



# CINQ MŌNDES

SPA PARIS

TREATMENT MENU



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10% off the Cinq Mondes product range  
when you book your treatment online.  
(Only valid on the day of your appointment).







# INTRODUCTION

## THE SPA EXPERIENCE®

Fascinated by massages, aromatherapy and cosmetics, the founder of CINQ MONDES, Jean-Louis Poiroux, spent over 10 years travelling the globe to find the best treatments and massages from the entire world. Today, CINQ MONDES Spas bring together a selection of the best treatments, massages and traditional formulas, marked by quality, authenticity and ceremony.

## CINQ MONDES NATURAL LABORATORY GUIDELINES

Pioneering the development of powerful formulas free from petrochemicals, Cinq Mondes is among the top natural brands to have committed to a strict laboratory charter, founded on 5 key principles:

1. MAIN ACTIVE INGREDIENTS OF ORGANIC AND NATURAL ORIGIN
2. NO SILICONE, NO MINERAL OIL
3. NO PARABEN, NO PHENOXYETHANOL
4. NO ARTIFICIAL COLORING
5. TESTED UNDER DERMATOLOGICAL CONTROL

# THE SPA CINQ MONDES, BLISSFUL RITUAL

The Spa Cinq Mondes was opened in December 2005. Opening onto the park and the pool, it offers treatment, steam room, sauna, ice cave, ice fountain, relaxation room, fitness centre, pools and jacuzzi, in a luxurious environment covering 1,500 m<sup>2</sup>.

The Cinq Mondes environment is built on the benefits deriving from the best massages and traditions of well being to rediscover the balance between mind and body. From one treatment to another, you will discover a world of beauty rituals: Huile Universelle Ayurvédique blend of plant oils, Baume Fondant aux Noix Tropicales regenerating balm, Pluie de Fleurs beauty lotion, Eau Égyptienne treatment mist... The Spa of the Beau-Rivage Palace is an exceptional sensory journey dedicated to your serenity.

## WHAT THE CINQ MONDES SPA AT THE BEAU-RIVAGE PALACE OFFERS YOU :

- Open everyday from 6:30 a.m. to 10:00 p.m.
- Five treatment rooms for one or two people
- Two 30 m<sup>2</sup> treatment rooms with Japanese bath
- One 60 m<sup>2</sup> “Suite de Félicité à Deux” suite with Japanese bath, scrub table, private Steam room and garden
- Yoga room
- Changing/cloakrooms, with a Steam room, Sauna, Ice cave and Ice fountain
- Gym of 80 m<sup>2</sup> with views out over the lake and gardens
- Indoor pool (15 m)
- Outdoor pool (20 m)
- Children's playground
- 2 Tennis Courts
- The “Ô Terrasse”, a restaurant proposing a variety of well-balanced dishes and healthy cocktails, in an astonishing setting with breathtaking views of the lake (open from May to September)
- 1 Spa suite with treatments in the room





## CINQ MONDES SPA BREAKS

All our treatments can be carried out on an individual basis or as a couple on request and subject to availability.

“ KO BI DO® YOUTH ” SPA BREAK EXPERIENCE  
JAPANESE TECHNIQUES PAIRED WITH THE POWER  
OF CHINESE MEDICINE TO MAKE YOUR FACE LOOK  
YOUNGER AND SMOOTHER.

2-day treatment / CHF 620.- per person

- 1 Japanese Aroma and Flower Bath®, 20 mins
- 1 Supreme “Ko Bi Do®” Youth Facial Treatment-Massage, 80 mins
- 1 Energetic foot massage, 20 mins
- 1 Revitalising Taoist Massage, 50 mins

“ SPA EXPERIENCE® ” SPA BREAK  
EXPERIENCE A UNIQUE SENSORY ADVENTURE  
WITH TREATMENTS AND MESSAGES INSPIRED  
BY THE WHOLE WORLD.

2-day treatment / CHF 580.- per person

- 1 Japanese Aroma and Flower Bath®, 20 mins
- 1 Aromatic Energising rare and precious Spice scrub, 20 mins
- 1 Invigorating Indian Ayurvedic Massage, 50 mins
- 1 “ Bali Flower Ritual® ” Radiant Facial Massage Treatment, 20 mins
- 1 Bali Wrap Massage, 50 mins

“ PRINCESS OF BALI “ SPA BREAK  
EXPERIENCE THE BEAUTY AND RELAXATION  
OF THE BALI PRINCESSES.

