[Legs or back]

A deep exfoliation to eliminate dead cells and reveal soft, luminous skin. The skin regains smoothness and radiance.

FACE SCRUB - 30MN 70

A delicate exfoliation that purifies the skin and revives the complexion's radiance. The face regains freshness and luminosity.

HYDRATATION ++ BODY 35

According to your skin's needs, application of a hydrating Monastery treatment oil infused with grapefruit, pink peppercorn or ginger, or a repairing balm by Rudolph Care.

HYDRATATION ++ MONASTERY FACE 35

Application of a nourishing balm made with Grasse rose wax and jasmine, followed by a refreshing serum and a hydrating cream.

MASSAGE 30 MIN 70
[Body, face]

Add 30 extra minutes of massage to extend your treatment. This additional time can be dedicated to the body, the face, or a targeted area, according to your needs.

EXTREMITIES - 15MN 35
Extremities [scalp, feet, hands]

A targeted massage of the extremities to release tension and soothe the nervous system. A moment of deep and immediate relaxation.

LED MASK - 10MN 40

An LED mask applied to the face to stimulate skin regeneration and revive the complexion's radiance. In 10 minutes, the skin is soothed, plumped and luminous

HAND AND FOOT CARE

TRADITION RITUAL 1 H 15... (hand) 115
[foot] 135

Emollient treatment, cuticle care,
nail shaping, polish application, and a relaxing massage.

EXPRESS RITUAL 45 MN 95
[hands or feet]

Nail shaping, cuticle care, and classic base coat application.

REMOVAL OF NAIL POLISH 30 MN 50
[hands or foot]

WAXING

AREA OF YOUR CHOICE 30 MN 75
60 MN 135

BOUTIQUE CORNER

FACE

MONASTERY

ROSE, rose cleansing oil (30ml)	38
ENZYMATIQUE, glycolic rose gel (50ml).....	88
ALOÉ, hydrating serum with aloe and hyaluronic acid (30ml).....	52
GOLD, repairing face oil (50ml)	184
ATTAR, repairing floral balm (20 ml)	85

RUDOLPH CARE

SPF 50 stick (18ml).....	39
SPF 50 Sunscreen (50ml).....	39
SPF 50 Sun balm (10ml)	18

BODY

MONASTERY

LAPIZ, body oil with olive and ginger (100ml)	60
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RUDOLPH CARE

SPF 30 protective cream (100ml)	33
SPF 50 protective cream (100ml)	33
SPF 50 after-sun repair (150ml).....	29



ADDITIONAL INFORMATION

RESIDENT & EXTERNAL GUESTS

The Wellness area is open 7 days a week, by appointment:

+([33] 4 92 93 13 30 • wellness@cabh.fr

To ensure availability at your preferred time, we kindly recommend booking your treatment in advance.

SURCHARGE

A 20% surcharge applies for appointments starting at 7:00 PM or later.

A 30% surcharge applies for appointments starting between 9:00 PM and 10:00 PM.

TREATMENT DURATION

The duration indicated corresponds to the treatment time only. Please allow a few additional minutes for welcome, preparation, and relaxation afterward.

WELLNESS MASSAGES

These treatments are non-therapeutic and are not intended to replace physiotherapy or any medical practice.

LATE ARRIVAL

In case of delay, we will do our best to maintain the full treatment duration, without guarantee. In all cases, the full treatment will be charged.

RESCHEDULING & CANCELLATION.....

For any rescheduling or cancellation, please inform us at least 24 hours prior to your appointment. After this time, the full treatment will be charged.

COMFORT & SAFETY

We kindly ask you to remove your jewelry during the treatment and recommend leaving valuables in your room safe or at home. The hotel declines all responsibility in case of loss or theft.

HYGIENE.....

Strict hygiene standards in accordance with wellness and beauty practices are fully respected.



