

A wave of Wellness

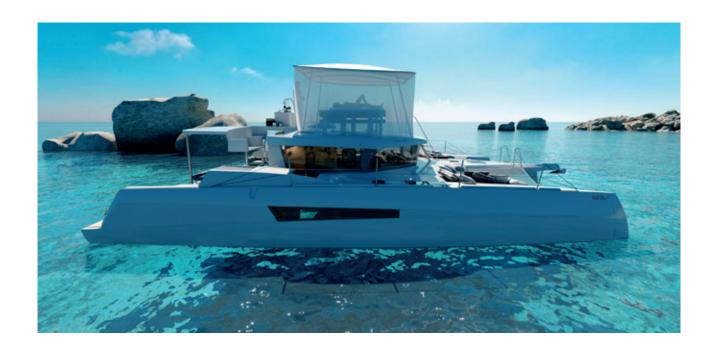








SIGNATURE TREATMENTS ABOARD



WHEN THE CORSICAN «MAQUIS» COMES ABOARD THE PINARELLO II

For us, the idea of sharing the island's extraordinary wealth of flora was an obvious choice.

For you, we gathered a cornucopia of plants from the most untouched and well-preserved parts of our island. Our NUCCA line, developed in perfect synergy with nature and in absolute harmony with the environment, offers you exclusive skin care products and treatments. NUCCA is an all-natural, complete and effective range offering the benefits of rare active ingredients derived from more than 100 Corsican plants and revitalising minerals. Created with extreme attention to detail, the NUCCA protocols are based on specific manual application methods developed in collaboration with an experienced therapist particularly passionate about the world of spas. Our «homemade» brand takes you on a spectacular olfactory journey enhanced with revitalising and soothing sensory intrerludes.

NUCCA



For a relaxing interlude «Sea & Sun » from NUCCA: 50min*-290€

This face and body massage provides a wonderful sense of relaxation and allows to relieve all the muscle tensions.

Made with a serum based on sea buckthorn oil, rich in antioxidants, tomato seed oil for a good-looking effect, and with aloe vera for a perfect hydratation, this massage restores your skin elasticity and tone. It contributes, along with the «Huile du Soleil à la Figue», to accelerate, fix and prolong the tan's radiance.





For a tonic and regenerating interlude

« Mélodie des vagues » from NUCCA

50min* - 290€ ou 120min* - 340€

The original association of a traditional face treatment and a «light legs» massage for a pure moment of wellbeing.

Ideal for sensitive skins with its fresh mist of hydrosol and rose sweet extract, it allows the complexion to regain its radiance. At the heart of the treatment, a powerful treatment based on freeze-dried apricot, a vitamin cocktail that promotes pigmentation and tanning. The epidermis is plumped, thanks to the action of a honey-based mask, wild rose and aloe vera gel, and a composition of regenerating essential oils (palmarosa, rosewood, hops, carrot). The skin looks visibly younger, full of moisture and vital energy.

Perfect for your legs to regain lightness, we also propose a wrap with cryogenised oshibori with peppermint hydrosol and a draining massage with cedar and niaouli tonic oil coupled with frost-free leg gel with nepita and wild mint.

All our Nucca rituals are personalized with the hand application of several essential oils and the tasting of a plant extracts drink according to your choice of treatment.



Global age-defiging treatment

Face Massage-Treatment SUPREME YOUTH RITUAL «Ko Bi Do»

50min* - 290€

This exceptional treatment combines the effects of ingredients from the pharmacopoeias of the world, the moves of Dermapuncture® to plump the skin and revive the youth capital. Acting as a true natural facelift, you'll find soft, smooth skin, a radiant complexion and a perfectly relaxed mind.

Tailored Signature Massage

50min* - 290€

Combining draining techniques to regain light legs, this soothing massage will give you an exceptional feeling of well-being and deep relaxation, lulled by movements adapted and personalized according to your desires and needs.



CINQ MONDES





MASSAGES AT THE WELL-BEING CENTER



PINARELLO'S MASSAGES

A wave of wellness ...

Tailored and personalised massage according to your desires and needs.

Let yourself be carried away by notes of vanilla and cardamom with sweet almond oil.

25 min - 80 € | 50 min - 120€ | 80 min - 150 €

CINQ MONDES

BEAUTY RECIPES OF THE WORLD®

Inspirés de cultures ancestrales, empreints de raffinement et de sensorialité

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.

RITUELS DE MASSAGE CINQ MONDES®

Trapezius, Scalp and Face Massage

25 min - 80€

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

Relaxing Back Massage

25 min - 80€

Releases built-up tensions providing a feeling of well-being and total relaxation.

Relaxing Legs Massage

25 min - 80€

A draining and reviving massage to regain fresh and light legs.

Hot stone massage

80 min - 150€

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.



Soothing French Polynesia Massage Ritual

50 min - 120€

This massage is really an amazing wellness experience, it relieves all the muscle tensions and allows to regain energy and vitality thanks to the long and continuous forearms, fingers and fists pressure movements of the therapist.

