

# treatments menu

CINQ MŌNDES  
PARIS

DOLCE  
HOTELS AND RESORTS®  
BY WYNDHAM  
LA HULPE BRUSSELS

A close-up, high-quality portrait of a woman's face and shoulder. She has light brown, curly hair pulled back, revealing her bright blue eyes and well-defined eyebrows. Her skin is fair and has a natural, healthy glow. She is looking slightly off-camera to the left. The background is a solid, warm beige color. The lighting is soft and directional, coming from the upper left, which highlights the texture of her skin and the curve of her shoulder.

“Happiness  
within the skin.”

# the face

Each Facial Massage reveals the beauty of each individual in a unique experience combining technical expertise and absolute relaxation. Each Cinq Mondes product used during the treatment respects the principle of Skin Dietetics for a targeted and tailor-made efficiency. The features of the face, neck and neckline are deeply rested thanks to the Dermapuncture<sup>®</sup>, an exclusive manual acupuncture technique without needles, combined with massage techniques from traditional medicines of the world.

# Facial Massages

## KO BI DO

Inspired by an ancestral Japanese ritual, «Ko Bi Do», this unmissable Facial Massage is exclusive to Cinq Mondes Spas. Real manual face-lift, it acts in depth on the face, the wrinkles, the firmness, the pigmentation spots and the radiance. Your skin becomes soft and smooth, a radiant complexion and a perfectly relaxed mind.

### **KO BI DO SUPRÊME** 1 h 20 - € 150

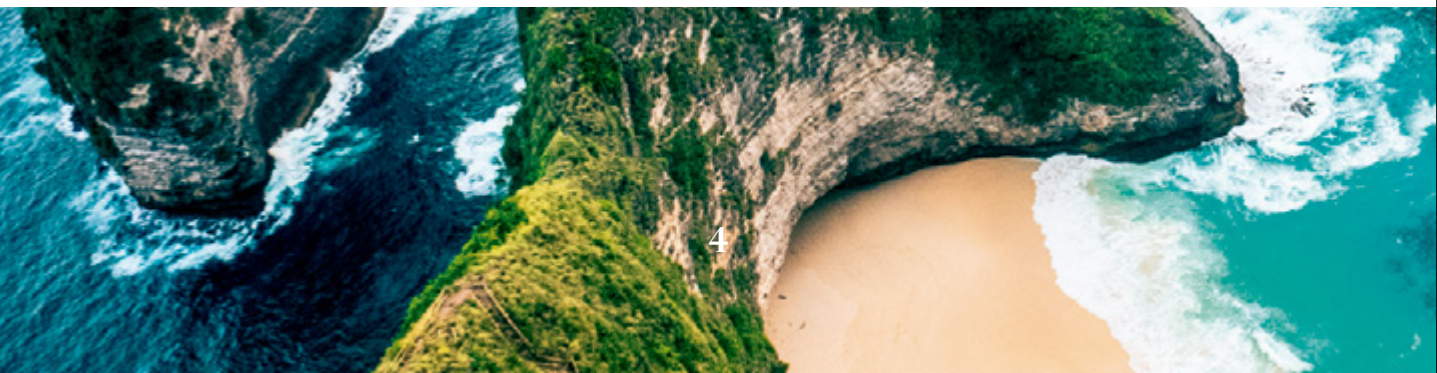
#### **GLOBAL ANTI-AGING**

This exceptional treatment combines the power of Geto with the techniques of Dermapuncture® and Ridoki, for a real natural lifting of the face and neckline.

### **KO BI DO** 50 min - € 110

#### **LIFTING**

This wrinkle-reducing treatment acts deeply on the face and neck, to regain a toned skin, smooth and plumped up.





# Facial Massages

## Five Balinese Flowers Massage 50 min - € 110

### MOISTURISING RELAXING

This treatment of Balinese origin deeply moisturizes, balances the skin microbiota and illuminates the skin thanks to the combination of 5 tropical flowers. Massages of the face, neck and trapezius release the tension of everyday life.

