



CINQ MÔNDES
PARIS



TREATMENT
MENU

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CINQ MONDES

Jean Louis Poiroux crisscrossed the world to learn about different cultures' ancestral secrets, traditional medicines, and plants from across five continents, in order to unite the world's best wellness and beauty Rituals under the Cinq Mondes brand. Since its founding in 2002 in Paris, Cinq Mondes has thus offered the finest holistic treatments and natural cosmetic products made with the most effective medicinal plants from pharmacopeias the world over. Cinq Mondes combines cuttingedge scientific know-how with knowledge from different peoples and plants, and works together with doctors intraditional

medicine (Ayurvedic Doctor Ghanashayam Marda, Master Liao – Traditional Chinese medicine, etc.) to provide a new vision of the World's Ancestral Rituals. From Japanese Ko bi do massage and energetic Ayurvedic techniques, to traditional Chinese medicine and harmonious Balinese massages, these spa treatments using dermapuncture and medicinal practices have been adapted to fit contemporary requirements and provide the most regenerating journey possible... like taking a break for the senses with visible results.

Beauty Rituals of the World.





THE FACE

Each of our Face Treatments can bring out the beauty in anyone with a unique experience that combines technique and complete relaxation. Every Cinq Mondes product used during treatments respects our Skin Dietetics® principle with targeted, bespoke efficacy.

Dermapuncture® — an exclusive manual technique of needle-free and massage techniques drawn from traditional medicines from around the world, deeply relax the features of the face, neck, and décolleté.



RESTRUCTURING FACE TREATMENTS

You can find this exclusive Face Treatment in our spas.

As its name implies, it is a highly sophisticated facial massage that is originally from Japan. "Ko" means "old", "Bi" means "facial beauty", and "Do" means "the right action".

KO BI DO 1h20 - €186

Global Anti-Aging

This exceptional treatment combines powerful Dermapuncture® movements and ridoki to give the face, neck, and décolleté a natural lift.

KO BI DO 50min - €124

Redensification

This wrinkle treatment works in depth on the face and neck to reinvigorate and smooth out the skin.

KO BI DO 20min - €62

Instant Youthfulness

This facial massage combines the power of Géo with movements that provide a natural facelift, for immediate results.

FACE TREATMENTS

TAOIST FACE AND EYES MASSAGE *50min/1h20 - €124/186*

Revitalizing

This preventive treatment inspired by Chinese tradition works on acupuncture points to relax the facial features and neck.

Includes a specific eye contour massage for the 1h20 treatment.

BALINESE FLOWERS AND FRUITS MASSAGE *1h20 - €186*

Perfect Radiance

The perfect treatment to smooth out any imperfections on the face, neck, and décolleté, thanks to oxygenation techniques that combine natural active ingredients from tropical flowers and fruit acids (AHAs).

FIVE BALINESE FLOWERS MASSAGE *50min - €124*

Moisturizing

This treatment from Bali moisturizes deeply moisturizes and brightens the skin with its combination of five tropical flowers. A face, neck, and shoulder massage will help you let go of any tension and relax you.

BALINESE FLOWERS MASSAGE *20min - €62*

Radiance Boost

Enjoy the delicate scents of tropical flowers during this treatment that will leave your skin radiant and your complexion looking fabulous.

THE BODY

Tempt your senses to discover the benefits of some of the best massages drawn from traditional medicines the world over. Each sensory journey to Bali, India, North Africa, and other faraway lands will provide you with a

unique escape from space and time that will deeply regenerate your body and mind. Let the heady perfumes and enchanting textures transport you far away, for a feeling of calm that lasts.



BODY PREPARATORY TREATMENTS

Discover our preparatory treatments to kick off your spa experience and enjoy a sacred moment for your body and soul. Scrubs that stimulate the senses, baths and hammams with essential oils, and more will leave your skin silky soft, delicately perfumed, and ready for the benefits of your treatment to come.*

**Preparatory treatments 20 min are only sold along with another treatment.*

BATH AND HAMMAMS

STRETCH HAMMAM *50min - €124*

Gentle Stretching

Experience something unforgettable in our hammam's perfumed steam. Then go on to the traditional steps of this Moroccan ritual that includes an exfoliation with Beldi Black Soap and a Kassa Glove, followed by a wrap with Rassoul Cream and gentle stretching.

AROMAS AND COLORS HAMMAM *20min - €62*

Comforting

Discover an authentic hammam experience and take a hot steam bath. This treatment combines the energetic benefits of aromachology and personalized essential oils. It will take your body and mind on a unique trip that will stimulate the senses.

Also available in couples and private versions.

