

Eden Spa & Wellbeing

Massages · Facials · Medi-Spa · Wellness · Fitness

Eden Spa & Wellbeing

Welcome to Eden Spa & Wellbeing, a discreet and intimate sanctuary devoted to wellbeing through tradition, holistics, and technology.

Nestled in the heart of the Rock, our team welcomes you into a soothing atmosphere where every detail has been designed to offer a moment of serenity and reconnection.

NEW

Discover the Korean Lift, an exceptional ritual that reveals the skin's natural radiance and delivers a visible lifting effect.

Through an authentic, tailor-made experience, Eden Spa & Wellbeing invites you to slow down, breathe... and glow.



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7. Eden Spa & Wellbeing



SeeMyCosmetics

Founded by Élodie Raheria, SeeMyCosmetics harnesses cutting-edge cosmetic technology that is transforming the world of beauty. Using the RubyCell Airbrush diffusion system, it delivers a fine mist of powerful plant-based active ingredients that deeply hydrate, refine the skin's texture, and rejuvenate the complexion. This innovative method combines drainage, massage, and cellular stimulation to create an instant lifting effect, leaving the skin plumped, radiant, and refreshed.



Dr. Barbara Sturm

Dr Barbara Sturm is a German aesthetics doctor, widely acclaimed for her anti-inflammatory philosophy and her non-surgical, anti-ageing skincare treatments. At Dr Barbara Sturm, integrity is at the heart of innovation. Every product is developed with proven efficacy, free from toxic, harmful, or aggressive ingredients.



Ligne St Barth

Founded in 1983 by Hervé Brin, the Ligne St Barth brand celebrates the Caribbean way of life through skincare inspired by tropical nature, infused with coconut oil, annatto, aloe, and tiaré flower. At Eden Rock - St Barths, indulge in body and facial rituals with exotic notes, combining performance with gentle care for a truly Caribbean escape.



Medi-Spa

The Medi-Spa is a unique space where medical expertise meets wellbeing. Under the guidance of Dr Pierre-Michel Havet, our non-invasive treatments combine the best technologies, including CoolSculpting, Lymphastim, Exilis 360, Light Therapy, EM Face, and EM Sculpt Neo, to sculpt and firm the skin, stimulate circulation, and enhance muscle tone in both the body and face.

2. What are you seeking today?

NEED	KEY TREATMENTS	RESULTS
Youthful glow	Korean Lift 25min - 130€	Redefined contours instant lift, radiant skin
<u>Deep</u> relaxation	Custom Massage 60min - 190€	<u>Intense</u> revitalization
Smooth and plumped skin	Super Anti-aging facial 90min - 390€	Stimulates Cellular regeneration
Sculpted silhouette	EmSculpt Neo Dès 450€	Fat reduction Muscle mass augmentation
<u>Instant</u> beauty	Hydrafacial Express 30min - 200€	Deep cleansing Immediate glow
Vitality & energy	Private Yoga Session 60min - 160€	Harmony of body and mind

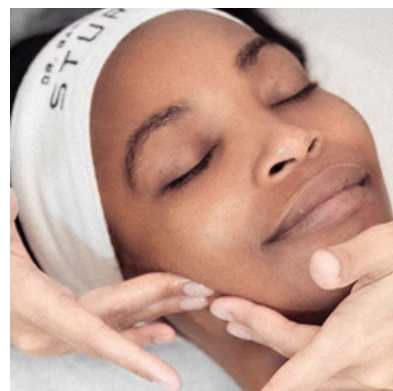




Korean Lift Youthful glow

This innovative treatment delivers a mist of plant stem cells to stimulate, detoxify, and revitalize the skin. Facial contours are redefined, the skin’s texture smoothed, and the complexion radiant. The result is firmer, lifted, and luminous skin, enhancing your natural beauty.

