CINQ MONDES SPA PARIS

TREATMENT MENU



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10% off the Cinq Mondes product range when you book your treatment online. (Only valid on the day of your appointment). GIFT VOUCHERS Offer your friends and family a unique well-being experience at the Cinq Mondes Spa.



INTRODUCTION

THE SPA CINQ MONDES, BLISSFUL RITUAL

THE SPA EXPERIENCE

Fascinated by massages, aromatherapy and cosmetics, the founder of CINQ MONDES, Jean-Louis Poiroux, spent over 10 years travelling the globe to find the best treatments and massages from the entire world. Today, CINQ MONDES Spas bring together a selection of the best treatments, massages and traditional formulas, marked by quality, authenticity and ceremony.

CINQ MONDES NATURAL LABORATORY GUIDELINES

Pioneering the development of powerful formulas free from petrochemicals, Cinq Mondes is among the top natural brands to have committed to a strict laboratory charter, founded on 5 key principles:

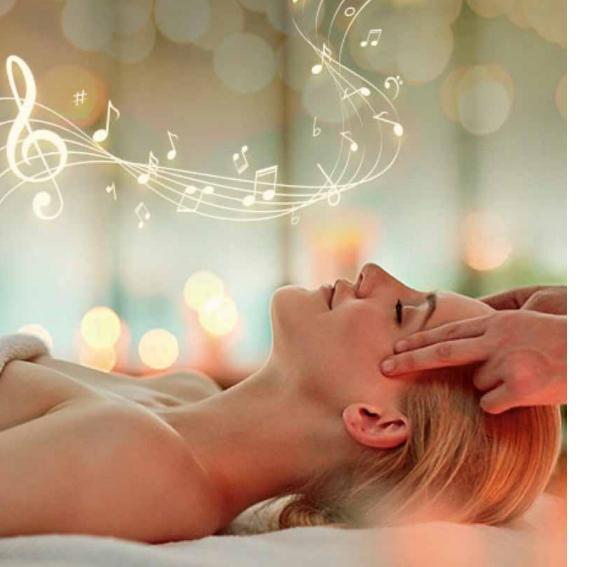
MAIN ACTIVE INGREDIENTS OF ORGANIC AND NATURAL ORIGIN
NO SILICONE, NO MINERAL OIL
NO PARABEN, NO PHENOXYETHANOL
NO ARTIFICIAL COLORING
TESTED UNDER DERMATOLOGICAL CONTROL

The Spa Cinq Mondes was opened in December 2005. Opening onto the park and the pool, it offers treatment, steam room, sauna, ice cave, ice fountain, relaxation room, fitness centre, pools and jacuzzi, in a luxurious environment covering 1,500 m2.

The Cinq Mondes environment is built on the benefits deriving from the best massages and traditions of well being to rediscover the balance between mind and body. From one treatment to another, you will discover a world of beauty rituals: Huile Universelle Ayurvédique blend of plant oils, Baume Fondant aux Noix Tropicales regenerating balm, Pluie de Fleurs beauty lotion, Eau Égyptienne treatment mist... The Spa of the Beau-Rivage Palace is an exceptional sensory journey dedicated to your serenity.

WHAT THE CINQ MONDES SPA AT THE BEAU-RIVAGE PALACE OFFERS YOU:

- Open everyday from 6:30 a.m. to 10:00 p.m.
- Five treatment rooms for one or two people
- Two 30 m² treatment rooms with Japanese bath
- One 60 m² "Suite de Félicité à Deux" suite with Japanese bath, scrub tables, private Steam room and garden
- Yoga and meditation room
- Changing/cloakrooms, with a Steam room, Sauna, Ice cave, Ice Fountain & Experience Shower
- Gym of 80 m² with views out over the lake and gardens
- Indoor pool (18 m)
- Outdoor pool (20 m)
- Children's playground
- 2 Outdoor Tennis courts
- The "O Terrasse", a restaurant proposing a variety of well-balanced dishes and healthy cocktails, in an astonishing setting with breathtaking views of the lake (open from May to September)
- 1 Spa suite with Treatments Rituals in room on demand



