



SPA

DE PRIVADIÈRE

CINQ MÔNDES
PARIS

TREATMENT MENU

The Domaine de Privadière invites you to experience a moment of well-being in a haven of peace. Uncluttered and intimate in the heart of the Gard countryside and dedicated to relaxation and absolute refinement. Whether or not you are a resident of the hotel immerse yourself in the absolute calm of one of our 3 treatment rooms and treat yourself to a unique sensory journey in the hands of our spa Cinq Mondes experts.

Come and recharge your batteries in our SPA where the sauna, hammam, to indoor heated swimming pool, relaxation area and herbal tea room will guide you on the steps to serenity and inner harmony. Everything has been designed and created to guarantee you an optimal well-being experience.

The Story of Cinq Mondes

Cinq Mondes, the skin care and spa brand that brings the best ancestral beauty rituals to the modern world. LEARN - UNDERSTAND - BE INSPIRED

Cinq Mondes offers the best holistic treatments and the best medicinal plants from the world's pharmacopoeias for its most natural cosmetic products.

Cinq Mondes was founded 20 years ago, driven by a desire to discover and understand the art of beauty throughout the world in order to use it as a source of inspiration. Jean-Louis Poiroux's extensive travels have been dedicated to learning about the best beauty and well-being rituals and unlocking the ancestral secrets of the world's populations, traditional medicines and plants



CINQ MŌNDES
PARIS

GÉTO SUPRÊME









Rituel d'Oliviers
Ritual from Oliviers












WELCOME TO OUR SPA 

CINQ MÔNDES
PARIS

Our Cinq Mondes-certified Spa overlooks the vineyards and olive trees of the estate, offering a sleek design and refined ambiance across 400 m² :

-  3 treatment rooms, including a duo room
-  2 changing rooms
-  Individual showers
-  Hammam
-  Sauna
-  Relaxation area with herbal tea room
-  Heated indoor pool
-  Spa Boutique

SUMMARY

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Each of our Face Treatments can bring out the beauty in anyone with a unique experience that combines technique and complete relaxation. Every Cinq Mondes product used during treatments respects our Skin Dietetics® principle with targeted, bespoke efficacy. Dermapuncture® which is an exclusive manual technique of needle-free and massage techniques drawn from traditional medicines from around the world deeply relax the features of the face, neck, and décolleté. The former is an exclusive manual technique that is like acupuncture without the needles.

RESTRUCTURING

You can find this exclusive Face Treatment in our spas. As its name implies, it is a highly sophisticated facial massage that is originally from Japan. "Ko" means "old", "Bi" means "facial beauty", and "Do" means "the right action".



THE FACE

FACIAL CARE KO BI DO

KO BI DO

80min - 150€ Global anti-aging

Coming soon

This exceptional treatment combines powerful Dermapuncture® techniques and a ridoki jade roller to give the face, neck, and décolleté a natural lift.

KO BI DO

50min - 105€ Redensification

This anti-aging treatment works on the face and neck to reinvigorate and smooth out the skin.

KO BI DO

20min - 65€ Instant Youthfulness

This facial massage uses manual facelift techniques that provide a natural facelift, with immediate results.



FACIAL CARE

Indonesia has a long-established tradition of gestures passed down through generations that boost the complexion's radiance and purify the skin with a combination of flower and tropical fruit extracts.

Balinese Flowers and Fruits

Perfect Radiance - 80min – 150€

Coming soon

The perfect treatment to smooth out any imperfections on the face, neck, and décolleté, thanks to oxygenation techniques that combine natural active ingredients from tropical flowers and fruit acids (AHAs).

Five Balinese Flowers -

Moisturizing - 50min – 105€

This treatment from Bali deeply moisturizes and brightens the skin with its combination of five tropical flowers. A face, neck, and shoulder massage will help you let go of any tension and relax you.

Balinese Flowers

Radiance Boost - 20min – 60€

Enjoy the delicate scents of tropical flowers during this treatment that will leave your skin radiant and your complexion looking fabulous.