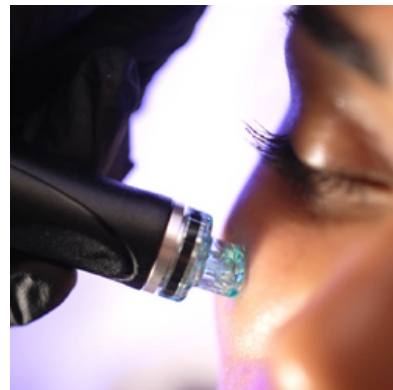
25 minutes - 130€



Super Anti-Aging Facial Stimulates Cellular Regeneration

This anti-ageing treatment by Dr Barbara Sturm is specially designed for the skin, stimulating cell regeneration and hydration. Through expert techniques and advanced technology, it provides a deeply relaxing experience. The result is toned, smooth, and revitalised skin, with any wrinkles and signs of fatigue visibly reduced.

90 minutes - 390€



Express HydraFacial Immediate Glow

Deeply cleanses, exfoliates, minimizes pores, hydrates, and subtly plumps the lips, providing a treatment tailored to your needs.

30 minutes - 200€

Add on : eyes or lips 10 minutes - 50€



Custom Massage Deep relaxation

Discover the unique experiences from Ligne St Barth: the Bliss, a relaxing journey; the Sunshine, with sweet, sun-kissed scents; and the Eden Flower, an Eden Spa exclusive, focused on the back, arms, and head for deep tension release.

60 minutes - 190€



EMSculpt Néo Silhouette Sculptée

EMSculpt Neo uses electromagnetic energy to build muscle and burn fat effortlessly, allowing you to relax during the treatment while achieving results comparable to an intense workout.

1 zone: 450€ per session / 1500€ for 4 sessions

2 zones: 750€ per session / 2600€ for 4 sessions



Private Yoga Session Harmony of Body and Mind

On the Yoga Deck at Eden Rock – St Barths or in your villa, escape to the rhythm of the waves. Yin, Vinyasa, Ashtanga... Guided by Flavia, this is a journey for you, focused on breath, body awareness, and full-bodied presence, helping you restore balance and serenity.

Private session: 60 minutes - 160€

Extra participant: 60€

3. Signature Experiences



Ritual Lift & Glow 24K Ultimate Radiance and Lifting Effect

This unparalleled treatment combines powerful anti-ageing ingredients with 24K gold, known for its antioxidant properties, along with the Korean Lift technique, which delivers a mist of active ingredients. It rejuvenates the skin while giving you an exceptional glow. The result is luminous, youthful, and lifted skin.

45 minutes - 270€



Hangover Rescue Ritual Glow, Fresh, Reset

An exclusive treatment created for Eden Rock to restore radiance and freshness after a festive night. Combining beauty technology, expert facial techniques, and powerful active ingredients, it decongests, firms, and brightens the face. A mist of plant stem cells enhances the treatment, leaving the skin rested and revitalised and is completed with a detox shot.

60 minutes - 350€

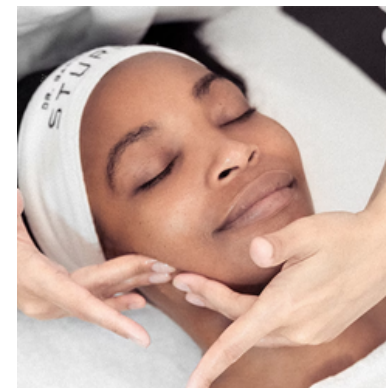


Renata França Lymphatic Drainage

The Renata França lymphatic drainage is a dynamic massage technique that detoxifies and stimulates the lymphatic system. It relieves the feeling of heavy legs, leaving a sense of lightness and a sculpted silhouette.

60 minutes - 200€

6-session treatment - 1000€



Eden Rock Sturm Glow - Signature Eden Rock Alliance Hydrafacial & Dr. Barbara Sturm

This signature treatment combines Hydrafacial® technology, Dr. Barbara Sturm products, and light therapy. It deeply cleanses, exfoliates, smooths, and ensures active ingredients penetrate the skin's layers. This is followed by draining and anti-ageing massage techniques to reveal a radiant complexion.

90 minutes - 390€



Massage Eden Flower Deep Relaxation and Exotic Scents

A customised upper-body treatment designed to combine relaxation with the release of deep muscle tension. The array of indulgent or floral oils will enchant you.

60 minutes - 190€



Sound Healing Inner Harmony

Experience a unique immersive sound journey, combining crystal singing bowls, Himalayan bowls, and therapeutic percussion. A sensory voyage that promotes deep relaxation and energetic rebalancing, helping release tension and awaken inner harmony.