2-day treatment / CHF 600.- per person

- 1 Japanese Aroma and Flower Bath®, 20 mins
- 1 “ Papaya Purée ” Radiance Scrub, 20 mins
- 1 “ Five Flowers Ritual® ” Enhancing Facial Treatment-Massage, 50 mins
- 1 Soothing Back Massage, 20 mins
- 1 Manicure, 50 mins
- 1 Pedicure, 50 mins

FÉLICITÉ À DEUX® SPA BREAK  
EXPERIENCE REAL WELL-BEING AND RELAXATION  
TOGETHER IN THE PRIVATE “ FÉLICITÉ À DEUX ” SUITE.

2-day treatment (for 2 people) / CHF 600.- per person

- 1 Aroma and Colour Hammam®, 20 mins
- 1 Aromatic Energising rare and precious Spice scrub, 20 mins
- 1 Invigorating Indian Ayurvedic Massage, 50 mins
- 1 Japanese Aroma and Flower Bath® (double bath tub), 20 mins
- 1 “ Taoist ” Youth and Radiance Facial Massage Treatment, 80 mins

“MOTHER AND DAUGHTER BONDING RITUAL” BREAK  
EXPERIENCE A BONDING MOMENT BETWEEN MOTHER  
AND DAUGHTER AND REGAIN ENERGY AND VITALITY  
TOGETHER.

3-day treatment (for 2 people) / CHF 910.- per person

- 1 Aroma and Colour Hammam®, 20 mins
- 1 Aromatic Energising rare and precious Spice scrub, 20 mins
- 1 Invigorating Indian Ayurvedic Massage, 50 mins
- 1 “ Taoist ” Youth and Radiance Facial Massage Treatment, 80 mins
- 1 Soothing leg treatment, 20 mins
- 1 Japanese Aroma and Flower Bath®, 20 mins
- 1 Bali Wrap Massage, 50 mins

## KINGDOM OF SIAM SPA BREAK

SOAK UP THE TRADITIONS OF THE LEGENDARY KINGDOMS OF BALI AND SIAM TO RESTORE BALANCE TO BODY AND MIND.

3-day treatment / CHF 800.- per person

- 2 Japanese Aroma and Flower Baths®, 20 mins
- 1 “Papaya Purée®” Radiance Scrub, 20 mins
- 1 Bali Wrap Massage, 50 mins
- 1 Revitalising Taoist Massage, 80 mins
- 1 “Bali Flower and Fruit Ritual®” Regenerative Facial Massage Treatment, 50 mins
- 1 Scalp and Face Massage, 20 mins

## SLIMMING AND LIGHT DETOX SPA BREAK

EXPERIENCE THE SLIMMING AND FIRMLING CINQ MONDES TREATMENT TECHNIQUES TO SCULPT YOUR SILHOUETTE.

4-day treatment / CHF 1000.- per person

- 1 Personal Assessment, 15 mins
- 1 Japanese Aroma and Flower Bath®, 20 mins
- 1 Aromatic Energising rare and precious Spice scrub, 20 mins
- 4 Detox Treatments (to suit your needs), 50 mins
- 1 Aroma and Colour Hammam®, 20 mins
- 1 “Taoist” Youth and Radiance Facial Massage Treatment  
or 1 smoothing and replumping “Ko Bi Do®” Youth Facial Massage Treatment, 50 mins

## WORLD BEAUTY® SPA BREAK

ENJOY THE BEST MESSAGES AND TREATMENTS INSPIRED BY ANCIENT TRADITIONS AND BROUGHT TOGETHER BY THE CINQ MONDES SPA.

5-day treatment / CHF 1390.- per person

- 2 Aroma and Colour Hammams®, 20 mins
- 1 Purifying and Detoxifying Wrap in “Rassoul Cream®”, 20 mins
- 1 Soothing Back Massage, 20 mins
- 1 Revitalising Taoist Massage, 80 mins
- 1 Energetic foot massage, 20 mins
- 2 Japanese Aroma and Flower Baths®, 20 mins
- 1 Supreme “Ko Bi Do®” Youth Facial Treatment-Massage, 80 mins
- 1 Invigorating Indian Ayurvedic Massage, 80 mins
- 1 “Papaya Purée®” Radiance Scrub, 20 mins
- 1 Bali Wrap Massage, 50 mins



# MUSICALLY ENHANCED IMMERSIVE RITUALS AND MESSAGES

## AN EXCLUSIVE EXPERIENCE AT THE BEAU-RIVAGE PALACE

Indulge in a unique, interactive experience where the Spa Therapist conducts a personalized musical score for each massage. Discover at Beau-Rivage Palace this unique Ritual, which awakens the senses for perfect harmony of body and mind. The perfect pairing of the music and the spa therapist's movements will allow you to fully let go and immediately escape.

