

CHATEAU DE BERNE  
LE SPA





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## **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.

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## 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





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**« signature »  
energetic massages**

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***Facial Massage (Kobido)***

Kobido is a thorough and refined technique of facial massage of Japanese origin, formerly reserved exclusively for the imperial family. By exercising pressure on the meridians as well as the acupuncture points of the face, the massage has a natural energy boost effect and can repel stress in a surprising way. Kobido alternates a succession of fast movements, soft digital pressure, plucked percussions and lifting of the face. The massage generates a good flow of energy. A true moment of happiness!

60min : €120

***The Tibetan energy massage***

Inspired by an ancient method (the Ku Nye) from traditional Tibetan medicine, this treatment involves applying a hot oil on the three main energy channels in the body. Through light or deep friction applied at quick rhythm and different levels of pressure, the energy of the body is rebalanced and one experiences a sense of total healing.

60min : €120

***Foot reflexology, South African method***

This so-called 'soft' reflexology is characterized by a light and subtle stimulation, totally painless, of all reflex zones of the soles of the feet. This precise touch allows to send information to your body in order to free yourself from tensions both at physical and emotional level. You are immersed in a state of deep relaxation and pleasure.

60min : €120



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.

50min : 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.

50min : 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.

50min : 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.

50min : 120€



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## Les modelages

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### ***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.

50min : 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.

50min : 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.

50min : 120€



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## Les rituels du bain et soins du corps

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### ***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 Hammam traditions with this Black Soap treatment to purify the skin, leaving it soft, silky and delicately perfumed.  
40min : 75€

### ***Purifying Detox Treatment with North African Rhassoul Poullice***

A purifying and detoxifying wrap, using a therapeutic recipe of North African Rhassoul Poullice. This natural Arabic clay promotes visible toning, silkiness and global detox to the skin. You feel transported to the magic universe of the Hammam.  
40min : 75€



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**Les soins  
du corps**  
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***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.

40min : 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.

40min : 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€





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## Les rituels de soins visage

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### ***“Bali Flowers and Fruits Ritual” Skin Renewal Facial***

Deep cleansing treatment, skin perfecter and “radiance booster” inspired by Balinese beauty rituals.

50min : 120€

### ***« Five Flowers Ritual » Illuminescence Facial***

Based on an ancestral Balinese ritual, this treatment blends the extracts of five tropical flowers. A mesmerizing massage of the face, nape and shoulder muscles awakens skin vitality.

50min : 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.

50min : 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 de soins

### ***Rituel of Siam***

Phyto-Aromatic Bath | Polishing "Papaya Purée" Scrub | Enveloping Balinese Massage  
2h : 200€

### ***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€

### ***Wellbeing in Atlas Mountains – Oriental Ritual***

Day 1: Relaxation in the Traditional Oriental Steam Room, followed by a Purifying Scrub with Savon Noir Beldi® Black Soap and nourishing massage with Huile Somptueuse® Oriental Oil (60 mins)  
Day 2: Traditional Relaxing Oriental Massage (50 min) followed by a Massage Sublimateur «Rituel aux Cinq Fleurs»® Five Flowers Massage (50 min)  
Free Kassa Glove  
2-day ritual: €260

### ***Celestial Moment – Indian Ritual***

Day 1: Relaxation in the Traditional Oriental Steam Room, followed by an Energizing Aromatic Scrub with Rare Spices and nourishing massage with Ayurvedic Warm Oil (45 mins)  
Day 2: Toning Indian Ayurvedic Massage (50 mins)  
Days 3: Soin-Massage Pieds Légers® Light Feet Energizing Massage (50 mins)  
3-day ritual: €380

### ***Island Secret – Sublime Polynesian Ritual***

Day 1: Relaxation in the Traditional Oriental Steam Room, followed by a Gommage Sublime® Smoothing Scrub with Noni and Tahitian Monoi and Sublime Balm® Polynesian Body Wrap (45 mins)  
Day 2: Phyto-Aromatic Bath (30 mins), followed by a Sublime Polynesian Relaxing Massage (50 mins)  
Day 3: Soin-Massage du Visage Sublimateur «Rituel aux Cinq Fleurs»® Five Flowers Face Treatment (50 mins)  
Day 4: Soin-Massage Mains d'Ange® Regenerating Hand Treatment (50 mins)  
4-day ritual: €450



## Les Modelages

### ***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).

50min : 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.

50min : 120€

### ***Deep Tissues Massage***

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

50min : 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€

***COCOON AWAKENING – Mothers-To-Be (from 4 ½ months pregnant)***

Our gentle, rebalancing Mothers-To-Be treatment soothes discomfort and nourishes the skin, restoring its natural elasticity. This massage is performed with a neutral oil, free of essential oils.

