



CHATEAU DE BERNE
LE SPA
CINQ MÔNDES



The Château de Berne Spa ...

authentic harbor of Well-being...

Nestling between vines and veteran olive trees, on a beautiful estate overflowing with history... Our wine estate offers a mineral-rich soil, magnificent natural environment crossed by two rivers and all the charms of Provence's lifestyle, perfect for relaxing and unwinding. Let nature pamper your body and mind with its rejuvenating powers as you revel in our range of Cinq Mondes Spa treatments in a haven of peace spanning 800 sq. meters.

The « Cinq Mondes » philosophy

The CINQ MONDES beauty treatments offer a marvelous palette of high-quality and authentic well-being treatments and traditions from here and elsewhere. All of the CINQ MONDES cosmetic treatments are elaborated using ancient recipes respecting the 5 formulation principles: dermatologically tested, silicon-free, no artificial colorings, no raw ingredients of animal origin and no mineral oils. The CINQ MONDES experience is a genuine invitation on a unique voyage of the senses guaranteeing unbeatable relaxation !

CINQ MÖNDES
SPA PARIS



Les modelages

Traditional Relaxing Oriental Massage

Inspired by oriental traditions, this full-body massage with warm and delicately-perfumed argan oil procures a state of pure well-being.

50 min - 120€

Soothing French-Polynesia Massage Ritual

A body massage treatment inherited from The Polynesian healers and inspired by Lomi-Lomi, which uses deep pressure from the therapist's forearms and long continuous movements. Tiare flower notes accompany you all along this blissful experience of instant relief.

50 min - 120€

Tonifying Indian Ayurvedic Massage Ritual

This hot 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.

50 min - 120€

Enveloping Balinese Massage

Immerse in a world of tranquility performed with a traditional Tropical Nuts Melting balm according to an ancestral Ritual massage from Bali. This escape includes gentle Thai pulling and traditional stretching movements.

50 min - 120€



Les modelages

Angel Hands Renewing Treatment

A Hand Remedy elevated to anti-ageing facial standards for your abused hands. Mesmerizing phyto-aromatic scrub, repairing mask and relaxing massage are only some of the few steps of the best well-kept secret to unveil genuine hands of an angel.

50 min – 120€

Light Feet Energizing Treatment

Offer your tired and irritated feet an authentic foot vacation with a treatment palette of soak, scrub, wrap with an unctuous Chinese herbal and botanical cream, including a foot massage ritual of coziness and comfort.

50 min – 120€

Revitalizing & Lifting Leg Ritual

A moment entirely dedicated to relieve the pain of sore, tired, heavy leg and calf muscles. This reviving and draining massage takes its natural active ingredients from the Chinese Pharmacopoeia. Your legs enjoy an instant refreshing sensation and feel light and revitalized.

50 min - 120€



Les soins du Corps

Phyto-Aromatic Bath

A bathing ceremony offering all the benefits of a personalized association of essential oils.

40min - 55€

Traditional Hammam and Purifying Scrub with Beldi Black Soap®

A voyage into the heart of Oriental Hamman traditions with this Black Soap treatment to purify the skin, leaving it soft, silky and delicately perfumed.

40 min - 75€

Purifying Detox Treatment with North African Rhassoul Poultrice

A purifying and detoxifying wrap, using a therapeutic recipe of North African Rhassoul Poultrice. This natural Arabic clay promotes visible toning, silkiness and global detox to the skin. You feel transported to the magic universe of the Hammam.

40 min - 75€



Les soins du Corps

Smoothing Sublime Scrub with Natural Noni & Tahiti Monoï

A bliss-inducing ritual from the Polynesian Islands even for sensitive skin. This traditional preparation of Monoï made of macerated Tiare blossoms, raw sugar, ground coconut powder and Noni fruit will regenerate skin and renew the spirit.

40 min - 75€

Refining Aromatic Scrub with precious and rare Spices

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'll awaken to a satin smooth skin and a stimulating sense of energy.

40 min - 75€

Polishing "Papaya Purée" Scrub

A delicate yet effective body polishing practice born of a Siamese ritual with an unctuous and finely grained "papaya purée" of an inviting dark tangerine color. Deliciously perfumed, skin is buffed to perfection to unveil the most superb radiance.

1h - 120€



Les soins du Visage

"Bali Flowers and Fruits Ritual" Skin Renewal Facial

Deep cleansing treatment, skin perfecter 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. 1h - 120€

« Five Flowers Ritual » Illuminescence Facial

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.

