



SPA JULES CÉSAR  
ARLES

S P A M E N U

CINQ MŌNDES®  
SPA PARIS

# JULES CÉSAR

## SIGNATURES TREATMENTS

### PROVENÇAL RITUAL

⌚ 50' 115€

This sensory journey in the heart of Provence, invite you to let go. Enjoy this getaway by discovering the flower salt scrub of Camargue and Lavender, where your skin will be nourished and sublimated. Then let yourself be rocked by the massage of the back with the candle, with notes of orange blossom.

### IMPERATOR MASSAGE

⌚ 20' 55€

Essential lavender oil massage, you will have to select your massage zone.

### PERSONALIZED MASSAGE

⌚ 50' 115€

This personalized massage will adapted to your concern and offer you a unique experience. You will have to selecte the oil.

⌚ 80' 155€

## BEAUTY TREATMENTS

### Full manicure or pedicure treatments

⌚ 60' 90€

### Manicure or pedicure express

⌚ 30' 40€

### Nails polish application\*

⌚ 15' 10€

### Semi-permanent application\*

⌚ 30' 20€

### Semi-permanent removal\*

⌚ 20' 10€

\*Only available by adding to another treatment (express manicure or pedicure, full manicure or pedicure treatment).

<b>Facial zone waxing</b> - eyebrow, nose, ears, upper lips	<b>12€</b>
<b>Small zone waxing</b> - underarms, simple bikini	<b>25€</b>
<b>Medium zone waxing</b> - brazilian bikini, half legs, arms	<b>35€</b>
<b>Large zone waxing</b> - integral bikini, full legs	<b>45€</b>
<b>Tinting eyelash and eyebrow</b>	<b>40€</b>

## **CINQ MONDES<sup>®</sup>** **TREATMENTS**

### **SPICED AROMATIC SCRUB ENERGIZING** ⌚ 40' 80€

Delight yourself in an ancestral ritual, inspired by a deeply rooted custom of body renewal from Java. With a fascinating earthy scent and a brilliant refining recipe featuring zesty spices and sea salts, you will awaken to a satin smooth skin and a stimulating sense of energy.

### **PAPAYA PUREE SCRUB REVEAL RADIANCE** ⌚ 40' 80€

A delicate yet effective body polishing practice born of a Siamese ritual with an unctuous and finely grained « Papaya purée » of an inviting dark tangerine color. Deliciously perfumed, skin is buffed to perfection to unveil the most superb radiance.

### **SUBLIME TAHITIAN MONOI SCRUB NOURISHING** ⌚ 40' 80€

A bliss-inducing ritual from the Polynesian Island even for sensitive skin. This indigenous preparation of Monoï made of macerated Tiare blossoms, raw sugar, ground coconut powder and Noni fruit will regenerate skin and renew the spirit.

### **MASSAGE ORIENTAL TRADITIONNEL SENSORIEL** ⌚ 50' 115€

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's works on tender knots and tensions to eliminate toxins and muscles pains while promoting a state of pure wellness.

### **BALINESE MASSAGE RELAXING**

⌘ 50' 115€

Immerse in a world of tranquillity performed with a traditional tropical nuts melting balm according to an ancestral ritual massage from Bali. This escape includes gentle Thai pulling and traditional stretching movements.

⌘ 80' 155€

### **INDIAN AYURVEDIC MASSAGE PROFOUNDLY INVIGORATING**

⌘ 50' 115€

This hot oil massage from the millennia old Indian tradition relies on a combination of invigorating strokes. Enjoy the vanilla and cardamom fragrances of this treatment that helps to relieve muscles, encourages sound sleep and leaves skin silky-soft.

### **SUBLIME POLYNESIAN MASSAGE LET IT ALL GO**

⌘ 50' 115€

A body massage treatment inherited from the Polynesian healers and inspired by Lomi-Lomi, which uses deep pressure from the therapist's forearms and long continuous movements. Tiare flower notes accompany you all along this blissful experience of instant relief.

⌘ 80' 155€

### **RITUAL OF CHOICE** – body scrub and massage

⌘ 90' 165€

Ayurvedic, Balinese, Oriental, Polynesian

⌘ 2H 195€

## **M A S S A G E S T R E A T M E N T S**

### **BALI FLOWER RITUAL** express radiance facial

⌘ 30' 65€

Enjoy the delicate scent of the tropical flowers of « express radiance » treatment, paired with a relaxing massage of the face, neck and scalp. Inspired by Balinese rituals, discover the virtues of this treatment combining skin cleansing, well-being and beauty.

