

DIORA
EDEN-ROC



DIOR
EDEN-ROC



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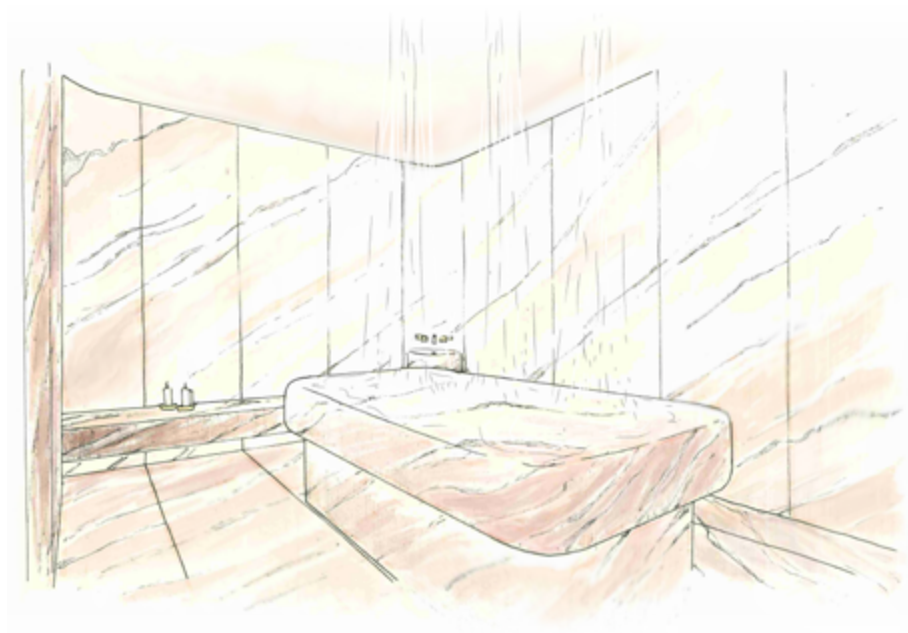
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HOTEL DU CAP-EDEN-ROC & THE HOUSE OF DIOR

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 Hotel 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 Hotel 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.