1h50  
CHF 370.- /  
pers.

### SLOW AND RELAXING ORIENTAL IMMERSIVE RITUAL

Japanese Aroma and Flower Bath®, 20 mins  
Slow and relaxing Oriental immersive Massage, 80 mins

1h50  
CHF 370.- /  
pers.

### VIGOROUS AND REGENERATIVE AYURVEDIC IMMERSIVE RITUAL

Japanese Aroma and Flower Bath®, 20 mins  
Vigorous and regenerative ayurvedic immersive Massage, 80 mins

80 mins  
CHF 280.- /  
pers.

### VIGOROUS AND REGENERATIVE AYURVEDIC IMMERSIVE MASSAGE

80 mins  
CHF 280.- /  
pers.

### SLOW AND RELAXING ORIENTAL IMMERSIVE MASSAGE





# SPA WELL-BEING RITUALS AND TREATMENTS®

All our treatments can be carried out on an individual basis or as a couple on request and subject to availability.

1hr50  
CHF 340.- /  
pers.

## SIGNATURE REJUVENATION RITUAL

Soothing Back Massage, 20 mins  
Supreme “Ko Bi Do®” Youth Facial Treatment-Massage, 80 mins

1hr50  
CHF 340.- /  
pers.

## BALI RITUAL

Japanese Aroma and Flower Bath®, 20 mins  
“Papaya Purée®” Radiance Scrub, 20 mins  
“Five Flowers Ritual®” Enhancing Facial Treatment-Massage, 50 mins

1hr50  
CHF 340.- /  
pers.

## SUBLIME POLYNESIAN RITUAL

Japanese Aroma and Flower Bath, 20 mins  
Sublime® Smoothing Scrub using Tahitian Cheese Fruit and Monoi, 20 mins  
Sublime Soothing Polynesian Massage, 50 mins

1hr50  
CHF 340.- /  
pers.

## ROYAL SIAM® RITUAL

Japanese Aroma and Flower Bath®, 20 mins  
“Papaya Purée®” Radiance Scrub, 20 mins  
Bali Wrap Massage, 50 mins

1hr50  
CHF 340.- /  
pers.

## NORTH AFRICAN RITUAL®

(this treatment includes access to a private hammam)  
Purifying Beldi Black Soap® Scrub, 20 mins  
Purifying and Detoxifying Wrap in “Rassoul Cream®”, 20 mins  
Traditional Relaxing Oriental Massage, 50 mins

1hr50  
CHF 340.- /  
pers.

## AYURVEDIC HAPPINESS RITUAL

Aroma and Colour Hammam®, 20 mins  
Aromatic Energising rare and precious Spice scrub, 20 mins  
Invigorating Indian Ayurvedic Massage

1hr50  
CHF 340.- /  
pers.

## DIVINE LIGHT RITUAL

Heated back wrap, 25 mins  
Soothing back massage, 25 mins  
Leg drainage, 20 mins  
“Bali Flower Ritual®” Facial Radiance Treatment-Massage, 20 mins

2hrs20  
CHF 400.- /  
pers.

## ROYAL SIRODHARA RITUAL

Invigorating Indian Ayurvedic Massage, 80 mins  
Sirodhara Treatment, 50 mins

2hrs50  
CHF 490.- /  
pers.

## ROYAL TAOIST RITUAL®

Japanese Aroma and Flower Bath®, 20 mins  
Aromatic Energising rare and precious Spice scrub, 20 mins  
Revitalising Taoist Massage, 50 mins  
“Taoist” Youth and Radiance Facial Massage Treatment, 50 mins

3hrs20  
CHF 580.- /  
pers.

## CELESTIAL DAY

Japanese Aroma and Flower Bath® or Aroma and Colour Hammam®, 20 mins  
Aromatic Energising rare and precious Spice scrub, 20 mins  
Invigorating Indian Ayurvedic Massage, 50 mins  
Supreme “Ko Bi Do®” Youth Facial Treatment-Massage, 80 mins

