

Hydrotherapy

Enjoy the benefits of our whirlpool and steam bath to relax, refresh and rejuvenate. We recommend you bring your swimwear with you. Booking must be done ahead of time to ensure availability.

Spa Etiquette

Reservations

We recommend you schedule your spa treatments in advance although walk-ins are welcome depending on availability. Our spa team will gladly assist you in choosing the treatment of your choice.

Arrival

We recommend that you arrive 10minutes prior to your appointment in order to complete your health assessment. If you wish to use the shower facility, please arrive half an hour prior to your treatment.

Late Arrival

Please note that should you arrive late for a treatment it will result in a reduced treatment time and in some cases could result in cancellation with full charge.

Preparation

- Shaving is not recommended prior to body treatments as in scrubs and wraps in order to avoid irritation.
- Please remove contact lenses prior to facial treatments.
- Please shower prior to your treatment to enhance oil absorption and the overall experience.
- For men, please shave prior to facial treatments to ensure that maximum results are achieved.

Health Conditions

Please notify your therapist if you are pregnant or have any special medical considerations or allergies so we may recommend an alternative treatment.

Cancellation Policy

As a courtesy to other guests please give us 12 hours' notice if you must cancel or reschedule your appointment otherwise the full price of the treatment will be charged.

Valuables

We recommend that you leave all valuables in your villa before coming to the spa. Please be advised that Eden Rock Spa does not assume any liability for any valuables left in the Spa.

Addition Treatments

Body Scrub

A scrub rubs away dead cells and sloughs off flakes that make your skin look dull and lackluster. It reveals the fresh cells underneath and leaves the skin glowing, youthful and hydrated. The level of exfoliation depends on the size of the granules: natural granules exfoliate more than synthetic ones.

Facial Treatments

Designed by Germaine de Capuccini these facial treatments highlight an innovative and sophisticated concept of skin rejuvenation based upon the latest achievements in biotechnology for immediate and outstanding results.

Timexpert Lift

Loaded with Vitamin C, this facial offers exceptional anti-ageing care to intensely repair, revitalize and regenerate the skin delivering a high content of antioxidants derived from Sicilian Orange peel used to exfoliate the skin. Further, a Vitamin C moisturizer ensures the stimulation of collagen synthesis and optimizes hydration providing immediate results of a healthy, vibrant and youthful look.

So Delicate (For Normal & Sensitive Skin)

This gentle facial treatment represents the first step to a refreshed and balanced skin including removal of impurities. Re-hydration of your skin with the application of a smoothing cream and a mask will leave your skin highly nourished and glowing.

Oxygen Facial (For Combination & Oily Skin)

This facial deeply cleanses oily skin with a tendency to acne leaving it free of shiny spots, uniform, pure, balanced and healthy.

Hands & Feet Care

Manicure

A complete hand treatment with massage and exfoliation will soften the skin and relax the hands. Cuticles are tidied, nails reshaped and varnished with your choice of nail polish for the perfect look.

Pedicure

A complete foot treatment with massage and exfoliation will soften the skin and relax the lower legs. Cuticles are tidied, nails reshaped and varnished with your choice of nail polish for the perfect look.

French Manicure or Nail polish application

Vitality Massage

This massage aims at releasing accumulated stress in the tissues, muscles and joints of the neck, shoulders and back. It is ideal for relieving tension and fatigue. The treatment starts with a back massage and moves to the shoulder where stress and tension is commonly held and then works into the neck area.

Foot Relax

Stimulating pressure points on the feet give an extreme sense of relaxation, improve circulation and promote a general feeling of well-being.

Pre-Natal Massage

Using specifically blended organic oil, this prenatal massage nourishes and nurtures a mother-to-be with relaxing techniques to benefit her and baby. You must be in your second or third trimester to receive

Body Treatments

Featuring the Germaine de Capuccini luxury skin care line, these innovative body treatments are inspired by the natural cosmetics used in ancient cultures and modernized through nano-technology to deliver optimal results, splendor and youthfulness as well achieve a balance between beauty and well-being.