MUSICALLY ENHANCED IMMERSIVE RITUALS AND MASSAGES <u>AN EXCLUSIVE EXPERIENCE</u> <u>AT THE BEAU-RIVAGE PALACE</u>

Indulge in a unique, interactive experience where the Spa Therapist conducts a personalized musical score for each massage. Discover at Beau-Rivage Palace this unique Ritual, which awakens the senses for perfect harmony of body and mind. The perfect pairing of the music and the spa therapist's movements will allow you to fully let go and immediately escape.



SLOW AND RELAXING ORIENTAL IMMERSIVE RITUAL Japanese Aroma and Flower Bath, 20 mins Slow and relaxing Oriental immersive Massage, 80 mins

^{1h50} CHF 390.-/ pers. VIGOROUS AND REGENERATIVE AYURVEDIC IMMERSIVE RITUAL

Japanese Aroma and Flower Bath, 20 mins Vigorous and regenerative ayurvedic immersive Massage, 80 mins

^{80 mins} CHF 320.-/ pers. VIGOROUS AND REGENERATIVE AYURVEDIC IMMERSIVE MASSAGE

^{80 mins} CHF 320.-/ pers. SLOW AND RELAXING ORIENTAL IMMERSIVE MASSAGE



GRAND TREATMENT RITUAL

All our treatments can be carried out on an individual basis or as a couple on request and subject to availability.

1hr50 SIGNATURE REJUVENATION RITUAL

CHF 350.- / pers.

Soothing Back Massage, 20 mins

Kobido Global Anti-Aging Facial, 80 mins

BALI RITUAL

CHF 350.- / pers.

1hr50

Japanese Aroma and Flower Bath, 20 mins "Papaya Purée" Scrub, 20 mins Five Balinese Flowers Massage Facial Treatment, 50 mins

1hr50 SUBLIME POLYNESIAN RITUAL

CHF 350.- / pers.

1hr50

pers.

Japanese Aroma and Flower Bath, 20 mins

Sublime Tahitian Monoï Scrub. 20 mins

Sublime Polynesian Massage, 50 mins

ROYAL SIAM RITUAL CHF 350.- /

Japanese Aroma and Flower Bath, 20 mins "Papaya Purée" Scrub, 20 mins Royal Balinese Massage, 50 mins

NORTH AFRICAN RITUAL

1hr50 CHF 350.- / pers.

1hr50

pers.

(this treatment includes access to a private hammam)

Beldi Black Soap Scrub, 20 mins Purifying and Detoxifying Wrap in "Rassoul Cream", 20 mins Traditional Oriental Massage, 50 mins

AYURVEDIC HAPPINESS RITUAL CHF 350.- /

Aroma and Colour Hammam. 20 mins Spiced Aromatic Scrub, 20 mins Indian Ayurvedic Massage, 50 mins

10% off the Cing Mondes product range when you book your treatment online. (Only valid on the day of your appointment).

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GRAND TRAVELER'S RITUAL

1hr50 CHF 350.- / pers.

Heated back wrap, 20 mins Back's Delight Massage, 20 mins Leg drainage, 20 mins Balinese Flowers Massage Facial Treatment, 20 mins

GRAND ROYAL SIRODHARA RITUAL 2hrs20 CHF 420.-/ Indian Ayurvedic Massage, 80 mins Royal Sirodhara Treatment, 50 mins

2hrs50 CHF 520.- /

pers.

pers.

GRAND ROYAL TAOIST RITUAL

Japanese Aroma and Flower Bath, 20 mins Spiced Aromatic Scrub, 20 mins Tui Na Taoist Massage, 50 mins Taoist Massage Facial Treatment, 50 mins

3hrs20 CHF 600.- / pers.

