

# Treatment Menu

### Exclusive treatments with

Cinq Mondes is a French botanical cosmetics brand founded with a specific mission: to offer the highest quality professional products and protocols for the spa world. Since its inception, Cinq Mondes has stood out for its approach to beauty and well-being, inspired by ancestral rituals from around the world. Each product is designed as an invitation to travel, a moment suspended between tradition and innovation, where body and mind are regenerated in harmony. Its formulas, based on natural botanical ingredients and advanced green technologies, are free of parabens, silicones, and mineral oils, ensuring effective treatments that are respectful of the skin and the environment. Each Cinq Mondes ritual represents a true sensory journey, combining tradition and innovation in a unique beauty experience. The enveloping textures and evocative fragrances transform skincare into a refined, sensorial, and deeply regenerating experience.

#### The Five Worlds Adventure

Since its creation in Paris in 2001, Cinq Mondes has become the Spa specialist and professional treatments inspired by traditional medicines. The brand, characterized by refinement, effectiveness, and sensoriality, draws inspiration from beauty rituals around the world to care for the skin, the body, but also for energy and emotions. These regenerating and rebalancing techniques, discovered across the continents, are adapted by a team of spa therapists and facialists to offer the most immersive holistic experience.

## Full body massage rituals

# North African Ritual Preparatory Treatment for the North African Ritual Beldi Black Soap Scrub

PURIFICATION: Breathe in the steam and purify your mind. Journey to the heart of the Eastern tradition of the Hammam. Combined with the exfoliating action of the Kassa glove, this ancient recipe deeply purifies the skin, leaving it soft, silky, and delicately scented.

#### Oriental Massage

SENSORY Journey to the heart of Eastern traditions with this full-body massage using warm argan oil. This combination of slow, deep movements provides a moment of pure well-being. A mask is included.

50 min - 120€ 110 min - €230 (includes Beldi Black Soap Scrub)

#### **Balinese Ritual**

#### SENSORY AND RELAXING

Velvety skin, a harmonious mind. A scrub technique inspired by Siam rituals using smooth, fine-grained Papaya Puree®. Gently exfoliated, your skin regains its radiance and is left veiled in a delicious fragrance. A traditional Balinese massage that combines deep relaxation and skincare. The experience begins with an exfoliating scrub that prepares the body, leaving skin smooth and regenerated. This is followed by smoothing movements and relaxing techniques inspired by Thai massage, to lengthen and relax every part of the body. A complete ritual that provides well-being and lightness.

80 min - 180€

#### Rituale Slimming & Detox

DETOXIFICATION: Balanced bodywork is the secret to firm, smooth skin thanks to the benefits of a seaweed wrap and a crème de café massage. Regain your shape, listen to your balance. From traditional Brazilian and Indian medicines, this treatment combines kneading, friction, and percussion to detoxify and drain the tissues.

#### Spartan Ritual

DECONTRACTING A journey to the heart of Ancient Greece to relieve tension and regenerate. Inspired by physiotherapy and osteopathy, the massage with an aromatic gel oil based on Benzoin oil, myrtle extract, and iris has a warming effect that helps relax muscles. The use of pomegranate powder also has a soothing, hydrating, and antioxidant effect, optimizing muscle recovery.

80 Min - €220