



CINQ MÖNDES
PARIS

TREATMENT MENU



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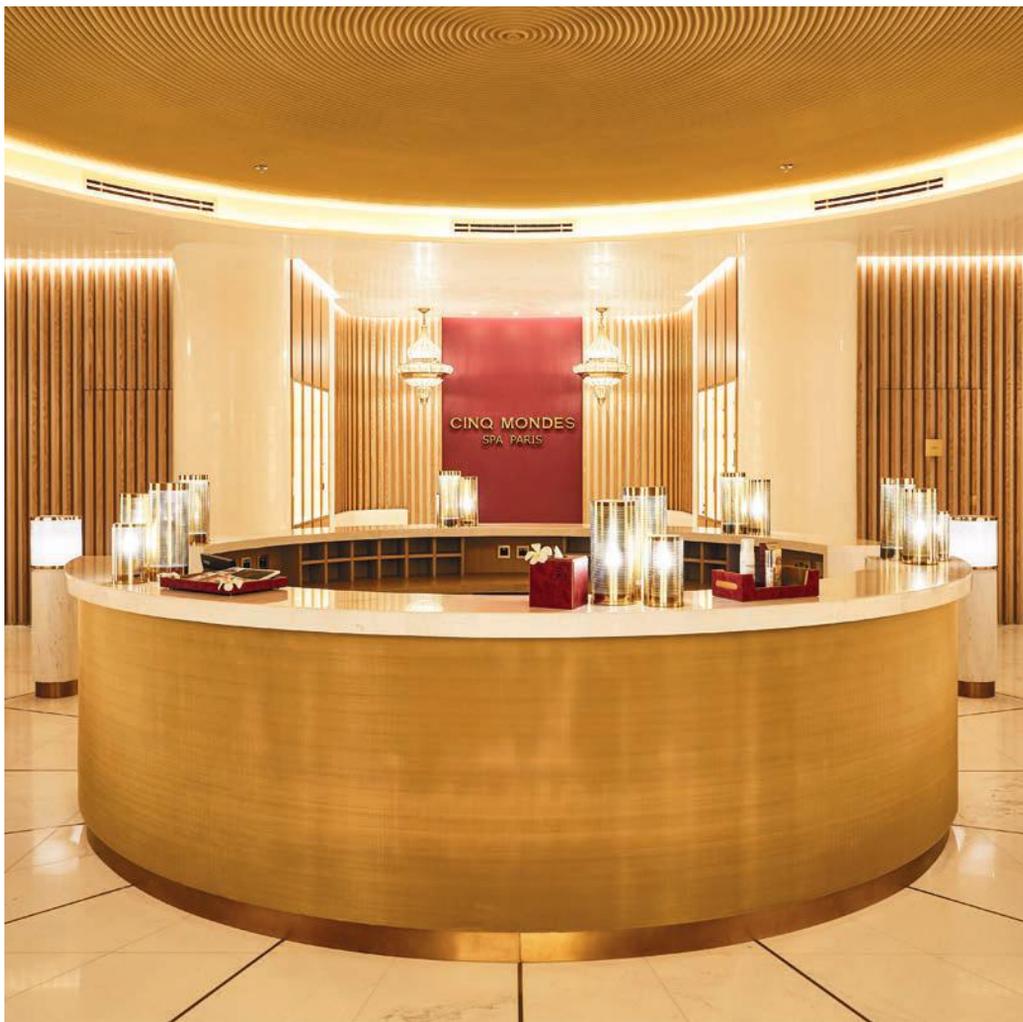
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THE CINQ MONDES ADVENTURE

Fascinated by traditional medicine and cosmetics, 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, which has established itself as the French pioneer and specialist of treatments, massages and professional spa cosmetic products.

Through its treatments and products, Cinq Mondes offers deep regeneration of body and mind to recreate a state of perfect balance even inside our skin cells for naturally happy skin.