### **FIVE FLOWERS RITUALS** illuminescence facial

⌘ 50' 115€

Based on an ancestral Balinese ritual, this treatment includes a purifying deep pore cleansing and blends the extracts of five tropical flowers and a skin glowing patented ingredient the « Kambuchka ». A mesmerizing massage of the face, nape and shoulder muscles awakens skin vitality.

## **BALI FLOWERS AND FRUITS RITUAL** skin perfection facial ⌘ 80' 155€

Deep cleansing treatment, skin perfector and radiance booster inspired by Balinese beauty rituals. Take full advantage of the benefits of the natural tropical flowers and natural AHA fruit acids active ingredients to restore, purified and smoothed skin for a radiant complexion.

## **KO BI DO** lifting and plumping **FOUNTAIN OF YOUTH** facial ⌘ 50' 115€

This «global anti-aging» facial, manual anti-wrinkles treatment from the Japanese «Ko Bi Do» ritual paired with a regenerating mask, deeply works on wrinkles, firmness and dewy complexion and focuses on eyes contours, lips, neckline and arms. Skin feels soft and youthful, and the spirit and mind very restful.

## **KO BI DO** supreme youth facial treatment ritual ⌘ 80' 155€

This exceptional treatment combines the beneficial effect of pharmacopeia's used in Cinq Mōndes skincare products chosen during the treatment with Derma puncture® 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.

For 50-minute body and facial massages, the rate is 95e on weekdays (Monday to Friday) and 115e at weekends, school holidays and public holidays.

# CINQ MONDES TREATMENTS SUBSCRIPTIONS

It includes per person:

- **5 treatments of 50 minutes** (to choose from our treatment menu)
- **1h30 access to our Spa before or after the treatment**
- **10% off all our Cinq Mondes Spa boutique products**

**500€**

We offer Spa packages such as Lunch and spa (lunch in our Lou Marquès restaurant and Spa), gourmet afternoons, parent-child bonding time, etc. For more information, please contact us.

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Fitted out under the vaults of this former monastery, the Spa relaxation room looks onto the aromatic garden of the convent: invite you to a beautiful journey...

**SPA FACILITIES ACCESS,  
SAUNA, STEAM ROOM,  
JACUZZI, RELAX ROOM  
AND GYM**

## PRICES

per person  
for 1h30 access

Hotel guest **20€\***  
External guest **35€\***

*\*Access included for any  
treatments (except waxing)*

## SUBSCRIPTION

5 sessions **125€** (25€ per session)  
10 sessions **190€** (19€ per session)  
20 sessions **320€** (16€ per session)

# RULES OF LIVING

## IN THE WELLNESS AREA

In order to enjoy a full moment of relaxation, the Spa has a Jacuzzi, a steam room and sauna. Please do not forget to carry your swimsuit with you. We provide slippers, bathrobe and towels.

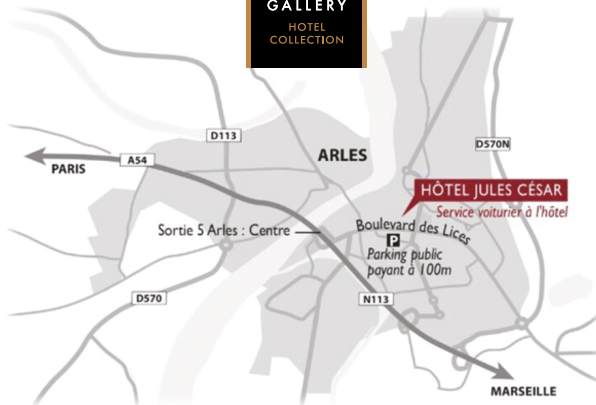
Please inform us of any health issues or if you are pregnant in order to advise you with an appropriate treatment. Our massages are well-being and relaxation treatments, they are non-therapeutic and medicinal.

The Spa is a world of tranquillity, harmony and well-being. Please do not use your mobile phone inside the Spa.

Access to the Spa and wellness area is forbidden for people under 16. It's strongly recommended that you arrive at the Spa reception 15 minutes before your treatment is due to start. Please note that in the event of late arrival, your allowed appointment time may not be extended.

Any cancellation made less than 12 hours before the treatments shall be fully charged to the bankcard (details of which were given at the time of booking treatment).

Hotel Jules Cesar disclaims all liability for the loss of personal belongings within the Spa and at the Hotel. We take the right to privatize the Spa. Massages are available in room with 100€.



# SPA

## OPENING TIME

Monday to Thursday: from 10am to 7pm

Friday and Saturday: from 10am to 8pm

Sunday: from 9.30am to 7pm

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