CELESTIAL DAY

Japanese Aroma and Flower Bath or Aroma and Colour Hammam, 20 mins Spiced Aromatic Scrub, 20 mins Indian Ayurvedic Massage, 50 mins Kobido Global Anti-Aging Facial, 80 mins

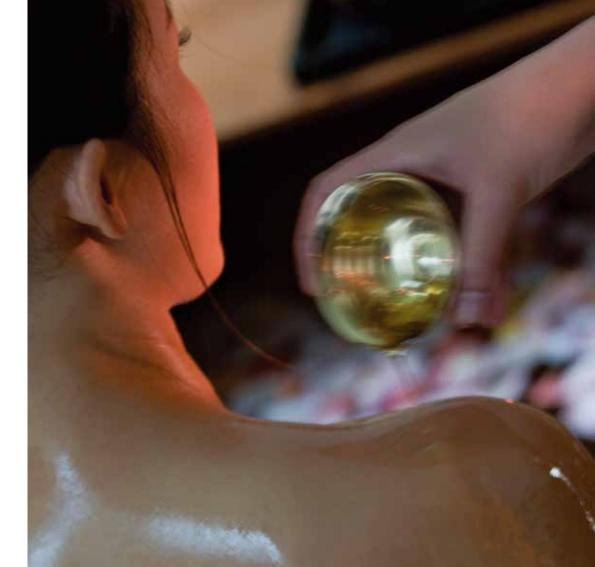
4hrs30 CHF 800.- / pers.

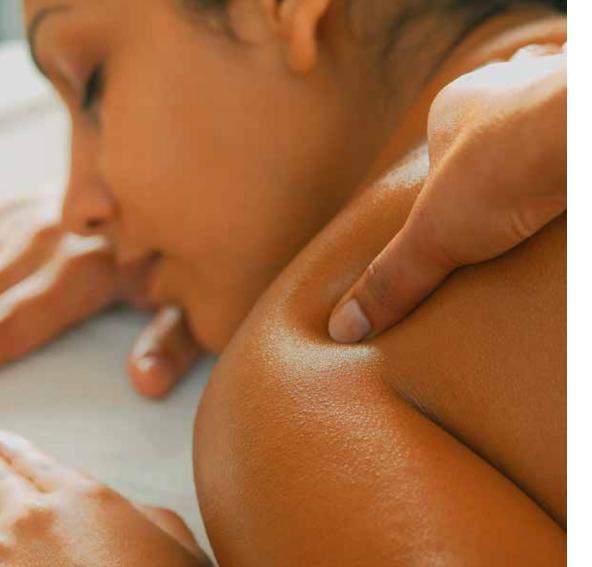
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SUPREMELY SERENE DAY

Japanese Aroma and Flower Bath or Aroma and Colour Hammam, 20 mins Spiced Aromatic Scrub, 20 mins Personalized Massage Treatment, 50 mins Personalized Facial Treatment, 80 mins Manicure, 35 mins Pedicure, 50 mins

10% off the Cinq Mondes product range when you book your treatment online. (Only valid on the day of your appointment).





PREPARATORY TREATMENTS

To begin your Spa experience, check out our Preparatory Body Treatments* and revel in a sacred moment for your body and mind. Sensory body scrubs, gentle wraps, baths, or hammam treatments with essential oils... for soft, delicately perfumed skin that is ready to receive the benefits of your body massage. *Preparatory treatments (20 mins) are only sold in conjunction with another treatment

20 mins CHF 80.-

JAPANESE AROMA AND FLOWER BATH

Treat yourself to a moment of intense relaxation with this Japanese Bath ritual and soak up the benefits of a tailor-made blend of essential oils, colours and flower petals. This treatment awakens the senses to bring body and soul perfect harmony.

20 mins CHF 80.- SPICES AROMATIC SCRUB Energizing

Treat yourself to this exfoliating treatment inspired by the island of Java. It uses spices and sea salts, whose delicate fragrances will captivate you and leave your skin soft and silky smooth.

