

EDEN ROC'S *lifestyle*

Living well, it's a way of life . Our way of life .

SPA | WORKOUTS | LIFESTYLE CLASSES
| PERSONAL TRAINER



RELAIS &
CHATEAUX

EXERCISE WEEKLY SCHEDULE

MONDAY | 10:30 A.M. | LA PALAPA: PILATES

Take yoga to a new level as you take ab day to new heights. Join us by the ocean waves for a pilates session with a view of the Caribbean you will never forget.

WEDNESDAY | 5:30 P.M. | LA PALAPA: YOGA

Practice self-care by joining a family of like-minded individuals working to strengthen posture and flexibility of the body.

THURSDAY | 6:15 P.M. | WELLNESS STUDIO:

CORE-GLUTES-LEGS WORKOUT

Join us for a core, glutes and legs workout with one of our world-class instructors to feel that burn and make those gains.

FRIDAY | 6:15 P.M. | LA PALAPA: MEDITATION

Set aside the cares of life, and focus on your inner self. Bring peace to your soul as you focus on a state of appreciating life, surrounded by the beauty of our tropical island.

SATURDAY | 8:45 A.M. | LA PALAPA: BIKE TOUR

Cruise the coast on a bike tour with our local guide, and experience the beauty of this coastal Caribbean town.

ALL OUR CLASSES OR SESSION ARE AVAILABLE FOR A PRIVATE SESSION
IN YOUR SUITE, AT THE BEACH OR IN OUR WELLNESS STUDIO.

For additional information or reservations please contact Eden Roc's Lifestyle Concierge:
Extension 122 | WhatsApp +1 849.455.9581 | lifestyle@edenroccapcana.com

AVAILABLE ON DEMAND

PILATES

Take yoga to a new level as you take ab day to new heights.

AEROYOGA

Take yoga to new heights - literally - as you bring your legs up in the air, turn yourself upside down, and swing side to side from hammocks descending from the ceiling.

PHYSICAL THERAPY

Experience immediate pain relief and eliminate injuries at the root cause using a hybrid of deep-tissue fascia stretching, movement and strength training with our professional coach.

PERSONAL TRAINING

Partner with one of our world-class personal trainers to crush your goals and make the gains you have always desired.

LIFESTYLE ACTIVITIES

MACRAME

Let go of your thoughts as you journey into your body and self-reflect in peace. This allows you to improve your focus, reduce brain chatter and lower possible stress.

COCKTAILS

Prepare your favorite cocktails with our bar team! Choose your favorite drinks, with or without alcohol, and our team will work with you to teach you how to mix them so you can impress your friends back home.

DANCING LESSONS

Learn classic Latin dance moves, such as salsa, bachata, and merengue, with our professional Dominican coach.

TAROT READING

Interpret the ever-present energy that runs through the body as you tap into your subconscious and see life from a different perspective.

REIKI

Discover this relaxing Japanese healing technique, administered by the laying of hands at energetic points of the body, to promote the reduction of stress.

BIKE TOUR

Take one of our bikes to cruise along the coast, as you discover Cap Cana from a different perspective. Ask us for the best local biking routes!

OUR PREMIUM SPA TREATMENTS

Our most popular treatments and packages are listed below. We also offer beauty treatments such as manicure, pedicure, haircuts and styling. For our additional treatments or reservations, do not hesitate to call us at Ext. 122 or visit our spa or Lifestyle Concierge, located nex to the gym!

FACIAL | 3D COLLAGEN

Our 3D Collagen Experience deep- cleans your pores before exfoliating to bring back your younger self.

ROMANCE | EDEN ROC LUXURY EXPERIENCE

Create your personalized Eden Roc Experience. Indulge in any of our facials, then relax with your choice of our massages or body treatments - the perfect romantic afternoon with your partner.

MASSAGE | SIGNATURE MASSAGE

Our Signature Massage is personalized to the tension and muscles to give you a personalized experience leaving you feeling revitalized.

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