\*Breathing relaxation or Yin Yoga session - 30 mins

\*Mother-to-be massage - 50 mins

Accompanied by herbal tea and petit fours

2h : 165€

***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

\*Back and Leg Energizing Massage - 30 mins

Accompanied by herbal tea and petits fours

2h : 190€



## Harmony and balance ritual

### ***CONTEMPLATION & MOVEMENT RITUAL***

Day 1

Hatha Yoga session - 45 mins

Beauty & Senses private steam room session - 30 mins

Rassoul body wrap or Relaxing leg ritual - 30 mins

Day 2

Hatha Yoga session - 45 mins

Beauty & Senses private steam room session - 30 mins

Thai Massage - 50 mins

2 days - 350€

### ***HARMONY & BALANCE RITUAL***

DAY 1 : Yin Yoga session - 45 mins | Beauty & Senses private steam room session - 30 mins | Papaya scrub - 30 mins | Energizing & relaxing Chinese massage - 50 mins This massage completely restores the body's energy flows for increased well-being, health and strength).

DAY 2 : Nidra Yoga session - 45 mins | Purifying Detox Massage with Honey & Plants - 50 mins | Phyto-aromatic bath with regenerating essential oils - 40 mins

DAY 3 : Hatha Yoga session - 45 mins | Beauty & Senses private steam room session - 30 mins or Phyto-aromatic bath with regenerating essential oils - 40 mins | Foot reflexology - 50 mins

3 days - 590€



## Beauty Treatments

### ***Make-Up***

Make-up - €60

Evening Make up - €90

Wedding - €160 (with trial)

Make-up lesson 1 hr 30 : €160

Learn how to do your own perfect make-up according to your lifestyle and personality. After an inventory of your current make-up bag, we'll be doing a make-up lesson on one side of your face, so that you can complete the other. And to make sure we don't leave anything out, you will receive a beauty guide with stages and tips at the end of the session.

### ***Manicure***

Quick manicure or pedicure

(base coat)

30 min - €50

Full manicure or pedicure

Exfoliation, mask and massage

1 hr - €90

Nail varnish

€20

Shellac Manicure (semi-permanent manicure) - €45

### ***Waxing***

Half leg - €35

Full leg - €60

Classic bikini line - €25

Brazilian - €35

Hollywood - €45

Armpits - €25

Lips or Eyebrows - €20

Back - €45

### ***Hair***

Prices on request



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## Children's spa

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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

### ***3-hour consecutive access to our Spa amenities\* :***

Indoor pool, sauna, steam room, jacuzzis, relaxation area with herbal tea room, solarium.  
Bath towel, robe and flip-flops provided.

On weekdays : 40€/ pers

On weekends : 50€ /pers

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 or Afternoon access: 2 p.m. to 5 p.m.

### ***10 Spa admissions***

On weekdays : 550€





Combine pleasures of Spa treatments, gastronomic delights and wines from the estate.

***Relaxation Day Pass***

Spend a day relaxing & chilling out

A free access to our Spa facilities during 3 hours

Lunch at the Cellar's Bistrot (menu of the day, beverages excluded).

Weekdays 73€ per pers. / Week-end 83€ per pers.

***Dreamy Day Pass***

Relax and unwind in the capable hands of our Spa team

A free access to our Spa facilities

Lunch at the Cellar's Bistrot (menu of the day, beverages excluded).

1 Massage (50min treatment to be chosen in the Cinq Mondes spa menu)

153€ per pers.

***Gastronomic Relaxation Day Pass***

A free access to our Spa facilities

Lunch at gastronomic restaurant "Le Jardin de Benjamin". Discovery menu, excluding beverages

Weekdays 95€ per pers. / Week-end 105€ per pers.

***Gastronomic Dreamy Day Pass***


A free access to our Spa facilities during 3 hours

Lunch at gastronomic restaurant "Le Jardin de Benjamin". Discovery menu, excluding beverages


1 Massage (50min treatment to be chosen in the Cinq Mondes spa menu)

175€ per pers.

**Wellness  
day  
experience**



**Making the most of  
the Spa**



The Spa welcomes you every day from 10 a.m. to 7 p.m - Saturday from 10 a.m. to 8 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

