



CINQ M̄NDES
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).





INTRODUCTION

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:

1. MAIN ACTIVE INGREDIENTS OF ORGANIC AND NATURAL ORIGIN
2. NO SILICONE, NO MINERAL OIL
3. NO PARABEN, NO PHENOXYETHANOL
4. NO ARTIFICIAL COLORING
5. TESTED UNDER DERMATOLOGICAL CONTROL

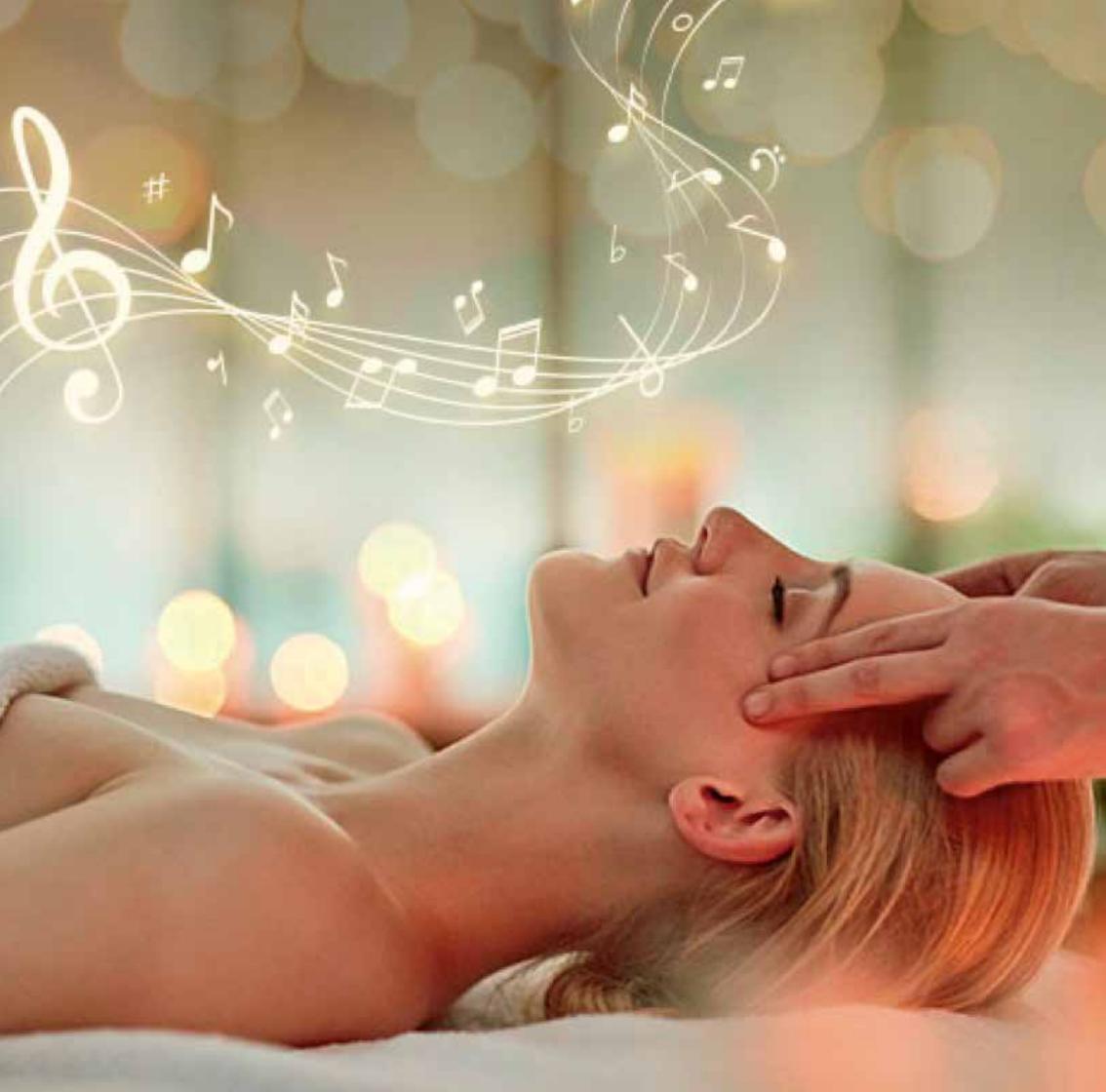
THE SPA CINQ MONDES, BLISSFUL RITUAL

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 MESSAGES

AN EXCLUSIVE EXPERIENCE AT THE BEAU-RIVAGE PALACE

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.

1h50
CHF 390.- /
pers.

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
CHF 350.- /
pers.

