

WELLNESS MENU

CAP JULUCA SPA BY GUERLAIN



**GUERLAIN**  
PARIS



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WELLNESS MENU**

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## THE ART OF WELLNESS

At Guerlain, wellness is an Art. An ultra-personalised approach, elevating customisation to the level of Art, cutting-edge aesthetic expertise, multi-sensorially and a holistic approach. A wellness voyage for body, mind and soul.

## KNOW-HOW & DARING

Guerlain opened its Institute and aesthetic training school in 1939. It has since trained all its Beauty Experts there, inspiring them to be ambassadors for Guerlain excellence. Throughout the world, these Experts carry out treatments requiring tremendous technical skills. Spurred on by its pioneering and enterprising vision, Guerlain has been developing massage techniques that combine tradition and innovation for more than 80 years. With its years of know-how and expertise, Guerlain ensures that every single treatment is an outstanding and personalised experience.

Guerlain Beauty Experts perform Guerlain protocols with perfect skill, while being attentive to each individual. The diagnosis stage allows the Experts to adapt their movements and pressure to meet precise needs and expectations. For a unique and absolutely unforgettable experience...

## AWAKEN THE SENSES

Rare orchids with outstanding longevity properties, healing bee products... Since it was founded, Guerlain has been inspired by nature, respectfully drawing on its sensorially and effectiveness. This unique quest for perfection is echoed at every single Guerlain Spa. Inside each haven, complex rituals are performed to the most exacting standards, the result of extensive development and research. So that every single Guerlain treatment, throughout the world, may be an unforgettable experience.

EXCLUSIVE TREATMENTS



## EXCLUSIVE TREATMENTS

### CRYSTAL BOWL ENERGY

2H

Especially created for Cap Juluca, Guerlain invites you to embark on a journey of the senses, infused with the joyous fragrance of Jasmin Bonheur. Immerse in a multi sensorial body experience where the gentle brush dance meets expert gesture to release all tensions. The vibrations and sounds of the crystal bowls enhance this divine ritual to restore inner peace and harmony.

### INFINITE RENEWAL

1H30

This body massage disconnects the brain and muscles, thanks to alternating rhythms, precise gestures and points, and a wood accessory symbolising infinity. The body feels light, supple, free of stress. An experience for new energy and a self-confidence boost.

### OCEAN VIBES

1H30

Bathe in the rhythms of the Caribbean Sea with this invigorating face and body experience as the tones of an ocean tambour and ice bubbles recreate the calming sounds of rolling and crashing waves. The hydrating treasures of Guerlain and soothing gestures connect you with the energy of the sea more than ever.

## EXCLUSIVE TREATMENTS

### ROMANCE JOURNEY

1H30

This ultimate romantic journey for couples renews the spirit of love and symbolises rejoining the path as a couple. Embark on this ritual with a couple's sauna, continue with a couple's massage (1H) and soothing scalp massage (10min) using fresh, aromatic & wild herbs scents. Finish this treatment with truffles and Champagne.

### RESTORATIVE AFTER-SUN TREATMENT

1H

This exclusive restorative treatment is perfect for treating the face and body after sun exposure and prolonging a healthy glow after sunbathing. The combination of the reparative properties of bee products, a soothing wrap and a massage with freshwater spheres, the skin is fully detoxified, repaired and infinitely renewed.



## FACIAL TREATMENTS



## THE ART OF TAILOR-MADE

### TAILOR-MADE TREATMENT

1H — 1H30 — 2H

A tailor-made facial treatment to create. Following a complete diagnosis, the Beauty Expert creates perfect blends to meet the needs of your face. Purifying, hydrating, re-densifying, or regenerating, a treatment with infinite customisation.



## FACIAL TREATMENTS

### IMPERIAL FACE SCULPT

SINGLE SESSION — 1H

PROGRAMME OF 4 OR 8 SESSIONS

Thanks to meticulous facial and morphological diagnosis and a series of expert gestures, this high-tech sculpting aesthetic massage brings firmness, radiance, and youthfulness to your skin. Its deep muscle work helps redefine the contours of the face, lift the cheekbones, open the eyes, and smooth out wrinkles. The power of the gesture at the service of your face for a revolutionary lifting effect to look younger for longer.

### SKIN SAVER FACIAL FOR MEN

1H30

This treatment includes a scrub, exclusive face massage, mask and eye contour treatment to restore radiance and comfort to the face.

### ENERGIZING FACIAL FOR MEN

1H

The skin regains all its freshness and purity thanks to a scrub, massage, mask, and eye contour adapted to each skin type.

