



LE PARADISE COVE & SPA  
A BOUTIQUE HOTEL

**« Well-Being and Serenity Rituals » Stay (over 3 days) GBP 374**

Experience the treatment and massage traditions to discover the harmony of the body and spirit.

1st day (2hr) :

Aromas and Flowers Bath 30 mn, « Purée de Papaye® » Radiance Scrub 30 mn, Balinese Massage (with « Baume Fondant aux Noix Tropicales® ») 1hr

2<sup>nd</sup> day (2hr) :

Aromas and Colors Hammam 30 mn, Anti-Stress Taoist Face Care-Massage 90 mn

3th day (90 mn) :

Aromas and Flowers Bath 30 mn, Ayurvedic Massage (with hot oil) 1hr

**« Tropical Tan Rituals » Stay (over 5 days) GBP 440**

*Ideal to be fully relaxed and take care of yourself in a marvellous place.*

1st day (2hr) :

Aromas and Flowers Bath 30 mn, Aromatic Scrub with Spices 30 mn, Ayurvedic Massage (with hot oil) 1hr

2<sup>nd</sup> day (90 mn) :

« Tropical Tan » Wrap (with a regenerating balm) 30 mn , Taoist Massage 1hr

3th day (1hr) :

Relaxing Leg Massage (with a refreshing balm) 30 mn, Scalp and Face Massage 30 mn

4th day (90 mn) :

Aromas and Colors Hammam 30 mn, Scrub with « Savon Noir Beldi® » 30 mn, Wrap with « Crème de Rassoul® » (very soothing for the skin) 30 mn, Moisturizing with « Huile Somptueuse® de l'Orient » ( a subtle mix of selected oils and fragrances that gives your skin exceptional radiance)

5th day (90 mn) :

Ayurvedic Massage (with hot oil) 90 mn

**« Bliss for Two Rituals » Stay (for 2 persons, over 5 days) GBP 1084**

Share with your partner a memorable experience of well-being and relaxation at Cinq Mondes Spa.

1st day (90 mn):

Aromas and Flowers Bath (for 2) 30 mn, Taoist Face Care-Massage 1hr

2<sup>nd</sup> day (90 mn) :

Aromatic Scrub with Spices 30 mn, Ayurvedic Massage (with hot oil) 1hr

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3th day (90 mn) :

« Tropical Tan » Wrap (with a regenerating balm) 30 mn, Taoist Massage (with hot oil) 1hr

4th day (2hr) :

Scrub with « Savon Noir Beldi® » 30 mn, Wrap with « Crème de Rassoul® » 30 mn, Traditional Oriental Massage (with hot oil) 1hr

5th day (90 mn) :

Aromas and Flowers Bath (for 2) 30 mn, Balenese Massage (au Baume Fondant aux Noix Tropicales®) 1h

**« Slimming and Firmness Rituals » Stay (over 5 days) GBP 570**

Discover the slimming and firming techniques to sculpt your body, with "Crème de Café®" a cosmetic preparation based on a brazilian ritual.

1st day (90 mn) :

Aromas and Flowers Bath 30 mn, Slimming Care-Massage with « Crème de Café® » 30 mn, Firming Wrap with Ocher Clay and Seaweed 30 mn

2<sup>nd</sup> day (90 mn) :

Aromas and Colors Hammam 30 mn, Aromatic Scrub with Spices 30 mn, Relaxing Leg Massage 30 mn

3th day (90 mn) :

Aromas and Flowers Bath 30 mn, Slimming Care-Massage with « Crème de Café® » 30 mn, Firming Wrap with Ocher Clay and Seaweed 30 mn

4th day (2hr) :

Scrub with « Savon Noir Beldi® » 30 mn, Wrap with « Crème de Café® » 30 mn, Traditional Oriental Massage 1hr

5th day (2hr) :

Aromas and Flowers 30 mn, Slimming Care-Massage with « Crème de Café® » 30 mn, Firming Wrap with Ocher Clay and Seaweed 30 mn, Scalp and Face Massage 30 mn



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## TREATMENT RITUALS AND WELL-BEING AT THE SPA

### **Revivifying Tropical Ritual (2 hr.)**

Aromas and Colors Hammam 30 mn, Aromatic Scrub with Spices 30 mn, “ Jeunesse et Eclat “  
Taoist Face Care-Massage 1 h