*Jean-Louis Poiroux and Nathalie Bouchon-Poiroux,
founder and co-founder of Cinq Mondes*



OUR BEAUTY RITUALS OF THE WORLD®

1 RITUALS FROM BALI & SIAM, INDONESIA & THAILAND

There are numerous traditional beauty recipes to soften the body's skin and brighten the complexion with tropical flowers and fruits. These rituals highlight the tradition of massage that deeply revitalizes both body and mind.

2 RITUALS FROM KYOTO, JAPAN

To preserve their smooth skin and alabaster complexion, Japanese women use ointments containing ingredients from the Japanese pharmacopeia and manual massage techniques for a remarkable natural facelift effect.

3 RITUALS FROM BEIJING, CHINA

In China, massage provides balance and long life. This quest for wellbeing and youth encompasses the use of plants from traditional Chinese medicine whose benefits effects have been recognized for thousands of years.





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4 RITUALS FROM NORTH AFRICA AND MIDDLE EAST

Women in North Africa and Middle East regularly use Hammam Purification Rituals to enhance and protect their skin. Orange blossom fragrance plays a major role in this traditional treatment.

5 RITUALS FROM THE POLYNESIAN ISLANDS

The art of massage plays an important role in the cultural heritage of the Polynesian Islands. These massages are given using highly effective oils and balms derived from the region's abundant pharmacopeia comprising over 2,000 plants.

6 RITUALS FROM BANGALORE, INDIA

Inherited from ancient India, Ayurveda is a time-honoured medicine that stimulates the body's vital functions by combining the beneficial effects of massages with the efficacy of traditional Indian plants.

7 RITUALS FROM BAHIA, BRAZIL

Brazilian women revere the perfection of their bodies and keep in good shape using slimming treatments with coffee-based active ingredients energetic massages and detoxifying body wraps.



CINQ MONDES EXPERTISE

Dietetics is the science that regulates the organism's nutritional intake to stimulate its metabolism, correct imbalance and prolong longevity. Cinq Mondes research continues to innovate and offer a revolutionary approach by applying this principal for the first time to skin cells, for targeted and tailored effectiveness **Skin Dietetics®**.

Nathalie Bouchon Poiroux, creator of Cinq Mondes treatments, devised the Dermapuncture® method that applies pressure on key vital energy points on the face and body using the fingertip pads.