## Balinese Flowers and Fruits Massage 1 h 20 - € 150

### PERFECT RADIANCE

The real zero defect and complexion perfecting treatment, thanks to oxygenation techniques that combines natural active ingredients from tropical flowers and fruit acids (AHAs).  
*Includes blackheads removal.*

## Taoist Face and Eye Massage 50 min / 1 h 20 - € 110 / 150

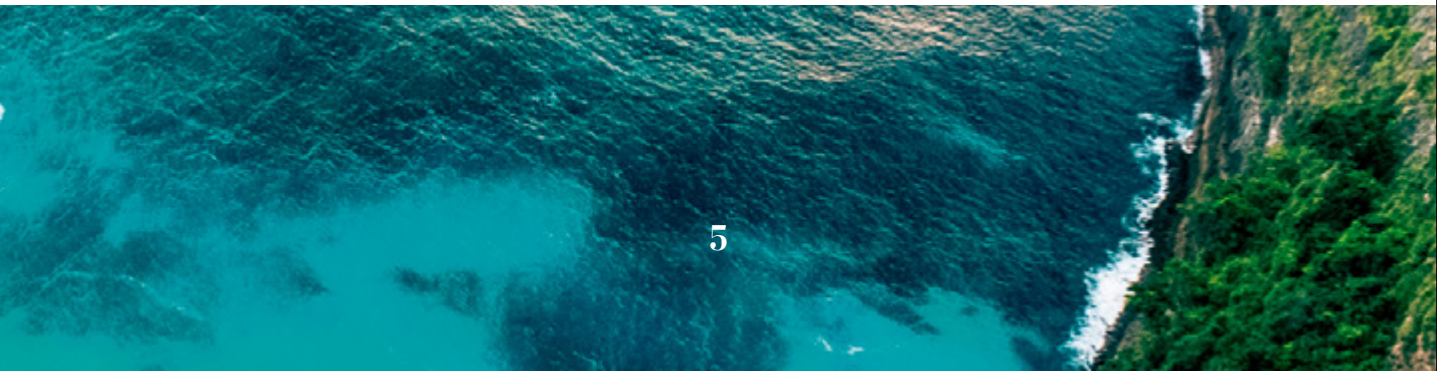
### REGENERATING

This preventive treatment, inspired by traditional Chinese medicine, works on acupressure points to relax facial and eyes features.  
*The 1 h 20 version includes a special eye area massage.*

## Balinese Flowers Massage 20 min - € 55

### RADIANCE BOOST

Enjoy this radiance-boosting treatment's delicate tropical flowers 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 inherited from traditions around the world. Bali, India, the Orient... each sensory journey provides you with a unique escape through time and space for a deep regeneration of the body and mind. Let yourself be carried away by intoxicating fragrances and bewitching textures for a lasting soothing effect.

# Preparatory Treatments

To start your Spa experience, discover our Preparatory Body Treatments\* and enjoy a sacred moment for your body and mind. Sensory body scrubs, gentle wraps, bath or hammam... for a soft and delicately perfumed skin that is ready to receive the benefits of your body and facial massages.

*\*Preparatory treatments of 20 min are only sold in conjunction with another treatment.*

## BATH AND HAMMAM

**Traditional Hammam** 20 min - € 30 per person

### COMFORTING

Discover an authentic Hammam experience, a hot steam bath that combines the benefits of aromacology and eucalyptus. A true sensory journey for the body and mind.

*To be discovered as a private treatment, alone or for two.*

**Japanese Aromas and Flowers Bath** 20 min - € 55

### RELAXATION

This relaxing ancestral O'Furo ritual awakens the senses with a combination of phyto-aromatic oils, colours and rose petals, leaving your mind and body in perfect harmony.



## SCRUBS

### Scrubs with Beldi Black Soap 20 min - € 55

#### PURIFYING

Travel to the heart of the oriental tradition. The Hammam and the exfoliating action of the of the Kassa glove combined with the traditional Beldi Black Soap will purify the skin in depth, leaving it soft and smooth.

*This treatment is performed exclusively after a Traditional Hammam treatment.*

### Spiced Aromatic Scrub 20 min - € 55

#### ENERGIZING

This exfoliating treatment inspired by the island of Java, using spices and sea salts, captivates you thanks to its delicate fragrances and leaves your skin soft and silky smooth.

### Papaya Purée Scrub 20 min - € 55

#### SENSORY

Discover this exfoliating treatment from Siam, using smooth, fine-grained Papaya Purée. Gently exfoliated, your skin is left softer than ever.

### Sublime Tahitian Monoï Scrub 20 min - € 55

#### SUBLIME SMOOTHING

This organic preparation inspired from Polynesia and adapted to sensitive skins, based on Monoï, Tiaré flowers, sugar and coconut powder, smoothes and regenerates the skin.