**£ 114**

### **Royal Taoist Ritual (3 hr.)**

Aromatic Scrub with Spices 30 mn, Aromas and Colors Hammam 30 mn, Taoist Massage 1h,  
Taoist Face Care-Massage 1h

**£ 167**

### **Royal Ritual from Siam (2 hr.)**

Aromas and Flowers Bath 30 mn, « Purée de Papaye® » Radiance Scrub, Balinese Massage 1h

**£ 127**

### **North African Rituel (2 hr.30 min)**

Aromas and Colors Hammam 30 mn, Scrub with « Savon Noir Beldi® » 30 mn, Wrap with  
« Crème de Rassoul® » 30 mn, Traditional Oriental Massage 1h

**£ 140**

### **Bliss for Two Ritual (2 hr. for 2 persons)**

Aromatic Scrub with Spices 30 mn, Aromas and Flowers Bath 30 mn, Ayurvedic or Taoist  
Massage 1 h

**£ 224**

### **North African Rituel (prévoir 2 heures pour 2 personnes)**

Scrub with « Savon Noir Beldi® » 30 mn, Wrap with « Crème de Rassoul® » 30 mn, Traditional  
Oriental Massage 1h

**£ 224**

### **Celestial Day (3 hr. 30 min)**

Aromas and Flowers Bath or Aromas and Colors Hammam 30 mn, Aromatic Scrub with Spices  
30 mn, Ayurvedic Massage 1h, « Jeunesse et Eclat » Taoist Face Care-Massage 1h and Plantar  
Reflexology 30 mn.

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**£ 190**

**Beauty and Well-Being Day (5 hr.15 )**

Aromas and Colors Hammam 30 mn, Aromatic Scrub with Spices 30 mn, Aromas and Flowers Bath 30 mn, Plantar Reflexology 30 mn, Relaxing Massage\* 1h, Hand Beauty 45 mn, Face Care-Massage\* 1h30.

**£ 287**

*\*Relaxing Massage and Face Care-Massage will be defined and personalized with a therapist just before beginning the Well-Being Ritual.*

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## **BATH RITUALS AND BODY TREATMENTS**

*Preparatory treatments are perfect before a massage or a face care-massage, allowing total relaxation of the body and mind.*

### **Aromas and Flowers Bath (30 mn)**

Experience total relaxation in a bath of flowers thanks to the combined benefits of essential oils and colours.

**£ 60**

### **Aromas and Colors Hammam (30 mn)**

Take advantage of pure body and spirit relaxation in the hammam, combining the benefits of Chromotherapy, colors and personalized essential oils.

**£ 34**

### **Aromatic Scrub with Spices (30 mn)**

Originally from the Island of Java, a body scrub based on spices and sea salts. Nurtures the skin by eliminating dead skin cells and energizing the body by enhancing its radiance.

**£ 34**

### **« Purée de Papaye® » Radiance Scrub (30 mn)**

A body scrub following a Ritual from Siam using "Purée de Papaye®". A treatment that refines the skin's texture and creates a healthy glow.

**£ 34**

### **Scrub with « Savon Noir Beldi® » (30 mn)**

Body scrub with purifying and cleansing black soap, made with olive oil, following a North African tradition.

*This treatment is given only after having used the Hammam, as its heat helps prepare the skin in order to optimize the scrub with a Kassa Mitt.*

**£ 34**

### **Wrap with "Crème de Rassoul®" (30 mn)**

Purifying and firming wrap with "Crème de Rassoul®" Traditional Moroccan recipe. Stimulates blood circulation, tones and soothes the skin.

**£ 34**

### **« Tropical Tan » Wrap (30 mn)**

After sun wrap with a balm composed of refreshing, soothing and regenerating plant oils.

**£ 34**

### **Angel Hand Care-Massage (1hr)**

Relaxation of the hands and a complete manicure, followed by a massage, with a scrub and a nourishing mask to beautify the skin.

**£ 60**

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**Light Feet Care-Massage (1hr)**

Relaxation and complete beauty treatment for the feet, followed by a massage, with a scrub and a nourishing mask to beautify the skin.

