

CINQ MŌNDES  
PARIS

treatment  
menu

HAPPINESS WITHIN THE SKIN







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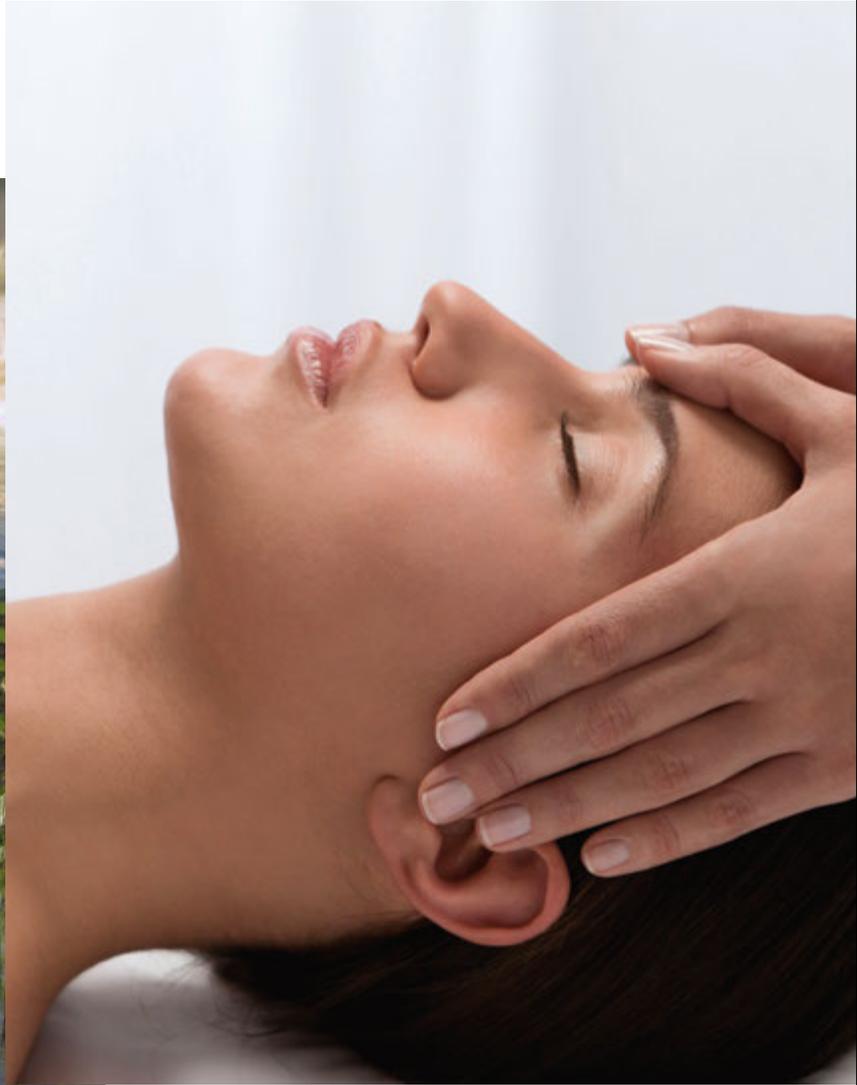
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# The Cinq Mondes Adventure

Since its inception in Paris in 2001, CINQ MONDES has resolutely specialized in professional spa treatments inspired by traditional medicines. The brand revamps beauty rituals from around the world with its characteristic refinement, efficacy, and appeal to the senses. Its treatments address not just the skin and body, but also energies and emotions. Our team of spa-therapists and facialists have adapted these regenerating and balancing techniques, originally from various different continents, to offer you a fully immersive, holistic break from your everyday life.



# the face

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 massage techniques from traditional medicine around the world will relax the features of the face, neck, and chest deeply.