*The Sublime Scrub, Sublime Body & Hair Oil and Sublime Body Balm are Cosmébïo labeled.*





# Body Massage Treatments

## **Traditional Oriental Massage** 50 min / 1 h 20 - € 115 / 165

### **RELAXING**

Travel to the heart of oriental traditions with this massage that works the whole body with heated Argan oil. This wrap of slow and deep techniques gives you a moment of pure well-being.

## **Indian Ayurvedic Massage** 50 min / 1 h 20 - € 115 / 165

### **PROFOUND INVIGORATING**

Enjoy this invigorating hot-oil massage inspired by traditional Abhyanga. The energetic and alternating rhythm will releases tension and relaxes your muscles.

## **Sublime Polynesian Massage** 50 min / 1 h 20 - € 115 / 165

### **LET GO**

A massage inherited from the healers of Polynesia with the slow rhythms of Lomi-Lomi. The delicate notes of Tiaré flowers will accompany you throughout this experience of letting go.

*Massage performed with heated Sublime Oil and Sublime Balm and Cosmébïo labeled.*

## **Taoist Tui Na Massage** 50 min / 1 h 20 - € 115 / 165

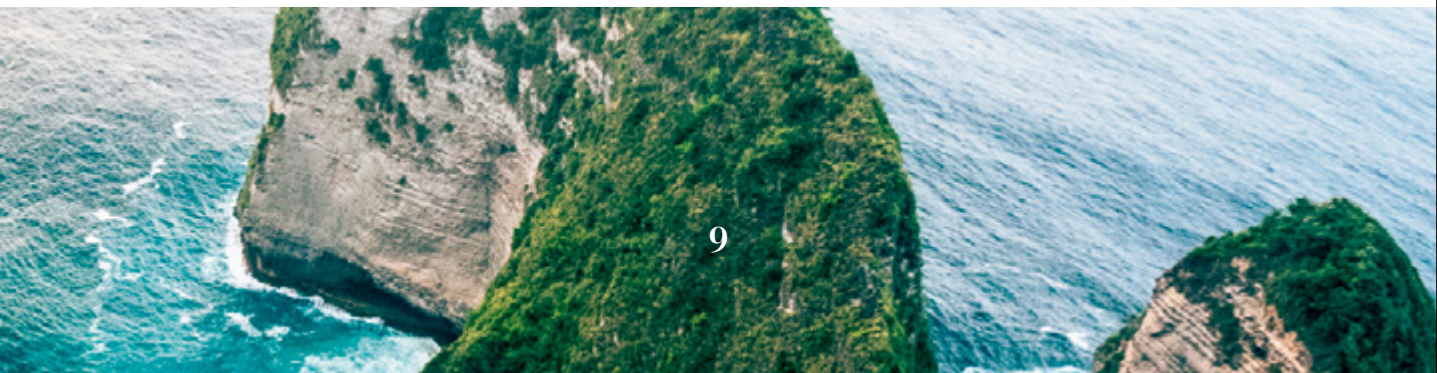
### **BALANCING**

This massage inspired by the traditional Tui Na with hot oil acts on the balance of the energies of the body. This treatment calms the mind and revitalizes the body.

## **Royal Balinese Massage** 50 min / 1 h 20 - € 115 / 165

### **UNWINDING**

Immerse yourself in a world of tranquillity with this ancestral Balinese massage. This sensory escape is combined with traditional smoothing and gentle Thai stretches with the Tropical Nuts Melting Body Balm.



## **Udarabhyanga Massage** 50 min - € 115

### **DETOXIFYING**

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

## **Imperial Hands and Feet Massage** 50 min / 1 h 20 - € 115 / 165

### **CALMING**

Inspired by the Chinese tradition of the Art of touching, take full advantage of this gesture of massages on the reflex zones.

*Refreshing effect thanks to the benefits of the Energizing Leg-Lifting Cream.*

## **Brazilian Massage** 50 min - € 115

### **TAILOR-MADE**

Get a relaxed body and a slimmer figure with this treatment inspired by traditional Brazilian medicine with draining and detoxifying techniques for the body and mind.

*To be personalized with your spa practitioner in detox, slimming, lightness or relaxation versions.*

## **Energetic Foot Massage** 20 min - € 60

### **ENERGIZING**

Get light feet with this acupressure technique that instantly relieves the feet.

## **Relaxing Back Massage** 20 min - € 60

### **SOOTHING**

Discover this relaxing massage with hot oil. Focusing on the muscles of the back and neck, this treatment releases tension and leaves you feeling blissful.