60 minutes - 200€

4. Essentials for the Face

Our facial treatments combine scientific expertise, advanced technology, and skilled manual techniques.

Each bespoke protocol incorporates drainage, cellular stimulation, and active ingredients to regenerate the skin. These treatments deeply exfoliate, hydrate, and protect, leaving the skin revitalised. The rituals provide an immediate lifting effect, with plumped and redefined features and restored radiance.

A moment of wellbeing that reveals the full beauty of your skin.



Sturm Lift Facial Instant lifting

This express treatment and massage provides an immediate lifting effect. It visibly reduces wrinkles and fine lines while refining facial features.

The result is firmer, younger-looking, and radiant skin from the very first session.

45 minutes - 120€

Deluxe or Platinum Hydrafacial Healthy, Detoxified, and Hydrated Skin

Drainage / Deep Cleansing / Peel / Extraction / Hydration + 1 Super Booster

Your treatment is customised for your skin type with the choice of a booster (for dark spots, dull skin, sensitive skin, or hydration).

The result is healthy, detoxified, drained, hydrated, and plumped skin.

45 minutes - 280€

1 heure - 350€

StemCell Hydra Redefined Face

Enhance your complexion and facial contours with the Hydrafacial treatment combined with the Korean Lift. This combination delivers deep purification and a visible lifting effect, leaving the skin fresh and radiant.

The result is a redefined face with purified, smooth, and intensely revitalised skin.

45 minutes - 290€

Signature SturmGlow Custom Treatment Adapted to Individual Skin Type

The Signature SturmGlow treatment provides a deep cleanse for a fresh complexion, combined with Dr. Barbara Sturm's exclusive massage techniques.

The result is luminous, visibly rejuvenated, and hydrated skin, leaving you with a sense of intense comfort.

60 minutes - 240€

4. Essentials for the Face



Men's Facial Designed for Men's Skincare Needs

Specifically formulated for men's skin, this Dr. Barbara Sturm facial deeply cleanses, tones, and soothes after shaving. It strengthens the skin's barrier and targets signs of ageing, dark spots, and puffiness. The result is fresh, calm, intensely hydrated, and visibly revitalised skin.

60 minutes - 240€



Tension Release Facial Face Massage

This facial massage relaxes and tones the muscles while releasing the fascia. It stimulates lymphatic drainage and hydrates the skin. The result is a deeply relaxing experience, leaving the face sculpted and the complexion radiant.

30 minutes - 120€



Teen Facial Facial Treatment for Adolescent Skin

During adolescence, skin can be unpredictable (acne, excess sebum, redness). This relaxing, anti-inflammatory facial restores the skin's natural pH, regulates sebum, combats impurities, and hydrates the epidermis. The result is fresh, calm, and even-toned skin.

60 minutes - 220€

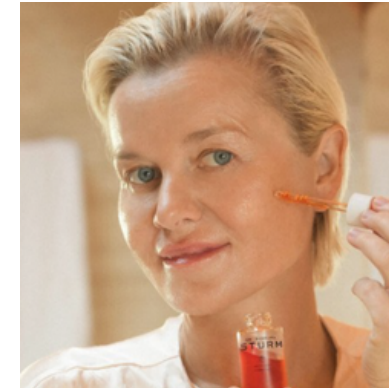
From 12 to 18 year-olds



Brightening Facial Dark Spot Prevention and Radiant Complexion

This Dr. Barbara Sturm facial brightens dull and uneven skin with a nourishing blend of active ingredients. It combats premature ageing and brown spots caused by oxidative stress and sun exposure. The result is toned, even, and radiant skin.

