

EDEN ROC'S

lifestyle

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



SPA

WORKOUTS

LIFESTYLE CLASSES

PERSONAL TRAINERS

WELCOME TO
EDEN ROC'S

Lifestyle



Welcome to Eden Roc's Lifestyle, an unprecedented program integrated into the Caribbean's most prized boutique hotel.

Wellness is incorporating self-care, exercise, nutrition, and activities that you enjoy, and bring you closer to the ones you love, into your daily life.

Our goal is to demonstrate that incorporating wellness into everyday living is a simple yet life-changing way of life.

Simply put, Lifestyle is all about living a balanced life. It's living well - it's living *Eden Roc's Lifestyle*.



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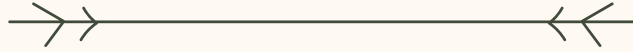
OUR PREMIUM

Spa Treatments

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Signature Experiences



THE SIGNATURE EDEN ROC

restore face and body | 120 minutes

A luxurious experience that soothes redness caused by sunburns with an extraordinary complex that reinforces the skin's own defense systems. All these benefits are enhanced by the application of a facial LED mask followed by a relaxing body massage.

EDEN ROC LUXURY EXPERIENCE

personalize your spa experience | 120 minutes

Create your personalized Eden Roc Spa Experience. Indulge in any of our facials for 60 minutes, then relax to your choice of any of our massages or body treatments for an additional 60 minutes. This is the perfect treatment for a romantic afternoon with your partner.

DIAMOND EXPERIENCE LIFE INFUSION

transform your skin | 90 minutes

Preserve your youthful face and slow the aging as your lines and wrinkles begin to diminish, increasing firmness and elasticity.

DIAMOND COCOON EXPERIENCE

prebiotic treatment to breath new life into the skin | 60 minutes

Revitalize and detox your skin using techniques that will make your face glow with renewed health and beauty. Your skin will be repaired, and effects of pollution and stress will be reversed. The skin emerges clean, healthy, and luminous.

DIAMOND EXPERIENCE ROSE MASSAGE

indulgent body treatment for 5-star skin | 60 or 90 minutes

Soothe and nourish your body with an exfoliation followed by a regenerating massage with the exquisite fragrance of Damask Rose Oil transporting you to a state of well-being and relaxation.

EDEN ROC'S LIFESTYLE

Facials



3D COLLAGEN SHOCK

rebuilding and restoring the skin | 60 or 90 minutes

A remodeling and refirming treatment with three types of collagen sculpts and defines your facial contour, improves skin density, and locks in moisture.

THE CITRUS ESSENCE

powerful antioxidant treatment | 60 minutes

To prepare and restore your skin from sun exposure, Vitamin C stimulates collagen production and renews skin firmness. The refreshing aroma of mandarin oranges on a relaxing Mediterranean experience will take you away.

GENTLEMAN'S FACIAL

counteract aging | 50 minutes

This treatment was designed to make skin counteract with effects of under-eye circles, lack of time, stress, and daily shaving that results in dull and lifeless skin.

THE O2 RELAX

a wave of pure oxygen for your skin | 60 minutes

The revitalizing power of oxygen will decongest and brighten a tired, dull complexion, restoring an even tone and a healthy and natural glow.

FACIAL ENHANCEMENTS

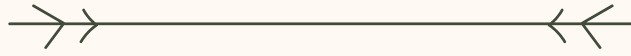
adding a mere 15 minutes is proven to multiply your treatment's effect on the skin

Eye Mask: de-puffs; decongests; drains - 15 minutes

Instant Peel: reveals; renews; exfoliates - 30 minutes

Active Face Contouring Technique: redefines; sculpts; re-shapes

Massages



SIGNATURE MASSAGE

personalized to you | 60 or 90 minutes

Choose your technique: swedish to relax the body, deep tissue to relieve muscle tension, or hot stones to promote deep sleep. Choose your oil of preference to obtain additional benefits: energising, decongestive, relaxing, or purifying.

LOMI JUMA

take time to restore your balance | 60 minutes

Restore your inner balance with a fusion of massages inspired by different techniques of Asian Pacific and traditional Mediterranean practices to relieve your joints and relax your muscles.