Tonifying Indian Ayurvedic Massage Ritual

50 min- 120€ ou 80 min - 150€

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- 120€ ou 80 min - 150€

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.

Massage Oriental Traditionnel Relaxant

50min - 120€

Inspired by oriental tradition, this massage is performed with slow maneuvers, enveloping and deep throughout the body with heated and delicately scented argan oil.

CINQ MONDES® SLIMMING AND FIRMNESS RITUALS

Indian Slimming Treatment : Drain & Detox

50 min- 120€

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 ingredients.

Brazilian Slimming Treatment: Anti-dimpling and Firmness

50 min- 120€

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€

Fascinating earthy scent and a brilliant refining recipe with vanilla and sea salts, regain a satin smooth skin and a stimulating sense of energy.

Polishing «Papaya Purée®» scrub

25 min - 80€

Gommage onctueux aux grains fins.

Délicatement exfoliée, votre peau retrouve son éclat et se voile d'un délicieux parfum.

Smoothing Sublime Scrub with Natural Noni & Tahiti Monoi

25 min - 80€.

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.

> Body Scrub + Moisturizing Massage

> > 50 min - 120€

CINQ MONDES® TREATMENTS RITUALS

Serenity Ritual

50 min- 120€.

Treatment Ritual Renewal Face «BALI FLOWERS RITUAL» TAILORED PINARELLO'S MASSAGE

Ayuverdic Ritual®

80 min - 150€

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

Sublime Ritual from Polynesia

80 min - 150€

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

Ritual of Siam

80 min - 150€

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

Ritual of the Orient®

50 min - 120€ | 80 min - 150€
Purifying & Exfoliating Scrub with Beldi Black Soap
after relaxing in the Hammam
Purifying and Detoxifying Wrap with
«Crème de Rassoul®»
Traditional relaxing Oriental massage

Imperial Youthful Riutal « Ko Bi Do®»

1h50 - 180€

Hammam

«Ko Bi Do» lifiting and Plumping Facial Treatment Revitalizing Leg Massage

Beauty® Ritual - Youth Care

2h20 - 250€

Energizing Aromatic Scrub with Spices «Ko Bi Do» Lifting and Plumping Facial Treatment Tonifying Inidan Ayurvedic Massage Ritual



CINQ MONDES® FACE TREATMENTS

«Five Flowers Ritual» Illuminescence Facial

50 min - 120€

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.

«BALI FLOWERS» Skin Radiance-Booster Facial

25 min- 80€

Deep cleansing treatment, skin perfector and "radiance booster" inspired by Balinese beauty rituals.

YOUNG LADY COLLECTION

(FROM 10 TO 15)

My «First Manicure / Pedicure»

30 min- 25€

Filling, massage and nail polish.

My «First Massage»

30 min- 50€

Discover the virtues of this deeply relaxing and smooth massage.

My «First Face Treatment»

30 min- 50€

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

«Bali Flowers and Fruits Ritual» Skin Renewal Facial

80 min - 150€

Deep cleansing treatment, skin perfector 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.

«Ko Bi Do» Lifting and Plumping Facial Treatment

50 min - 120€

This anti-wrinkle treatment is inspired by the timehonored 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.



HANDS AND FEET COLLECTION

Beautiful feet or hands

50 min - 60€

Traditional nail polish

20 min - 20€

French Manicure

30 min - 25€

«Shellac» Gel Nail Polish

Express manicure + Gel Polish :

50 min - 70€

Gel Polish Removal :

30 min - 15€

HAIR REMOVAL COLLECTION

Eyebrows or Lips: 15 min - 10€ Full Leg: 45 min - 40€

Underarms: 15 min - 20€ Standard Bikini: 20 min - 20€

Arms, Back or Chest: 30 min - 40€ Brazilian: 35 min - 30€

Half Leg: 30 min - 30€ Full Bikini: 45 min - 40€



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... You will have no excuses.

Moreover, the room is fitted with a «Nordique France» professional equipment with a Lifecycle bike and its multifunction fitness station... We told you, no more excuses.

Individual Session with Coach, by appointment

1 heure: 60 Euros

Complementary Yoga and Aquagym Classes

For a 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 agua gym classes that yake.

OUR GIFT VOUCHERS

To offer a moment of pure wellness.



PRACTICAL INFORMATION

Punctuality and Cancellation

In order to guarantee ultimate relaxation, the PINARELLO Spa advises you to arrive 10 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.

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.

Hammam

During the opening hours of the spa, the hammam is free access for hotel guests and available to external guests coming to enjoy a care. Thank you for planning your swimsuit; a closed cloakroom with bathrobe, flip flops and towels will be at your disposal.

Health Issues - Precautions

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.

The Wellness Centre is Open 7 Days a Week

From 9.30am to 1.00pm & from 4.00pm to 8.00pm $\,$ - Subject to availability

Tel: +33 (0)4 95 71 44 39

