



Presentation

Cinq Mondes treatments

Vinésime treatments

Castle treatments

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# SPA MENU

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## AUTHENTIC ARBOR OF WELL-BEING

Nestling between vines and veteran olive trees, on a beautiful estate overflowing with history, let nature pamper your body and mind with our range of Cinq Mondes and Vinésime Spa treatments in a haven of peace spanning 800 sq. meters.





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## THE CINQ MONDES PHILOSOPHY

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Cinq Mondes philosophy is based on the conviction that the skin is our vital sensory organ. Combining technical expertise, result and absolute relaxation, Cinq Mondes treatment protocols use an exclusive manual technique of needle-free acupuncture: Dermapuncture. Dermatologically tested, silicon-free, no artificial colorings, no raw ingredients of animal origin and no mineal oils.

The sources of Cinq Mondes cosmetics are rooted in the World's Pharmacopeias and time-honored traditions adapted to our contemporary ones through state-of the art cosmetic science that excludes petrochemicals.



CINQ MÖNDES  
SPA PARIS



## FACIAL TREATMENTS

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### PERFECTING FACE TREATMENT

#### «BALI FLOWERS AND FRUITS RITUAL»\*

A genuine skin purifying and perfecting treatment based on Balinese beauty rituals, using natural active tropical flower ingredients and fruit acids (AHAs) to clarify the skin and procure a smooth, radiant complexion.

*50 min - €150*

### SUBLIME FACE TREATMENT

#### «FIVE FLOWERS RITUAL»\*

A Balinese ritual facial to tone and brighten the skin. Associating five tropical flower extracts, it cleanses deep down and illuminates the complexion.