JAPANESE AROMAS AND FLOWERS BATH *20min - €62*

Relaxation

Try out this O'furo ritual and take a bath in a traditional hinoki wood tub. It will awaken your senses with its combination of essential oils, colors, and rose petals.

SCRUBS

BELDI BLACK SOAP SCRUB *20min - €62*

Purifying

Travel to the heart of North African tradition. The Hammam and the Kassa glove's exfoliating action, combined with "traditional" Beldi Black Soap purify the skin deep down, leaving it soft and silky smooth.

This treatment can only be done after a hammam treatment.

SPICED AROMATIC SCRUB *20min - €62*

Energizing

Inspired by Javanese Boreh, a traditional recipe made with spices and sea salt. This treatment invigorates the body with its restorative aromas and leaves the skin silky soft.

PAPAYA PUREE SCRUB *20min - €62*

Reveal Radiance

Let yourself be seduced by the Kingdom of Siam and its spellbinding notes. This body care made with papaya and diatomaceous earth will exfoliate, perfume, and brighten your skin.

SUBLIME TAHITIAN MONOI SCRUB *20min - €62*

Nourishing

This organic mixture made with coconut powder and Tahitian Monoi found in the Ra'au (the traditional Polynesian pharmacopeia) leaves the skin silky soft.

The Sublime Scrub, The Sublime Body & Hair Oil and Sublime Body Balm are Cosmébio labeled.

FULL - BODY M A S S A G E S

TRADITIONAL ORIENTAL MASSAGE *20min/50min/1h20 - €62/124/186*

Sensory

Let Oriental traditions take you away with this full-body massage done with warmed argan oil. Take in the slow, deep motions and give in to well-being.

INDIAN AYURVEDIC MASSAGE *50min/1h20 - €124/186*

Profoundly Invigorating

Enjoy this hot-oil massage inspired by traditional Abhyanga. Alternating slow and fast movements will release tension and awaken the body.

TUI NA TAOIST MASSAGE *50min/1h20 - €124/186*

Balancing

This massage, inspired by traditional hot-oil Tui Na, will bring your energies back into balance to calm your mind and revitalize your body.

TAOIST MASSAGE WITH HOT AND COLD STONE *1h20 - €186*

Harmonizing

Discover the benefits of this treatment, which combines stimulating moves on the meridians and alternating smoothing movements with hot and cold stones. It will bring your mind and body back into balance.

ROYAL BALINESE MASSAGE *50min/1h20 - €124/186*

Relaxing

Immerse yourself into a world of tranquility with this Balinese massage. This escape for your senses is combined with traditional smoothing motions and gentle stretching.

SUBLIME POLYNESIAN MASSAGE *50min/1h20 - €124/186*

Let It All Go

This massage has been inspired by Lomi-Lomi, a technique passed down by generations of Polynesian healers. Its delicate scents of tropical flowers will accompany you throughout the treatment and relax you deeply.

Massage done with heated Sublime Body & Hair Oil and Sublime Body Balm, which are Cosmébio labeled.

SUBLIME BOLA MASSAGE 50min - €124

Pregnant Women

Discover enveloping smoothing motions performed with a tinkling massage ball. This treatment will help you calmly welcome the changes related to pregnancy and leave your body feeling relaxed and lighter than before.

This massage is suitable for various stages of pregnancy, please contact the spa's reception for more information. We also offer a 20 min workshop for soon-to-be parents that can go along with this treatment, please contact the spa's reception for more information

UDARABHYANGA MASSAGE 50min - €124

Detoxifying

This massage's deep, invigorating techniques inspired by traditional Indian medicine will relieve any tension in your body and stomach to detoxify and free the body.

BRAZILIAN MASSAGE 50min - €124

Bespoke

This treatment inspired by traditional Brazilian medicine will relax your body and slim your figure with its draining and detoxifying motions for the body and mind. This treatment comes in detox, slimming, lightness, and relaxation versions and can be customized with your spa therapist.

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LEG AND FEET REFLEXOLOGY MASSAGE 20min - €62

Lightness

This deep, draining massage combining acupressure techniques and a Thai reflexology stick will leave your legs and feet feeling light.

BACK MASSAGE 20min - €62

Soothing

Discover this relating hot-oil massage that uses an Indian kansu bowl. This treatment will release any muscle tension you may have in your neck and back.

GRAND TREATMENT RITUALS

Experience something unique and unforgettable that mingles the beauty of the face and body with happiness! Enjoy a combination of several treatments during our Grand Rituals, depending on the benefits you are seeking.

Let yourself be guided by the traditions of world medicines, their secrets and unforgettable scents for two hours or more of sheer well-being...