60 minutes - 240€



Acnee Facial Clear and Balanced Skin

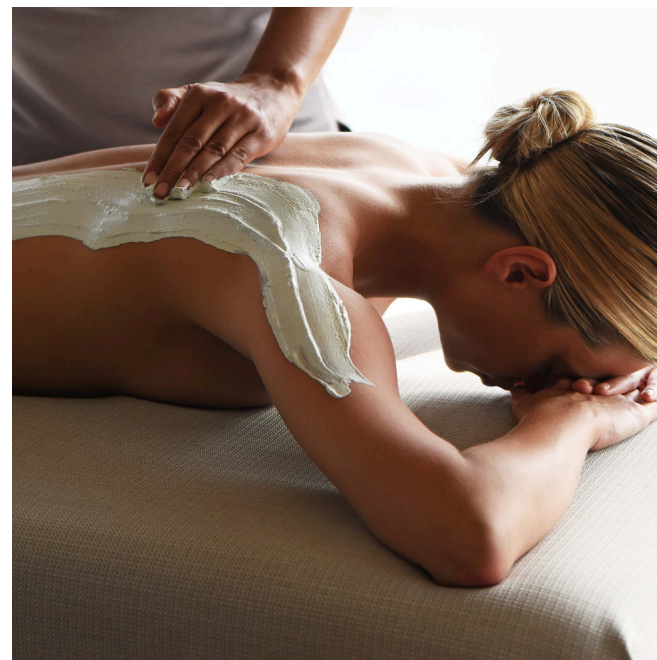
This balancing facial is ideal for skin with imperfections. It regulates sebum, purifies, smooths the skin's texture, and reduces the appearance of wrinkles. The result is clearer, smoother, balanced, and visibly healthier skin.

60 minutes - 240€

S. Massages & Body Treatments

Our body treatments are an invitation to travel the world with our Ligne St-Barth collection. Combining enveloping movements and expert techniques, our bespoke massages release tension, stimulate circulation, and restore the body's vitality.

When paired with an exfoliation, dead skin cells are removed, revealing soft, radiant skin fragranced with vanilla, tiaré, or coconut, depending on your mood.



Sunrising & Smoothing Scrubs

Treat your skin to softness and radiance with our exceptional Ligne St Barth scrubs. The Smoothing scrub is ultra-hydrating, combining coconut oil with the fragrance of your choice — vanilla, lily, or tiaré — for a truly sensory experience.

The Sunrising scrub, perfect before sun exposure, blends pineapple extract, white sand, and avocado oil to exfoliate, nourish, and reveal the skin's natural glow.

30 minutes - 100€

45 minutes - 120€

Intenseness Massage By Ligne St Barths

This customised massage, equivalent to a Deep Tissue treatment, is renowned for its ability to relax the muscles.

Intense techniques, including warming movements, pressure points, and stretches, work together to release tension, relieve stress, and restore balance to the body.

30 minutes - 100€

60 minutes - 190€

90 minutes - 260€

Lomi-Lomi Massage Enveloping Movements

Inspired by Hawaiian tradition, the Lomi-Lomi massage embodies the spirit of Aloha — love, respect, and kindness. It features flowing, enveloping movements performed with the forearms, reminiscent of the soothing rhythm of the waves. This treatment connects the body, heart, and soul to nature and the four elements.

60 minutes - 190€

90 minutes - 260€

Longevity Face & Body Ritual By Dr. Barbara Sturm

This exceptional treatment combines intense hydration with expert massage to revitalise your skin from head to toe. Designed to smooth, firm, and regenerate, it visibly reduces the signs of ageing and stress. Perfect for restoring a radiant complexion, firmer skin, and redefined facial contours, this ritual offers a complete experience of wellbeing and renewed youthfulness.

105 minutes - 420€

S. Massages & Body Treatments



Sunshine Massage Relaxation and Letting Go

Experience the Sunshine massage, with its sweet, sun-kissed scents. A suspended moment that soothes the mind and invites complete relaxation.

30 minutes - 100€ / 60 minutes - 190€ / 90 minutes - 260€



Holistic Massage – Reiki Massage: Balancing Body & Mind

A rare fusion of **massage** and **Reiki**, where every movement is designed to awaken and harmonise the energy flowing within you. This unique experience invites you on a true inner journey, a meditative state where mind, body, and soul come together in perfect harmony.

90 minutes - 290€



Body Treatment Light and Firm Body

The Sundowner Treatment soothes and rehydrates the skin after sun exposure, providing absolute relaxation. The Slim Line Treatment lightens and tones the legs, ideal after a long flight. The Anti-Aging Body Treatment combines exfoliation with Dr. Barbara Sturm hydration for smooth, firm, and rejuvenated skin.