1h - 120€

« Ko Bi Do » Lifting and Plumping « Fountain of Youth » Facial

This manual anti-wrinkle facial from the ancestral Japanese Ko Bi Do Ritual is associated with a unique anti-ageing active complex. Enjoy this holistic approach to lift and tonify your facial contours and effectively renew smooth and plump lines on the face and neckline.

50 min - 145€

Precious « Ko Bi Do » Global Anti-Age « Fountain of Youth » Facial

This "global anti-ageing" facial, manual anti-wrinkle treatment from the Japanese "Ko Bi Do" ritual paired with a regenerating mask, deeply works on wrinkles, firmness and dewy complexion and focuses on eye contour, lips, neckline and arms. Skin feels soft and youthful, and the spirit and mind very restful.

1h20 - 170€



Les Rituels et Voyages autour du Monde

Ritual of Siam

Phyto-Aromatic Bath

Polishing "Papaya Purée" Scrub

Enveloping Balinese Massage

2h - 230€

At the top of the Worlds - Kyoto Ritual

Polishing "Papaya Purée" Scrub

Phyto-Aromatic Bath

« Ko Bi Do » Lifting and Plumping « Fountain of Youth » Facial

2h - 220€

Château de Berne signature treatments

Château de Berne's beautiful Spa is an ode to Provence's envied lifestyle. In addition to our Cinq Mondes beauty rituals, we pamper our guests with a range of signature treatments offering unbeatable relaxation and inner harmony.

We devote our extensive expertise to your well-being by combining the fruit of our generous soil with a range of local, vine-based "Sens en Provence" cosmetic treatments, bringing you the natural benefits of our region's resources and ultimate plenitude.



The rituals « Sens of Provence »

This cosmetics range promotes anti-aging and well-being using vine flowers and vine shoots, coupled with essential oils and various authentic Mediterranean products.

"Millésime Premier Cru" Treatment

Brimming with the benefits of the vine, this anti-age treatment works deep down to smooth wrinkles, firm the skin and restore its plumpness and radiance.

1h - 120€

"Vinexpert" Massage

This Château de Berne signature massage retraces the ritual stages of wine making. No plot of skin is left untouched and the entire body is stimulated, from the tips of the fingers to the soles of the feet...

1h - 120€ / 1h20 - 170€

Vinexpert Body Ritual

A delicious body polish with vine shoots and olive oil, followed by a 100% grape Vinexpert massage.

1h20 - 170€



Massages

Mother-To-Be Massage

Fully-adapted to the physical and emotional needs of mothers-to-be, this massage is free of essential oils and uses gentle contact, without pressure points. A wonderful source of relaxation, it is the ideal way to enjoy this special time with a tranquil mind (from 4 ½ months onwards).

50 min - 120€

Akwaterra massage, an alliance of water and clay

This massage uses porcelain pots filled with hot water. The heat diffused by the Akwaterras dilates the pores and enhances the benefits of the massage oils, to relax the muscles and ease tension. Also exists in a cold version to improve the circulation, tone the body and smooth the skin.

50 min - 120€

Deep Tissues Massage

A full body massage focusing on tense areas. Movements adapted to your needs. Deep down muscle toning effect.

50 min - 120€



Rituals awakening of the body

Purifying Detox Massage with Honey & Plants

This honey and plant massage awakens the skin and eliminates toxins by stimulating the circulation. It leaves the skin moisturized and silky, and regenerates the liver and kidneys for a wonderful sensation of wellness.

*Stretching Session – 45 mins

*Purifying Detox Massage with Honey & Plants – 50 mins

Accompanied by herbal tea and petits fours

2h – 190€

Harmony & Emotion - Duo Ritual (children from 5 years with parent)

We use a fun and instructive approach to introduce children to yoga, soothe them and help them manage their emotions. This ritual also favours concentration, communication and cooperation. A genuine family bonding experience.

*Duo Yoga Session – 60 mins

*Prince & Princess Relaxing Massage - 30 mins

And

*Back and Leg Energizing Massage – 30 mins

Accompanied by herbal tea and petits fours

2h – 190€



Children's spa

Specially-adapted treatments for children accompanied by a parent in duo cabin only.

Teddy Bear Ritual

Magical face and back relaxation with sugary fragrances.

30 min - 50€

Fairy Fingers

Nail varnish for little princesses.

15 min - 20€

Prince & Princess Relaxation

Relaxation for the feet, back and head.