GRAND TREATMENT RITUALS

GRAND HAMMAM RITUAL *1h50/2h20 - €230/290*

Divine Argan

Let Oriental traditions whisk you away and experience grand Moroccan rituals, including:

- Stretch Hammam
- Traditional Oriental Massage

GRAND IMPERIAL YOUTHFULNESS RITUAL *1h50 - €230*

KO BI DO Supreme

This ritual draws inspiration from some of the best beauty and treatment traditions the world over and will relax you completely, including:

- Aromas and Colors Hammam or Japanese Aromas and Flowers Bath
- Back Massage
- KO BI DO Face Treatment

GRAND SUBLIME RITUAL FROM POLYNESIA *1h50/2h20 - €230/290*

Ultimate Relaxation

This ritual inspired by Polynesian beauty traditions will help you let go of it all, including:

- Aromas and Colors Hammam or Japanese Aromas and Flowers Bath
- Sublime Tahitian Monoï Scrub
- Sublime Polynesian Massage

GRAND FELICITY RITUAL FOR TWO *1h50 -€230**

Duo Relaxation

Share a moment of well-being and unforgettable relaxation together. This ritual is a privileged experience that will recharge your batteries and bring you closer, including:

- Aromas and Colors Hammam
- Spiced Aromatic Scrub
- Indian Ayurvedic or Tui Na Taoist Massage

**price per person*

GRAND TRAVELER'S RITUAL 1h50 - €230

Recover

Get a boost and reset your body clock with this unique treatment sequence, including:

- Detox Body Wrap
- Back Massage
- Leg and Feet Reflexology Massage
- Balinese Flowers face treatment

ONLY AT OUR OPÉRA SPA

TRADITIONAL ORIENTAL OR INDIAN AYURVEDIC GRAND SOUND IMMERSION RITUAL 1h50 - €230

Musically Augmented Massage

Dive right into an immersive experience in which music resonates with the spa practitioner's movements. It will take you on a novel sensory journey, including:

- Japanese Aromas and Flowers Bath
- Traditional Oriental or Indian Ayurvedic Massage

GRAND ROYAL SIRODHARA RITUAL 1h50 - €230

Deep Regeneration

Try out a unique, deeply relaxing experience stemming from Ayurvedic Medicine. This uniquely intense ritual fit for a maharajah will pull you inwards and give you a sense of utter wellbeing, including:

- Indian Ayurvedic Massage 50 min
- Meditation to relax the body
- Sirodhara with its slow oscillations on the forehead
- Deep scalp massage

Your hair must be washed for this treatment. The treatment time includes the shower time.

CINQ
MONDES
WORLD

SUBSCRIPTIONS

Extend that feeling of true well-being with a Cinq Mondes subscription. Then you can enjoy your treatments all year long in an exceptional setting. Starting from the date of purchase, your subscription corresponds to a credit that you can use to reserve treatments and purchase Cinq Mondes products. If you have a subscription, you can invite the person of your choice to accompany you. You also get 8 to 20% off, as well as other exclusive advantages. Please ask for more information at the Spa's reception desk.

SPA GIFT CERTIFICATES

Give your guest a Spa Gift Certificate* and introduce them to the joys of a Cinq Mondes experience. They will therefore be able to choose their own treatment according to the duration you chose. You can also give your gift more of a personal touch by giving a Spa Gift Certificate along with a gift box of cosmetic products. The recipients will be able to step into the World of Spa treatments and well-being right away.

**Nominative and numbered ; non-reimbursable and valid for a treatment of at least 50min in the year following the date of purchase. We charge the indicated treatment time. The Customer can choose to buy products instead of doing a treatment.*

SPA GUIDE

Cinq Mondes offers massages stemming from Rituals around the world, thus providing non-medical wellness and relaxation treatments. Use of the Hamman and Sauna may be contraindicated due to health reasons. All of our treatments are co-ed. You can choose to share this blissful moment with anyone you would like in your double suite. Please contact the spa for more information.

Our spa is a space dedicated to peace and relaxation. Please turn off your cell phone, respect the tranquil ambiance, and fully enjoy your experience.

The indicated treatment times correspond to the actual treatment times. Please plan for 30min, 1 hour or 1 hour 30min for a 20min, 50min or a 1h20 treatment, respectively.

If you cannot make it, please cancel your appointment at least 24 hours in advance. If not, we will have to charge you the full price of the scheduled treatment. Please get to the spa 10min before your treatment starts. We will have the opportunity to give you a welcoming ritual and to present you with a questionnaire to prepare you for your treatment. If you are late, it will be taken out of your treatment time.

Management cannot be held liable for any lost, stolen, forgotten or damaged items in the Wellness Area. Do not leave any valuables in the changing rooms or lockers.



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" Ce qu'il y a de plus profond en l'Homme, c'est la peau "
" What is deeper in man is the skin "

PAUL VALERY



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