20 mins CHF 80.- SUBLIME TAHITIAN MONOI SCRUB Sublime Smoothing

Treat yourself to this skin-smoothing treatment with organic Monoi, Tiaré flowers, sugar, and coconut powder, inspired by Polynesia and suitable for sensitive skin. (The Sublime Scrub, Sublime Body & Hair Oil, and Sublime Body Balm are Cosmébio labeled)

20 mins CHE 80.- PAPAYA PUREE SCRUB Sensory

Discover this exfoliating treatment from Siam that uses our smooth' fine-grained Papaya Purée. It will exfoliate your skin gently and leave it softer than ever.

FACIAL TREATMENTS

Each of our Facials is a technical yet relaxing experience that brings out the beauty in everyone. Each of the Cing Mondes products used during the treatment respects the principle of Skin Dietetics, offering targeted and tailored effectiveness. An exclusive manual, needle-free acupuncture technique called Dermapuncture paired with techniques from traditional medicine massage around the world will relax the features of the face, neck, and chest deeply.

20 mins CHF 95.-

"BALINESE FLOWERS" MASSAGE FACIAL TREATMENT Radiance boost

Enjoy this radiance-boosting treatment's delicate tropical flower fragrance and discover the benefits of primary treatments, for cleansed skin and a radiant complexion.

This preventive treatment, inspired by traditional Chinese medicine, works on acupressure

50 mins CHF 190 -80 mins CHF 255.-

points to relax facial features. The 1h20 version includes a special eye area massage. During the 80 mins version, the treatment includes a specific draining massage on the eves contour.

50 mins "BALINESE FLOWERS & FRUITS "MASSAGE FACIAL CHF 190.-TREATMENT Perfect radiance 80 mins CHF 255.-

This treatment will leave the skin truly blemish free and the complexion radiant, thanks to oxygenation techniques that combine natural active ingredients from tropical flowers and fruit acids (AHAs)

50 mins CHF 190 -

"FIVE BALENESE FLOWERS" MASSAGE FACIAL TREATMENT Plumping moisturizer

TAOIST MASSAGE FACIAL TREATMENT Regenerating

Originally from Bali, this treatment's blend of five tropical flowers moisturizes deep down, balances out the skin's microbiota, and brightens the skin. Massaging the face, neck, and trapezius muscles releases all the tension from everyday life.

KO BI DO FACIALS

You can only find this incredible Facial at our Spas. As its name implies, it is an extremely sophisticated facial massage originally from Japan. Ko means old, Bi means facial beauty, and Do means the right action.

KOBIDO INSTANT YOUTHFULNESS FACIAL TREATMENT 20 mins CHF 95 -

This treatment using natural facelift techniques, is suitable for the face's most delicate areas, and provides immediate results.

KOBIDO REDENSIFICATION FACIAL TREATMENT CHF 190 -

50 mins

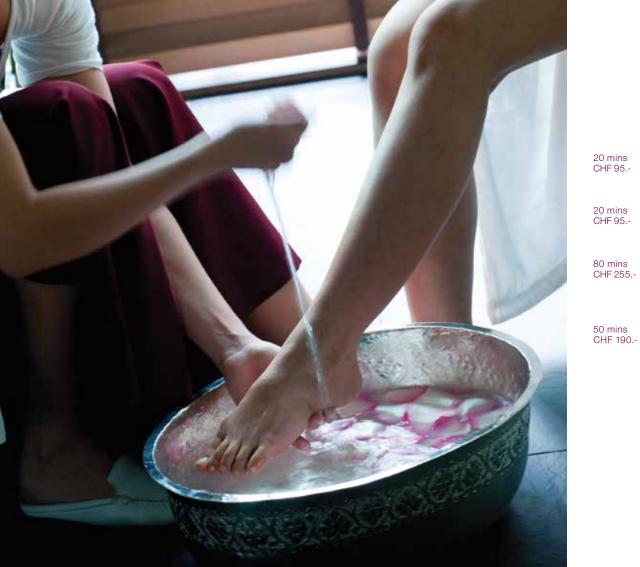
This wrinkle-reducing treatment acts deeply on the face and neck, leaving the skin toned, smoothed, and plumped.

