

# CINQ MONDES MASSAGES & TREATMENTS

## FACE TREATMENTS

### « Bali flowers ritual® » radiance facial treatment (20min) - €56

Enjoy the delicate scents of tropical flowers in this « express radiance » treatment inspired by Balinese Beauty Rituals and discover its beneficial effects of skin cleansing, wellbeing and beauty.

### « Ko Bi Do » instant youth facial treatment (20min) - €56

This Ko Bi Do instant youth treatment draws inspiration from a time-honored Japanese beauty ritual combining natural face lifting gestures and skincare tailored to the most fragile areas for immediate effectiveness and results.

### « Ko Bi Do » lifting and plumping facial treatment (50min) - €100

This anti-wrinkle treatment is inspired by the time-honored Japanese Ritual, « Ko Bi Do », a remarkable manual face lifting technique, and acts on the whole face and neck with its deep massage movements that leave skin toned, smoothed and plumped.

### « Five flowers ritual® » illuminance facial (50min) - €100

Based on a Balinese ritual, this face treatment tones and illuminates the skin. Thanks to the combination of Tropical Five Flowers extracts, and massage of the face, nape and shoulder muscles, the skin is cleansed and the complexion more radiant.

### « Ko Bi Do » supreme youth facial treatment ritual (1h20) - €145

This exceptional treatment combines the beneficial effects of traditional botanical resources used in Cinq Mondes' skincare products, chosen during the treatment, with Dermapuncture movements: dermal kneading, face reflexology, acupressure, lifting and smoothing massage movements using the "jade ridoki" (roller), for a truly natural face lift. These 50 lifting movements revitalize and plump your skin, and so rekindle its Youth capital.

### « Bali flowers and fruits ritual » skin perfection facial treatment (1h20) - €145

A real skin perfecting scrub treatment that enhances complexion radiance thanks to Dermapuncture techniques combined with a mask and targeted massage that boosts facial youth. Take full advantage of the beneficial effects of natural active ingredients from tropical flowers and natural fruit acids (AHAs) to restore purified skin and strengthen its immune barrier, smooth skin texture and brighten the complexion.

## TREATMENTS RITUALS (1H20) - €155

### Rituel of siam

Polishing « papaya purée® » scrub ⌚ 20<sup>min</sup>

Deep-relaxing Balinese massage ⌚ 60<sup>min</sup>

### Sublime ritual from Polynesia

Sublime scrub® with natural Tahitian monoï ⌚ 20<sup>min</sup>

Relieving sublime Polynesian massage ⌚ 60<sup>min</sup>

### Ritual from Bengalore

Refining aromatic scrub with precious and rar spices ⌚ 20<sup>min</sup>

Tonifying Indian ayurvedic massage ritual ⌚ 60<sup>min</sup>

## BODY TREATMENTS (20MIN) - €65

### Energizing aromatic scrub

Enjoy a wonderful moment of wellbeing with this ancestral ritual inspired by beauty recipes and treatments from the island of Java. With a fascinating earthy scent and a brilliant energizing recipe featuring zesty spices and sea salts, you'll awaken to a satin smooth skin and a stimulating sense of energy.

### Polishing « papaya purée® » scrub

A body polishing technique used in a Ritual from Siam with creamy, finely grained « papaya purée ». After being delicately exfoliated and polished, your skin is supremely radiant and deliciously scented.

### Sublime scrub with Tahitian monoï

Drawing inspiration from the Polynesian Islands and perfectly suitable for the most sensitive skin, this traditional preparation of Monoï, made from infused Tiaré blossoms (Tahitian gardenias), raw sugar and ground coconut powder will regenerate skin and awaken the spirit.

## BODY MASSAGES

### Relieving sublime Polynesian massage (50min) - €100 or (1h20min) - €145

A body massage treatment inherited from Polynesian healers and inspired by Lomi-Lomi, which uses deep pressure and long, continuous movements from the practitioner's forearms. Delicate notes of Tiare flowers accompany you throughout this blissful experience of relaxation and letting go.

### Deep-relaxing Balinese massage (50min) - €100 or (1h20min) - €145

Immerse in a world of tranquility performed with a traditional « Tropical Nuts Melting balm® » according to an ancestral Ritual massage from Bali. This sensorial escape includes gentle Thai stretching and traditional smoothing movements.