QUIRO GOLF

a complete face and body massage perfect for sports enthusiasts | 60 or 90 minutes

Indulge in a deep massage with golf balls ideal for relieving and reducing muscle tension, joint pain, and stiffness.

LIPOCELL SCULPTOR

transform your body | 60 minutes

Sculpt your body with an ultra-concentrated slimming and anti-cellulite gel, combined with advanced massage techniques, to contour your figure.

FOUR HANDS

a truly sublime experience | 50 or 80 minutes

The skills of two therapists are joined together in rhythmic harmony.

HOT LAVA STONE

melt away tension and tightness | 50 or 80 minutes

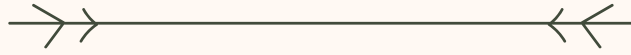
Heated lava stones relax sore muscles, relieving the body of any tension or tightness.

NECK, BACK, AND SHOULDERS

a quick fix for stressed areas | 30 or 60 minutes

Enjoy a short but effective massage for releasing stress and tension within muscles.

Body Treatments



O2 BODY PERFECTION

the oxygen boost your body needs | 60 minutes

Indulge your skin with oxygen, enjoy a full body peel to aid skin renewal, followed by a luxurious souffle mask to revitalize and nourish the skin. Rich in macronutrients, this ritual provides an intense, nourishing, firming, and rejuvenating effect.

CITRUS DRENCH

a citric bath to enliven both body and mind | 60 minutes

Treat your skin to a full exfoliation, followed by a firming and hydrating C+C Vitamin Body Cream treatment. This will protect your skin against dryness and premature aging.

DETOX MARINE ESSENCE

a detoxifying remedy for your body | 60 minutes

Bamboo particles polish away dead skin cells, followed by a body mask rich in marine algae that will detoxify, hydrate and firm the body.

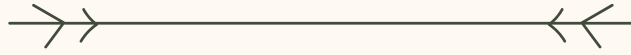
BODY POLISH BAR

exfoliation of choice for dream skin | 4-5 minutes

Choose a full-body exfoliation that can be added to any treatment:

- Rose and diamond dust for a smoothing and nourishing treatment
- Citrus exfoliation that revitalizes and brightens
- Bamboo micro-fibers that effectively eliminate dead cells for soft and nourished skin

Face & Body



ROYAL CITRUS

a restoring citric ritual | 90 minutes

Drench your skin with C+C for an intensely hydrating and firming experience for face and body. This revitalizing ritual includes an exfoliating wrap formulated with mandarin and a soothing antioxidant facial.

ROYAL OXYGEN

*oxygenating treatment with an instant facial |
90 minutes*

Oxygenate the skin with an intensely hydrating and detoxifying ritual for face and body that will restore your inner balance.

Hands & Feet



OXYGEN HANDS OR FEET

*smoother, softer hands or feet | 60
minutes*

Erase years of stress and reveal smooth, younger skin.

CITRUS HANDS OR FEET

*nourished, perfect hands or feet | 60
minutes*

Restore the vitality of your skin as a dose of healthy Vitamin C, full of antioxidants, firms and brightens your skin.

Hair



CUT | BARBER | BLOW DRY | STYLING

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OUR WEEKLY

Workout Activities

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La Palapa

La Palapa

Punta Espada

Yoga Studio

La Palapa

Yoga Studio

HIIT

HIIT: High Intensity Interval Training. Push yourself to new levels in a short yet very effective workout to stretch your muscles, in rhythm with the power of waves crashing in the background.

TAI CHI

Enhance your physical and mental health while improving balance and strength with this Chinese martial art known as "meditation in motion".

PILATES

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

CGL DAY

CGL: Core, Glutes, & Legs Day. Strengthen your core, glutes, and legs in this powerful and effective workout.

YOGA

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

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.

CONTACT OUR LIFESTYLE CONCIERGE FOR LATEST TIMES AND DATES



PRIVATE CLASSES & TRAINING SESSIONS

Prefer to work out in seclusion?

Looking for a personal trainer or physical therapist to help you reach your goals?

Reserve a private class or training session in your suite, at the beach, or in our wellness studio.