THE BODY

Tempt your senses to discover the benefits of some of the best massages drawn from traditional medicines the world over. Each sensory journey to Bali, India, North Africa, and other faraway lands will provide you with a unique escape from space and time that will deeply regenerate your body and mind. Let the heady perfumes and enchanting textures transport you far away, **for a feeling of calm that lasts.**

BODY PREPARATORY TREATMENT

Discover our preparatory treatments* to kick off your spa experience and enjoy a sacred moment for your body and soul. Scrubs that stimulate the senses, baths and hammams with essential oils, and more will leave your skin silky soft, delicately perfumed, and ready for the benefits of your treatment to come.

*Preparatory treatments 20 min are only sold along with another treatment.



HAMMAMS

Stretch hammam Gentle treatment - 50min - 95€

Experience something unforgettable in our hammam's perfumed steam. Then follow the traditional steps of this Moroccan ritual that includes an exfoliation with Beldi Black Soap and a Kassa Glove, followed by a wrap with Rassoul Cream and gentle stretching.

Aromas and colors Hammam Comforting - 20min - 45€

Discover an authentic hammam experience and take a hot steam bath. This treatment combines the energetic benefits of aromachology and personalised essential oils. It will take your body and mind on a unique journey that will stimulate the senses.

SCRUBS

Spiced Aromatic Scrub **Energizing** - 20min - 65€

Inspired by Javanese Boreh, a traditional recipe made with spices and sea salt. This treatment invigorates the body with its restorative aromas and leaves the skin silky soft.

Sublime scrub with Tahitian Monoï **Nourishing** - 20min - 65€

This organic mixture made with coconut powder and Tahitian Monoï found in the Ra'au (the traditional Polynesian pharmacopeia) leaves the skin silky soft.

Papaya Puree Scrub **Reveal Radiance** - 20min - 65€

Let yourself be seduced by the Kingdom of Siam and its spellbinding notes. This body scrubs made with papaya and diatomaceous earth will exfoliate, perfume, and brighten your skin.

Beldi black soap scrub **Purifying** - 20min - 65€

Travel to the heart of North African tradition. The Hammam and the Kassa glove's exfoliating action, combined with "traditional" Beldi Black Soap purify the skin deep down, leaving it soft and silky smooth.

**For optimal results, we recommend a relaxation session of at least 20 minutes in the hamman room before your treatments.*



BODY TREATMENT

Cinq Mondes massages and body treatments are based on a real “acupuncture without needles” for a targeted action (relaxation, slimming, tonicity...). Using specific pressure made with the fingertips during massages, the Spa Practitioners stimulate the key points of the body's vital energy combining relaxation and effectiveness.

« Signature » Privadière Massage Ritual 50 min - 105€ / 80min - 150€

A tailor-made massage, for a total disconnection from yourself, your mood, your body and your desires. Choose your rhythm, your pressure, and the areas of tension to be concentrated upon.

Relaxing North African Massage Ritual – Sensory 20min - 65 € / 50min - 105€ / 80min - 150€

This massage, inspired by oriental tradition, works the whole body with heated and delicately perfumed, argan oil. The expert hand of your practitioner's envelope you in slow, deep movements to give you a feeling of pure wellbeing.

Indian Ayurvedic Massage - Profoundly Invigorating 50min - 105€ / 80min - 150€

Enjoy the vanilla and cardamom fragrance of this tonifying hot oil massage inspired by the millenary Indian tradition. The change in pace between energetic and heating strokes relieves tensions relaxes the muscles.

BODY TREATMENT

Sublime Polynesian Massage - Let It All Go 50min - 105€ / 80min - 150€

Coming soon

This massage has been inspired by Lomi-Lomi, a technique passed down by generations of Polynesian healers. Its delicate scents of tropical flowers will accompany you throughout the treatment and relax you deeply.

Brazilian Massage - Bespoke 50min – 105€

Coming soon

This treatment inspired by traditional Brazilian medicine will relax your body and slim your figure with its draining and detoxifying motions for the body and mind

This treatment will be personalised with your Spa therapist during your consultation.