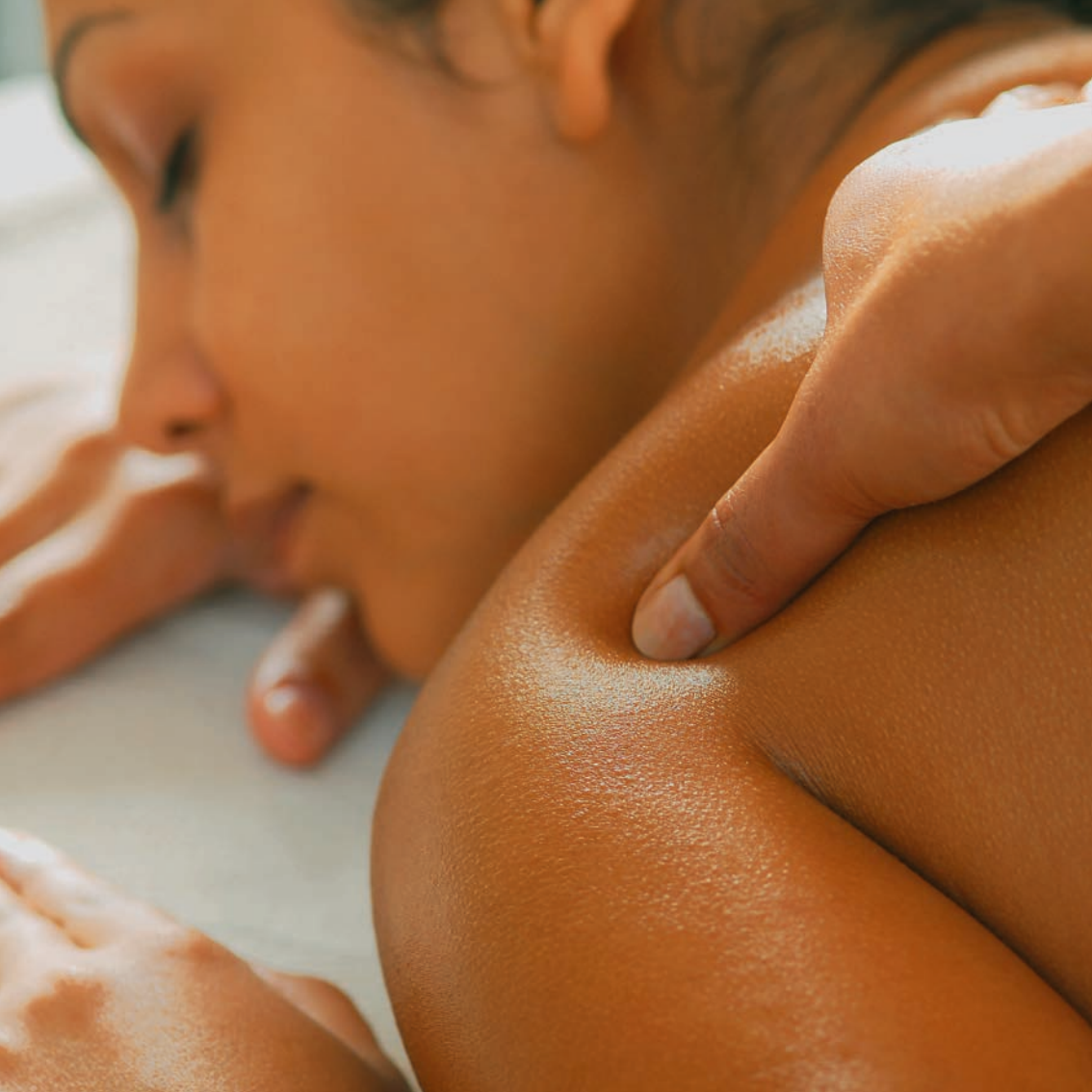
4hrs30  
CHF 830.- /  
pers.

## SUPREMELY SERENE DAY

Japanese Aroma and Flower Bath® or Aroma and Colour Hammam®, 20 min  
Aromatic Energising rare and precious Spice scrub, 20 mins  
Massage Treatment\*, 50 mins  
Facial Treatment-Massage\*, 80 mins  
Manicure, 35 mins  
Pedicure, 50 mins

*\*Choice of Massage Treatment and Facial Treatment-Massage based  
on a bespoke well-being review conducted with the practitioner.*





## BATH RITUALS® AND BODY TREATMENTS

THE IDEAL PREPARATORY TREATMENT BEFORE  
A MASSAGE OR FACIAL PROVIDING TOTAL RELAXATION  
TO BODY AND MIND.

20 mins  
CHF 95.-

### JAPANESE AROMA AND FLOWER BATH®

Treat yourself to a moment of intense relaxation with this Japanese Bath ritual and soak up the benefits of a tailor-made blend of essential oils, colours and flower petals. This treatment awakens the senses to bring body and soul perfect harmony.

20 mins  
CHF 95.-

### AROMATIC ENERGISING RARE AND PRECIOUS SPICE SCRUB

Treat yourself to a well-being experience with this ancient ritual inspired by beauty and treatment techniques from the island of Java. The delicate scents of spices and sea salt in this invigorating treatment will whisk you away and give you soft and silky skin.