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OUR SELECTION OF

Lifestyle Classes

Available on-demand

Same-day reservations are not guaranteed

We recommend reserving 24 hours in advance



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WORKOUT CLASSES



PERSONAL TRAINING

Our professional trainers look forward to working with you to achieve your goals. We have professionals to assist you in every area of training, from muscle-building to cardio, to strength-gaining! Detailed profiles of all our professional trainers are located on the following pages.

TENNIS

Grab a racket and swing your mind to the sound of the Caribbean sea echoing on the green clay courts, either by yourself or with a private coach.

ZUMBA

Work out to a blend of low- and high-intensity Latin dance moves to create a complete workout effective for cardio, muscle-conditioning, balance, and flexibility.

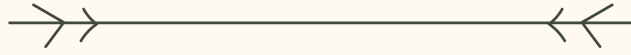
DANCING

Come and learn some Latin dance moves, including bachata, merengue and salsa, while burning calories and energizing the body. These easy-to-follow routines combine fast and slow rhythms, providing effective, total-body workouts.

PHYSICAL THERAPY

Every body is different and its important to listen to its needs. Our expert will quickly analyse its fragility and guide you through exercices, hands-on care and precise massage techniques. Experience immediate pain relief.

WELLNESS CLASSES



SKIN CARE

Partake in a relaxing yet intriguing experience of learning the basics of skin care. Our experts assist you in choosing the most effective product to make your skin shine, and inform you about different skin issues and how to transform your skin.

NUTRITION

One of the most important aspects of living a healthy life is choosing what we eat wisely. Join our nutrition class to learn what types of food are most beneficial for us, and some alternatives that allow us to splurge a little.

MEDITATION

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.

PIANO

This class is designed for our music and piano admirers . Our professional maestro will teach you the basic steps to play the piano like an expert, or help you take your current skills to the next level.

COOKING

Join us for a culinary experience to leave you craving more. You will learn to create a dish that is perfectly balanced and seasoned so you can take your skills and impress those back home.

WELLNESS CLASSES



COCKTAILS IN THE CARIBBEAN

Learn how to make your favorite cocktails with our bar team as they teach you skills of mixing both alcoholic and non-alcoholic drinks the entire family will love.

MACRAME

Learn the incredible art of macrame, a textile produced by a series of knotting techniques that originated in the 13th century.

SPANISH

¡Aprender cómo hablar Español cómo un local de la República Dominicana! Your teacher will work with you to pick up or advance your Spanish so you can practice here and make your trip to the Dominican Republic even more memorable.

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PROFILES OF OUR

Personal Trainers

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DAVE MACLEAN

PERSONAL TRAINER | STRENGTH COACH |
PHYSICAL THERAPIST | SPINE INJURY SPECIALIST

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TO BOOK A SESSION, CONTACT EDEN ROC'S
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What I Do

Growing up skinny and hating team sports, I was encouraged to pursue the path of fitness. Incorporating functional training with kettlebells created significant results in my clients. After working for five years in a reputable company to certify other trainers, I opened my own personal training company in Vancouver and trained over 1,100 clients from every background and goal.

After a serious spine injury in 2015, I spent the next few years visiting countless therapists and doctors, yet felt no relief. I then pursued Adaptive Bodywork. An 8-hour session relieved more pain than 2 years of chiropractors. After receiving certification, the following years of my life became focused on working with others so that they can achieve the same life-changing relief that I experienced.

If you are ready to get out of pain, to build a lifestyle around strength, and to finally achieve your health and fitness goals, contact us today.

Life Philosophy

"I believe in mastering the basics. I try never to complicate fitness or coaching. For most people, most of the time, the basics are more than enough."

My Numbers

13 years
Work Experience

1,100+
Clients Trained

About Me

Originally from Ottawa, Canada, I have lived all across the country and most recently moved to the Dominican Republic. I began my career as a personal trainer at the age of 21 and started by hiring a personal trainer to start to learn how to be an effective coach - by far the best investment I ever made. Fitness is definitely my passion in life, and I look forward to sharing that passion with you.