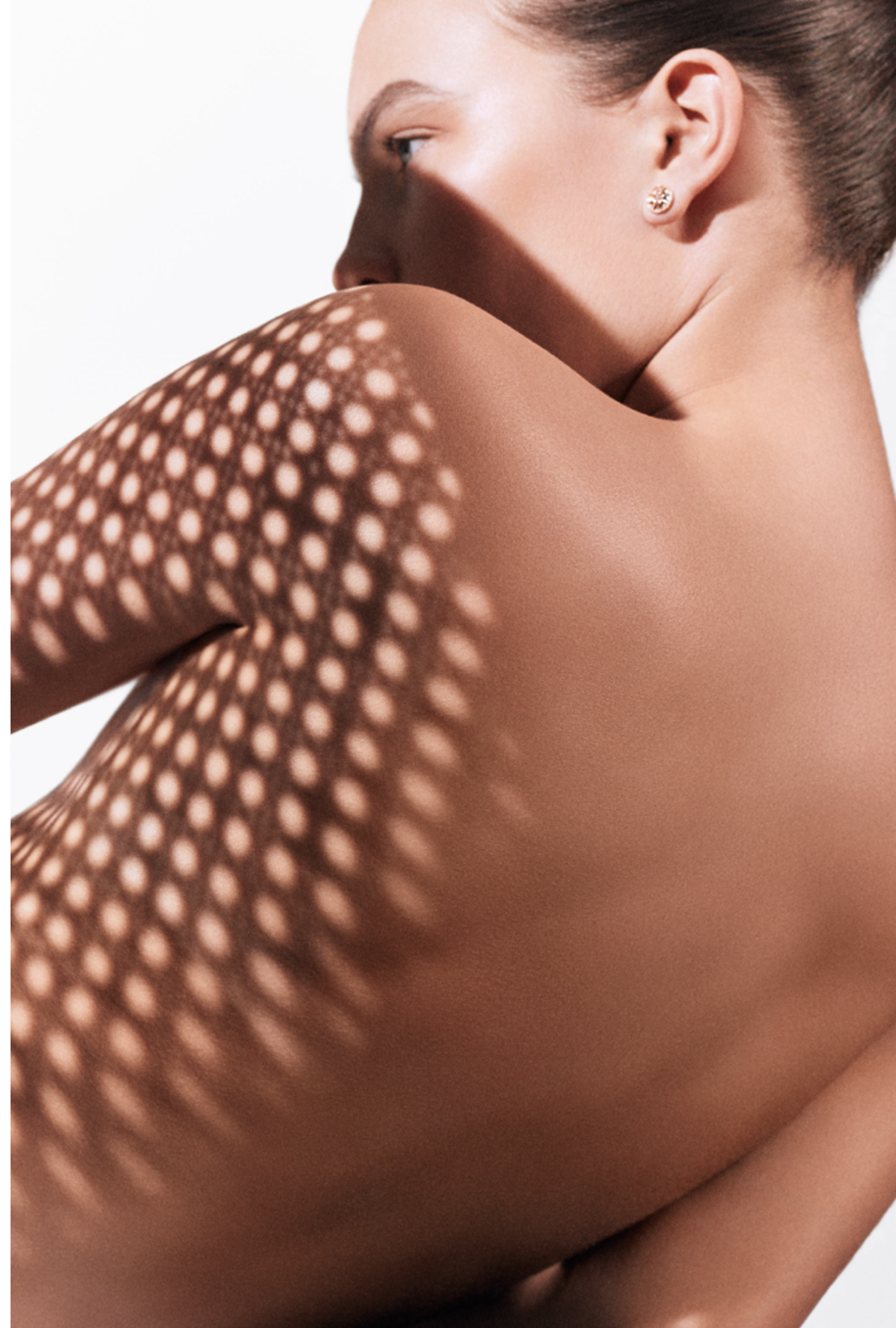
DIOR CABANA

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.



GLOBAL DIOR
WELLNESS
EXPERT

HADDA
AKRIM
GLOBAL DIOR WELLNESS EXPERT FACIALIST



Hadda Akrim is an expert facialist known for her protocols blending holistic and advanced manual techniques. She co-developed the Kobi-Dior facial that lifts and plumps the skin while releasing tensions. Now a signature treatment at Dior Spas, it features an exclusive figure-eight massage inspired by Christian Dior's lucky number. She fully embodies her philosophy of simplifying skincare without compromising results.



THE DIORIGINELS RITUALS



Like an echo of the Hotel 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 €

Benefits: Energy balancing | Skin regeneration | Relaxation

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 €

Benefits: Revitalisation | Exfoliation | Hydration

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.

Dior methods employed: Shea butter body wrap | Exfoliation | Soothing fresh mask

ROC AFFUSION

Body – 30 min – 190 €

Body – 1h – 380 €

Benefits: Exfoliation | Relaxation | Letting go | Drainage

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.

Dior methods employed: Affusion shower | Exfoliation

THE FACIAL CARE



A refined selection of essential, ultra-targeted treatments to revive all skin types. The precise gestures of the Dior Wellness Experts follow one another to rejuvenate the skin with luxurious, best in class rituals achieving instant skin results.

GOLDEN AURA

Face – 1h30 – 530 €

Benefits: Radiance | Circulation Boost | Oxygenation | Revitalisation | Glow

Dior redefines facial radiance with an exceptional regenerating treatment that gently stimulates the skin, improving blood circulation and decreasing water retention. After a deep cleansing of the skin, amplified by the diffusion of negative ions and a targeted dry brushing to increase lymphatic flow, while gently exfoliating, the skin is now ready to receive a warming and sculpting muscle massage to soften the tissues. Rhythmic movements are provided, using a warm gua sha stone to release tension, decongest, and eliminate toxins. During a mask application, oxygen is diffused to amplify cellular respiration and optimise penetration of actives. This process revitalises the complexion, revealing a radiant face. As a result of the treatment, the skin looks naturally luminous, with a youthful radiance.

Dior methods employed: Dry Brushing | Warming Muscle Massage | Hot Gua Sha | Draining Techniques | Oxygenating Mask | Oxygen & Negative Ions Therapy

KOBI-DIOR

Face – 1h – 290 €

Benefits: Lifting | Plumping | Sculpting | Wrinkle Reduction | Contouring | Firming | Drainage

This high-performance sculpting treatment lifts, plumps and releases tensions from the face, neck and upper back. After a two-step Prelude Detox protocol activating lymph nodes to drain fluids, using manual techniques, skin is now ready to receive a powerful muscular facial massage. Inspired by the Japanese Kobido technique, the sculpting massage uses a series of precise rhythmic gestures and variable pressure to reshape the muscular structure of the face. This approach is enhanced by cryo stones to amplify the expert's intuitive touch for unrivalled results in wrinkle reduction and a lifted, plumped and tension-free face.

