



Massages & Treatments



BY THE SPA

SIGNATURE MESSAGES

FACE & SCALP MASSAGE 20 min | €56

This massage, going from the shoulders to the ends of the hair, combines relaxing maneuvers and digital pressure for absolute relaxation.

RELAXING OR TONING MASSAGE

Personalized massage, according to tensions felt.

20 min - This treatment is performed on the back of the body (feet, back of the legs, back) in order to dissolve muscle contractions to bring you relaxation and well-being.

50 or 80 min - This treatment is performed on the entire body, ideal for muscle relaxation and deep relaxation.

20 minutes | €56

50 minutes | €100
80 minutes | €120

SIGNATURE - THE BIRDIE 50 min | €100

A “Memorable Moment” at the Spa, this hot oil massage incorporates the play of 2 golf balls for deep muscular work and sensory awakening. It rebalances the body’s energy, dissolves tensions for absolute relaxation.

PRENATAL MASSAGE 50 min | €120

Designed for women in their second and third trimesters, this is a cocooning treatment that relieves the back, lightens the legs, improves skin elasticity and prevents marks.



SIGNATURE RITUALS

ESCAPE RITUAL 1 h 50 min | €190

- A massage of your choice 1 hour
- A 50min facial treatment

ZEN RITUAL 2 h 20 min | €236

- A body scrub of your choice 20min
- A massage of your choice 1 hour
- A 1 hour facial treatment

PLENITUDE RITUAL 2 h 50 min | €279

- A body scrub of your choice 20min
- A massage of your choice 1 hour
- A "Ko Bi Do" facial treatment 1.5 hours

MASSAGES & SPECIFIC TREATMENTS

FACIAL REFLEXOLOGY 20 min | €56

A practice from Chinese medicine, draining and energetic. It consists of exerting pressure points pressed and smoothed on areas of the face corresponding to the different organs and parts of the human body.

BEAUTY OF HANDS OR FEET

without varnish application 50 min | €75
classic varnish application 15 min | €25

FOOT FLEXOLOGY 50 min | €100

A practice from Chinese medicine, draining and energetic. It consists of exerting pressure points pressed and smoothed on areas of the foot corresponding to the different organs and parts of the human body.

HAIR REMOVAL (BY REQUEST AT RECEPTION)

Waxing followed by soothing oil application.

CHILD CARE (6-12 YEARS)

MY FIRST MASSAGE 20 min | €48

If you like to be pampered like mom and dad, this massage specially adapted for you will help you discover this world of well-being and its benefits.

LITTLE FACE: DISCOVERY FACIAL 20 min | €48

Want to do like the grown-ups? With this fun and delicious moment, come and discover the first essential steps to take care of your skin.

THE MOMENT OF COMPLICITY (PARENT/CHILD DUO) 20 min | €106

A moment of well-being and complicity as a duo with mom or dad. Your child will be delighted to discover the world of massages and facial treatments.



BY CINQ MONDES

FACIAL CARE

**“BALI FLOWERS RITUAL[®]”
RADIANCE TREATMENT** 20 min | €56

Enjoy the delicate scents of tropical flowers in this “radiance boost” treatment inspired by Balinese beauty rituals and discover its benefits combining skin cleansing, well-being and beauty.

**“KO BI DO” INSTANT YOUTH
FACIAL MASSAGE** 20 min | €56

This “Ko Bi Do” instant youth treatment is inspired by an ancestral Japanese beauty ritual, combining natural facial lifting gestures with personalized treatment according to the most fragile areas, for immediate effectiveness and results.

**“BALI FLOWER AND FRUIT
RITUAL” COMPLEXION-
PERFECTING FACIAL MASSAGE** 1 h 20 min | €145

A real deep-cleansing treatment, perfecting the complexion and giving you a radiant glow thanks to Dermapuncture[®] techniques, combined with a mask and a targeted massage that brings youthfulness to the face. Take full advantage of the benefits of the natural active ingredients of tropical flowers and natural fruit acids (AHAs) to regain purified skin and a strengthened immune barrier, smooth skin texture, and a luminous complexion.