# 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.

**KO BI DO** 1hr20 - W. 180€ | W-E. 190€

## GLOBAL ANTI-AGING

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

**KO BI DO** 50min - W. 130€ | W-E. 140€

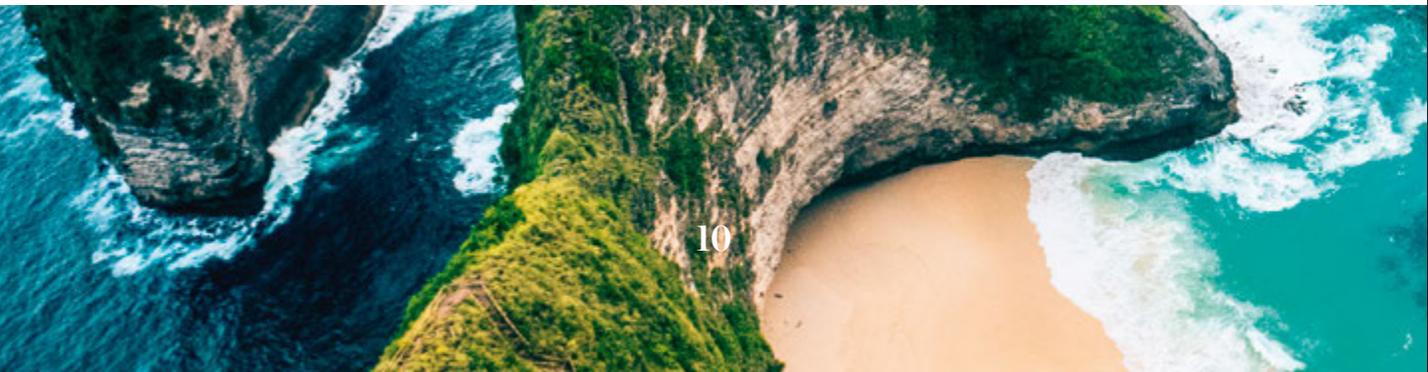
## REDENSIFICATION

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

**KO BI DO** 20min - W. 75€ | W-E. 80€

## INSTANT YOUTHFULNESS

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



# Facials

## **Taoïste Massage** 50min/1hr20 - W. 130/180€ | W-E. 140/190€

### REGENERATING

This preventive treatment, inspired by traditional Chinese medicine, works on acupressure points to relax facial features.

*The 1hr20 version includes a special eye area massage.*

## **Balinese Flowers and Fruits Massage** 1hr20 - W. 180€ | W-E. 190€

### 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).

## **Five Balinese Flowers Massage** 50min - W. 130€ | W-E. 140€

### 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.

## **Balinese Flowers Massage** 20min - W. 75€ | W-E. 80€

### 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.



# the body

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.

# 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 min) are only sold in conjunction with another treatment.*

## BATH AND HAMMAMS

### **Aromas and Colors Hammam** 20min - W. 60€ | W-E. 65€

#### COMFORTING

Discover an authentic Hammam experience as you bathe in hot steam that combines the benefits of aromachology and personalized essential oils. It will truly take your mind and body on a sensory journey. *Can also be reserved for two or as a private treatment.*

### **Japanese Aromas and Flowers Bath** 20min - W. 60€ | W-E. 65€

#### RELAXATION

Treat yourself to this ancestral O'furo ritual that awakes the senses with a combination of essential oils, colors, and rose petals, leaving your mind and body in perfect harmony.

### **Rassoul cream wrap** 20min - W. 65€ | W-E. 70€

#### DETOXIFYING

Let yourself be transported to the magical world of the Hammam and Moroccan tradition. Your skin will feel toned and silky thanks to the detox properties of this natural clay.



## SCRUBS

### **Beldi Black Soap Scrub** 20min - W. 65€ | W-E. 70€

#### PURIFICATION

Travel to the heart of North African tradition. The Hammam and the Kassa glove's exfoliating action, combined with "traditional" Beldi Black Soap purify the skin deep down, leaving it soft and silky smooth. *This treatment can only be done after a Hammam treatment.*

### **Spiced Aromatic Scrub** 20min - W. 65€ | W-E. 70€

#### 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.

### **Papaya Purée Scrub** 20min - W. 65€ | W-E. 70€

#### 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.

### **Sublime Tahitian Monoi Scrub** 20min - W. 65€ | W-E. 70€

#### 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.*



# Full-body massages

## Traditional Oriental Massage

20min/50min/1hr20 W. 75/130/180€ | W-E. 80/140/190€

### 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.

## Indian Ayurvedic Massage 50min/1hr20 - W. 140/185€ | W-E. 155/195€

### PROFOUNDLY INVIGORATING

Enjoy this invigorating hot-oil massage inspired by traditional Abhyanga.

The energetic, alternating pace will release any tension and relax your muscles.

## Tui Na Taoist Massage 50min/1hr20 - W. 130/180€ | W-E. 140/190€

### 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.

## Royal Balinese Massage 50min/1hr20 - W. 130/180€ | W-E. 140/190€

### RELAXING

This ancestral Balinese massage will plunge you into a tranquil world.

This sensory escape is combined with traditional smoothing and gentle Thai stretches.