Dior methods employed: Manual Drainage | Dry Brushing | Sculptural Massage | Firming and Hydrating Mask | Cryo Acupressure

D-PURE

Face – 1h – 260 €

Benefits: Detoxified skin | Glow | Sculpted

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. The use of a scrubber enhances the deep cleansing of your skin, leaving it free from impurities.

Dior methods employed: Manual drainage | Draining and sculpting massage | Fresh

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 an immediate feel-good effect, to soothe away the stress of the day or simply relax at any time.

FOOT RELIEF

Body – 30 min – 140 €

Inspired by foot reflexology, this energising massage enhances any body treatment. As well as boosting circulation, it leaves an exquisite feeling of lightness in the legs and feet. The body and mind feel as if they are weightless.

DIOR SKIN LIGHT LED THERAPY

Face – 90 €

Boost your facial or body treatment with the powerful properties of red LED light. At the end of the session, skin is relaxed and repaired, and the skin's metabolism is rebalanced. Under the beneficial effect of light, the mind is soothed, and harmony restored.

D-OXYGEN

Face – 90 €

This revitalising boost deeply hydrates, stimulates cellular renewal, and visibly reduces signs of ageing. Under the infusion of oxygen, skin appears fresh, fine lines are softened, and the complexion glows with newfound radiance.

MASSAGE THERAPIES

Emblematic of the House's expertise, these personalised massages treat the body like a temple. Each meticulously choreographed gesture is enhanced by the expertise of Dior's Wellness Experts for an even more sublime result. Every guest's body and mind are pampered, with a fully customisable experience from start to finish.

NEW LOOK

Body – 1h – 280 €

Body – 1h30 – 340 €

Benefits: Toning | Sculpting | Detoxification | Firming | Drainage

Our iconic slimming and firming massage to tone, sculpt silhouette and remodel body contours. With precise, invigorating movements and draining techniques, this treatment firms and detoxifies the body. Specialised techniques target fat deposits to provide an exceptional anti-cellulite effect. It works deep within the skin to tone, smooth irregularities, and enhance overall firmness. Legs feel lighter, the silhouette is redefined, and energy is renewed.

Dior methods employed: Manual Lymphatic Techniques | Gut Detoxification

D-TISSUE

Body – 1h – 280 €

Body – 1h30 – 340 €

Benefits: Oxygenation | Muscle Recovery | Restoration

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 sports or a workout, and for delivering instant relaxation.

ADD ON

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Body – 30 min – 190 €

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DRY BRUSHING*

Body – 15min – 350 €

Dry brushing is a beauty and well-being ritual celebrated at Dior Spa. Thanks to the action of the fibres, which improve circulation, the skin is exfoliated, and the figure firmed.

FOOT RELIEF

Body – 30 min – 140 €

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DIOR SKIN LIGHT LED THERAPY

Face – 90 €

Boost your facial or body treatment with the powerful properties of red LED light. At the end of the session, skin is relaxed and repaired, and the skin's metabolism is rebalanced. Under the beneficial effect of light, the mind is soothed, and harmony restored.

*To extend and anchor the benefits at home, the Crin Précieux brush will be gifted to you, a precious gem for lasting well-being.





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CONSTELLATION

Body – 1h – 280 €

Body – 1h30 – 340 €

Benefits: Relaxation | Unwinding | Release | Rebalancing

A deep and complete sense of letting go: that is the promise of this multi-sensory journey. A holistic massage, combined with slow and enveloping movements over the entire body, releases muscular tensions one by one. Deeply relaxed, the body becomes a haven of restored inner peace.

9 LUNES

Body – 1h30 – 340 €

Benefits: Soothing | Lightness | Comfort | Nurturing

To accompany your unique pregnancy journey, Dior has designed an experience where the needs of the body and mind are attended to with the utmost care. A gentle interlude where deep and delicate movements follow one another, targeting the muscles engaged during pregnancy: the back to support posture, the legs to regain lightness and comfort.

This massage releases tension, stimulates circulation, and offers a lasting sensation of inner well-being, while giving more space back to the body and the baby.