20 mins  
CHF 95.-

### SUBLIME® SMOOTHING SCRUB WITH TAHITIAN CHEESE FRUIT AND MONOI

A wonderful ritual inspired by Polynesia and ideal for any skin type including sensitive skin. This traditional Monoi treatment uses macerated Tiaré flowers, sugar, coconut powder and cheese fruit to regenerate skin and awaken the soul.

20 mins  
CHF 95.-

### “PAPAYA PURÉE®” RADIANCE SCRUB

A wonderfully effective scrub technique from the Siam Ritual using creamy orange papaya with smooth seeds. Your delicately exfoliated skin glows with radiance and a delicious scent.



# TREATMENT RITUALS® – FACE

OUR FACIAL TREATMENT-MASSAGES INCLUDE SKIN CLEANSING AND BESPOKE ASSESSMENT. COMBINATION OF BEAUTY AND RELAXATION.

20 mins  
CHF 50.-

## ASSISTED EXPERT ASSESSMENT

Skin assessment conducted by one of our expert beauticians using an aesthetic medicine appliance. This appliance conducts an in-depth examination of the skin and analyses its main features: fine lines, pores, redness, pigmentation, phototype, hydration and sebum. *This assessment is also available to book with a Facial Treatment-Massage.*

*This assessment is free if you purchase a Cinq Mondes Beauty Treatment on the same day.*

20 mins  
CHF 95.-

## “BALI FLOWER RITUAL®”

### FACIAL RADIANCE TREATMENT-MASSAGE

Soak up the sweet scents of tropical flowers in this “radiance” treatment paired with a face, neck and scalp massage. Inspired by Bali’s beauty rituals, experience the benefits of this treatment combining skin cleansing, well-being and beauty.

50 mins  
CHF 180.-

## “BALI FLOWER AND FRUIT RITUAL®”

### REGENERATIVE FACIAL TREATMENT-MASSAGE

This treatment is a real exfoliator, skin perfecter and “radiance” provider based on Bali beauty rituals. Soak up the benefits of the tropical flowers’ active ingredients and natural fruit acids (AHAs) to regain purified skin, smooth tone and a natural glow.

50 mins  
CHF 180.-

## ENHANCING FACIAL TREATMENT-MASSAGE

### “FIVE FLOWERS® RITUAL”

This facial treatment is inspired by a Balinese ritual to regenerate, tone and brighten skin. The blend of five tropical flowers extracts, the “Kombuchka®” patented radiance ingredient and a massage of the face, neck and trapezii leave skin cleansed and purified with a brighter tone.

NEW  
20 mins  
CHF 95.-

## IMMEDIATE EFFECT “KO BI DO®”

### YOUTH FACIAL TREATMENT-MASSAGE

This “KO BI DO®” massage is an ancient Japanese anti-aging touch therapy, known to this day as one of the most effective ways of preserving or restoring the youthfulness of your face, neck and neckline. Immediate effect.

50 mins  
CHF 180.-

## SMOOTHING AND REPLUMPING “KO BI DO®”

### YOUTH FACIAL TREATMENT-MASSAGE

Inspired by an ancient manual face lift ritual from Japan called “Ko Bi Do®”, this “anti-wrinkle” treatment is paired with a unique anti-ageing complex. Its focus on the entire face and neck restores your skin’s tone, smoothness and plumpness.

80 mins  
CHF 240.-

## FACIAL TREATMENT-MASSAGE

### “KO BI DO®” SUPREME YOUTH RITUAL

This exceptional treatment combines the pharmacopoeia results of Cinq Mondes cosmetics chosen during treatment with Dermapuncture® techniques: skin rolling, face reflexology, acupressure, “ridoki” jade roller lifting and smoothing motions to give you a natural face lift. These 50 lifting techniques give you revitalised and plumper skin for a more youthful look.

50 mins  
CHF 180.-

## YOUTH FACIAL AND “TAOIST” RADIANCE

### TREATMENT-MASSAGE

This “wrinkle” prevention treatment is based on an ancient massage ritual inspired by needle-free acupuncture and Chinese medicine. Focus on key acupressure points provides instant results to relax facial features and stop signs of ageing in their tracks.

CHF 1060.-

## CINQ MONDES BEAUTY TREATMENT

- 1 Assisted Expert Assessment at the start of treatment
- 3 Facial Treatment-Massages for 50 mins
- 2 Facial Treatment-Massages for 80 mins
- 1 Assisted Expert Assessment at the end of treatment

10% off the Cinq Mondes product range when you book your treatment online. (Only valid on the day of your appointment).