80 mins KOBIDO GLOBAL ANTI-AGING FACIAL TREATMENT CHF 255.-

This exceptional treatment combines powerful Géto extract with Dermapuncture techniques and a jade Ridoki roller for a truly natural facelift.

10% off the Cing Mondes product range when you book your treatment online.

(Only valid on the day of your appointment).



FULL-BODY MASSAGES

Invite your senses to discover the benefits of the best massages from around the world, passed down over many generations. Each one will carry your senses away, across time and space, to Bali, India, North Africa, and more. They will leave you deeply renewed in body and mind. Let yourself be transported by the heady fragrances and enchanting textures, for a long-lasting feeling of calm.

BACK'S DELIGHT MASSAGE soothing

Discover this relaxing hot-oil massage. This treatment pays particular attention to your back and neck muscles to release tension and leave you feeling blissful.

LEGS AND FEET RELEXOLOGY MASSAGE Lightness

Get your legs and feet feeling light again with this invigorating, draining massage that uses acupressure techniques.

THAI MASSAGE Oil-free dressed massage

Traditional Thai massage rebalancing body and mind by focusing on the body's overall flexibility using positions similar to yoga that are revitalising, invigorating and release stress.

SUBLIME BOLA MASSAGE PREGNANT WOMEN

Discover she gentle smoothing and massages that will help you serenely welcome the changes of your body during pregnancy. This massage can be done several times and at different stages of your pregnancy.

(The other parent can participate as well, please inquire at the Spa's reception desk)

10% off the Cinq Mondes product range when you book your treatment online. (Only valid on the day of your appointment).

50 mins ROYAL BALINESE MASSAGE Relaxing

50 mins

80 mins

50 mins

18

CHF 190.-

CHF 255.-

CHF 190.-This ancestral Balinese massage will plunge you into a tranguil world. 80 mins This sensory escape is combined with traditional smoothing and gentle Thai stretches. CHF 255 -

20 mins TRADITIONAL ORIENTAL MASSAGE sensory CHF 95 -

This full-body massage with warmed argan oil will transport you to the heart of North African tradition. You will be wrapped with slow, deep movements that will make you feel true bliss.

SUBLIME POLYNESIAN MASSAGE Let it all go

CHF 190 -A massage passed down by Polynesian healers with the slow rhythms of Lomi-Lomi. The 80 mins delicate notes of the Tiaré flower will accompany you all throughout this relaxing experience. CHF 255.-Massage done with heated Sublime Body & Hair Oil and Sublime Body Balm, which are Cosmébio labeled.

50 mins INDIAN AYURVEDIC MASSAGE Profondly Invigorating

CHE 190 -Enjoy this invigorating hot-oil massage inspired by traditional Abhyanga. 80 mins The energetic, alternating pace will release any tension and relax your muscles. CHF 255 -

TUI NA TAOIST MASSAGE Balancing

This massage, inspired by traditional hot-oil Tui Na, works on the balance of the body's energies. This treatment soothes the mind and revitalizes the body.

TAOIST MASSAGE WITH HOT AND COLD STONES Harmonizing 80 mins CHE 255 -

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

MASUNAGA SHIATSU CHF 255.-

Ancestral Japanese energy treatment balancing energies and emotions by bringing deep physical and psychological relaxation. The diagnostic areas of the abdomen allow an individual energy balance to be established.