# Sublime Bola Ritual

The Sublime Bola Ritual is a truly personalized treatment that works for different stages of pregnancy. It has been passed down over generations of women of the world who have long helped other women welcome the changes to their body during pregnancy using their hands. Its soft smoothing motions deeply relax the changing body during this time.

## **Sublime Bola Ritual** 50 min - € 115

### **PREGNANT WOMAN**

Discover the smoothing and gentle massages in order to serenely welcome all the changes in the body during pregnancy.

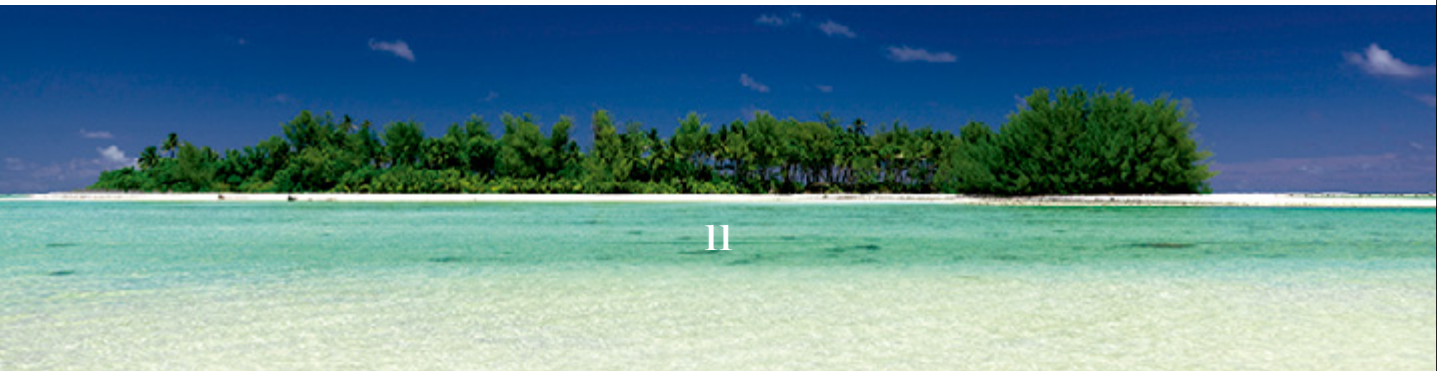
*This massage is performed after the 1st trimester.*

## **Sublime Bola Grand Ritual** 1 h 20 - € 165

### **PREGNANT WOMAN**

Composed of the Sublime Scrub with Tahitian Monoï and the Sublime Bola Ritual, this ritual combines a complete revitalization of the body to give yourself a moment of relaxation and comfort for yourself and your unborn baby.

*This massage is performed after the 1st trimester.*



# the grand rituals

Live a unique and unforgettable experience, combining beauty of the body, the face and happiness! These Treatments Rituals allow you to benefit from a combination of several treatments depending on the desired benefit. Let yourself be guided by the traditions of world medicines, their secrets and unforgettable fragrances for 2 hours and more of pure well-being...



## **Imperial Youthfulness Grand Ritual** 1 h 50 / 2 h 20 - € 195 / 235

### **SIGNATURE EXPERIENCE**

Based on ancestral Japanese beauty methods, this ritual is composed of a gesture known to this day as one of the most effective ways to recover and lengthen the youthfulness of the face, neck and neckline.  
*Japanese Aromas and Flowers Bath\* - Relaxing Back Massage - KO BI DO Face Massage 50 min or 1 h 20*

## **Grand Sublime Ritual from Polynesia** 1 h 50 / 2 h 20 - € 195 / 235

### **ULTIMATE RELAXATION**

Inspired by Polynesian beauty traditions, this ritual allows an immediate release and the reboot of physical and psychic energy.

*Japanese Aromas and Flowers Bath\* - Sublime Tahitian Monoï Scrub - Sublime Polynesian Massage 50 min or 1 h 20*

## **Traveller's Grand Ritual** 1 h 50 - € 195

### **ANTI-JETLAG**

Recover your energy deeply and resynchronize your internal clock with this unique treatment journey.  
*Heated Back Wrap - Relaxing Back Massage - Drainage of the Legs - Balinese Flowers Facial Massage*

## **Bliss for Two Grand Ritual** 1 h 50 - € 210 per person

### **DUO RELAXATION**

Share an unforgettable moment of well-being and relaxation for two.