**£ 60**

**Relaxing Hand or Foot Care-Massage (45mn)**

A gentle scrub followed by a massage and a nourishing mask.

**£ 47**

**TREATMENT RITUALS - FACE**

*All Cinq Mondes Face Care-Massages include clarifying and personalized skin moisturizing. Experience a unique combination of beauty and relaxation.*

**« Rituel Fleurs de Bali® » Face Care-Massage (45 mn)**

Facial including face and back massage with a Ritual from Bali, for the purity and radiance of your face.

**£ 47**

**« Jeunesse et Eclat » Taoist Face Care-Massage (1 hr)**

Facial using cosmetic preparations from the Chinese pharmacopoeia and face massage with a Ritual from China. Focuses on acupuncture points that allow facial features to relax.

**£ 60**

**Anti-Stress Taoist Face Care-Massage (90 mn)**

Facial followed by a massage with a Ritual from China, concentrating on acupuncture points on the face as well as the trapezius muscles of the back. Acts directly on the entire body for total relaxation.

**£ 77**

**Face Care Massage and Ko Bi Do Youthfulness Method (30 mn)**

Toning face method, combined with anti-wrinkle movements. Guided by the therapist who uses the ancestral Japanese gesture "Ko Bi Do".

**£ 47**

**Youthfulness Ko Bi Do Ritual - Eye Contour (1 hr)**

Specific anti-wrinkle care focused on the most fragile areas of the face (eyes, forehead, lips), using an ancestral Japanese Ritual 'Ko Bi Do', a genuine and natural face lift, following by a plantar reflexology for a total relaxation.

**£ 60**

**Imperial Youthfulness Ko Bi Do Ritual - Face and Neckline (90 mn)**

Complete specific anti-wrinkle care, using a Japanese massage Ritual "Ko Bi Do", a genuine and natural lift for the face and neckline.

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**MASSAGE RITUALS**

*Discover the benefits of the best massages and well-being treatments in the world to recover the harmony of the body and mind.*

**« Paradise Cove» Massage (30 mn)**

Massage focusing on the back, nape and trapezius muscles, releasing accumulated tension, for total relaxation.

**£ 34**

**Plantar Reflexology (30mn ou 1h)**

Massage of the major acupressure points on the soles of your feet to restore the body's equilibrium.

**£ 34/60**

**Scalp and Face Massage (30 mn)**

Massage of the reflex areas on the face and head, following the Japanese AMMA technique, to provide relaxation and vitality.

**£ 34**

**Relaxing Leg Massage (30 mn)**

Toning and draining massage, favoring blood circulation and acting on leg muscles, following an Ayurvedic tradition, to restore lightness and vitality.

**£ 34**

**Balinese Massage (1h)**

Massage with "Baume Fondant aux Noix Tropicales®", very relaxing following a Ritual from Bali which combines gentle Thai pulling and traditional smoothing movements.

**£ 60**

**Massage Oriental Traditionnel (1h)**

Relaxing massage with hot oil, following a tradition from North Africa.

**£ 60/77**

**Ayurvedic Massage (1 hr or 90 mn)**

Following a thousand-year-old Indian Ritual, a tonic and muscular massage with hot sesame oil. Defines the tension areas in order to restore energy and vitality.

**£ 60/77**

**Taoist Massage (1 hr or 90 mn)**

Following a Chinese Ritual, a hot-oil massage harmonizes the body and spirit and works on anti-stress acupressure points.

**£ 60/77**

**Shiatsu Massage (clothed without oil , 1 hr or 90 mn)**

Japanese massage that literally means "finger pressure", acting on the circulation of all the energy in the body to restore balance and vitality.

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**£ 60/77**

**Restorative Well-Being Massage (1 hr or 90 mn)**

All-purpose relaxing massage focusing on your back and the areas where stress accumulates with pressure tailored to your needs.

**£ 60/77**

**« Deep Tissue » Massage (1 hr or 90 mn)**

Deep and muscular massage to dissolve tensions, ideal for after sports.

**£ 60/77**

**TREATMENT RITUALS – SLIMMING AND FIRMING**

**« Crème de Café® » Brazilian Ritual (1 hr)**

Following a Brazilian Ritual, a slimming care-massage with "Crème de Café® " and a draining and toning wrap with ocher clay and seaweed.

**£ 60**