80 mins IOKAI SHIATSU CHF 255.-

50 mins

80 mins

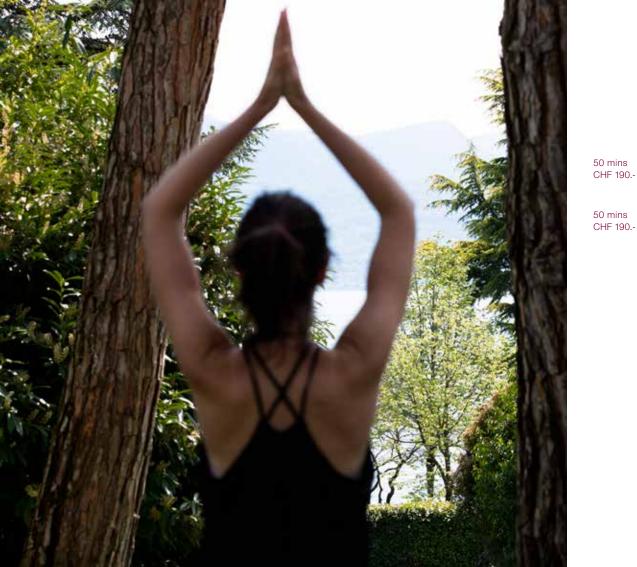
80 mins

CHE 255 -

CHE 190 -

A treatment rooted in Chinese medicine and the meridians of acupuncture, in the pure Japanese tradition. The delicate and deep touch contributes to a complete well-being. At the end of the session, the energy called Ki circulates freely, vitality is revived, body and mind harmonize. Physical and emotional tensions are released. A real breath.

10% off the Cing Mondes product range when you book your treatment online. (Only valid on the day of your appointment).



DETOX AND SLIMMING TREATMENTS

Cinq Mondes has brought together the best in detox and slimming active ingredients to bring you effective and sensory treatments with manual massage techniques. Balance, body beauty and keys to firm and smooth skin come from detoxifying tissue using circular and allencompassing motions inspired by Indian and Brazilian traditions.

UDARABHYANGA MASSAGE Detoxifying Ease the tension in your body and stomach with deep and invigorating techniques inspired by Traditional Indian Medicine to detoxify and liberate your body.

BRAZILIAN MASSAGE Bespoke

This treatment, inspired by Traditional Brazilian Medicine, will slim and firm up your silhouette with energetic and draining motions. To be personalized with your spa therapist in detox, slimming, lightness and relaxation versions

10% off the Cinq Mondes product range when you book your treatment online. (Only valid on the day of your appointment).

WEDDING PREPARATION ENTRUST US WITH YOUR BEAUTY PREPARATIONS TO DAZZLE ON YOUR BIG DAY

50 mins CHF 190.- FACIAL TREATMENT

^{+ 190.-} We recommend having it at least two weeks before your wedding day.

50 mins CHF 190.- BODY TREATMENT

20 mins CHF 80.- BODY SCRUB

CHF 40.- EYEBROW WAX

60 mins From CHF 315.- MAKE-UP Includes 1 test

60 mins From CHF 315.- HAIRCUT Includes 1 test

From 50 mins MANICURE

50 mins CHF 100.- PEDICURE





SPA SUITE

From CHF 4'500.- / 1 night

DESIGNED FOR SPA BREAKS, THE SPA SUITE INCLUDES A LOUNGE, A BEDROOM AND LARGE BATHROOM IN PREMIUM MARBLE WITH A TREATMENT AREA. THE 6TH FLOOR SUITE HAS FANTASTIC VIEWS OF THE LAKE AND ALPS.

The Spa suite is undoubtedly one of the most luxurious settings at the Beau-Rivage Palace. The bathroom is entirely in marble with two massage tables, a hot tub and hammam. Book this suite and the Cinq Mondes spa will come to you!

In summer you can unwind on the fabulous balcony with views of the lake and Alps. Come winter, end your spa day on a high with an evening by the fire. The Spa Suite also has a luxury FreshBed which has been scientifically developed to provide a cool micro-climate to encourage deep and refreshing sleep.

(One 50 minutes treatment per person upon booking every 2 days)



MANICURE AND PEDICURE

50 mins CHF 160.-80 mins CHF 210.-

REGENERATIVE ANGEL HANDS TREATMENT-MASSAGE

The spirit of the manicure paired with an anti-ageing treatment to soothe your damaged hands. A wonderful plant scrub, nourishing mask and soothing massage are among the steps in this beauty secret to restore your angelic hands to their former glory. (Treatment does not include nail varnish in 50 minutes). With classic or semi-permanent nail varnish in 80 mins only.