## FACIAL TREATMENTS

### ORCHIDÉE IMPÉRIALE AGE REVERSE

#### ULTIMATE BLACK ORCHID FACIAL

SINGLE SESSION — 1H30

PROGRAMME OF 4 OR 8 SESSIONS

The masterpiece of Guerlain treatment is a rare and precious luxury where the symbiosis of gestures and the power of Black Orchid work together to support the skin's self-preservation mechanisms. It is the ultimate talisman for preserving and prolonging youth, resulting in skin that glows with health and flawlessness.

### IMPERIAL LONGEVITY FACIAL

1H30

Guerlain is inspired by the prodigious longevity of the orchid to create its most complete exceptional anti-aging treatment, with highly regenerating and reidentifying powers. Transforming the skin to a youthful radiance, all the visible signs of aging diminish more quickly and thoroughly. A well-kept secret of sensory pleasure and beauty.

### YOUTH REPAIRING POWER

#### ROYAL HONEY REPAIR & RENEW

1H30

The Abeille Royale range offers all the healing benefits of bee products. By combining fine rice powder exfoliation with a purifying massage using warm plant-infused pouches, it intensely repairs and smooths the epidermis for a rested and illuminates the face. A true youth catalyst that acts on key skin reconstruction processes for a smoothing and repairing effect.



INTENSE BODY ENHANCEMENT

## INTENSE BODY ENHANCEMENT

### IMPERIAL BODY SCULPT

1H — 1H30

Powerful and immediately effective, this slimming treatment sculpts the silhouette, reduces cellulite, and drains toxins. The deep and intense motions of drainage and kneading stimulate the metabolism for lasting results. The body is naturally reshaped with more harmonious curves.

### INTENSIVE BODY THERAPY

2H

Scrub, wrap, personalised massage... This global treatment is a sensorial experience that deliciously enhances the body.

### BODY POLISH

1H

The skin is clear and refined, as soft as silk... an invitation to well-being.





RELAXATION & ENERGY

## RELAXATION & ENERGY

### MUSCULAR ENERGY MASSAGE

1H — 1H30

This powerful ritual is based on five of the most effective ancestral methods in the world. It sculpts, strengthens, and tones the muscles, releasing tension for reinvigoration.

### IMPERIAL RELAXING MASSAGE

1H — 1H30

Paying tribute to Eau de Cologne Impériale, this signature Guerlain massage arouses all the senses. It stimulates circulation, promotes oxygenation, and brings about irresistible relaxation. The 90-minute session is complemented with an aqua glow mask to lift your senses.

### BLISSFUL MUM MASSAGE

1H — 1H30

Designed to improve the skin's elasticity and stimulate circulation, this massage can be performed after the first trimester of pregnancy or at the beginning of motherhood.



## DUO TREATMENTS & WELLNESS EXPERIENCES

### FAMILY TIME

1H – 1H30

A perfect and quality family time to experience the best of Guerlain treatments.

### AMONG FRIENDS

1H – 1H30

Happiness shared is happiness multiplied. The Among Friends journey gives you a sense of belonging and helps boost happiness levels by selecting your own Guerlain experience.

## DUO TREATMENTS & WELLNESS EXPERIENCES

## MY FIRST GUERLAIN MOMENT

### SWEET SECRET OF THE BEE

45M

The symbol of Guerlain, the bee invites children to explore its kingdom. Pleasant massages for the scalp, hands, and feet. Discovering the benefits of honey and its role in nature, the Sweet Secrets of the Bee treatment promises gentle pampering and an indulgent, fun experience.

## SIGNATURE INDULGENCE ADD ONS

### VIP TREATMENT ROOM UPGRADE

1H – 2H

Upgrade any treatment with the experience of our VIP treatment room and enjoy a personal sauna, steam shower experience, an added neck and shoulder massage followed by Champagne and truffles.

### FOCUSED RITUALS

#### ROYAL HEAD RITUAL

30M

#### FOCUSED RITUAL EYE CONTOUR

30M

#### FOOT MASSAGE

30M





THE ART OF MAKE-UP



## THE ART OF MAKE-UP

### MAKE-UP APPLICATION

1H

For a special occasion or simply to be perfect and irresistible every day, treat yourself to a makeup session that combines expertise and pleasure.

### BRIDAL MAKE-UP

2H30 — 1H + 1H30

For the most wonderful day of your life, opt for tailored make-up in two stages. Trials are made by the Guerlain Beauty Experts to have the perfect look on the big day.

## HAND & FOOT TREATMENTS

## HAND & FOOT TREATMENTS

### COMPLETE HAND OR FOOT TREATMENT

1H

Gentle scrub, repairing cuticle treatment, a moisturising massage for the hands or feet, and nail polish application ... 'Perfection' to your fingertips.

### INTENSIVE HAND OR FOOT TREATMENT

1H30

Pamper your hands or feet with this complete repairing treatment thanks to the application of a specific concentrate, a mask, and nail polish application. A real moment of pleasure.