SIGNATURE REJUVENATION RITUAL

Soothing Back Massage, 20 mins
Kobido Global Anti-Aging Facial, 80 mins

1hr50
CHF 350.- /
pers.

BALI RITUAL

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

1hr50
CHF 350.- /
pers.

SUBLIME POLYNESIAN RITUAL

Japanese Aroma and Flower Bath, 20 mins
Sublime Tahitian Monoï Scrub, 20 mins
Sublime Polynesian Massage, 50 mins

1hr50
CHF 350.- /
pers.

ROYAL SIAM RITUAL

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

1hr50
CHF 350.- /
pers.

NORTH AFRICAN RITUAL

(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

1hr50
CHF 350.- /
pers.

AYURVEDIC HAPPINESS RITUAL

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

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

1hr50
CHF 350.- /
pers.

GRAND TRAVELER'S RITUAL

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

2hrs20
CHF 420.- /
pers.

GRAND ROYAL SIRODHARA RITUAL

Indian Ayurvedic Massage, 80 mins
Royal Sirodhara Treatment, 50 mins

2hrs50
CHF 520.- /
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

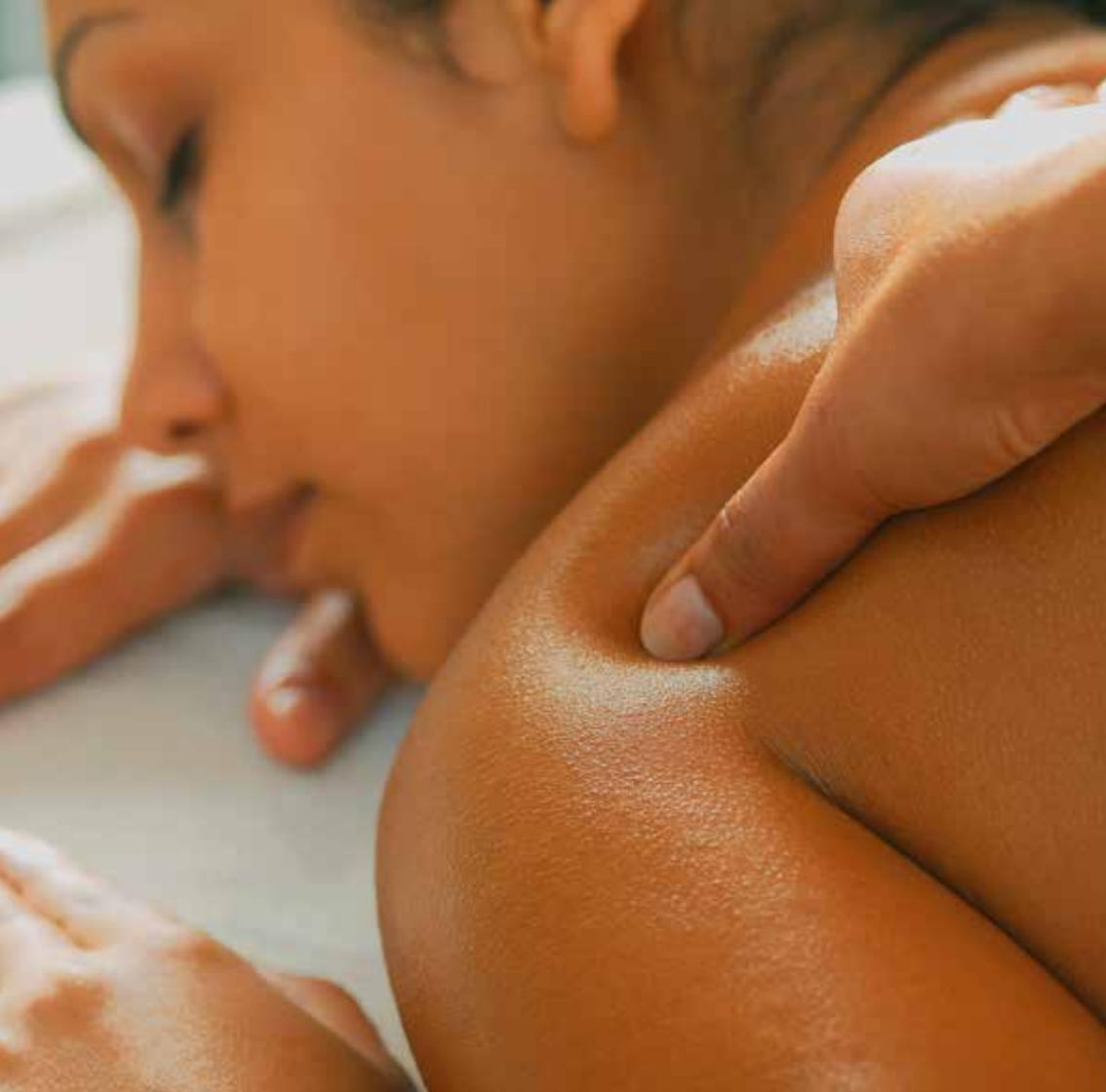
Japanese Aroma and Flower Bath or Aroma and Colour Hammam, 20 mins
Spiced Aromatic Scrub, 20 mins
Indian Ayurvedic Massage, 50 mins
Kobido Global Anti-Aging Facial, 80 mins

4hrs30
CHF 800.- /
pers.