## MASSAGE RITUALS®

EXPERIENCE THE BENEFITS OF THE WORLD'S BEST MESSAGES TO RESTORE BALANCE TO BODY AND MIND.

20 mins  
CHF 95.-

### HEAD AND FACE MASSAGE

This all-round treatment is inspired by the relaxing Japanese AMMA technique with a massage to reflex areas of the face, trapezii and head. This unique massage leaves you feeling revitalised, relaxed and calm.

20 mins  
CHF 95.-

### SOOTHING BACK MASSAGE

Experience the virtues of this deeply relaxing massage. This treatment focuses on the back, neck and shoulder blades to release built-up tension and give you a sense of well-being and total relaxation.

20 mins  
CHF 95.-

### SOOTHING LEG RITUAL

A treatment devoted to soothing sore and tired leg and calf muscles. This invigorating and draining massage uses natural ingredients from Chinese medicine. Your legs will feel fresh and lightweight giving you a sense of total relaxation.

20 mins  
CHF 95.-  
50 mins  
CHF 180.-

### ENERGETIC FOOT MASSAGE

This foot treatment provides a unique pinpointed acupressure technique to instantly soothe tired feet. The various techniques give the body energy and balance.

80 mins  
CHF 240.-

### THAI MASSAGE oil-free dressed massage

Traditional Thai massage rebalancing body and mind by focusing on the body's overall flexibility using positions similar to yoga that are revitalising, invigorating and release stress.

50 mins  
CHF 180.-  
80 mins  
CHF 240.-

## BALI WRAP MASSAGE

Dive into a world of tranquillity with this ancient Bali massage ritual using “Creamy Tropical Nut Balm®”. This sensory experience brings in traditional smoothing movements and gentle Thai stretches.

20 mins  
CHF 95.-  
50 mins  
CHF 180.-  
80 mins  
CHF 240.-

## TRADITIONAL RELAXING ORIENTAL MASSAGE

This massage inspired by traditional Oriental techniques covers the entire body with heated and softly scented argan oil. The practitioner’s expert hands focus on areas of tension to remove toxins and muscle pain to give you a sense of pure well-being.

50 mins  
CHF 180.-  
80 mins  
CHF 240.-

## SUBLIME SOOTHING POLYNESIAN MASSAGE

This massage has been passed down from Polynesian warriors and inspired by Lomi-Lomi using long and continuous pressure and motion from the practitioner’s forearm. The delicate Tiaré flower notes scent your surroundings throughout this incredible experience where you can just let go.

50 mins  
CHF 180.-  
80 mins  
CHF 240.-

## INVIGORATING INDIAN AYURVEDIC MASSAGE

Inspired by ancient Indian tradition, this invigorating hot oil massage alternates between a variety of rhythms. Soak up the scents of vanilla and cardamom during this treatment to relax your muscles, improve your sleep and leave your skin feeling silky smooth.

50 mins  
CHF 180.-  
80 mins  
CHF 240.-

## REVITALISING TAOIST MASSAGE

This hot oil acupressure and meridian massage inspired by the ancient Chinese art of touch focuses on balancing energy in the body. This relaxing treatment soothes the mind and revitalises the body.

50 mins  
CHF 180.-  
80 mins  
CHF 240.-

## IMPERIAL FOOT AND HAND TREATMENT-MASSAGE

A unique soothing and energising treatment inspired by the art of touch. Make the most of this massage technique focusing on reflex areas of the hands, feet, legs, neck and trapezii. A treatment worthy of an Emperor or Empress!

80 mins  
CHF 240.-

## ROYAL TAOIST TREATMENT WITH HOT AND COLD STONES

Hot and cold stone treatment providing the benefits of volcanic rock massage based on the body energy meridians to ease muscles and achieve deep relaxation.

10% off the Cinq Mondes product range when you book your treatment online.  
(Only valid on the day of your appointment).





## DETOX AND SLIMMING® TREATMENTS

Cinq Mondes has brought together the best in detox and slimming active ingredients to bring you effective and sensory treatments with manual massage techniques. Balance, body beauty and keys to firm and smooth skin come from detoxifying tissue using circular and all-encompassing motions inspired by Indian and Brazilian traditions.

50 mins  
CHF 180.-

### UDARABHYANGA DETOX TREATMENT-MASSAGE

Inspired by Indian Ayurveda medicine, the Udarabhyanga Detox Treatment-Massage is an ancient, invigorating and in-depth massage. It deeply relaxes muscles and intensely releases toxins by using Dermapuncture® techniques on the back, stomach, head and legs.