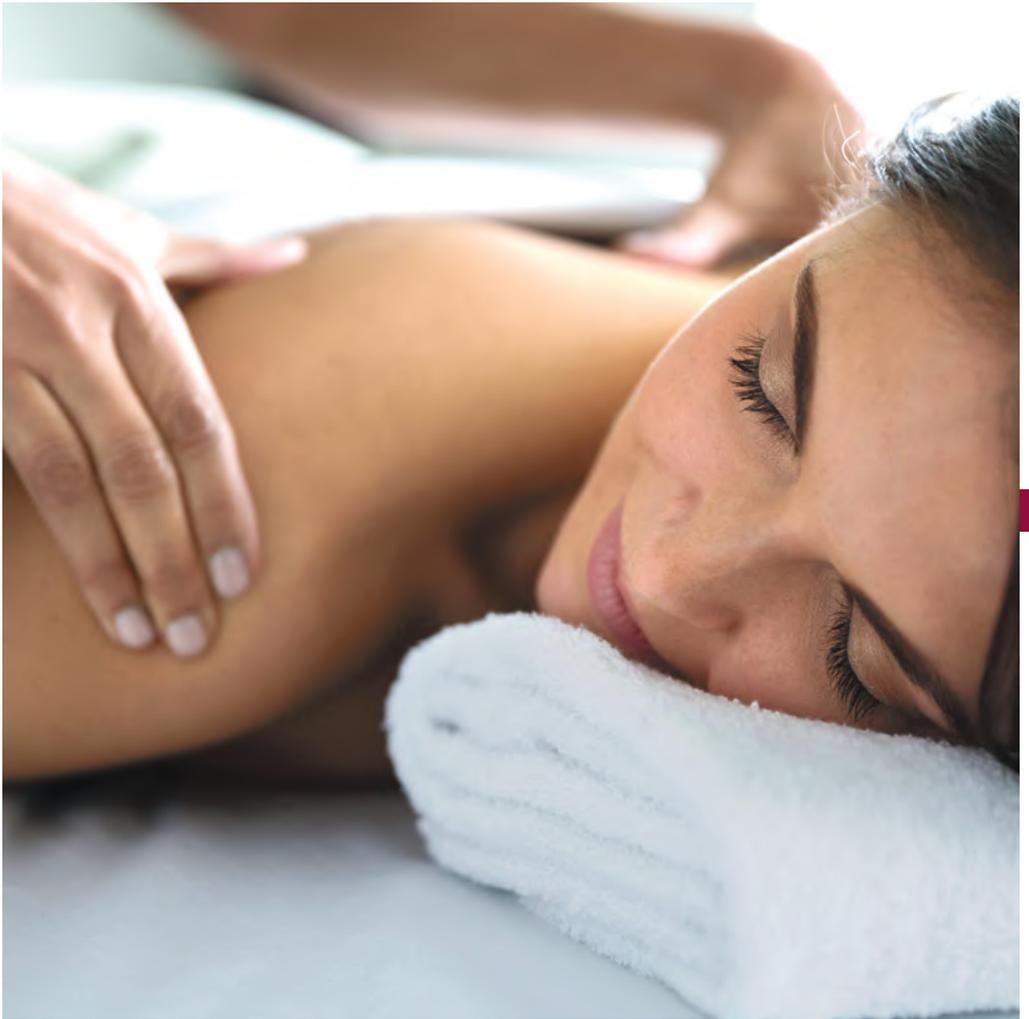
All the skincare products used during our treatments combine state-of-the-art cosmetology with world's pharmacopeias and comply with our **Natural Laboratory guidelines** developed by a Doctor of Pharmacy:

- Main active ingredients of organic and natural origin
- No parabens, no phenoxyethanol
- No silicone, no mineral oil
- No artificial colouring agent
- Tested under dermatological control

OUR SPA THERAPISTS ARE ATTENTIVE TO YOUR WELLBEING

Thanks to its training in excellence, **Cinq Mondes** can rely on the expertise of spa therapists attentive to the various needs of clients throughout their sensorial journey.

Kind, considerate and understanding, attentive to your needs, our spa therapists will provide the relaxation and serenity you seek. Close your eyes, unwind and relax – you are in the hands of experts. **Cinq Mondes** requires the very best from its Spa & Beauty specialists to ensure your absolute wellbeing.



CINQ MONDES SPA AT HYDE HOTEL DUBAI

Hyde Hotel Dubai provides a sanctuary, a hideaway destination for those in the know, presenting a new kind of bespoke hospitality. Intuitively dialed into their guest interests, needs and aspirations, Hyde celebrates the true spirit of discovery and the adventure of human connection. Authentically personal and captivating iconic moments, Hyde is much more than a brand - It is a state of mind.

The five-star hotel is set within Business Bay commercial, fashionable, business and lifestyle districts, with nearby attractions and destinations including the Burj Khalifa, Downtown Boulevard and DIFC situated in Business Bay. Hyde Hotel Dubai overlooks the Dubai canal and promenade along with wider views of Dubai's skyline.

Inspired by the Beauty rituals around the world Cinq Mondes Spa at Hyde Hotel Dubai, epitomizes the personal well-being. Open daily, Cinq Mondes Dubai offers deep regeneration of mind and body through its holistic treatments and products. Cinq Mondes Dubai houses five treatment rooms with mesmerising views of the iconic Burj Khalifa.





FACIAL TREATMENTS

Each of our Facials is a technical yet relaxing experience that brings out the beauty in everyone. Each of the Cinq Mondes products used during the treatment respects the principle of Skin Dietetics®, offering targeted and tailored effectiveness.