## Sublime Polynesian Massage 50min/1hr20 - W. 130/180€ | W-E. 140/190€

### 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.*

## Sublime Bola Massage 50min - W. 140€ | W-E. 155€

### 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.*

## Udarabhyanga Massage 50min - W. 140€ | W-E. 155€

### 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** 50min - W. 140€ | W-E. 155€

### 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.*

## **Back's Delight Massage** 20min - W. 75€ | W-E. 80€

### 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.

## **Japanese Scalp Massage** 20min - W. 75€ | W-E. 80€

### REVITALIZING

Drawing inspiration from the Japanese AMMA relaxation technique, this full treatment encompasses a massage of the facial reflex zones, the neck and head. This uniquely soothing massage will leave you feeling revitalized, relaxed and tension free (oil-free massage).

## **Angel Hands Massage** 50min - W. 90€ | W-E. 100€

### REGENERATING

A beauty treatment for the hands combined with an anti-aging action. Wonderful fruity scrub, enhancing mask and soothing massage are some of the stages in this beauty secret that restores angel hands. (The treatment does not include nail varnish).

## **Light Feet Massage** 50min - W. 90€ | W-E. 100€

### ENERGIZING

Treat your tired feet to a wonderfully energizing treatment that includes a foot bath, scrub, wrap with an unctuous cream made from Chinese plants and a comforting massage of the feet. (The treatment does not include nail varnish). Nail polish: refer to the spa reception.

## **Feet Massage** 20min - W. 75€ | W-E. 80€

### ENERGETIC

This foot treatment uses a unique, localized acupressure system to instantly relieve the feet. The different stretching movements provide energy and balance to the whole body.





## **Grand Hammam Ritual** 1hr50/2hr20 - W. 235/280€ | W-E. 255/305€

### DIVINE ARGAN

Have a unique, gentle stretching experience in the Hammam. Enjoy a purifying scrub with a Kassa glove and “traditional” Beldi Black Soap, followed by a wrap with Rassoul Cream. Then a full-body massage with warmed argan oil will transport you to the heart of North African tradition.

- Hammam
- Beldi Black Soap Scrub
- Rassoul Cream Wrap
- Traditional Oriental Massage

## **Grand Imperial Youthfulness Ritual** 1hr50 - W. 230€ | W-E. 245€

### SUPREME KO BI DO

Stemming from ancestral Japanese beauty methods, this ritual comprises techniques known to this day as the most effective ways to restore and prolong the youthfulness of the face, neck, and chest.

- Aromas and Colors Hammam or Japanese Bath
- Back's Delight Massage
- KO BI DO Facials – Redensification

## **Grand Sublime Ritual from Polynesia** 1hr50/2hr20 - W. 230/280€ | W-E. 245/305€

### ULTIMATE RELAXATION

This ritual, inspired by Polynesian beauty traditions, will help you let go of it all and will reboot your physical and mental energies. It comprises a Tahitian Monoï scrub and a sublime Polynesian massage.

- Aromas and Colors Hammam or Japanese Bath
- Sublime Tahitian Monoï Scrub
- Sublime Polynesian Massage



## **Grand Happiness Couples Ritual** 1hr50 - W. 465€ | W-E. 495€

### DUO RELAXATION

Share a blissfully relaxing and unforgettable moment together. This ritual comprises a hammam and body massage and gives you the opportunity to experience something unique that leaves you feeling energized and harmonious.

- Aromas and Colors Hammam or Japanese Bath
- Spiced Aromatic Scrub
- Indian Ayurvedic Massage or Tui Na Taoist Massage

## **Grand Traveler's Ritual** 1hr50 - W. 230€ | W-E. 245€

### ANTI-JETLAG

Reach deep down to refuel your energy stores and reset your internal clock with this special treatment routine.