50 mins CHF 160.-80 mins CHF 210.-

INVIGORATING LIGHT FEET TREATMENT-MASSAGE

Pamper your tired or sore feet with this treatment including a foot bath, scrub, wrap with a sumptuous Chinese plant-based cream and a delicate invigorating foot massage. (Treatment does not include nail varnish in 50 minutes). With classic or semi-permanent nail varnish in 80 mins only.

- 50 mins CHE 100-- MANICURE/PEDICURE
 - With classic or semi-permanent nail varnish
- 20 mins CHF 50.- NAIL VARNISH
- 35 mins CHE 50 - SEMI-PERMANENT NAIL VARNISH

TINTS

25 mins CHF 50.- / 35.-35 mins CHF 60.on request MAKE-UP

HAIRCUT

THE CINQ MONDES SPA HAS A SALON EXCLUSIVELY FOR HAIR BEAUTY. Open Monday to Sunday

CHF 125.-WOMEN BLOW DRYCHF 190.-WOMEN CUT & BLOW DRYCHF 60.-MEN CUTFrom
CHF 220.-HAIR COLORFrom
CHF 126.-STYLES/CUTS



WAXING USING CLASSIC WARM WAX OR HOT WAX AND MADE TO LAST LONGER WITH SKIN HYDRATION

^{10 mins} EYEBROWS OR LIPS

^{20 mins} EYEBROW DESIGN OR PLUCKING

35 mins FACE CHF 95.-

20 mins HALF-ARM CHF 50.-

35 mins FULL ARM CHF 70.-

20 mins CHE 70.- CHEST, STOMACH

35 mins CHF 70,- BACK AND SHOULDERS

20 mins CHF 70,-BIKINI OR ARMPITS

³⁵ mins CHF 85.-BRAZILIAN OR FRENCH

20 mins HALF-LEG

^{35 mins} FULL LEG CHF 135.-

^{35 mins} HALF-LEG & BIKINI OR ARMPITS

50 mins
CHF 175.-FULL LEG & BIKINI OR ARMPITS50 mins
CHF 175.-HALF-LEG, BIKINI & ARMPITS

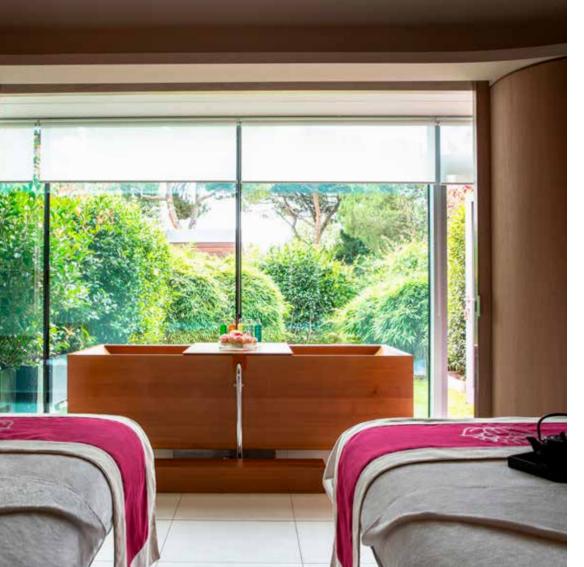
^{80 mins} FULL LEG, BIKINI & ARMPITS



TREATMENTS SUBSCRIPTIONS

SUBSCRIPTIONS	Experience	Celestial
	CHF 1710	CHF 3040
Equal discount on all Cinq Mondes, Hair products or services	10%	20%
Pool entry discount (with treatment)	50%	50%
Practitioner choice	yes	yes
Pool/gym entry with treatment (exc. weekend and July/August)	3	7
Resubscription offer (worth 70 when you buy a Cinq Mondes product of your choice)	_	yes
Free car park (days of spa booking)	-	yes





CINQ MONDES CURES

4h30 CHF 795.-

AYURVEDIC TREATMENT Detoxifying over 3 days Inspired by the ancestral medicine of Ancient India, this 4h30 program with face and body treatments allows deep recovery and intense detoxification.

