

CINQ MŌNDES
PARIS

Treatment menu

BEAUTY RITUALS OF THE WORLD





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Cinq Mondes
Universe



Cinq Mondes Adventure

Since its creation in Paris in 2001, Cinq Mondes has established itself as a specialist in spa and professional treatments inspired by traditional medicine. The brand gives a new twist to rituals from around the world with its characteristic refinement, efficiency and sensory appeal, to replenish your skin and body alongside your energies and emotions. Our team of spa practitioners adapt these regenerating, balance-seeking techniques from different continents to provide you with an intensely immersive, holistic break from your daily grind.



Face

Face Treatment

Each of our Face Treatments can bring out the beauty in anyone with a unique experience that combines technique and complete relaxation. Every Cinq Mondes product used during treatments respects our Skin Dietetics® principle with targeted, bespoke efficacy. Dermapuncture® which is an exclusive manual technique of needle-free and massage techniques drawn from traditional medicines from around the world deeply relax the features of the face, neck, and décolleté. The former is an exclusive manual technique that is like acupuncture without the needles.

RESTRUCTURING

You can find this exclusive Face Treatment in our spas. As its name implies, it is a highly sophisticated facial massage that is originally from Japan. "Ko" means "old", "Bi" means "facial beauty", and "Do" means "the right action".

KO BI DO 80 min

GLOBAL ANTI-AGING

This exceptional treatment combines powerful Dermapuncture® movements and ridoki to give the face, neck, and décolleté a natural lift.

KO BI DO 50 min

REDENSIFICATION

This wrinkle deeply treatment works in the face and neck to reinvigorate and smooth out the skin.

KO BI DO 20 min

INSTANT YOUTHFULNESS

This facial massage combines the power of Géo with movements that provide a natural facelift, for immediate results.

RADIANCE

Indonesia has a long-established tradition of gestures passed down through generations that boost the complexion's radiance and purify the skin with a combination of flower and tropical fruit extracts.

Balinese Flowers and Fruits 80 min

PERFECT RADIANCE

The perfect treatment to smooth out any imperfections on the face, neck, and décolleté, thanks to oxygenation techniques that combine natural active ingredients from tropical flowers and fruit acids (AHAs).

Five Balinese Flowers 50 min

MOISTURIZING

This treatment from Bali moisturizes deeply moisturizes and brightens the skin with its combination of five tropical flowers. A face, neck, and shoulder massage will help you let go of any tension and relax you.

Balinese Flowers 20 min

RADIANCE BOOST

Enjoy the delicate scents of tropical flowers during this treatment that will leave your skin radiant and your complexion looking fabulous.

PLUMPING

These massage techniques draw inspiration from traditional Chinese medicine. They are based on needle-free acupuncture that works on key energy points to provide balance and longevity.

Taoist Face and Eyes 80 min

ANTI-PUFFINESS

This treatment inspired by Chinese tradition includes a targeted eye area massage that provides deep regeneration in the entire face, neck, and décolleté.

Taoist Face 50 min

REVITALIZING

This preventive treatment inspired by Chinese tradition works on acupressure points to relax the facial features and neck.



Body

Body Preparatory Treatment

Discover our preparatory treatments* to kick off your spa experience and enjoy a sacred moment for your body and soul. Scrubs that stimulate the senses, baths and hammams with essential oils, and more will leave your skin silky soft, delicately perfumed, and ready for the benefits of your treatment to come.

**Preparatory treatments 20 min are only sold along with another treatment.*

BATH AND HAMMAM

Stretch Hammam 50 min

GENTLE STRETCHING

Experience something unforgettable in our hammam's perfumed steam. Then go on to the traditional steps of this Moroccan ritual that includes an exfoliation with Beldi Black Soap and a Kassa Glove, followed by a wrap with Rassoul Cream and gentle stretching.

Aromas and Colors Hammam 20 min

COMFORTING

Discover an authentic hammam experience and take a hot steam bath. This treatment combines the energetic benefits of aromachology and personalized essential oils. It will take your body and mind on a unique trip that will stimulate the senses.

Also available in couples and private versions.

Japanese Aromas and Flowers Bath 20 min

RELAXATION

Try out this O'furo ritual and take a bath in a traditional hinoki wood tub. It will awaken your senses with its combination of essential oils, colors, and rose petals.

SCRUB

Spiced Aromatic Scrub 20 min

ENERGIZING

Inspired by Javanese Boreh, a traditional recipe made with spices and sea salt. This treatment invigorates the body with its restorative aromas and leaves the skin silky soft.

Sublime Tahitian Monoï Scrub 20 min

NOURISHING

This organic mixture made with coconut powder and Tahitian Monoï found in the Ra'au (the traditional Polynesian pharmacopeia) leaves the skin silky soft.

Papaya Puree Scrub 20 min

REVEAL RADIANCE

Let yourself be seduced by the Kingdom to the kingdom of Siam and its spellbinding notes. This body care made with papaya and diatomaceous earth will exfoliate, perfume, and brighten your skin.

Beldi Black Soap Scrub 20 min

PURIFYING

Take a trip through North African traditions. The hammam and the Kassa Glove's exfoliating effect, paired with Beldi Black Soap, purify the skin deep down.

This treatment is performed only after a hammam.

Body Massage

Tempt your senses to discover the benefits of some of the best massages drawn from traditional medicines the world over. Each sensory journey to Bali, India, North Africa, and other faraway lands will provide you with a unique escape from space and time that will deeply regenerate your body and mind. Let the heady perfumes and enchanting textures transport you far away, for a feeling of calm that lasts.