### INTENSIVE HAND & FOOT TREATMENT

2H

Hands and feet are constantly in use and often neglected yet require very special attention. Guerlain indulges them with the very best, a complete treatment to repair, soften and enhance.

### COLOUR CHANGE

30M

Choose a favorite colour to enhance your nails with a quick colour change.

### GEL MANICURE OR PEDICURE

1H

Gentle scrub, repairing cuticle cream, a moisturising massage for the hands or feet and application of Gel colour with LED.





EXCEPTIONAL PAMPERING RITUALS

## EXCEPTIONAL PAMPERING RITUALS

### SCULPT YOUR FACE & BODY 2H30

Imperial Face Sculpt  
1H

Imperial Body Sculpt  
1H

Focus Rituals  
30M

### BOOST YOUR ENERGY 2H30

Deep Muscular Massage  
1H

Honey Repair & Renew Treatment  
1H30

### MOTHER'S PAMPERING 3H30

Blissful Mum Massage  
1H

Tailor-made Treatment  
1H30

Complete Foot Treatment  
1H

### SHINE WITH BEAUTY 3H30

Tailor-made Treatment  
1H30

Imperial Relaxing Massage  
1H

Body Polish  
1H

## THE ART OF BEAUTY

## THE ART OF BEAUTY

### PERFECT HAIR

The Abeille Royale Scalp and hair collection concentrates the power of four repairing honeys identified by Guerlain Research to strengthen the scalp and repair the signs of youthfulness in the hair fibre. Hair is visibly transformed, stronger, shinier and denser.

Shampoo Only  
15M

Ladies Wash and Blow Dry  
Long 1H — Short 45M

Ladies Wash, Cut and Blow Dry  
Long 75M — Short 1H

Ladies Hair for Special Occasion  
1H

Men's Haircut and Blow Dry  
45M

### ADD ON

Hair Treatment  
20M

Head Massage  
15M

### WAXING

Full Leg Wax  
Half Leg Wax  
Underarm  
Arm Wax  
Bikini  
Upper Lip / Eyebrows





## MULTI-DAY PROGRAMMES



## MULTI-DAY PROGRAMMES

### WELLNESS PROGRAMME — 3 DAY AND 5 DAY

Our wellness packages have been specially designed combining spa treatments and fitness to get the benefits needed for your health.

#### STRESS RELEASE 3 DAY

- 1 x Intensive Body Therapy
- 1 x Infinite Renewal
- 1 x Crystal Bowl Energy
- 1 x Personal Yoga Session

#### STRESS RELEASE 5 DAY

- 1 x Intensive Body Therapy
- 1 x Infinite Renewal
- 1 x Imperial Relax Massage
- 1 x Ocean Vibes
- 1 x Crystal Bowl Energy
- 2 x Personal Yoga Sessions

#### DETOX PACKAGE 3 DAY

- 1 x Intensive Body Therapy
- 1 x Imperial Body Sculpt
- 1 x Ocean Vibes
- 1 x Personal Training Session

#### DETOX PACKAGE 5 DAY

- 1 x Intensive Body Therapy
- 1 x Imperial Body Sculpt
- 1 x Ocean Vibes
- 1 x Deep Muscular Massage
- 1 x Royal Honey Repair Facial
- 2 x Personal Training Sessions

## FITNESS & WELLNESS PROGRAMME

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### HATHA YOGA 50M

Hatha yoga is working with the breath towards stretch and flexibility.

### ASHSTANGA YOGA 50M

Ashtanga yoga is a more powerful yoga working with the yoga flows for a cardio workout.

### SOUND BATH 50M

Using crystal bowls for a deep meditation, powerful healing with the vibration to relax the mind to combat stress and anxiety.

### TAI CHI 50M

Tai Chi is a Chinese martial art practice for self-defense and health featuring slow movements and posture, a meditative state of mind and controlled breathing.





## FITNESS & WELLNESS PROGRAMME

### MEDITATION 50M

Meditation is a practice of mindfulness, focusing the mind on one object, thought or activity to instill calm, relaxation and focus.

### BREATHWORK 50M

Proper breathing is the foundation of healthy living. Channel and focus the breath to reduce stress and relax. Working with the flow of Body movement.

### PRIVATE PILATES \*\* 50M

Pilates works with the body to build strength, endurance, and flexibility, working on the core to help with posture and balance.

### PRIVATE PILATES REFORMER \*\* 50M

The reformer Pilates machine helps to isolate muscles for a low impact workout to build strength and endurance. It is an excellent work out building core strength and good for rehabilitation.

### AQUA WATER EXERCISE 50M

A low impact activity that takes the pressure off joints, bones and muscles. A workout using water as resistance to help increase muscle strength, cardio and endurance.