45 minutes - 130€ / 60 minutes - 160€



World Massages Release Tension

Reflexology is an ancient technique that stimulates specific points on the feet to rebalance the body's vital energy. Thai Massage is a traditional art combining pressure, stretches, and gentle mobilisations to release tension and restore harmony to the body.

Reflexology: 45 minutes - 140€

Thai Massage: 90 minutes - 260€



Targeted Massages Prenatal Massage & Revitalising Scalp Massage

The **Prenatal Massage** gently supports expectant mothers, releasing tension for deep wellbeing shared with the baby. The Revitalising Scalp Massage, combined with Dr. Barbara Sturm serum, soothes the scalp, stimulates circulation, and promotes hair growth.

Prenatal Massage: 60 minutes - 190€

Scalp Massage: 15 minutes - 50€



Kids Massage Moment of Sweetness

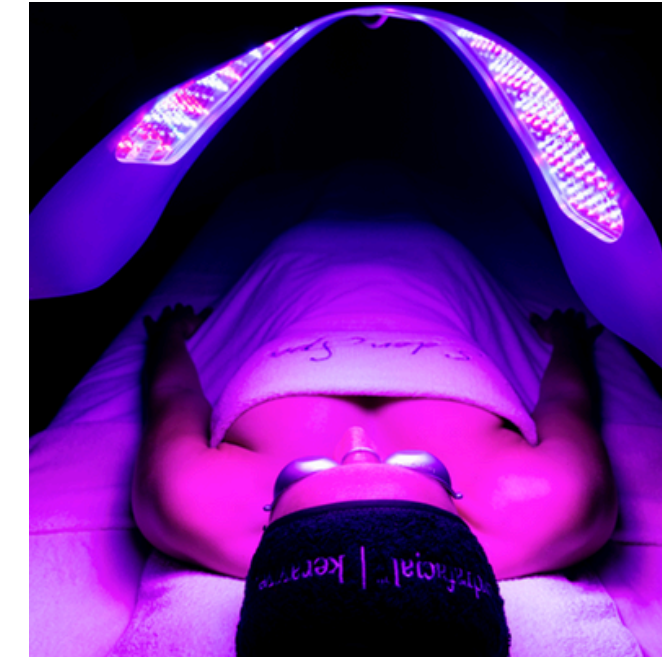
This targeted massage, gently scented with indulgent coconut and vanilla aromas, offers children a moment of deep relaxation and soothing comfort.

30 minutes - 80€

6. Medi-Spa

The Medi-Spa offers a unique escape where scientific precision meets wellbeing.

Our technologies target circulation, stubborn fat, tone, and firmness to deliver optimised results. All treatments are non-invasive and supervised by Dr Pierre-Michel Havet, ensuring a personalised and effective experience.



EMFace A Lifted Face

EMFace® uses electromagnetic energy to promote muscle toning and facial sculpting in a 20-minute session. This non-invasive treatment targets both the skin and facial muscles simultaneously, delivering fast and effective results.

30 minutes - 500€

EM Sculpt Neo A Muscular Body Without Effort

EMSculpt® Neo is the only treatment in the world that effectively builds muscle in the abdomen, love handles, thighs, or buttocks while reducing localized and visceral fat. Relax during the session and achieve results comparable to an intense workout.

1 ZONE - 450€

4 sessions - 1 500€

2 ZONES - 750€

4 sessions - 2 600€

Lymphastim Pressotherapy Lymphatic Drainage

Pressotherapy is a mechanical technique for venous and lymphatic drainage. By stimulating the lymphatic system, it helps relieve circulatory issues such as heavy legs, water retention, and water-based cellulite.

30 minutes - 130€

45 minutes - 170€

60 minutes - 200€

Light Therapy for Face and Body Radiant Complexion

Light therapy uses natural LED light to work deeply on the skin and overall wellbeing.

It reduces wrinkles, fine lines, and spots, firms the skin, and improves elasticity while soothing irritations.

Beyond its aesthetic benefits, it also boosts energy, mood, and cognitive function, promoting overall vitality.

Add on 15 minutes - 50€

6. Medi-Spa

EXILIS

Exilis simultaneously delivers radiofrequency and ultrasound to firm the skin in a completely painless, non-invasive way. This technique also helps reduce small, localized fat deposits and stimulates collagen production, improving skin texture and firmness on both the face and body.