Certifications

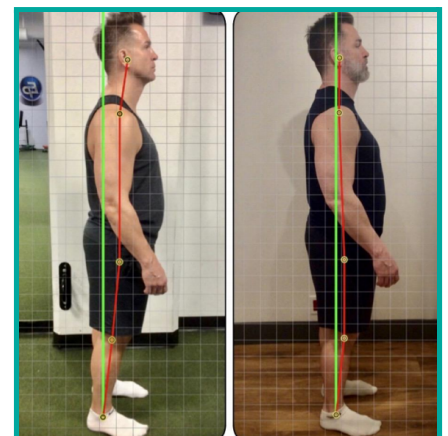
- Can Fit Pro Certified Personal Trainer
- ISSA Strength and Conditioning Coach
- Functional Movement Systems - FMS 1
- Functional Movement Systems - FMS 2
- Agatsu Kettlebell Instructor - Level 1
- Agatsu Kettlebell Instructor - Level 2
- Agatsu Joint Mobility Instructor
- Agatsu Senior Kettlebell Instructor (2011 - 2016)
- Adaptive Bodywork (Foundations & Principles) - Level 1
- Adaptive Bodywork (Foundations & Principles) - Level 2
- Adaptive Bodywork (Soft-Tissue Mobilization) - Level 1
- Adaptive Bodywork Senior Instructor (2017 - 2020)
- KILO Strength Society - Program Design Certification
- KILO Strength Society - Periodization Certification
- KILO Strength Society - Optimizing Strength Ratios Certification
- Clean Health Fitness Institute - Fat Loss Fundamentals Certification
- Clean Health Fitness Institute - Neuro Typing for Program Design Certification
- McGill Method Practitioner - Level 1
- Anatomy Trains Practitioner - 3-Series Certified

Specialties

- Personal Training
- Physical Therapy
- Strength Training
- Spine Injury Specialist

Languages

English
Native





ALEXANDROS TANIDIS

PERSONAL TRAINER

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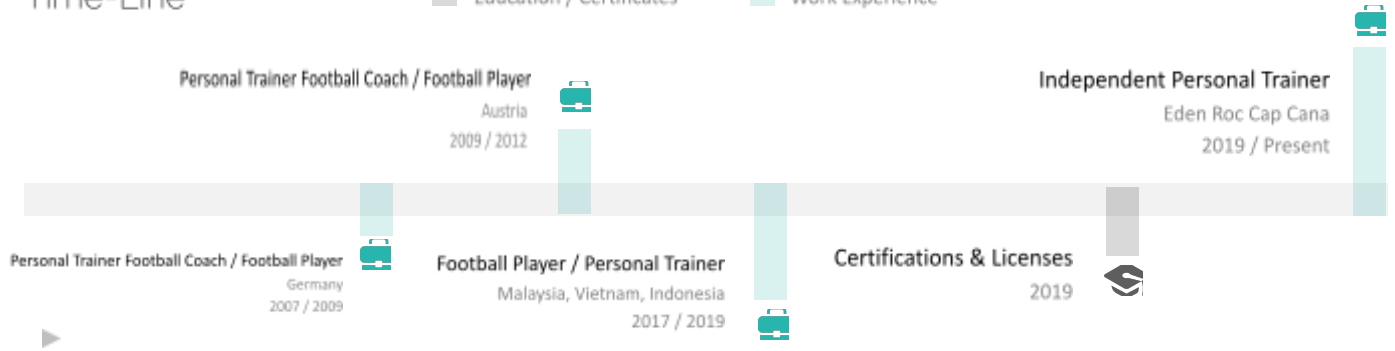
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Time-Line

■ Education / Certificates

■ Work Experience



Life Philosophy

"Fitness is a lifestyle, not a business."

About Me

Alexandros was born in Germany where he lived for 19 years. He has since lived in Greece, Italy, Austria, Serbia, Vietnam, Indonesia, Malaysia, and currently resides in the Dominican Republic. The reason for his global lifestyle has been due to playing professional football (soccer), which has been his life for 10 years. In his free time, he is currently writing a book on nutrition.