Sublime Bola Massage 50min - 105€

Coming soon

Mum to be massage* (3-8 months gestation). Discover enveloping smoothing motions performed with a tinkling massage ball. This treatment will help you calmly welcome the changes related to pregnancy and leave your body feeling relaxed and lighter than before. This massage is suitable for various stages of pregnancy. *Please contact the spa's reception for more information.

Soothing Back Massage 20min - 65€

Discover the virtues of this deeply relaxing massage. By targeting the back, neck and shoulder blades, this treatment releases built-up tension providing a feeling of wellbeing and total relaxation.

TREATMENT RITUALS

Cinq Mondes Treatment Rituals enable you to enjoy several treatments (hammam ritual, scrub, body massage, face treatment, Spa Ritual...) grouped together based on a theme. Let yourself be guided by a region of the world, its pharmacopeia and its fragrances to enjoy a unique, unforgettable experience and more of pure wellbeing.

Grand hammam ritual

Divine Argan

Let Oriental traditions whisk you away and experience grand Moroccan rituals, including:

For 1h50 – 190€

Stretch hammam

Traditional Oriental Massage 50 min

For 2h20 – 220€

Stretch hammam

Traditional Oriental Massage 1h20

THE MAJOR RITUALS

Grand sublime ritual from Polynesia

Coming soon

Ultimate Relaxation

This ritual inspired by Polynesian beauty traditions will help you let go of it all, including :

For 1h50 – 210€

Aromas and Colors Hammam

Sublime Tahitian Monoi Scrub

Sublime Polynesian Massage 50min

For 2h20 – 240€

Aromas and Colors Hammam

Sublime Tahitian Monoi Scrub

Sublime Polynesian Massage 1h20



THE MAJOR RITUALS

Grand Imperial youthfulness ritual

KO BI DO

Supreme This ritual draws inspiration from some of the best beauty and treatment traditions the world over and will relax you completely, including :

For 1h50 – 210€

Aromas and Colors Hammam or Japanese Aromas and Flowers Bath

Back Massage

KO BI DO Face Treatment - 50min



THE MAJOR RITUALS

Ritual from the middle east

Let yourself be transported to the magical world of the Hammam and Moroccan tradition, and find your skin toned and silky smooth :

For 1h50 – 210€

Beldi Black Soap Scrub

Rassoul Cream Body Wrap

Oriental Traditional Massage 50min

For 2h20 – 240€

Beldi Black Soap Scrub

Rassoul Cream Body Wrap

The Oriental Traditional Massage 1h20

THE MAJOR RITUALS

Grand felicity ritual for two**

DUO RELAXATION

Share a moment of well-being and unforgettable relaxation together. This ritual is a privileged experience that will recharge your batteries and bring you closer, including :

For 1h50 – 210€*

Aromas and Colors Hammam

Spiced Aromatic Scrub

Indian Ayurvedic Massage Ritual 50min

For 2h20 – 240€*

Aromas and Colors Hammam

Spiced Aromatic Scrub

Indian Ayurvedic Massage Ritual 50min

*For optimum results, we recommend a relaxation session of at least 20 minutes in the hammam before your treatments.

*price per person



A gourmet dish is presented on a light-colored, speckled plate. The dish features a vibrant red sauce, possibly a strawberry or raspberry coulis, which is artfully drizzled and spread around the central components. In the center, there is a dollop of thick, white cream or soft cheese. A delicate, orange-colored garnish, likely a thin slice of citrus or a candied peel, is elegantly draped over the cream. The dish is further embellished with several edible flowers, including purple pansies and yellow nasturtiums, along with small green microgreens. The overall presentation is sophisticated and visually appealing.

EXPERIENCES

EXPERIENCES

Breakfast and Spa Access - 70€

Start the day in the best possible way by treating yourself to a moment just for you. Enjoy our continental buffet breakfast served from 07:30 to 10:30 in our hotel restaurant. **From 09:00**, treat yourself to a 2-hour relaxation break in our Cinq Mondes-accredited spa.