An exclusive manual, needle-free acupuncture technique called Dermapuncture® paired with massage techniques from traditional medicine around the world will relax the features of the face, neck, and chest deeply.

KO BI DO FACIALS

It is an extremely sophisticated facial massage originally from Japan. 'Ko' means old, 'Bi' means facial beauty, and 'Do' means the right action.

'KO BI DO'

(60 mins)

Redensification

This wrinkle-reducing treatment acts deeply on the face and neck, leaving the skin toned, smoothed, and plumped.

'KO BI DO'

(30 mins)

Instant youthfulness

This treatment using natural facialift techniques, is suitable for the face's most delicate areas, and provides immediate results.

FACIALS

FIVE BALINESE FLOWERS MASSAGE

(60 mins)

Plumping moisturizer

Originally from Bali, this treatment's blend of five tropical flowers moisturizes deep down, balances out the skin's microbiota, and brightens the skin. Massaging the face, neck, and trapezius muscles releases all the tension from everyday life.

BALINESE FLOWERS MASSAGE

(30 mins)

Radiance boost

Enjoy this radiance-boosting treatment's delicate tropical flower fragrance and discover the benefits of primary treatments, for cleansed skin and a radiant complexion.



BODY MESSAGES

Invite your senses to discover the benefits of the best massages from around the world, passed down over many generations. Each one will carry your senses away, across time and space, to Bali, India, North Africa, and more. They will leave you deeply renewed in body and mind. Let yourself be transported by the heady fragrances and enchanting textures, for a long-lasting feeling of calm.

TRADITIONAL ORIENTAL MASSAGE

(60 / 90 mins)

Sensory

This full-body massage with warmed argan oil will transport you to the heart of North African tradition. You will be wrapped with slow, deep movements that will make you feel true bliss.

ROYAL BALINESE MASSAGE

(60 / 90 mins)

Relaxing

Originally from Bali, this treatment's blend of five tropical flowers moisturizes deep down, balances out the skin's microbiota, and brightens the skin. Massaging the face, neck, and trapezius muscles releases all the tension from everyday life.

SUBLIME POLYNESIAN MASSAGE

(60 / 90 mins)

Let it all go

A massage passed down by Polynesian healers with the slow rhythms of Lomi-Lomi. The delicate notes of the Tiaré flower will accompany you all throughout this relaxing experience.

INDIAN AYURVEDIC MASSAGE

(60 / 90 mins)

Profoundly invigorating

Enjoy this invigorating hot-oil massage inspired by traditional Abhyanga. The energetic, alternating pace will release any tension and relax your muscles.

FULL BODY MESSAGES

THAI MASSAGE

(60 / 90 mins)

Stretching

The traditional Thai massage rebalances both body and mind by working on the body's general suppleness with positions that resemble yoga movements. Revitalizing, energizing and de-stressing.

LEG AND FEET REFLEXOLOGY MASSAGE

(30 mins)