*Japanese Aromas and Flowers Bath\* - Spiced Aromatic Scrub - Traditional Oriental Massage*

*\*The Japanese Aromas and Flowers Bath can be replaced by the Traditional Hammam.*



## **Grand Ritual of the Hammam** 2 h 20 - € 220

### **DIVINE ARGAN**

Escape to the heart of the traditional wellness secrets of the East. Enjoy a purifying exfoliation with the Kassa glove combined with the traditional Beldi Black Soap and a Wrap with "Rassoul Cream".

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

## **World Tour Grand Ritual** 2 h 20 - € 225

### **EXOTIC**

This Grand Ritual invites you to a sensory cruise stopping over in five countries renowned for their ancestral practices of well-being.

*Traditional Hammam - Papaya Purée Scrub - Relaxing Back Massage - Bali Flowers Massage - Energetic Foot Massage*

## **Royal Shirodhara Grand Ritual** 2 h 20 - € 340

### **BODY AND SOUL REGENERATION**

Live a unique experience of deep relaxation based on the Ayurvedic medicine. A trickle of hot oil is poured over the forehead in slow oscillations. This practice brings balance to the mood, deep sleep and vitality.

*This treatment requires washing the hair afterwards.*

*Traditional Hammam - Abhyanga Massage - Royal Shirodhara Treatment*

## **Celestial Grand Ritual** 3 h 20 - € 340

### **ABSOLUTE RELAXATION**

This exclusive ceremonial, complete for the body and face, is ideal to recover radiance and vitality.

*Japanese Aromas and Flowers Bath\* - Body Scrub of your choice - 50 min Body Massage of your choice - 50 min Facial Massage of your choice - Energetic Foot Massage*

To extend your well-being in the heart of nature, our Grand Rituals can be transformed into a Spa Day with a wellness access and a meal of your choice at the Argan restaurant (buffet breakfast or light lunch and soft drink) for € 35 extra.

*\*The Japanese Aromas and Flowers Bath can be replaced by the Traditional Hammam.*



# The Cinq Mondes Journey

Since its creation in Paris in 2001, CINQ MONDES has established itself as the specialist in spa and professional treatments inspired by traditional medicines. The brand, imbued with refinement, efficiency and sensoriality, revisits the beauty rituals of the world to regenerate the skin, the body, but also the energies and emotions. These revitalizing and balancing techniques discovered throughout the different continents are adapted by our team of spa therapists and facialists to offer you the most immersive of holistic interludes.

# Subscriptions

The annual subscription represents a credit that will allow you to book your treatments, buy products or offer Gift Certificates. The subscription allows you to invite the person of your choice to accompany you. You will also benefit from a 10 to 20% discount, depending on the type of subscription, as well as exclusive benefits.

# Gift Certificates

Discover the pleasure of a Cinq Mondes experience by offering a treatment to your guest with our Gift Certificates\*. You will be able to offer your guest the possibility to choose his or her treatment according to the duration you have selected. You can also personalize your gift with a box of sensory products to transport your guest into the world of Spa and well-being.

*\*Nominative and numbered, non-refundable and valid for one year from the date of purchase. The treatment duration is charged. The guest can choose products instead of the treatment.*

# Spa Guide

By offering massages based on the Rituals of the world, Cinq Mondes provides non-medical and non-sexual treatments for well-being and relaxation. Any inappropriate behavior from the client will result in immediate termination of the treatment.

For health reasons, the use of the Hammam may be contraindicated. Please inform us when you make your reservation of any health problem, allergy or possible pregnancy as some treatments are contraindicated.

All our treatments are mixed and we suggest to share this moment of relaxation with the person of your choice in our double suites.

As our spa is a place of relaxation and well-being, we would appreciate that you please turn off your mobile phone, respect the tranquility of the premises and make the most of your experience.

The indicated treatment durations correspond to the actual treatment durations: for a treatment of 20 min, 50 min or 1 h 20 please allow 30 min, 1 hour and 1 h 30 respectively.

In case you are unavailable, please cancel your appointment at least 24 hours in advance and 48 hours for an appointment on Saturday or Sunday. Otherwise, we will be required to charge you the amount of the planned treatment. In the case of a subscription or a Gift Certificate, the amount of the treatment will be deducted. Any delay will unfortunately be reflected in the time reserved for the treatment.





## CONTACT

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