## FITNESS & WELLNESS PROGRAMME

### PERSONAL TRAINING \*\*

50M

A one-on-one personal experience working towards your fitness goals with the help of our professional trainer. A full body workout using different training methods including functional, cardio, strength and flexibility.

### BEACH FITNESS

50M

Functional training in the fresh air of nature. A full body workout with strength, endurance, and stamina.

### BOOTCAMP

50M

Building strength and endurance through intense interval training.

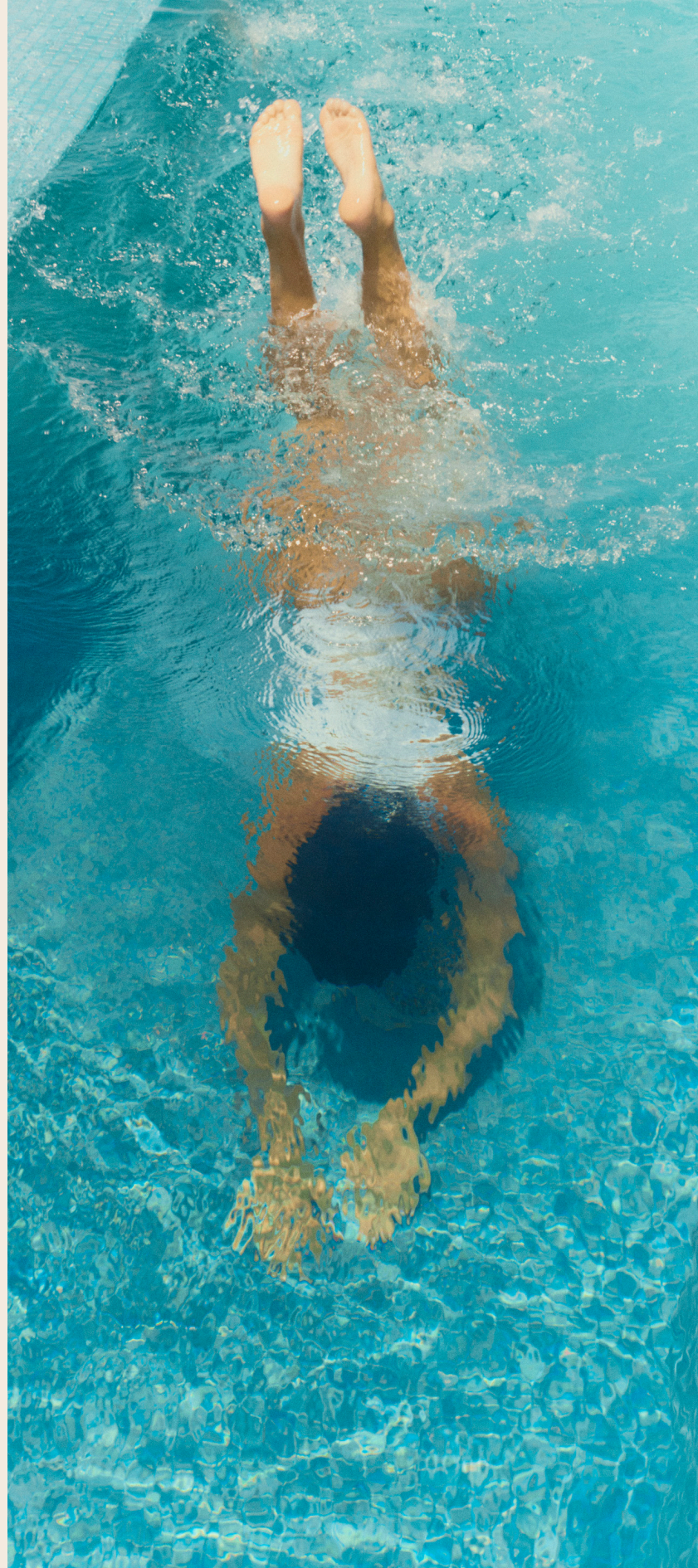
### TENNIS

Outside tennis courts offer a perfect way into fitness, building muscle strength, endurance, cardio, and stamina but also having fun, either with 2 players or 4 players.

### PRIVATE TENNIS LESSON \*\*

A professional tennis coach is available to guide you through your skills and techniques to help you improve and play like a professional, offering one on one lessons or semi-private lessons for 2-6 people.

\*\* CHARGEABLE CLASSES



## FITNESS & WELLNESS PROGRAMME

### PICKLEBALL

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes.

### PRIVATE PICKLEBALL\*\*

Pickleball private coaching is available to guide you through skill development and technique.

### BASKETBALL

Our basketball pitch is a fun way to improve your wellness and spend time with the family.

### ROCK SIDE FISHING

Enjoy the morning sunrise with the rock side fishing in Maunday's Bay.

\*\* CHARGEABLE CLASSES