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





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
CHF 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 Cinq 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.

50 mins
CHF 190.-

TAOIST MASSAGE FACIAL TREATMENT Regenerating

This preventive treatment, inspired by traditional Chinese medicine, works on acupuncture 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 eyes contour.

50 mins
CHF 190.-

“ BALINESE FLOWERS & FRUITS ” MASSAGE FACIAL

TREATMENT Perfect radiance

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

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.

20 mins
CHF 95.-

KOBIDO INSTANT YOUTHFULNESS FACIAL TREATMENT

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

50 mins
CHF 190.-

KOBIDO REDENSIFICATION FACIAL TREATMENT

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

80 mins
CHF 255.-

KOBIDO GLOBAL ANTI-AGING FACIAL TREATMENT

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

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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.

20 mins
CHF 95.-

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.

20 mins
CHF 95.-

LEGS AND FEET RELEXOLOGY MASSAGE Lightness

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

80 mins
CHF 255.-

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.

50 mins
CHF 190.-

SUBLIME BOLA MASSAGE PREGNANT WOMEN

Discover she gentle soothing 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
CHF 190.-
80 mins
CHF 255.-

ROYAL BALINESE MASSAGE *Relaxing*

This ancestral Balinese massage will plunge you into a tranquil world.
This sensory escape is combined with traditional smoothing and gentle Thai stretches.

20 mins
CHF 95.-
50 mins
CHF 190.-
80 mins
CHF 255.-

TRADITIONAL ORIENTAL MASSAGE *Sensory*

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.

50 mins
CHF 190.-
80 mins
CHF 255.-

SUBLIME POLYNESIAN MASSAGE *Let it all go*

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

50 mins
CHF 190.-
80 mins
CHF 255.-

INDIAN AYURVEDIC MASSAGE *Profondly Invigorating*

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

50 mins
CHF 190.-
80 mins
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.

80 mins
CHF 255.-

TAOIST MASSAGE WITH HOT AND COLD STONES *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 leave your mind and body rejuvenated.

80 mins
CHF 255.-

MASUNAGA SHIATSU

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
CHF 255.-

IOKAI SHIATSU

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.



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 all-encompassing motions inspired by Indian and Brazilian traditions.

50 mins
CHF 190.-

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.

50 mins
CHF 190.-

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

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
CHF 100.-

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
CHF 100.-

MANICURE/PEDICURE

With classic or semi-permanent nail varnish

20 mins
CHF 50.-

NAIL VARNISH

35 mins
CHF 50.-

SEMI-PERMANENT NAIL VARNISH

TINTS

25 mins
CHF 50.- / 35.-

EYEBROW OR EYELASH TINT

35 mins
CHF 60.-

EYEBROW AND EYELASH TINT

on request

MAKE-UP

HAIRCUT

THE CINQ MONDES SPA HAS A SALON EXCLUSIVELY FOR HAIR BEAUTY.

Open Monday to Sunday

CHF 125.-

WOMEN BLOW DRY

CHF 190.-

WOMEN CUT & BLOW DRY

CHF 60.-

MEN CUT

From
CHF 220.-

HAIR COLOR

From
CHF 126.-

STYLES/CUTS



WAXING

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

10 mins CHF 40.-	EYEBROWS OR LIPS
20 mins CHF 50.-	EYEBROW DESIGN OR PLUCKING
35 mins CHF 95.-	FACE
20 mins CHF 50.-	HALF-ARM
35 mins CHF 70.-	FULL ARM
20 mins CHF 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 CHF 85.-	HALF-LEG
35 mins CHF 135.-	FULL LEG
35 mins CHF 125.-	HALF-LEG & BIKINI OR ARMPITS
50 mins CHF 175.-	FULL LEG & BIKINI OR ARMPITS
50 mins CHF 175.-	HALF-LEG, BIKINI & ARMPITS
80 mins CHF 205.-	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

TENNIS LESSONS

CHF 183.-

on request

SWIMMING LESSON

LIFESTYLE & WELLNESS

SEE OUR WELLNESS ACTIVITY BROCHURES

CHF 290.-

per 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 190.- 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.



BEAU-RIVAGE PALACE

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OF THE WORLD



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