Exclusive package at 70€ including :

- Breakfast : A selection of sweet and savoury dishes in a continental buffet.
- Access to the spa (2 hours) : Steam room, sauna, heated indoor swimming pool, relaxation area with herbal tea room.

Offer reserved exclusively for non-resident hotel guests and subject to availability at the time of booking. Please note that access to the hotel's outdoor swimming pool is not included.

Breakfast and Care - 120€

Enjoy a continental buffet breakfast from 07:30 to 10:30 in our hotel restaurant.

From 10:00 am, opt for a 50-minute treatment with our full range of facial and body treatments.

Treat yourself to an hour of pure relaxation with our spa offer : Hammam, sauna, indoor swimming pool and a relaxation area with herbal teas.

Exclusive package at 120€ per person including :

- Gourmet breakfast : a variety of sweet and savoury dishes in a continental buffet.
- 50-minute treatment : Choose from our 50-minute massages
- Spa access (1h) : Hammam, sauna, heated indoor swimming pool, relaxation area with herbal teas.

Offer reserved exclusively for non-resident hotel guests and subject to availability at the time of booking. Please note that access to the hotel's outdoor swimming pool is not included.

Day and Spa - 170€

Immerse yourself in a half-day of escape and relaxation for an exceptional moment at the Domaine de Privadière.

Exclusive package at 170€ per person including :

- Lunch or dinner at the Privadière bistrO

Choose lunch or dinner, with an à la carte choice based on a starter, main course and dessert (drinks and Chef's suggestions not included.)

- Your tailor-made treatment

Treat yourself to a 50-minute, personalised treatment from our complete range of facial and body treatments.

- Well-being area

Enjoy one hour's access to our spa facilities before or after your treatment : Hammam, sauna, indoor swimming pool and a relaxation area with herbal tea room.

Offer reserved exclusively for non-resident hotel guests and subject to availability at the time of booking. Please note that access to the hotel's outdoor swimming pool is not included.



BEAUTY

BEAUTY

HANDS & FEET TREATMENT

Hands Treatment - 45min - 50€

Nail varnish, scrub, nail filing, cuticle work, cream application and base application.

Feet treatment - 45min - 50€

Nail varnish, nail filing, cuticle and heelwork, cream application and base application.

Hands Treatment + Feet Treatment - 90€

NAILS

Nail polish - 15min - 20€

Semi-permanent Gel polish - 30min - 40€

WAXING

Waxing For Her

Lip / Chin - 15min - 12€

Eyebrow - 15min -15€

Underarm - 20min – 20€



WAXING

Waxing For Her

Half leg - 20min - 30€

Full leg - 30min - 40€

Back / Chest wax - 30min - 35€

Bikini - 20min - 25€

Brazilian - 35min - 30 €

Hollywood - 40min - 45 €

Waxing For Him

Eyebrows, nose, ears - 15min - 15€

Underarm - 25min - 18€

Shoulders, chest or belly - 30min - 25€

Full back (with shoulders) - 40min - 35€

Full leg - 60min - 35€





ACCESS RULES

The Spa is open from Monday to Sunday from 10am to 8pm only on reservation. *Except for the hotel residents who have free access to the Spa.

It welcomes non-resident guests. For any treatment or ritual of 50 minutes or more, the non-resident guest will also be able to take advantage of our free Spa access for 2 hours (access not allowed for the hotel's outdoor pool). To get there, please go to the hotel reception.

Treatments must be booked in advance for both our resident and non-resident clients.

Refreshments with cold drinks, herbal teas and teas are available and offered.

In Duo

All our treatments are available in duo, upon reservation.

Prices / SPA Access /Non-hotel guests 49€ / per person (2 hours access max)

Indoor heated swimming pool, sauna, hammam, relaxation area with herbal tea room. Bath sheet, bathrobe and slippers provided. Mandatory : swimsuit

We provide towels, bathrobes and mules.