### Tonifying Indian ayurvedic massage ritual (50min) - €100

This hot oil tonifying massage, from the old Indian millennial tradition, includes a combination of different rhythms that rebalances body energies. Enjoy the vanilla and cardamom fragrances of this treatment which helps to relieve muscles, encourages a good sleep and leaves the skin silky-soft.

### Relaxing north African massage ritual (50min) - €100

A genuine art of living massage that works on the entire body using delicately perfumed hot Argan oil. The expert hands of the massage therapist work on tender knots and tensions to eliminate toxins and muscle pains while promoting a state of pure wellness.

### Revitalizing leg massage (20min) - €56

A moment entirely dedicated to relieving tired, heavy legs. This toning and draining massage takes its natural active ingredients from the Chinese Pharmacopeia. Your legs enjoy an instant refreshing sensation and feel light and revitalized.

CINQ MŌNDES  
PARIS

# LE SPA SIGNATURES MASSAGES & TREATMENTS

## SIGNATURES MASSAGES

### Signature massage - Le Birdie (50min) - €100

The Spa's speciality, this modelling with hot oil is performed with golf balls, making it a highly sensorial treatment – full and round. Mix of different World Modelling techniques to dissolve muscle tension and give a great energy boost.

### Relaxing or tonic massage (20min) - €56 *or* (50min) - €100 *or* (1h20) - €145

A tailor made massage ideally designed to release all targeted mild stress and tension.

**In 20<sup>min</sup>** : treatment covers the back of your body and feet, easing and removing all knots while creating an inner sense of peace and calmness.

**In 50<sup>min</sup> or 1H20** : massage covering the whole body designed to release all targeted mild stress and tension. Perfect to reduce the strains built up in the muscles and improve your overall feeling of comfort.

### Face and scalp massage (20min) - €56

This massage, running from your shoulders to the top of your head, mixes relaxing techniques and fingers pressure for a lasting relaxation.

### Pregnant woman relaxing massage - from the 3<sup>rd</sup> month of pregnancy (50min) - €100

A gentle treatment that relieves the back, lightens legs, improves skin elasticity and helps prevent stretch marks.

## SIGNATURES RITUALS

### Ritual signature relaxation (1h20) - €145

Body massage or facial treatment of your choice ⌚ 50<sup>min</sup>

Médyjet session ⌚ 30<sup>min</sup>

### « Evasion » signature ritual (1h50) - €190

One massage of your choice ⌚ 1H

One facial treatment ⌚ 50<sup>min</sup>

### « Zen » signature ritual (2h20) - €236

One body scrub of your choice ⌚ 20<sup>min</sup>

One body massage of your choice ⌚ 1H

One facial treatment of your choice ⌚ 1H

### « Plénitude » signature ritual (2h50) - 279€

One body scrub of your choice ⌚ 20<sup>min</sup>

One body massage of your choice ⌚ 1H

«Ko Bi Do» facial treatment ⌚ 1H30

## MASSAGES & SPECIFIC TREATMENTS

### Médyjet session (30min) - €48

Lay down, close your eyes and drift away on the wave of relaxation. With its pulsed jets, the hydromassage bed will be an ally to your wellness. This treatment improves your blood circulation, activates your lymphatic system, dissolves muscle contractions, for an ideal relaxation after a day at work or a round of golf.

### Facial reflexology « rebalancing » (20min) - €56

A practice coming from Chinese medicine, draining and energetic, which consists in stimulating different points of the face corresponding to organs and areas of the body. It helps to clear blocked energy and toxins, increase circulation. Reflexology uses different techniques as rubbing, pressures and smooth.

### Foot reflexology « rebalancing » (50min) - €100

A practice coming from Chinese medicine, draining and energetic, which consists in stimulating different points of the foot corresponding to organs and areas of the body. It helps to clear blocked energy and toxins, increase circulation. Reflexology uses different techniques as rubbing, pressures and smooth.

### Hands beauty or feet beauty (50min) - €75

### Classic nail polish (15min) - €25

### Dream skin (on request at the spa reception)

Waxing followed by soothing oils.

## KIDS TREATMENTS (FROM 6 TO 12 YEARS OLD)

### My first massage (20min) - €48

If you like to be pampered as dad and mum, this massage specially adapted for you will make you discover this world of well-being and its benefits.

### Good looking : face treatment (20min) - €48

Want to do like the big ones ? With this playful and greedy moment, come discover the first essentials gestures to take care of your skin.

### Complicity moment : parents/children duo (20min) - €106

A parenthesis of well-being and complicity in duet with dad or mum. Your child will be delighted to discover the world of massages and facials.



LE SPA