Vitamin C+ Supreme

A highly advanced anti-ageing and nourishing treatment that begins with a body polish rich in Vitamin C, lemon and papaya concentrate that intensely repairs the skin's luminosity, vitality and uniformity leaving it polished and glowing. Continue the treatment with a Vitamin C full body wrap that provides an extraordinary regenerating effect on the body's stimulating collagen production while improving skin elasticity and tone. This treatment is concluded with a full body relaxing massage that ensures the full absorption of Vitamin C.

Aloe Vera Ritual

A soothing and comforting treatment using an application of Aloe Vera and Mint to protect, heal and comfort the skin. This treatment is designed to repair and nourish the skin while reducing heat and redness and is highly beneficial for skin that has been over exposed to the sun.

Massage Experience

Aromatherapy Massage

A treatment geared for total relaxation, emotional balance and beauty. Essential oils are especially selected and combined with a rhythmic, relaxing massage technique that liberates tension, restores the senses and offers absolute tranquility.

Balinese Massage

A traditional full body massage utilizing a series of rigorous techniques combined into one session designed to release tense and knotted muscles. The boost to your circulation will help reduce stress and rebalance the body.

Abhyanga Massage

A profoundly soothing massage that offers the ultimate experience in relaxation. Applying warm oil combined with long deep rhythmical strokes helps to remove stagnant energy and stimulate the body's vitality. The treatment is concluded with a scalp massage that will further soothe your nerves as you drift into a deep state of bliss.

Swedish Massage

A classic European massage incorporating a variety of techniques to treat sore muscles, tension, stress and poor circulation. It improves muscle tone and imparts relaxation.

Deep Tissue Massage

Aimed at targeting the deeper tissue structures of muscle and connective tissue, this treatment is a more focused type of massage with the pressure generally intense. Our skilled therapists work to release chronic muscle tension, knots and adhesions in order to increase flexibility and release deep tension. It is recommended for sports enthusiasts as well as those who experience chronic pain, or are involved in heavy physical activity.

Energy Stone Massage

Heated volcanic basalt stones are used to massage the body along with gentle pressure providing a nurturing and enhanced healing effect. The heat of the stones warms the skin which allows the therapist to work into the deeper muscle layers. This massage helps to release tight muscles and has a very calming effect on the nervous system as you drift into a deep state of bliss and relaxation.

Welcome

Welcome to our paradise !

Perched high upon a hill amidst massive granite rocks and lavish greenery with exotic views of the Indian Ocean, Eden Rock Spa reflects a haven of peace and tranquility and offers the promise of a pleasant journey to achieve total harmony of mind, body and soul.

Our elaborate collection of innovative treatments combines tradition with sophistication to offer you a journey of healing, relaxation and beauty.

Our Spa team looks forward to offering you a memorable experience in a unique and outstanding setting.

Signature Spa Package

Our signature treatments designed by Germaine de Capuccini reflect innovation with commitment to quality and sophistication to ensure delivery of effective results and offer a new way of living the spa experience.

Memorable Beginnings

Celebrate this special occasion side by side with this memorable treatment designed for you to rejoice, relax and rejuvenate. Begin your journey with a steam bath to help relax the muscles and detoxify the skin followed by a whirlpool dip. Continue with an exotic body polish using a powder enriched with precious stones of Diamond, Amethyst, Ruby and Sapphire leaving your skin silky smooth and shiny followed by a relaxing aroma body massage using an aroma essence of your choice. Continue the celebration and relax further with a bottle of Champagne, Canapés, chocolates and fresh fruits.

Four Hands Massage

This treatment is synchronized massage done by two therapists, the synergy created when two people and four hands work together, Four hands massage will simultaneously knead and coax your body and mind into total relaxation and calm, giving you the health benefits of increased circulation and flexibility, relaxed nervous system, loosened muscles and fascia, less anxiety, and a feeling of complete peace.