***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.

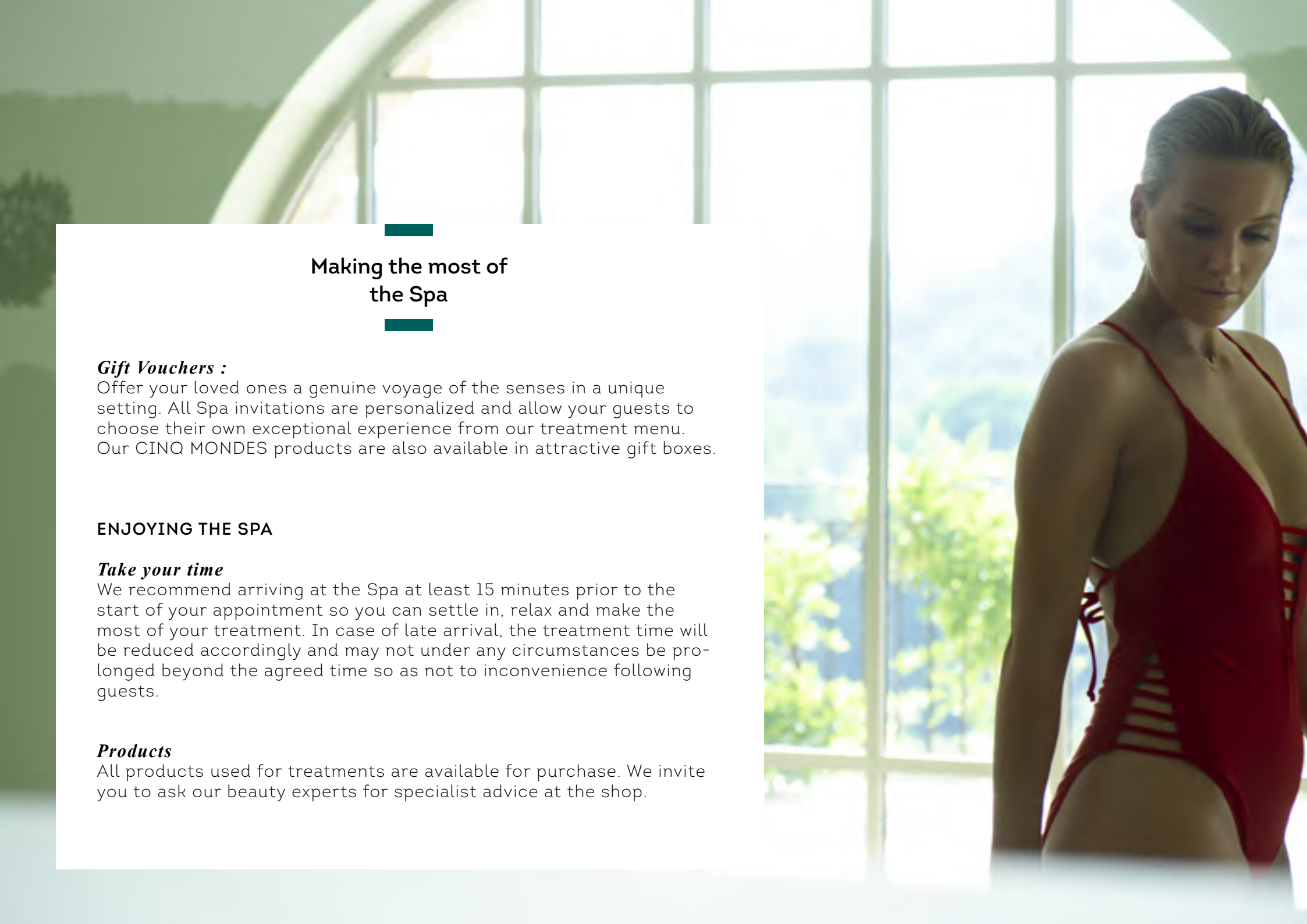
***For external guests***

Telephone bookings on + 33(0)4 94 60 49 80 or by email to the following address: [spa@chateauberne.com](mailto: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.



A woman with blonde hair pulled back, wearing a red one-piece swimsuit with side cutouts, stands in a bright room with large windows. The windows offer a view of a lush green landscape with a body of water. The scene is softly lit, creating a serene and relaxing atmosphere.

## Making the most of the Spa

### ***Gift Vouchers :***

Offer your loved ones a genuine voyage of the senses in a unique setting. All Spa invitations are personalized and allow your guests to choose their own exceptional experience from our treatment menu. Our CINQ MONDES products are also available in attractive gift boxes.

### **ENJOYING THE SPA**

#### ***Take your time***

We recommend arriving at the Spa at least 15 minutes prior to the start of your appointment so you can settle in, relax and make the most of your treatment. In case of late arrival, the treatment time will be reduced accordingly and may not under any circumstances be prolonged beyond the agreed time so as not to inconvenience following guests.

#### ***Products***

All products used for treatments are available for purchase. We invite you to ask our beauty experts for specialist advice at the shop.



### ***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.

**Making the most of  
the Spa**

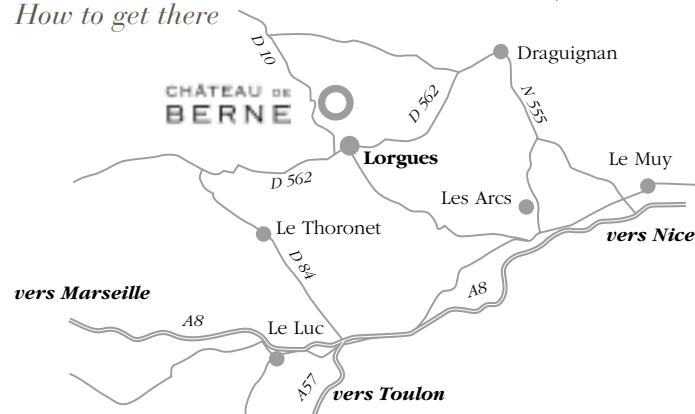
Set in the heart of Provence's stunning inland countryside, Château de Berne is handily located a stone's throw from the Verdon Canyon and Mediterranean Sea.



## Accès

How to get there

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



### 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 Mui/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.



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