50 mins  
CHF 180.-

### SLIMMING AND LIGHT DETOX TREATMENT

Inspired by Traditional Brazilian Medicine, this treatment uses kneading motions, friction and drumming to detoxify and drain tissues and put the body back on an even keel. This treatment provides deep relaxation sparking fresh energy and a sense of lightness.

# WEDDING PREPARATION

ENTRUST US WITH YOUR BEAUTY PREPARATIONS  
TO DAZZLE ON YOUR BIG DAY

50 mins  
CHF 180.-

## FACIAL TREATMENT

We recommend having it at least two weeks before your wedding day.

50 mins  
CHF 180.-

## BODY TREATMENT

20 mins  
CHF 95.-

## BODY SCRUB

CHF 40.-

## EYEBROW WAX

80 mins  
From CHF 200.-

## MAKE-UP

Includes 1 test

1hr30  
From CHF 350.-

## HAIRCUT

Includes 1 test

From 50 mins  
CHF 100.-

## MANICURE

50 mins  
CHF 100.-

## PEDICURE









# SPA SUITE

From  
CHF 4'500.- /  
1 night

DESIGNED FOR SPA BREAKS,  
THE SPA SUITE INCLUDES A LOUNGE,  
A BEDROOM AND LARGE BATHROOM  
IN PREMIUM MARBLE WITH A TREATMENT AREA.  
THE 6TH FLOOR SUITE HAS FANTASTIC VIEWS  
OF THE LAKE AND ALPS.

The Spa suite is undoubtedly one of the most luxurious settings at the Beau-Rivage Palace. The bathroom is entirely in marble with two massage tables, a hot tub and hammam. Book this suite and the Cinq Mondes spa will come to you!

In summer you can unwind on the fabulous balcony with views of the lake and Alps. Come winter, end your spa day on a high with an evening by the fire. The Spa Suite also has a luxury FreshBed which has been scientifically developed to provide a cool micro-climate to encourage deep and refreshing sleep.

(One 1 hr 50 treatment per person upon booking every 2 days)



## MANICURE AND PEDICURE®

50 mins  
CHF 160.-  
80 mins  
CHF 210.-

### REGENERATIVE ANGEL HANDS® TREATMENT-MASSAGE

The spirit of the manicure paired with an anti-ageing treatment to soothe your damaged hands. A wonderful plant scrub, nourishing mask and soothing massage are among the steps in this beauty secret to restore your angelic hands to their former glory. (Treatment does not include nail varnish in 50 minutes). With classic or semi-permanent nail varnish in 80 mins only.

50 mins  
CHF 160.-  
80 mins  
CHF 210.-

### INVIGORATING LIGHT FEET® TREATMENT-MASSAGE

Pamper your tired or sore feet with this treatment including a foot bath, scrub, wrap with a sumptuous Chinese plant-based cream and a delicate invigorating foot massage. (Treatment does not include nail varnish in 50 minutes). With classic or semi-permanent nail varnish in 80 mins only.

50 mins  
CHF 100.-

### MANICURE/PEDICURE

With classic or semi-permanent nail varnish

20 mins  
CHF 50.-

### NAIL VARNISH

35 mins  
CHF 50.-

### SEMI-PERMANENT NAIL VARNISH

## TINTS

25 mins  
CHF 50.- / 35.-

### EYEBROW OR EYELASH TINT

35 mins  
CHF 60.-

### EYEBROW AND EYELASH TINT

on request

### MAKE-UP

## HAIRCUT

THE CINQ MONDES SPA HAS A SALON EXCLUSIVELY FOR HAIR BEAUTY. THE SALON WORKS WITH SHU UEMURA PRODUCTS.

Open Monday to Sunday

From CHF 75.- HAIR COLOUR

From CHF 70.- WASH/BLOW DRY

From CHF  
65.- (women) /  
60.- (men) CUT

From CHF 140.- STYLES/CUTS







# WAXING

USING CLASSIC WARM WAX OR HOT WAX AND MADE TO LAST LONGER WITH SKIN HYDRATION

10 mins  
CHF 40.-  
20 mins  
CHF 50.-  
35 mins  
CHF 95.-  
20 mins  
CHF 50.-  
35 mins  
CHF 70.-  
20 mins  
CHF 70.-  
35 mins  
CHF 70.-  
20 mins  
CHF 70.-  
35 mins  
CHF 85.-  
20 mins  
CHF 85.-  
35 mins  
CHF 135.-  
35 mins  
CHF 125.-  
50 mins  
CHF 175.-  
50 mins  
CHF 175.-  
80 mins  
CHF 205.-