Lightness

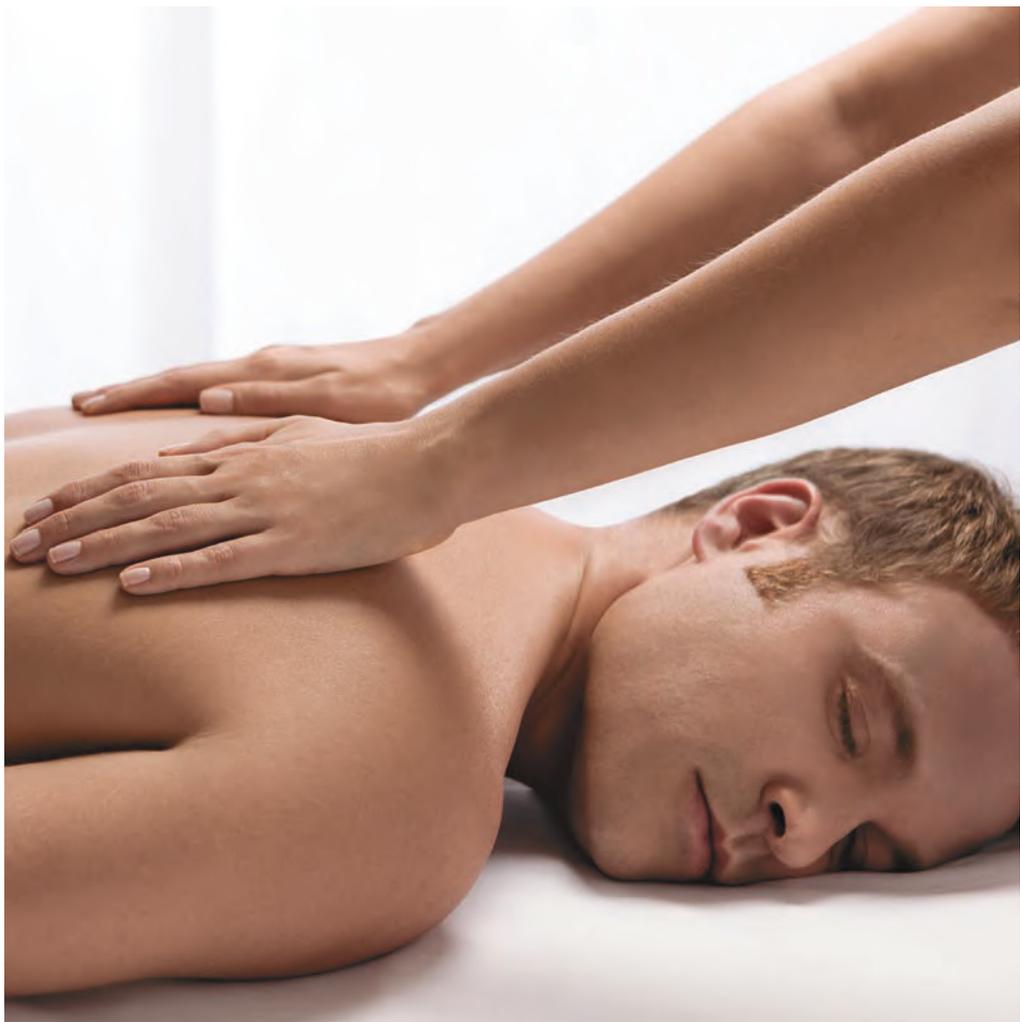
Get your legs and feet feeling light again with this invigorating, draining massage that uses acupressure techniques.

BACK'S DELIGHT MASSAGE

(30 mins)

Soothing

This treatment pays particular attention to your back and neck muscles to release tension and leave you feeling blissful.





SCRUBS & BODY TREATMENTS

To begin your Spa experience, check out our Preparatory Body Treatments* and revel in a sacred moment for your body and mind. Sensory body scrubs and gentle wraps with essential oils for soft, delicately perfumed skin that is ready to receive the benefits of your body massage.

SCRUBS

SPICED AROMATIC SCRUB

(30 min)

Energizing

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.

PAPAYA PUREE SCRUB

(30 min)

Sensory

Discover this exfoliating treatment from Siam that uses our smooth' fine-grained Papaya Purée. It will exfoliate your skin gently and leave it softer than ever.

SUBLIME TAHITIAN MONOI SCRUB

(30 min)

Sublime smoothing

Treat yourself to this skin-smoothing treatment with organic Monoi, Tiaré flowers, sugar, and coconut powder, inspired by Polynesia and suitable for sensitive skin.

SLIMMING AND DETOX

BRAZILIAN MASSAGE

(60 min)

Bespoke

Inspired by traditional Brazilian medicine, the treatment uses an array of kneading and friction manoeuvres to boost tissue detoxification and drainage while rebalancing the body for harmonious grounding. This treatment generates deep relaxation and is a source of renewed energy and lightness.