Face

Small facial area
(Eye contour, mouth contour, cheekbones, jawline, neck, or décolletage)

30 minutes - 300€
4 sessions - 1 050€

Whole face

60 minutes - 800€
4 sessions - 2 750€

Corps

Hands

30 minutes - 300€
4 sessions - 1 050€

Small body areas
(Above the kneecap, under-buttocks area)

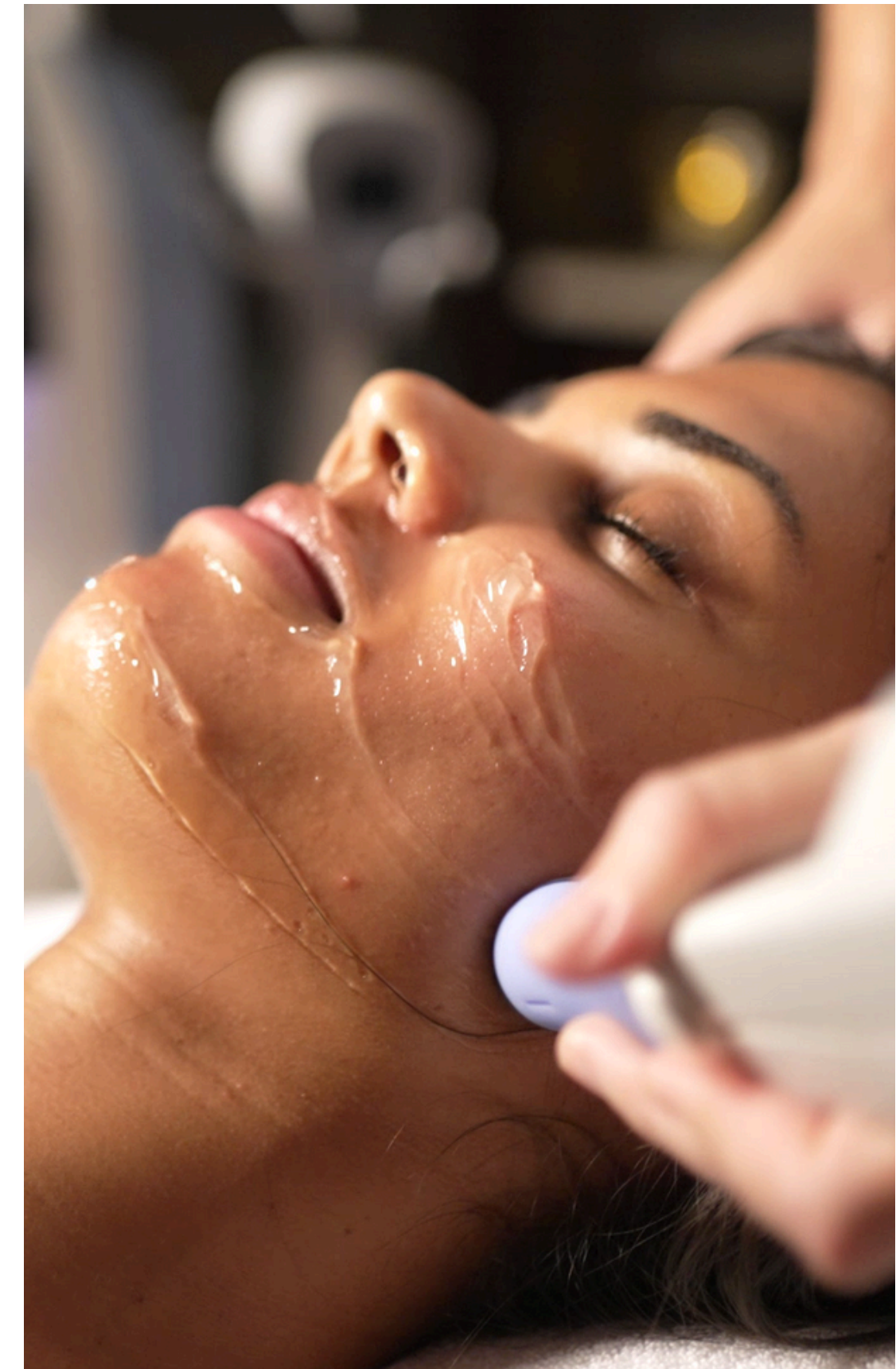
30 minutes - 350€
4 sessions - 1 200€

Medium body areas
(Full buttocks, abdomen, hips, arms or knees, inner and front thighs, back and outer thighs)

