



CINQ MŌNDES
SPA PARIS



English

Beauty Recipes of the World

Fascinated by massages, wellbeing and traveling, Nathalie and Jean-Louis Poiroux journeyed around the world in search of the best Beauty

Rituals of the World®. Their discoveries provided the founding principles for the creation of Cinq Mondes and are, still today, a source of continual inspiration.

Since the first Spa opened in the Heart of Paris in 2001, Cinq Mondes has established itself as the French pioneer and specialist of Treatments, Massages and Professional Spa Cosmetic Products, inspired by the world's ancestral cultures and distinctive for their sophistication and sensory appeal.

Today, Cinq Mondes is present in more than 36 countries and operates through a network of over 1,000 Spas and Institutes.



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Pinarello
HOTEL

CINQ MONDES Body Rituals®

Scalp and Face Massage (25 min) 80 Euros

This full treatment encompasses a massage of the facial reflex zones, the trapezius neck and shoulder muscles and the head.

This uniquely soothing massage will leave you feeling revitalized, relaxed and tension free.

Relaxing Back Massage (25 min) 80 Euros

Discover the virtues of this deeply relaxing massage.

By focusing on the back, neck and shoulder blades, this treatment releases built-up tension providing a feeling of well being and total relaxation.

Revitalizing & Lifting Legs Ritual (25 min) 80 Euros

A moment entirely dedicated to relieve the painful, tired, heavy legs and calves.

This reviving and draining massage takes its natural active ingredients from the Chinese Pharmacopoeia. Your legs enjoy an instant refreshing sensation and feel light and revitalized.

Relaxing North African Massage Ritual (50 min) 120 Euros

A genuine art of living massage that works on the entire body using delicately perfumed warm Argan oil. The expert hands of the massage therapist work on tender knots and tensions to eliminate toxins and muscle pains while promoting a state of pure wellness.

Soothing French-Polynesia Massage Ritual (50 min) 120 Euros

A body massage treatment inherited from The Polynesian healers and inspired by Lomi-Lomi, which uses deep pressures from the therapist's forearms and long continuous movements. Tiare flower notes accompany you all along this blissful experience of instant relief.

Tonifying Indian Ayurvedic Massage Ritual (50 min or 80 min) 120 or 150 Euros

This warm oil tonifying massage, from the millennia old Indian tradition, relies on a combination of invigorating strokes. Enjoy the vanilla and cardamom fragrances of this treatment that helps to relieve muscles, encourages sound sleep and leaves skin silky-soft.

Deep-Relaxing Balinese Massage

(50 min or 80 min) 120 Euros or 150 Euros

Immerse in a world of tranquility performed with a traditional «Tropical Nuts Melting Balm» according to an ancestral ritual massage from Bali. This sensorial escape includes gentle Thai stretching and traditional smoothing movements.

Hot stone massage (80 min) 150 Euros

This massage is a treatment recognised for centuries for its intense therapeutic effects, due to both the heat and the stones themselves. This body treatment soothes muscle pain, calms the nervous system and improves sleep quality.

Slimming and Firmness Rituals® CINQ MONDES

Indian Slimming Treatment : Drain & Detox (50 min) 120 Euros

A thousand-year-old slimming treatment that fights against water retention on the lower legs, thighs and ankles. This treatment is preceded by a warm body wrap to detox the skin and optimize the effects of active ingredients such as ginger and Lipocare® (a patented active ingredient that decongests skin tissue).

Brazilian Slimming Treatment: Anti-dimpling and Firmness

(50 min) 120 Euros

Inspired by a Brazilian ritual, this contouring treatment combines the fat burning properties of caffeine with a unique massage and kneading technique to fight against cellulite on the legs, stomach, hips, back and arms by acting like a firming cutaneous gymnastics session. This treatment is followed by a refreshing, firming and purifying body wrap.

CINQ MONDES Body Treatments®

Refining Aromatic Scrub with precious and rare Spices

(25 min) 80 Euros

Delight yourself in an ancestral ritual, inspired by a deeply rooted custom of body renewal from Java. With a fascinating earthy scent and a brilliant refining recipe featuring zesty spices and sea salts, you will awaken to a satin smooth skin and a stimulating sense of energy.

Polishing «Papaya Purée» scrub (25 min) 80 Euros

A body polishing technique used in a Ritual from Siam with creamy, finely grained «papaya purée». After being delicately exfoliated and polished, your skin is supremely radiant and deliciously scented.

Body scrub + Moisturizing massage (50 min) 120 Euros

Smoothing Sublime Scrub with Natural Noni & Tahiti Monoï (25 min) 80 Euros

A bliss-inducing ritual from the Polynesian Islands even for sensitive skin. This traditional preparation of Monoï made of brewed Tiare blossoms, raw sugar, ground coconut powder and Noni fruit will regenerate skin and renew the spirit.