Traditional Oriental Massage 20 min / 50 min / 80 min

SENSORY

Let Oriental traditions take you away with this full-body massage done with warmed argan oil. Take in the slow, deep motions and give in to well-being.

Indian Ayurvedic Massage 50 min / 80 min

PROFOUNDLY INVIGORATING

Enjoy this hot-oil massage inspired by traditional Abhyanga. Alternating slow and fast movements will release tension and awaken the body.

Tui Na Taoist Massage 50 min / 80 min

BALANCING

This massage, inspired by traditional hot-oil Tui Na, will bring your energies back into balance to calm your mind and revitalize your body.

Royal Balinese Massage 50 min / 80 min

RELAXING

Immerse yourself into a world of tranquility with this Balinese massage. This escape for your senses is accompanied by traditional smoothing motions and gentle stretching.

Sublime Polynesian Massage 50 min / 80 min

LET IT ALL GO

This massage has been inspired by Lomi-Lomi, a technique passed down by generations of Polynesian healers. Its delicate scents of tropical flowers will accompany you throughout the treatment and relax you deeply.

Udarabhyanga Massage 50 min

DETOXIFYING

This massage's deep, invigorating techniques inspired by traditional Indian medicine will relieve any tension in your body and stomach to detoxify and free the body.

Brazilian Massage 50 min

BESPOKE

This treatment inspired by traditional Brazilian medicine will relax your body and slim your figure with its draining and detoxifying motions for the body and mind.

This treatment comes in detox, slimming, lightness, and relaxation versions and can be customized with your spa practitioner.

Sublime Bola Massage 50 min

PREGNANT WOMEN

Discover enveloping smoothing motions performed with a tinkling massage ball. This treatment will help you calmly welcome the changes related to pregnancy and leave your body feeling relaxed and lighter than before.

This massage is suitable for various stages of pregnancy, please contact the spa's reception for more information.

We also offer a 20 min workshop for soon-to-be parents that can go along with this treatment, please contact the spa's reception for more information.

Leg and Feet Reflexology Massage 20 min

LIGHTNESS

This deep, draining massage combining acupressure techniques and a Thai reflexology stick will leave your legs and feet feeling light.

You can determine the intensity of the movements and the areas to be worked on at reception and with your spa practitioner.

Back Massage 20 min

SOOTHING

Discover this relating hot-oil massage that uses an Indian kansu bowl. This treatment will release any muscle tension you may have in your neck and back.

Japanese Scalp Massage 20 min

REVITALIZING

This comprehensive treatment, inspired by traditional Japanese amma techniques, includes a massage of the face, neck, and head's reflex zones. You will leave feeling revitalized, relaxed, and calmed thanks to this unique massage.

No products are used.



Grand Rituals

Grand Rituals

Experience something unique and unforgettable that mingles the beauty of the face and body with happiness! You can enjoy a combination of several treatments during our Grand Rituals, depending on the benefits you are seeking. Let yourself be guided by the traditions of world medicines, their secrets and unforgettable scents for two hours or more of sheer well-being...

Grand Hammam Ritual 1h50 / 2h20

DIVINE ARGAN

Let Oriental traditions whisk you away and experience grand Moroccan rituals, including:

- A Stretch Hammam
- A Traditional Oriental Massage 50 or 80 min

Grand Sublime Ritual from Polynesia 1h50 / 2h20

ULTIMATE RELAXATION

This ritual inspired by Polynesian beauty traditions will help you let go of it all, including:

- An Aromas and Colors Hammam or a Japanese Aromas and Flowers Bath
- A Sublime Tahitian Monoi Scrub
- A Sublime Polynesian Massage 50 or 80 min

Grand Imperial Youthfulness Ritual 1h50

KO BI DO SUPREME

This ritual draws inspiration from some of the best beauty and treatment traditions the world over and will relax you completely, including:

- An Aromas and Colors Hammam or a Japanese Aromas and Flowers Bath
- A Back Massage
- A KO BI DO Face Treatment 50 min

Grand Traveler's Ritual 1h50

RECOVER

Get a boost and reset your body clock with this unique treatment sequence, including:

- A Detox Body Wrap
- A Back Massage
- Draining massage movements on the legs
- A Balinese Flowers or KO BI DO Face Treatment 20 min

Grand Felicity Ritual For Two 1h50

DUO RELAXATION

Share a moment of well-being and unforgettable relaxation together. This ritual is a privileged experience that will recharge your batteries and bring you closer, including:

- An Aromas and Colors Hammam or a Japanese Aromas and Flowers Bath
- A Spiced Aromatic Scrub
- An Indian Ayurvedic or Tui Na Taoist Massage 50 min

Grand Celestial Day Ritual 2h50

CUSTOMIZABLE

Put together your own wellness treatment sequence. Choose from our best rituals from around the world, for a holistic experience, including:

- An Aromas and Colors Hammam or a Japanese Aromas and Flowers Bath
- A Scrub of your choice
- A Body Massage 50 min of your choice
- A Facial Treatment 50 min of your choice



Cinq Mondes Universe

Spa Guide

Cinq Mondes offers massages stemming from rituals from around the world, providing non-medical wellness and relaxation treatments. Use of the hammam may be contraindicated due to health reasons. All of our treatments are mixed. 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 quiet atmosphere ambiance, and fully enjoy your experience.

The indicated treatment times correspond to the actual treatment times.

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 welcome you with our special ritual and 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 MÔNDES

PARIS

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