Spices Aromatic Scrub, 20 mins and Udarabhyanga Massage, 50 mins

Bali Flowers and Fruits Massage Facial Treatment, 80 mins

Indian Ayurvedic Massage, 50 mins & Traditional Hammam, 20 mins

5h CHF 900.-

TAOIST CURE Revitalizing over 3 days

Inspired by the Art of massage from ancient China, this 5hours program of face and body treatments brings balance and longevity.

Legs and Feet Reflexology Massage, 20 mins & Tui Na Taoist Massage, 80 mins

Back's Delight Massage, 20 mins & Facial Massage Treatment, 50 mins

Body scrub, 20 mins and Tui Na Taoist Massage, 50 mins

COACHING

Our training sessions are ideal for people who want to get all-round support from a professional to achieve maximum results in a short space of time. The personal trainer gives their clients their all. They provide constant support in terms of cardio, strength training, dietary advice and cool down assistance after each workout.

- CHF 96.- 30 MINS SESSION
- CHF 183.- 1 HR SESSION
- CHF 270.- 1 HR COUPLE'S SESSION (at the same time)
- on request PROGRAMME SUR MESURE
- From CHF 40.- GROUP FITNESS LESSONS (according to current program)
- 45 mins MIHA BODY TECH
- CHF 183.- Active electrostimulation and stretchings that provide maximum results in minimum time.

per hour CHE 183.- TENNIS LESSONS

on request

SWIMMING LESSON

LIFESTYLE & WELLNESS

SEE OUR WELLNESS ACTIVITY BROCHURES

CHF 290per person DAY SPA

The day includes:

1 buffet breakfast at the Terrasse, 1 entry to spa facilities, 50 min treatment of your choice (Offer valid Monday to Friday)

CHF 60.- SPA ENTRY SUPPLEMENT (for non-hotel guests)

Spa access with compulsory booking of a body or facial treatment costing at least CHF 180.and subject to availability, access to pools, jacuzzi and gym.

OPENING TIMES

The Spa is open 6.30am-10pm, 7 days a week. Treatments are available 9am-8pm, 7 days a week. Our professional team is here to help you with any booking, on +41 21 613 33 67, or online: https://www.secure-booker.com/brp/MakeAppointment/Search.aspx.

CHANGING ROOMS

All clients can use an individual locker containing the required linen and accessories. Lockers are emptied every evening for hygiene and security reasons. Management shall not be held responsible if valuable items left in lockers or other parts of the Spa go missing. Clients can leave them at the Spa reception where they will be stored in a safe.

SECURITY AND HYGIENE

Please adhere to the security and hygiene rules.

- All clients are personally liable for their own health condition and should visit a doctor before under taking certain exercises or treatments.
- Management shall not be held responsible for any items lost or stolen within the Spa.
- Please respect the stated usage time for the sauna and hammam.
- Management shall not be held responsible in the event of accidents in the wet areas of the Spa including the pools that are not monitored.
- No running in the Spa and no jumping or diving in the pools.
- No glass items, food or drinks allowed: around the pools, in wet areas, in the changing rooms and in the treatment rooms.
- No smoking in any indoor part of the Spa.
- Please wear footwear protection when you enter the changing room area.
- No mobile phones allowed inside the Spa or the outdoor pool.
- No pets allowed at the Spa or Restaurant O Terrasse.
- Decent and appropriate swimwear is required to enter the pool.

TREATMENTS

Treatments must be booked during opening times. Anyone who books treatments must arrive 30 minutes before the appointment to have time to get changed and use the hammam and sauna. No additional treatment time will be given for late arrivals. Any treatment cancelled under 24 hours before the appointment is payable in full. Our massages are treatments for well-being and relaxation; they are of no therapeutic or medical value.



CINQ MONDES SPA CH-1000 LAUSANNE 6 TEL. +41 21 613 33 67 FAX +41 21 613 33 34 CINQMONDES@BRP.CH WWW.BRP.CH

