



DIOR

WELLNESS
RETREAT

AT HOTEL DU CAP-EDEN-ROC
19th - 22nd APRIL 2025

“ *Deep in every heart
slumbers a dream ...* ”

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A JOURNEY TO THE HEART OF THE RIVIERA

HOTEL DU CAP-EDEN-ROC

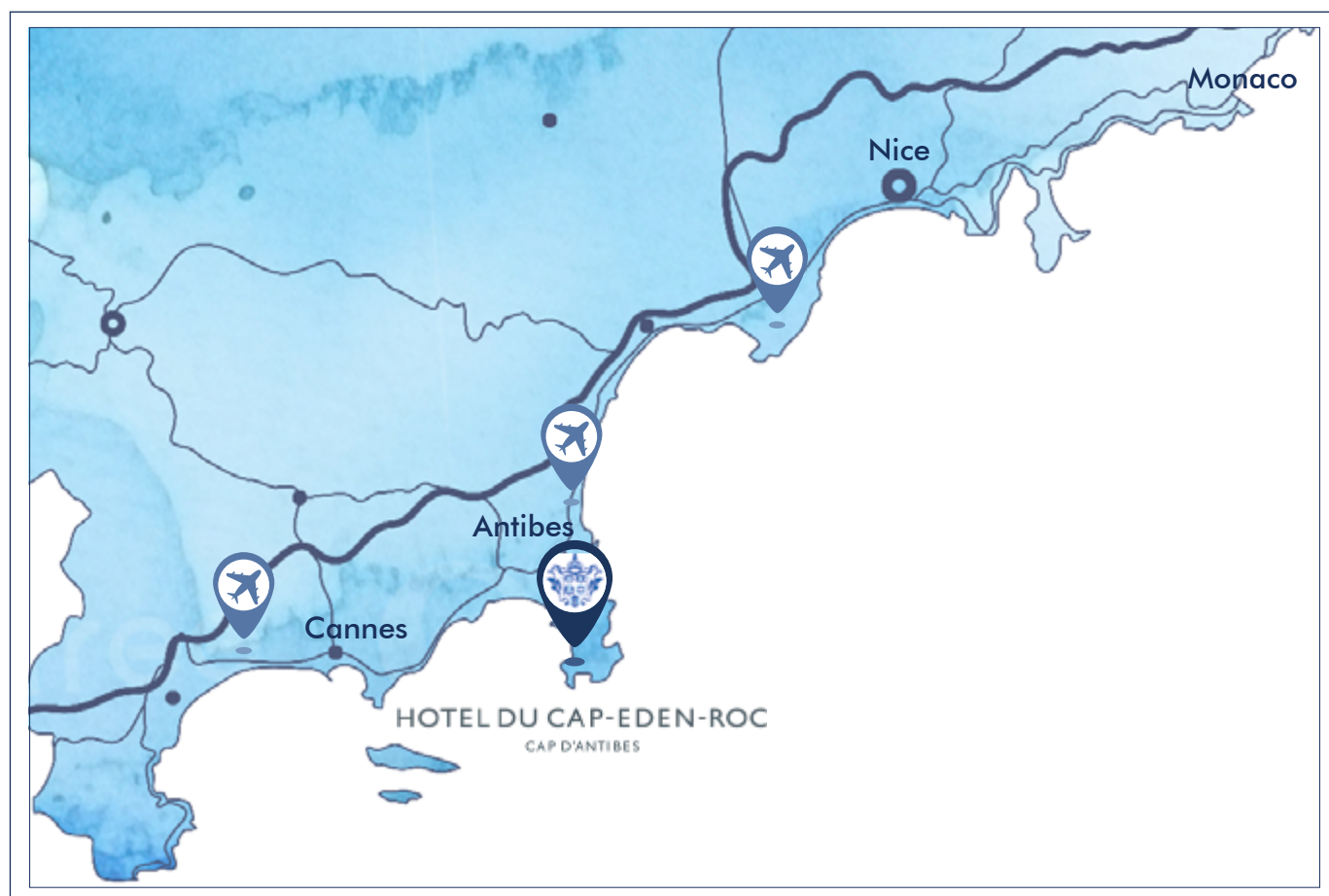
167-165 BD J.F. KENNEDY, 06160, ANTIBES, FRANCE