The ritual is recommended after the first trimester of pregnancy.

*To extend and anchor the benefits at home, the Crin Précieux brush will be gifted to you, a precious gem for lasting well-being.

DIOR BABY SPA



DIOR BESTIAIRE

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.

LUCKY STAR

10 to 17 years old
Face and Body – 1 h – 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 mandatory during the treatment.*



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.

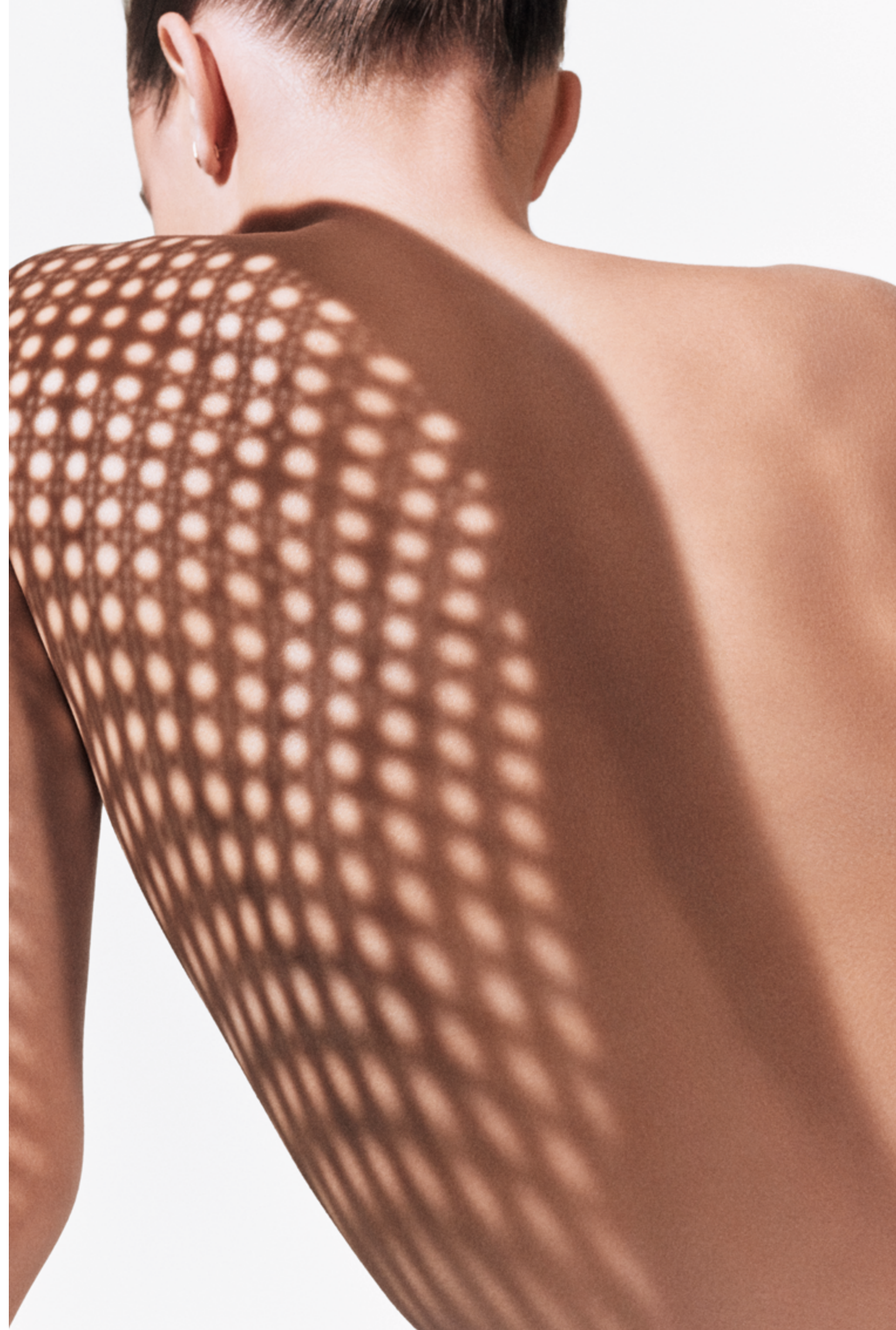
D-STRESS THERAPY

The aim: recharge, oxygenate, and reconnect with yourself

3h – On demand

Sanctuary of tranquility bathed in sumptuous landscapes, the Riviera naturally invites relaxation. To encourage this sense of calm and leave behind the stresses of daily life, this wellness program offers the opportunity to enjoy the gardens of Hotel du Cap-Eden-Roc, where a session of yoga promotes deep relaxation and a complete reconnection of body and mind. A soothing treatment completes the experience, offering a multisensory journey where rhythmic, enveloping movements release tension and support revitalisation. Guests feel their energies realign, their mind freed and reset. They rediscover absolute serenity.