PROLONGEZ
L'EXPERIENCE
DU SPA CHEZ VOUS

CONTINUE TO ENJOY THE SPA
EXPERIENCE AT HOME

LE BONHEUR
DANS LA PEAU

HAPPINESS WITHIN THE SKIN

THE CINQ MONDES WORLD

SPA GIFT CERTIFICATES

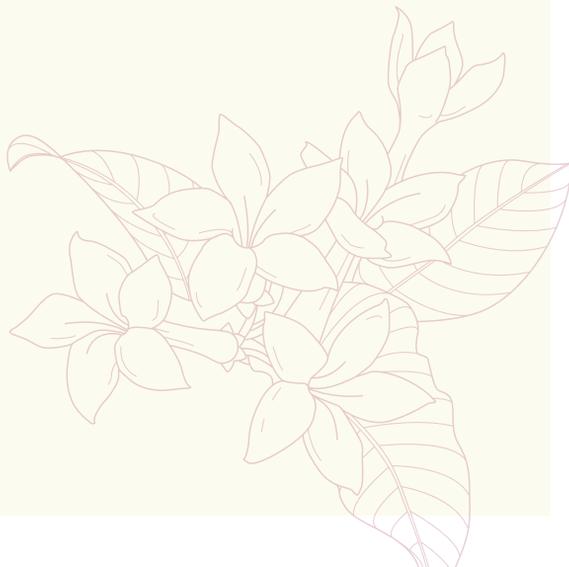
Give your guest a spa gift certificate and introduce them to the joys of a Cinq Mondes experience. They will therefore be able to choose their own treatment according to the duration you chose. You can also give your gift more of a personal touch by giving a spa gift certificate along with a gift box of cosmetic products. The recipient will be able to step into the world of spa treatments and well-being right away.

GIFT CERTIFICATES

A gift certificate is used to buy products or Spa treatments. A gift certificate is presented in a beautiful box along with the treatment menu and selection of spa product samples.

Please contact the Spa reception for more information.

Offer your friends and family a unique wellbeing experience.



Offer your friends and family
a unique wellbeing experience



SPA GUIDE

Cinq Mondes offers massages stemming from Rituals from around the world, thus providing non-medical wellness and relaxation treatments. All our treatments are co-ed.

You can choose to share this blissful moment with anyone you would like in our couple's treatment room.

Our spa is a space dedicated to peace and relaxation. Please turn off your cell phone, respect the tranquil ambiance, and fully enjoy your experience.

To enhance your spa experience, we encourage you to arrive at least 15 minutes prior your treatment.

We regrettably cannot accommodate children under the age of 16 at the Spa.

Your health and safety are our utmost priority. Please note that it is required to wear a mask. We are also keeping hygiene standards by sanitizing the room for 30 minutes post each treatment.

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals and the same treatment price will apply.

No shows or cancellations made within 3 hours of your scheduled appointment will be charged in full. Cancellations made 3 hours prior to the appointment time will not be charged.

Spa operating hours: Daily, 10 AM - 9 PM

SERENITY

As the Spa is a place of well-being and serenity, we ask our guest to respect others' tranquility. Smoking is prohibited and mobile phones must be turned off.

RECOMMENDATIONS

The Spa accepts no responsibility for loss of valuables and jewelry at any time on the Spa premises, we recommend that you remove all your jewelry before the treatments and leave it in the safe box of your hotel room.

We suggest that our male guests, who have booked a facial treatment, would shave about an hour before their appointment, to ensure the best results.

Our massages are neither medical nor paramedical. All of them are well-being, aesthetic and non-therapeutic care treatments. The term "massage" may also be used to express body modelling, done using different and varied techniques by our qualified spa therapists.



CINQ M[̄]ONDES

PARIS

HAPPINESS WITHIN THE SKIN

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