AIRPORT

NICE CÔTE D'AZUR – 30 MIN
CANNES-MANDELIEU – 30 MIN

HELIPORT

HELIPORT PORT VAUBAN – 15 MIN





HOTEL DU CAP EDEN-ROC

At Hotel du Cap-Eden-Roc, the magic of moments extends beyond the horizon. The turquoise waters invite you to swim, while the lush gardens offer secret paths to explore, bathed in sunshine and soft shadows. A jewel box of well-being and beauty, Dior Spa Eden-Roc awakens all the senses for a timeless getaway.

& ROOMS SUITES



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JUNIOR SUITE DELUXE

With bright, flower-decorated rooms in the historic Hotel du Cap building, the Junior Suite spans 45 square meters and has a unique atmosphere, offering a breathtaking view of the hotel's lush grounds.

Included in the stay

ONE BEDROOM SUITE



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A marriage of intimacy and grandeur, the One Bedroom Suite is located in the historic Hotel du Cap building and highlights the 19th-century architecture, recreating a luminous cocoon of contemporary style. The blue-tinted interiors are highlighted by an Alberto Giacometti coffee table and original works of art.

*1100€ supplement per night
Subject to availability*

ONE BEDROOM SUITE DELUXE

Combining sumptuous Louis XV furnishings with elegant designs, the generous 80 square-meter One Bedroom Suite Deluxe opens onto the majestic Grande Allée. Dressed in pastel tones and floral motifs, this suite with its walls dotted with original works of art offers a subtly personal atmosphere.

*Sea view
2200€ supplement per night
Subject to availability*



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RESTAURANTS

EDEN-ROC RESTAURANT

From the first light of dawn to the zenith of midday, Restaurant Eden-Roc invites you to a unique culinary experience. In the morning, enjoy a refined and varied breakfast, where the aromas of coffee mingle with the sweet flavors of freshly baked pastries and freshly squeezed juices. From the sunny terrace, the magnificent view over the sparkling waters of the Mediterranean will enhance your moment.



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THE GRILL

The huge terrace overlooking the sea is the symbol of summer for many Hotel du Cap-Eden-Roc regulars. For lunch and dinner, the eclectic menu offers color and freshness in the spirit of a contemporary brasserie, from Mediterranean delights to international classics and travel-inspired creations. This is the place to be all day long, from 12pm to 10pm non-stop, in a cheerful, relaxed atmosphere, with the elegance of a palace to boot.



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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.

This year, the House invites its guests to discover the first Dior Wellness Retreat at the Hotel du Cap-Eden-Roc.

DIOR WELLNESS RETREAT

*An exceptional wellness escape
in the heart of the French Riviera*

Make the most of your stay in the heart of Cap d'Antibes, discover a new vision of well-being and adapt it to your own lifestyle philosophy and goals. This is the spirit of the Dior Wellness Retreat, which for the first time is being held at the Hotel du Cap-Eden-Roc.

Created and tailored to your individual needs, this 4-day stay is a true holistic wellness escape. Accompanied by Dior Wellness Experts in group workshops and one-to-one Pilates and Nutrition consultations, as well as daily treatments at the spa, a tailor-made program is designed to deliver tangible results that liberate the body and pave the way to bliss.

Combining a multiplicity of approaches based on the Dior Wellness Pillars, in this place of peace and quietness, this privileged interlude offers a unique opportunity to reconnect with the present moment and explore new facets of oneself.

These are all inspirations for resilience, for finding the perfect balance between body and mind, and experiencing a true rebirth.