Yoga Private Session
Constellation or Golden Aura
Detox Juice in the Garden





D-TOX FLOW

The aim: Boost detoxification, release tension, and restore balance

3h – On Demand

Designed as a true reset, this program invites you to awaken the body and free the mind through a private tennis or fitness session. It continues with an experience combining the heat of the sauna and the coolness of a snow shower to stimulate circulation and boost metabolism. Various body and facial massages cleanse, re-oxygenate, and enhance the skin. Drainages and massages follow in sequence to initiate this transformation. Organs are detoxified, energies are realigned and reactivated through various manual treatments. A bespoke wellness program to fully reconnect with oneself and transform both body and skin.

Private Tennis or Fitness Session

Sauna & Snow Shower

D-Tissue or Kobi-Dior

Detox Juice

D-GLOW THERAPY

The aim: illuminate natural beauty

3h – On Demand

A therapy that gently invites a transformation. Beginning with an affusion scrub that releases the body under the enveloping action of water, it reveals smooth, purified skin. The treatment program continues by sculpting the face, releasing tension, and restoring radiance and definition, while a hair brushing completes the beauty ritual. A harmonious interlude that unveils natural, radiant beauty from body to face.

Body Scrub Affusion
Kobi-Dior
Dior Skin Light Led Therapy
Brushing





DIORAMOUR THERAPY

The aim: share a moment of relaxation, balance, and well-being, take time for yourself

4h – On Demand – For two

Dioramour Therapy offers a suspended moment to be enjoyed together, blending relaxation, connection, and sensory pleasure. Lunch at Eden-Roc opens this interlude, inviting you to savor the beauty of the surroundings before entering the soothing warmth of the wet area. The signature ritual, Escale à Eden-Roc, extends this immersion with a reset treatment, where enveloping movements and semi-precious stones rebalance energies and release tension. Together, bodies relax, minds harmonise, and time stretches in rediscovered serenity.

Lunch at the Eden-Roc Restaurant

Wet Zone Access

Escale à Eden-Roc

THE ART OF BEAUTY



BEAUTY FOR HANDS

PRÊT-À-PORTER RITUAL

45min - 120 €

Offer your hands the secret to simple and refined beauty. This treatment is designed to enhance your nails, meticulously preparing them to receive an impeccable and long-lasting finish. Each step is carefully crafted to provide them with strength and natural radiance. The ritual concludes with a polish application, for visibly well-groomed and beautified hands.

HAUTE COUTURE RITUAL

1h30 - 250 €

Enhance and revitalise your hands with this expert ritual. This treatment begins with a meticulous nail preparation, followed by a shea butter wrap, known for its nourishing and restorative properties. For deep regeneration and an incomparable radiance, LED gloves are then applied, optimising the penetration of active ingredients and stimulating skin vitality. The treatment concludes with a polish application, leaving your hands perfected with a long-lasting glow.

DIOR MAKEUP BACKSTAGE

BESPOKE MAKEUP

On Demand - From 180€

Discover the secrets behind the Dior look with a makeup artist from the House of Dior. For a natural and elegant look, a fresh complexion, couture lips, or graphic eye makeup that reflects your personality.

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 Hotel 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.



DIOR SPA EDEN-ROC ETIQUETTE

SPA TREATMENT TIME

To ensure you enjoy the best experience, we recommend that you arrive 15 minutes before your scheduled treatment time (except for treatments starting at 10am or on special request). All treatments include the time needed for your Beauty Experts to provide you with a personalised consultation, should you wish.

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 Beauty Experts of any illness or medical treatment you are currently receiving or have recently received.

RESERVATIONS & CANCELLATIONS

The Beauty 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.

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.

DIOR THERAPIES CONDITIONS

D-TOX FLOW

*Offer reserved exclusively for hotel residents, subject to availability and by reservation.

DIOR
EDEN-ROC