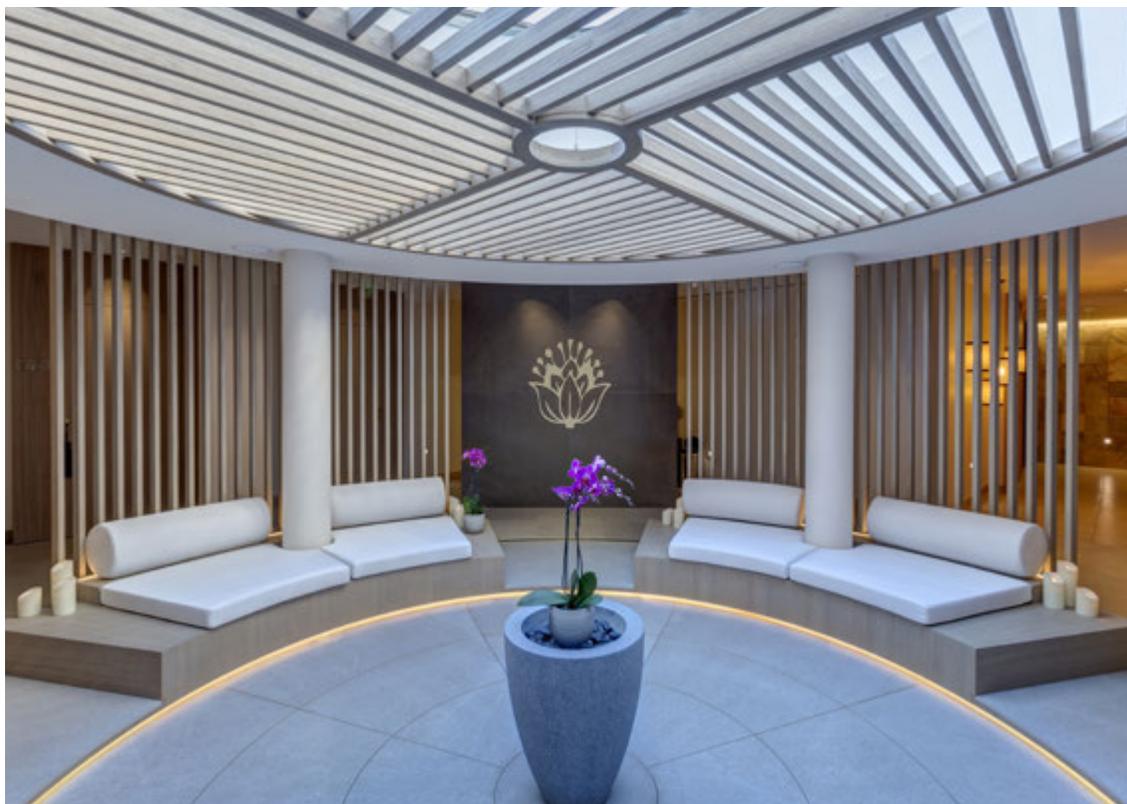
- Heated body wrap
- Back's Delight Massage
- Legs and Feet Reflexology Massage
- Balinese Flowers Facial Massage

## **Great Celestial Day's Ritual** 3hr20 - W. 385€ | W-E. 410€

- Japanese Aromas and Flowers Bath or Aromas and Colors Hammam
- Spiced Aromatic Scrub
- Indian Ayurvedic Massage
- Taoist Facial Treatment
- Light Feet Massage



# The Cinq Mondes world



## Subscriptions

Extend that feeling of true well-being with a Cinq Mondes subscription. Then you can enjoy your treatments all year long in an exceptional setting. If you have a subscription, you can invite the person of your choice to accompany you. You get 10 to 20% off, as well as other exclusive advantages. Please ask for more information at the Spa's reception desk.

## Spa guide

Cinq Mondes offers massages stemming from Rituals from around the world, thus providing non-medical wellness and relaxation treatments. Use of the Hammam may be contraindicated due to health reasons. All of our treatments are co-ed. You can choose to share this blissful moment with anyone you would like in your double suite. Please contact the spa for more information.

Our spa is a space dedicated to peace and relaxation. Please turn off your cell phone, respect the tranquil ambiance, and fully enjoy your experience.

The indicated treatment times correspond to the actual treatment times. Please plan for 30 min, 1 hr, or 1 hr 30 min for a 20 min, 50 min, or 80 min treatment, respectively.

If you cannot make it, please cancel your appointment at least 24 hours in advance and at least 48 hours in advance if it is on a Saturday. If not, we will have to charge you the full price of the scheduled treatment. Please get to the Spa 10 min before your treatment starts. We will have the opportunity to give you a welcoming ritual and to present you with a questionnaire to prepare you for your treatment. If you are late, it will be taken out of your treatment time.

# CINQ M<sup>̄</sup>ONDES

## PARIS

### CONTACT

SPA CINQ MONDES  
AU MONTE-CARLO BAY HOTEL & RESORT  
40, avenue Princesse Grace  
98000 Monaco  
TEL: (377) 98 06 01 80  
[spacinqmondes@montecarlobay.mc](mailto:spacinqmondes@montecarlobay.mc)  
[www.montecarlobay.com](http://www.montecarlobay.com)

[www.cinqmondes.com](http://www.cinqmondes.com)