ACCESS RULES

Prices / SPA Access / hotel guests

Age requirement : Youngsters over 16 years old are welcome for facial treatments pre-body treatments, manicures, pedicures, beauty treatments and waxing. Youngsters under 16 years old must be accompanied by an adult for access to for the treatments.

Our massages are wellbeing and relaxation treatments, they are non-therapeutic and non-medical. All our treatments are for men and women alike, for two or more, subject to availability, contact the hotel Reception for more information.

The duration indicated corresponds to the actual treatment time, for a treatment of 20mins, 50mins or 80mins, kindly anticipate 30mins, 1 hour or 1h30 respectively.

Please be punctual for your appointments and arrive 10 minutes in advance. Please note that any late arrival will have an impact on the length of treatment booked.

Conditions, Delay and Cancellations

If you wish to cancel or postpone your treatment, please call the hotel reception :

- 48 hours prior to your appointment

Cancellation policy, in case of a no-show or late cancellation, we will charge the full amount of the treatment cost.

Health conditions

We would like to remind you that any improper behavior by the client will result in the immediate termination of the treatment.

For health reasons, the use of the Hammam may be contraindicated. Please inform us at the time of your booking of any health problem, allergy or possible pregnancy as some treatments cannot be performed.

The use of sauna and steam room is not advised for pregnant women, people with a heart condition or suffering from serious health problems.

RULES



Precautions

The management declines all responsibility in case of loss or theft of personal belongings within the Spa.

Minors under the age of 16 must be accompanied by an adult and remain under their own responsibility during treatments. On the other hand, they are not allowed to access the various facilities. (hammam, sauna, indoor pool).

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 undertaking certain exercises or treatments. 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 pool that are not monitored.

No running in the Spa and no jumping or diving in the pool.

No glass items, food or drinks allowed: around the pool, 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.

Decent and appropriate swimwear is required to enter the pool.

Dress code

There is no need to bring or wear any special clothing.

A bathrobe, towel and slippers will be given to you on arrival.

You will also be given disposable underwear for all body treatments and massages. We remind you that you must wear a swimming costume in the wet area. (sauna, hammam, swimming pool). No pets allowed at the Spa.

We would like to remind you that any incorrect behavior on the part of the client will result in immediate termination of the treatment.

RULES



Mobile Phone

Our Spa is an environment dedicated to calm and relaxation.

You may only use your mobile phone in the reception area and in the changing rooms. Please talk quietly to preserve other customer's serenity.

SPA Boutique

Brands with controlled and natural ingredients which meet our requirements and yours.

Beauty secrets for your face, your body or your hair that you will discover thanks to our understanding and expertise.

Gift vouchers

Gift vouchers are available and offered on our online booking website or directly at our hotel reception.

Make your choice from the various gift boxes on offer.

Gifts vouchers can be sent by post, e-mail or purchased directly at our Spa reception upon receipt of your payment. Gift cards are valid for 12 months and not extendable. Beyond this period, the gift will be definitely lost, the offered service can't be carried out and will not be the subject of any exchange or refund.

CINQ MONDES, THE SKIN DIETETIC

CINQ MONDES takes you on genuine Sensorial Journeys by virtue of a spectacular range of treatments marked by quality, authenticity and ceremony.

CINQ MONDES cosmetic products, inspired by ancient recipes and converted into cutting-edge cosmetics by a Pharmacy PhD; are developed in accordance with the following Natural Formulation Guidelines:

Selection of organic or natural ingredients; Without paraben nor phenoxyethanol; Without silicone nor mineral oil; Without artificial colouring; Tested under dermatological control.

SPA

DE PRIVADIÈRE

Open 7/7 10h00 to 20h00

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info@privadiere.fr

www.privadiere.fr

Find all our offers directly on our website:

Sections "Our offers and packages"

Our experiences

Private hire / Ladies Night event.

Available upon request and subject to availability, please contact us.

Credit cards accepted

Visa – American Express – Mastercard

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