My Passions

Travel

Socializing

Football

Fitness

Food

Certifications

LICENSED AND CERTIFIED IN:

Personal Training
Fitness Training
Functional Training

Specialties

- Personal Training
- Fitness Training
- Functional Training
- HIIT Training
- Weight Loss Training
- Team Training

Languages

German
Native

Greek
Native

English
Fluent

Spanish
Beginner

My Numbers

15 years

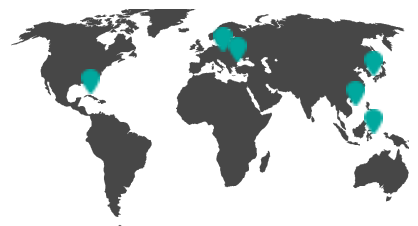
Work Experience

250+

Clients Trained

3 Football Teams Trained

My Experiences



Germany > 6 years

Austria > 4 years

Malaysia > 1 year

Indonesia > 1 year

Vietnam > 1 year

Dominican Republic > Present

Social Media Profile

[instagram](#)
[a_tanidis](#)



WILLY DISCIPLINE

PERSONAL TRAINER

EDEN ROC'S *Lifestyle*

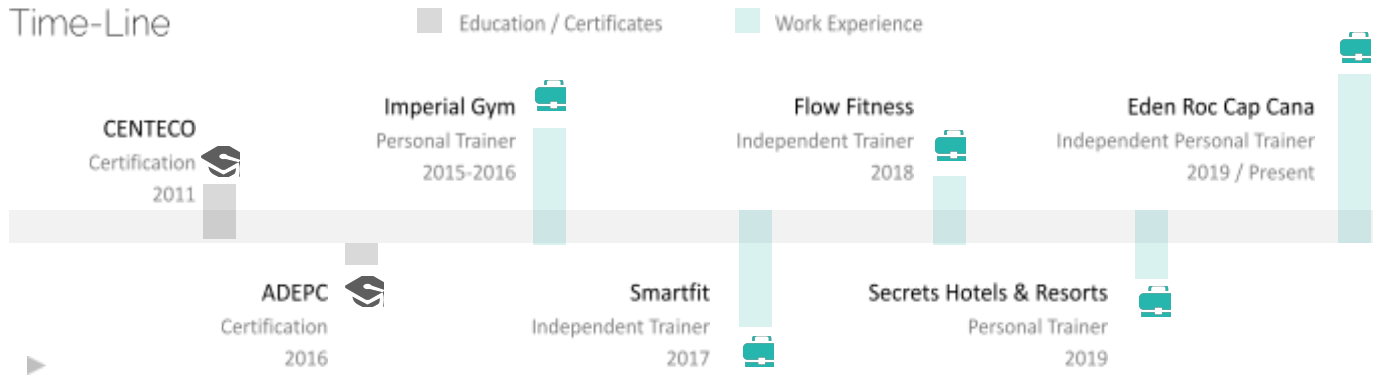
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Time-Line



Life Philosophy

"With discipline, you can get the gold."

About Me

Willy is one of the best in the industry. He received one of the most recognized certifications in the country, and was fully trained by world-renown trainer Gunter Pelletier. Willy is strongly passionate about training, and is looking forward to help you crush your goals.

My Passions

Cutting Hair

Training

Dancing

Certifications

ADEPC

ADEPC is a highly respected personal trainer's certification in the Dominican Republic. Willy received his personal trainer certification after training with Gunter Pelletier, an international fitness trainer for more than 30 years.

CENTECO

Willy is certified by Centro de Estudios Tecnicos for professionally cutting hair and becoming a specialist in barber work.

Specialties

- Circuit Training
- Stretching
- Functional Exercise
- Training Hypertrophy Muscular
- Nutrition
- Supplementation
- Physical Evaluation
 - Heartbeat
 - Body Weight
 - Average of Fat
 - Basal Metabolism
 - Size Measurement
- Dance Lessons
 - Salsa
 - Merengue
 - Bachata

My Numbers

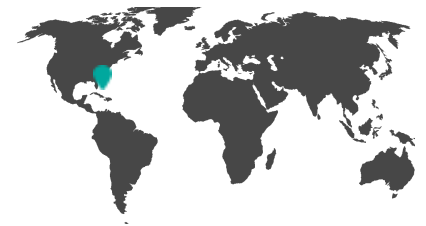
6 years

Work Experience

150+

Clients Trained

My Experiences



Santo Domingo, Dominican Republic

Punta Cana, Dominican Republic

Languages

Spanish

Native



English

Fluent



HAROL ABREU

PERSONAL TRAINER

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About Me

Sports have always been the center of my entire life. Even though my dream of becoming a basketball player could not become a reality, I was determined to transform my skinny body into an athletic machine. My life drastically changed as I began to eat healthier and work out using the correct techniques. Over the past 2 years, I transformed my body from 135 lbs to 185 lbs.