45 minutes - 550€
4 sessions - 1 900€

Large body areas
(Abdomen and hips or full thighs)

60 minutes - 900€
4 sessions - 1 900€



7. Beauty

Hand and Foot Care

Red Rock Simple Manicure or Pedicure	60 minutes - 90€
Red Rock Luxury Manicure or Pedicure	75 minutes - 115€
Classic Nail Polish Application (IDALMI St Barth)	30 minutes - 35€
Semi-Permanent Nail Polish Application (OPI)	30 minutes - 50€
Removal of Semi-Permanent Nail Polish	30 minutes - 30€

Waxing

Lips or Eyebrows	30€
Underarms or Simple Bikini	45€
Half Arms, Half Legs, or Brazilian Bikini	60€
Full Arms, Full Legs, or Full Bikini	85€
Back or Chest	90€

Makeup

Price on request

Hair Styling

Price on request



8. Holistic Wellness

Flavia received her training at leading international schools and now teaches Ashtanga, Vinyasa, and Yin Yoga for all levels. Her gentle and mindful approach encourages breathing, movement, and a deep reconnection with yourself.

Yoga

On the Yoga Deck at Eden Rock – St Barths or in your villa, escape to the rhythm of the waves.
Yin, Vinyasa, Ashtanga...

Private session	60 minutes - 160€
Additional participant	60€
Group sessions	50€

Reiki

Reiki is an inner journey, working on your chakras to rebalance energy flow and promote deep wellbeing and serenity.

Private session	60 minutes - 160€
Additional participant	60€

Meditation & Pranayama

Private session	60 minutes - 160€
Additional participant	60€

Streching

Private session	60 minutes - 160€
Additional participant	60€

Sound Healing

Experience an immersive sound journey combining singing bowls and therapeutic percussion to encourage relaxation, energy rebalancing, and inner harmony.

60 minutes - 200€



G. Fitness

With Jordan and Rodrigo, experience personalised coaching that combines performance, energy, and motivation. Jordan, a multiple French champion and nutrition expert, specialises in electrostimulation, while Rodrigo, a triathlete and CrossFit coach, makes every session intense yet accessible to all.

WiemsPro Electro-Stimulation

Electrostimulation is a personal fitness concept using electro-muscular stimulation. This method employs low-frequency impulses to dynamically contract your muscles.

Private session
5 sessions

45 minutes - 150€
600€

Flexibility Course Stretching

Private session
Additional participant

60 minutes - 140€
70€

Personalised Coaching

Private session
Additional participant
4 or more participants

60 minutes - 170€
60€
300€

Pilates Classes

Private session
Pilates Reformer session
Additional participant
4 or more participants

60 minutes - 170€
190€
60€
300€



CONDITIONS GENERALES

Opening Hours

Eden Spa is open daily from 10:00 to 20:00. Eden Fitness is open every day from 06:30 to 22:00.

Contact et Reservations

The Spa team is available for any information or booking requests at **spa.edenrock@oetkerhotels.com** or by phone at **+590 590 29 79 90**.

Arrival at the Spa

We recommend arriving at the Spa 10 minutes in advance to complete your health questionnaire and ensure your treatment starts on time. If you wish to freshen up before your treatment, please do so before arriving, as changing time is included in the treatment duration.

Cancellation/Modification Policy

To avoid full charges for your treatment, please provide more than 24 hours' notice for cancellations or modifications. In the event of a late arrival, we will accommodate your treatment within its scheduled duration if possible; otherwise, the treatment may be shortened accordingly.

Health

The Spa reserves the right to refuse treatments based on your health conditions. Please inform us of any health issues, allergies, or if you are pregnant. Guests under 16 years old must be accompanied by a responsible adult.

The “Kids Massage” is reserved exclusively for children aged 6 to 13 years.

Ethics

Your wellbeing is our priority. Our ethics are based on respect for the body, confidentiality, and excellence in care.

Pregnancy

We offer treatments for women over four months pregnant.