DIOR WELLNESS PILLARS

Feel the needs of your skin and body as well as your mind. Take the time to rediscover yourself. For Dior, beauty and well-being are one: a whole that is conceived in perfect physical, psychic 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 Wellness Experts combine the expertise of virtuoso gestures and cutting-edge technologies to compose tailor-made sensory experiences where excellence reaches its pinnacle. Aimed at enhancing the exterior as much as illuminating the interior, the Dior Wellness Experts will also accompany each guest in this quest for holistic well-being, focusing on the essential pillars of nutrition and movement.

During this journey, to the rhythm of calming breathing, energies are rebalanced, the senses expressed and blossomed. Body and mind reconnect with their fundamentals. Aspiring to harmony and absolute well-being is no longer a dream: it's a reality.

DIOR WELLNESS EXPERTS



BRYONY DEERY

As the Body Movement Expert of the Dior Wellness Expert Team, Bryony Deery specializes in Pilates.

With an approach rooted in the six principles of the discipline, inspired by her personal journey of recovery and self-discovery, Bryony will be offering personalized advice and sessions of Mindful Movement during this Wellness Retreat. Through her Liberating Body Movement sessions, she will contribute to the quest for the epitome of the Dior Dream and to Monsieur Dior's desire to make women not only more beautiful, but above all happier.

DIOR WELLNESS EXPERTS



ROSE FERGUSON

Rose Ferguson is a nutritionist and functional medicine practitioner specializing in naturopathy.

Considered the "Queen of Reset", her balanced approach to nutrition aims to help everyone achieve their health goals in just five days. Her commitment to mindful nutrition fits perfectly with the Dior Spa wellness philosophy. During this Wellness Retreat, Rose will offer personalized consultations and advice on Conscious Nutrition, for inner well-being reflected on the outside.



THE PROGRAM

4 DAYS & 3 NIGHTS

DIOR SPA

4 SIGNATURE & BESPOKE TREATMENTS

ONE-TO-ONE CONSULTATIONS

1 PRIVATE NUTRITION CONSULTATION WITH ROSE FERGUSON
1 PRIVATE PILATES COACHING WITH BRYONY DEERY

GROUP SESSIONS

BREATHWORK
MINDFULNESS WALK
STRETCHING
PILATES

MASTERCLASS

MINDFUL NUTRITION BY ROSE FERGUSON

26 000€ per person

“*I dreamed of making women
not only more beautiful
but above all happier*”

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KEY DETAILS

INCLUDED IN THE DIOR WELLNESS RETREAT

- Exclusive group and personal customer service.
- Transfers to and from the airport.
- Three nights at Hotel du Cap-Eden-Roc.
- Daily breakfasts at Eden-Roc (three breakfasts).
- Lunches at The Grill (three lunches).
- Dinners at The Grill (three dinners).
- Welcome drink and welcome pack.
- Wellness Pack Dior.
- Access to all workshops and experiences.
- Four treatments at Dior Spa Eden-Roc.
- Access to the hammam, sauna and swimming pool at Hotel du Cap-Eden-Roc.

NOT INCLUDED

- All extras (room upgrades, supplements not included in treatments, extra nights, etc.)
- Alcohol is not included.
- Drinks at Bar Bellini, Eden-Roc, Rotonde, Pool Bar, Eden-Roc Lounge and Juice & Ice Cream Bar.

TERMS & CONDITIONS

- Limited availability.
- This Dior Wellness Retreat offer cannot be combined with other offers.
- Reservations cancelled 60 days or less prior to the event will be subject to a cancellation fee equal to 100% of the total amount.
- Reservations cancelled 60 days or more prior to the event will be subject to a cancellation fee equal to 50% of the total amount.
- Pre-stay and post-stay options are available.
- For those wishing to share the Wellness Retreat escape in good company, the offer includes accommodation and breakfasts for your companion. Please note, however, that lunches and dinners, or any other consumption, remain at their own expense, and they will not have access to Wellness Retreat activities.

To book your experience, please contact:
+ 33 1 49 53 84 44

DIOR
EDEN-ROC