CINQ MONDES Treatments Rituals®

Ayurvedic Ritual (80 min) 150 Euros

Refining Aromatic Scrub with precious and rare Spices
Tonifying Indian Ayurvedic Massage Ritual

Sublime Ritual from Polynesia (80 min) 150 Euros

Smoothing Sublime Scrub with Natural Noni & Tahiti Monoï
Soothing French-Polynesia Massage Ritual

Ritual of the Orient

in 80 min : 150 Euros

Purifying & Exfoliating Scrub with North African Black Soap after a relaxation at the Hammam

Purifying Detox Treatment with North African Rhassoul Poultice

Relaxing North African Massage Ritual (20 min)

in 1h50 : 180 Euros

Purifying & Exfoliating Scrub with North African Black Soap after a relaxation at the Hammam

Purifying Detox Treatment with North African Rhassoul Poultice

Relaxing North African Massage Ritual (50 min)

Ritual of Siam (80 min) 150 Euros

Polishing «Papaya Purée» scrub, deep-relaxing Balinese massage

« Ko Bi Do » Imperial Youthful Ritual (1h50) 180 Euros

Hamam

Ko Bi Do Lifting and Plumping Facial Treatment

Revitalizing Leg Massage

Beauty Ritual Youth Care (2h20) 250 Euros

Energizing aromatic scrub

Ko Bi Do Lifting and Plumping Facial Treatment

Tonifying Indian Ayurvedic Massage Ritual

Well- Being and Serenity Ritual (2h50) 320 Euros

Hamam

Energizing aromatic scrub

Relaxing North African Massage Ritual

Ko Bi Do Lifting and Plumping Facial Treatment

Revitalizing Leg Massage

CINQ MONDES Treatments Rituals® - Face

“Bali Flowers and Fruits Ritual” Skin Renewal Facial (50 min) 120 Euros

Deep cleansing treatment, skin perfecter and “radiance booster” inspired by Balinese beauty rituals. Take full advantage of the benefits of the natural tropical flowers and natural AHA fruit acids active ingredients to restore purified and smoothed skin for a radiant complexion.

« Five Flowers Ritual » Illuminescence Facial (50 min) 120 Euros

Based on an ancestral Balinese ritual, this treatment includes a purifying deep pore cleansing and blends the extracts of five tropical flowers and a skin glowing patented ingredient, the Kombuchka®. A mesmerizing massage of the face, nape and shoulder muscles awakens skin vitality.

« Ko Bi Do » Lifting and Plumping Facial Treatment (50 min) 120 Euros

This anti-wrinkle treatment is inspired by the time-honored Japanese Ritual, «Ko Bi Do», a remarkable manual face lifting technique, and acts on the whole face and neck with its deep massage movements that leave skin toned, smoothed and plumped.

Precious « Ko Bi Do » Global Anti-Age « Fountain of Youth » Facial (80 min) 150 Euros

This “global anti-ageing” facial, manual anti-wrinkle treatment from the Japanese “Ko Bi Do” ritual paired with a regenerating mask, deeply works on wrinkles, firmness and dewy complexion and focuses on eye contour, lips, neckline and arms. Skin feels soft and youthful, and the spirit and mind very restful.

Young Lady Collection (From 10 to 15 years old)

My «First mani / pedi» (30 min) 25 Euros

Filling, massage and nail polish

My «First Massage» (30 min) 50 Euros

Discover the virtues of this deeply relaxing massage.

My «First Face Treatment» (30 min) 50 Euros

Discover the face treatment, including cleaning, massage and mask.

Hands and Feet Collection

Traditional nail polish

Manicure : 45 min 50 Euros

Beautiful feet : 45 min 50 Euros

Nail polish : 20 min 15 Euros

French manicure : 30 min 20 Euros

«Shellac» gel polish nail

Express manicure + Gel polish: 50 min 65 Euros

Gel polish removal: 30 min 15 Euros



Hair Removal Collection

Eyebrows or Lips :	15 min 10 Euros	Underarms :	15 min 20 Euros
Arms, Back or Chest :	30 min 40 Euros	Half leg :	30 min 30 Euros
Full leg :	45 min 40 Euros	Brazilian :	35 min 30 Euros
Standard bikini line :	20 min 20 Euros	Full bikini :	45 min 40 Euros

Fitness

Fitness room facing the sea

Near the beach, a fitness room offering a wonderful view over the sea waits for you for more intense efforts on running machine or bike...

Individual session with coach, by appointment

1 hour : 60 Euros

Complementary yoga and Aquagym classes

For the gentle revitalisation of the body, try the once-weekly during July and August, yoga classes offered by the hotel. If you want a more strenuous session, we recommend the aqua gym classes that takes place once a week.

Gift Voucher



PRACTICAL INFORMATION

Punctuality and cancellation

In order to guarantee ultimate relaxation, the PINARELLO Spa advises you to arrive 5 minutes before your beauty treatment. Unfortunately, late arrivals may result your treatment time being shortened. The cancellation policy is 5 hours before your appointment. The Pinarello Hotel reserves the right to invoice for any treatment that has not been cancelled within this timeframe.

Steam room

The steam room is available for hotel guests and external customers enjoying spa treatments. We provide a locker, bathrobe, towels and flip-flops free of charge so you can move around the wellness centre. You simply need to remember your swimsuit.

The «PINARELLO » Spa team

All our therapists are trained and have qualifications from approved centres. They practice non-therapeutic and non-medical massages and well-being and relaxation treatments.

Precautions / Pregnant women

Please advise us of any health issues before each treatment including sickness, allergies or injuries. Some well-being massages and certain products are not recommended for pregnant women. Please inform our therapists of your condition on booking.

Our therapists will welcome you and adapt the treatments for maximum relaxation and safety.

Jewellery and valuables

We recommend that you leave all jewellery and valuables in your room. We will decline the responsibility for lost or stolen items in the wellness centre.

The wellness centre is open 7 days a week
from 9.30am to 1.00pm and 4.00pm to 8.00pm

Subject to availability

Tél : 04.95.71.44.39