**“KO BI DO” LIFTING AND
REPLENISHING TREATMENT** 50 min | €100

Inspired by an ancestral Japanese ritual “Ko Bi Do”, a true manual face lift, this “anti-aging” treatment acts on the entire face and neck, through deep maneuvers, to restore toned, smoothed and plumped skin.

**SUBLIMATING TREATMENT
“RITUAL WITH FIVE FLOWERS[®]”** 50 min | €100

From a Balinese Ritual, this facial treatment tones and brightens the skin. Thanks to the combination of extracts of five tropical flowers and a massage of the face, neck and trapezius, the skin is cleansed and the complexion brighter.

**“KO BI DO” SUPREME
YOUTH FACIAL MASSAGE** 1 h 20 min | €145

This exceptional treatment combines the effects of the pharmacopoeias of Cinq Mondes cosmetics chosen during the treatment, with the maneuvers of Dermapuncture[®]: dermopetrissage, facial reflexology, acupressure, lifting and smoothing maneuvers of the “ridoki (roller) of jade”, for a real natural face lift. These 50 lifting maneuvers allow you to revitalize and plump your skin, and thus revive its youth capital.

CARE RITUALS

SIAM RITUAL

- Radiance Scrub “Purée de Papaye[®]”
- Relaxing Balinese Massage

SUBLIME POLYNESIAN RITUAL

- Sublime[®] Scrub with Tahiti Monoï
- Sublime Polynesian Relaxing Massage

BENGALORE RITUAL

- Energizing Aromatic Scrub with Spices
- Toning Indian Ayurvedic Massage

ALL CARE RITUALS 1 h 20 min | €155



BODY TREATMENTS

ENERGIZING AROMATIC SCRUB WITH SPICES

Have a moment of well-being with this ancestral ritual inspired by beauty and treatment recipes from the island of Java. Be transported by the delicate scents of this energizing treatment based on spices and sea salts and find soft, satiny skin.

“PAPAYA PUREE®” RADIANCE SCRUB

A scrub technique born from a Ritual from Siam, using a creamy “Papaya Puree®” with fine grains. Delicately exfoliated, your skin regains its radiance and is veiled in a delicious fragrance.

SUBLIME SCRUB WITH TAHITIAN MONOI

A scrub technique born from a Ritual from Siam, using a creamy “Papaya Puree®” with fine grains. Delicately exfoliated, your skin regains its radiance and is veiled in a delicious fragrance.

ALL BODY TREATMENTS

20 min | €65

BODY MESSAGES

SUBLIME RELAXING POLYNESIAN MASSAGE

50 min | €100
1 h 50 min | €145

A massage inherited from Polynesian healers and inspired by Lomi-Lomi, using long and continuous pressure and movements of the forearms. The delicate notes of Tiare flowers accompany you throughout this incredible experience of letting go.

RELAXING BALINESE MASSAGE

50 min | €100
1 h 20 min | €145

Wimmerse yourself in a world of tranquility thanks to this ancestral Balinese massage ritual with “Tropical Nut Melting Balm®”. This sensory escape is combined with traditional smoothing and gentle Thai stretching.

TONING INDIAN AYURVEDIC MASSAGE

50 min | €100

Inspired by ancient Indian tradition, this invigorating massage with hot oil offers an alternation of varied rhythms with scents of vanilla and cardamom.

TRADITIONAL RELAXING ORIENTAL MASSAGE

50 min | €100

This massage inspired by oriental tradition works the entire body with heated and delicately perfumed argan oil. The expert hands of the practitioner envelop you with slow and deep maneuvers to provide you with a state of pure well-being.

RELAXING LEG MASSAGE

20 min | €56

A treatment dedicated to relieving tired legs. This invigorating and draining massage uses natural active ingredients from the Chinese Pharmacopoeia. You will find fresh and light legs for a feeling of total relaxation.

“KO BI DO” FACIAL MASSAGE CURE

12 Sessions of 20 minutes

€560



BOOK AN APPOINTMENT

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