30 min - 50€

Teenagers Treatment Ritual (from 12)

Back scrub, skin cleansing, relaxation of the shoulders and head. 1h - 100€

Spa access & Package

3-hour consecutive access to our Spa amenities* : Indoor pool, sauna, steam room, jacuzzis, relaxation area with herbal tea room, solarium, fitness room. Bath towel, robe and flip-flops provided.

€50/ pers. on weekdays

€70/ pers. on weekends

The Spa is available free of charge for the purchase of all treatments worth €120 minimum.

*Morning access: 10 a.m. to 1 p.m. - Afternoon access: 2 p.m. to 5 p.m.

Duo cabin extra cost: €15/pers

Package

10 Spa admissions + 1 Yoga discovery class (weekdays only)

€550 on weekdays

10 Spa admissions + 1 Yoga discovery class (Sunday mornings only)

€690 on weekends

Making the most of the Spa

Opening times and reservations: The Spa is open every day. From Monday to Thursday 10 a.m to 6 p.m, Friday and Saturday 10 a.m to 8 p.m, Sunday 9 a.m to 6 p.m

Amenities

The Spa is open every day and offers a range of top-level amenities:

An indoor heated upstream pool with swan neck fountain and hydromassage water jets

An outdoor overflowing pool

Two jacuzzis, a sauna and steam room

Three Solo cabins

Two Duo cabins fitted with balneotherapy tubs, a private steam room and terrace

A traditional exfoliation room with private steam room

A relaxation area with herbal tea room and Zen garden

A beauty salon for manicures, pedicures, make-up and hair

A fitness room

For hotel guests:

Please reserve your treatments and Spa access at the time of booking or at the Spa reception.

Dial 529 from your room.

Cancellations must be made at least 5 hours before the scheduled appointment, failing which the service will be billed in full.

Children under 18 years of age have access to the Spa from Monday to Thursday 10 a.m to 11 a.m and 5 p.m to 6 p.m, Friday and Saturday 10 a.m to 11 a.m and 7 p.m to 8 p.m, Sunday 9 a.m to 10 a.m and 5 p.m to 6 p.m (except the sauna and steam room).

For external guests:

Telephone bookings on + 33(0)4 94 60 48 88 or by email to the following address: spa@chateauberne.com

Your credit card number will be requested as a guarantee.

Cancellations must be made at least 24 hours before the scheduled appointment, failing which the service will be billed in full.

Children under 18 years of age have access to the Spa from Monday to Thursday 10 a.m to 11 a.m and 5 p.m to 6 p.m, Friday and Saturday 10 a.m to 11 a.m and 7 p.m to 8 p.m, Sunday 9 a.m to 10 a.m and 5 p.m to 6 p.m (except the sauna and steam room). The presence of a parent or adult is obligatory.

Making the most of the Spa

Clothing

You do not need to wear or bring along any specific clothing. A bath robe and slippers are provided on arrival. We also provide underwear for all treatments and body massages. Please be reminded that swimwear is obligatory in the wet area.

Please note that smoking is prohibited inside the Spa. In addition, the Spa may not be held responsible for any valuable objects brought by guests.

In order to preserve the Spa's quiet and peaceful atmosphere, please switch off your cell phone.

Physical condition and pregnant women

Please inform us of your physical condition at the time of booking, e.g. if you have high blood pressure, cardiovascular problems or allergies.



GPS coordinates: 06°20'10''E, 43°31'11''N

Set in the heart of Provence's stunning inland countryside, Chateau de Berne is handily located a stone's throw from the Verdon Canyon and Mediterranean Sea.

By Car

From Aix-en-Provence (A8) and Toulon (A57)
Exit 13: Le Cannet/Le Luc, follow signs to Le Thoronet/ Lorgues.
From Lorgues, take the D10 towards Salernes.

From Nice (A8), exit 36: Le Muy/Draguignan/ Saint-Tropez. Follow signs to Les Arcs/Lorgues.
From Lorgues, take the D10 towards Salernes.

By Rail

TGV (high-speed train) station: Les Arcs-Draguignan: 20 mins

By Air

Nice, Cannes-Mandelieu, Toulon-Hyères, Marseille: 1¼ hrs

We will be pleased to organize your transfer from the airport or railway station in our 8-seater, top-comfort vehicle.
Prices on request.





CHATEAU DE BERNE
LE SPA
CINQ MÔNDES

CHEMIN DES IMBERTS
83780 FLAYOSC (FRANCE)
T. +33 (0)4 94 60 48 88
F. +33 (0)4 94 60 48 89
SPA@CHATEAUBERNE.COM
WWW.CHATEAUBERNE.COM



RELAIS &
CHATEAUX



VIRTUOSO
MEMBER SINCE