Life Philosophy

"Unfortunately, your muscles won't grow up alone; you must strive for success."

My Passions



Basketball

Specialties

- Personal Training
- Aerobic Training
- Cycling

My Numbers

2 years

Work Experience

Languages

Spanish
Native



English
Advanced





MARJA COPPLIND

YOGA INSTRUCTOR

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About Me

In the search for personal well-being, I found and developed a passion to teach and be aware of our body. I am certified in the Dominican Republic and Canada, and keep up to date by doing continuous education in the United States, Spain, and Portugal. Conscious physical work leads us to a biological connection between the body and the mind, contributing to consciousness and health. These practices give us vitality, mobility, and coordination in our daily routines.

Life Philosophy

"Our thoughts create our reality."

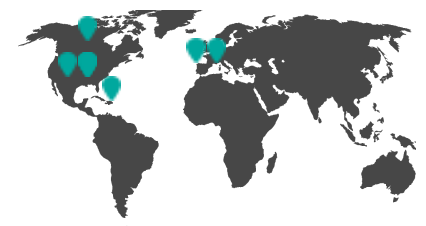
Certifications

1. COMPREHENSIVE TEACHER TRAINING (POWER PILATES)
2. SATYANANDA YOGA INTERNATIONAL TRAINING
3. SIVANANDA YOGA TEACHER TRAINING COURSE
4. TRX GROUP SUSPENSION TRAINING COURSE

My Numbers

12 years
Work Experience

My Experiences



United States > Education

Spain > Education

Portugal > Education

Canada > Certification

Dominican Republic > Certification

My Passions



Surfing



Exploring the Outdoors



Road Trips

Specialties

Yoga

Pilates

Languages

Spanish
Native



English
Fluent





OSCAR DALMASY

PILATES | YOGA | SURF INSTRUCTOR

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About Me

Motivated and passionate for the world of health and wellbeing, the previous 10 years of my life have been dedicated to wellness. I train and work with clients in Pilates, TRX, Kettlebells, and yoga. My passion, however, lies in pilates. It is an incredible activity for the human body that teaches us to move our body correctly and utilize our abdomen to protect our back. Integrating this practice into life helps to alleviate chronic back pain and to promote better sleep.

Life Philosophy

"Work with a combination of disciplines to influence a positive attitude in the sports you practice."

My Passions



Surfing

Certifications

Certified in all the methods and equipment for:

- Classical Pilates
- Hatha Yoga
- Yoga teaching
- Aeroyoga
- Yogalates
- Level One TRX Training
- Surfing

Specialties

- Strengthening
- Stretching
- Injury Rehabilitation
- Pilates
- Yoga
- Aeroyoga
- Surfing
- Kettlebell Workouts
- TRX Suspension Training

My Numbers

10 years

Work Experience

Languages

Spanish
Native



English
Fluent





JORGE MINOR

TAI CHI | QIGONG INSTRUCTOR

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About Me

Tai Chi started out as a hobby but quickly became my passion. I became certified so I could teach others this incredible art I had discovered. I am a person who values consistency and honesty, and focuses on spreading peace and love wherever I go.

Life Philosophy

"In the same way that the water flows, here and now I am flowing with life."

My Passions



Windsurfing



Camping

Certifications

Yang Internacional

Instructor Certification for Tai Chi and Qigong

Specialties

- Tai Chi
- Qigong

My Numbers

10 years

Work Experience

Languages

Spanish
Native



English
Fluent



Portuguese
Fluent



ALLOW US TO
PLAN YOUR

Wellness

Getaway

Eden Roc's Lifestyle believes in living a balanced life. That means incorporating self-care, exercise, nutrition, and activities that you enjoy, and bring you closer to the ones you love, into your daily life.

Your personal Lifestyle Concierge would be delighted to create a customized itinerary for you and your family that integrates these four aspects into each day.

We hope *Lifestyle* will help you “reset” and bring a renewed sense of life to you and your family.



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For pricing or activity reservations, please contact or visit our Lifestyle Concierge located next to the gym.

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