EYEBROWS OR LIPS

EYEBROW DESIGN OR PLUCKING

FACE

HALF-ARM

FULL ARM

CHEST, STOMACH

BACK AND SHOULDERS

BIKINI OR ARMPITS

BRAZILIAN OR FRENCH

HALF-LEG

FULL LEG

HALF-LEG & BIKINI OR ARMPITS

FULL LEG & BIKINI OR ARMPITS

HALF-LEG, BIKINI & ARMPITS

FULL LEG, BIKINI & ARMPITS



# TREATMENTS SUBSCRIPTIONS

SUBSCRIPTIONS	Experience	Celestial
	CHF 1620.-	CHF 2880.-
Equal discount on all products or services	10%	20%
Pool entry discount (with treatment)	50%	50%
Practitioner choice	yes	yes
Pool/gym entry with treatment (exc. weekend and July/August)	3	7
Assisted expert face assessment (booking required)	–	3
Resubscription offer (worth 70.- when you buy a Cinq Mondes product of your choice)	–	yes
Free car park (days of spa booking)	–	yes

# PERSONAL TRAINER

Our training sessions are ideal for people who want to get all-round support from a professional to achieve maximum results in a short space of time. The personal trainer gives their clients their all. They provide constant support in terms of cardio, strength training, dietary advice and cool down assistance after each workout.

CHF 90.-

30 MINS SESSION

CHF 170.-

1 HR SESSION

CHF 250.-

1 HR COUPLE'S SESSION  
(AT THE SAME TIME)

on request

BESPOKE PROGRAMME

10 sessions  
CHF 1600.-

COACHING SUBSCRIPTION

30 mins  
From CHF 69.-

MIHA BODY TECH

Electrostimulation that provides maximum results in minimum time.

# FITNESS AND LIFESTYLE

From CHF 59.-

FLOATFIT : TONE UP WITH EXERCISES ON THE WATER

Test your balance and tone up during a 1 hour class in one of the spa's pools. FloatFit is inspired by the principles of yoga and improves physical fitness. Exercise your muscles and brain to improve both your balance and concentration with visibly better body tone.

per hour  
CHF 100.-

TENNIS LESSONS

on request  
From CHF 60.-  
on request  
From CHF 40.-

SWIMMING LESSONS

YOGA/GROUP CLASSES

CHF 280.-  
per person

DAY SPA

The day includes:  
1 buffet breakfast at the Terrasse, 1 entry to spa facilities, 50 min treatment of your choice  
(Offer valid Monday to Friday)



CHF 60.-

## SPA ENTRY SUPPLEMENT (for non-hotel guests)

Spa access with compulsory booking of a body or facial treatment costing at least CHF 180.- and subject to availability, access to pools, jacuzzi and gym.

## OPENING TIMES

The Spa is open 6.30am-10pm, 7 days a week. Treatments are available 9am-8pm, 7 days a week.

Our professional team is here to help you with any booking, on +41 21 613 33 67, or online:

<https://www.secure-booker.com/brp/MakeAppointment/Search.aspx>.

## CHANGING ROOMS

All clients can use an individual locker containing the required linen and accessories.

Lockers are emptied every evening for hygiene and security reasons. Management shall not be held responsible if valuable items left in lockers or other parts of the Spa go missing. Clients can leave them at the Spa reception where they will be stored in a safe.

## SECURITY AND HYGIENE

Please adhere to the security and hygiene rules.

- All clients are personally liable for their own health condition and should visit a doctor before under taking certain exercises or treatments.
- Management shall not be held responsible for any items lost or stolen within the Spa.
- Please respect the stated usage time for the sauna and hammam.
- Management shall not be held responsible in the event of accidents in the wet areas of the Spa including the pools that are not monitored.
- No running in the Spa and no jumping or diving in the pools.
- No glass items, food or drinks allowed: around the pools, in wet areas, in the changing rooms and in the treatment rooms.
- No smoking in any indoor part of the Spa.
- Please wear footwear protection when you enter the changing room area.
- No mobile phones allowed inside the Spa or the outdoor pool.
- No pets allowed at the Spa or Restaurant O Terrasse.
- Decent and appropriate swimwear is required to enter the pool.

## TREATMENTS

Treatments must be booked during opening times. Anyone who books treatments must arrive 30 minutes before the appointment to have time to get changed and use the hammam and sauna. No additional treatment time will be given for late arrivals. Any treatment cancelled under 24 hours before the appointment is payable in full. Our massages are treatments for well-being and relaxation; they are of no therapeutic or medical value.





# BEAU-RIVAGE PALACE

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OF THE WORLD



SWISS DELUXE HOTELS