*50 min - €150*

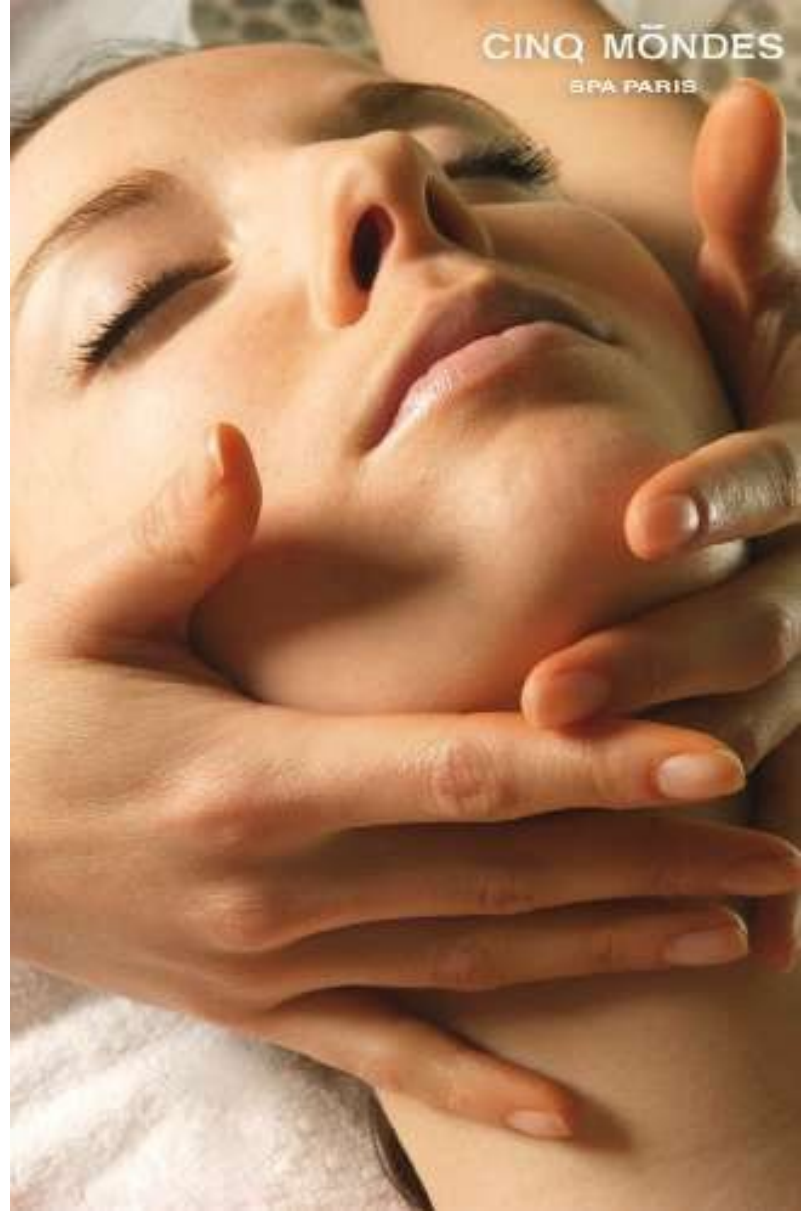
### KOBIDO MASSAGE OF ETERNAL YOUTH

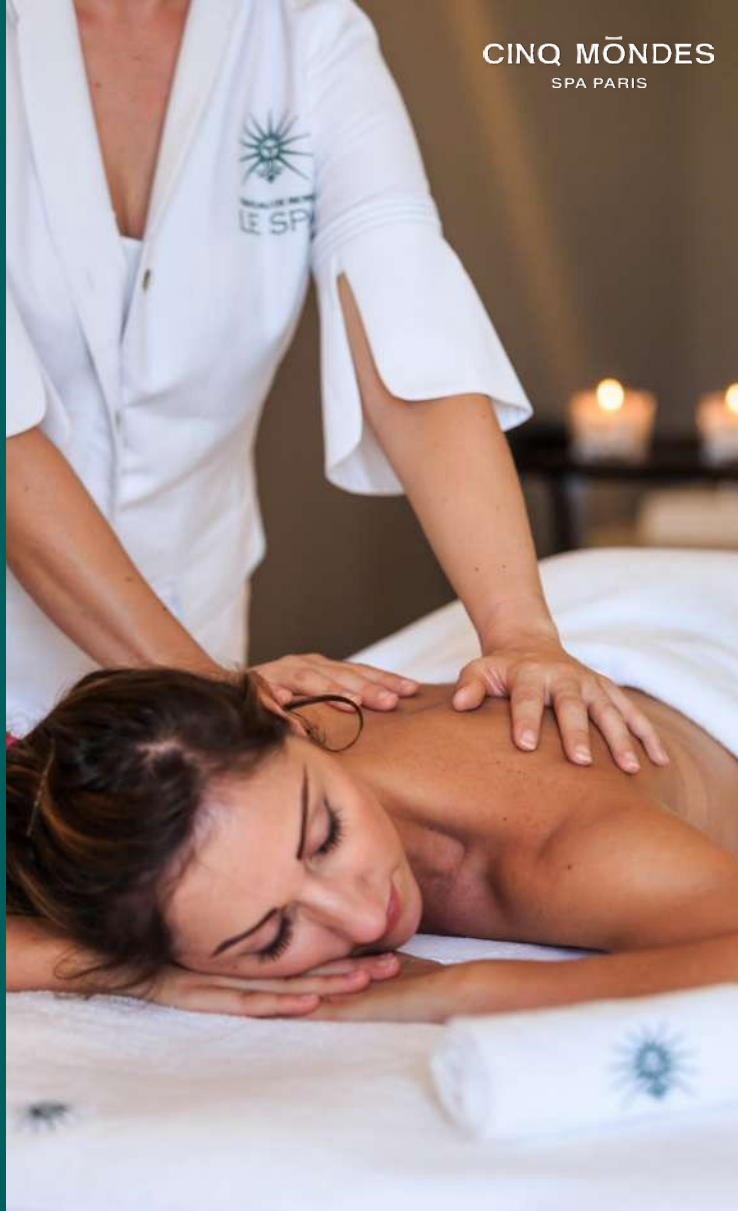
A genuine «global anti-age» solution, this manual face lift is inspired by the Ko Bi Do massage technique. Focusing on the eye and mouth contours, chest and arms, it improves wrinkles, tone, age spots and brightness. The skin is plumped and smoothed, the complexion radiant and the mind relaxed.

*Redensifiant - 50 min - €160*

*Anti-âge - 80 min - €210*

*\* treatments available with our « Evasion » Escape packages*





## SCRUBS AND MASSAGES

50 min - €150

### RELAXING ORIENTAL MASSAGE\*

Inspired by Oriental traditions, this full-body massage with warm and delicately-scented argan oil procures ultimate wellbeing.

### RELAXING SUBLIME POLYNESIAN MASSAGE\*

Inherited from Polynesian healers and inspired by Lomi Lomi, this massage uses a combination of pressure and long, wave-like movements. An incredible relaxation experience, accompanied by delicate notes of Tiare flower.

### INDIAN AYURVEDIC MASSAGE\*

Instilled with scents of vanilla and cardamom, this invigorating hot oil massage inspired by ancient Indian traditions alternates energizing and warming movements to ease away tension and relax the muscles.

### ENVELOPING BALINESE MASSAGE\*

Plunge into a world of tranquillity with this ancient Balinese massage ritual with Creamy Tropical Nut Balm. A sensory escape combining traditional, deep smoothing movements and gentle Thai stretching.

### BOALA SUBLIME MASSAGE\*

*Available from 3months ½ to 8 months pregnancy*

A totally unique relaxation experience specially designed for mothers-to-be. This Care Ritual is inspired by ancestral Polynesian traditions and the know-how of women from around the world who assist childbirth through touch..

*\*treatments available with our « Evasion » Escape packages*

## SCRUBS AND MASSAGES

*50 min - €150*

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CINQ MÖNDES  
SPA PARIS

### POLYNESIAN SUBLIME SCRUB WITH 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 and ground coconut powder will regenerate skin and renew the spirit.

### 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. Body Scrub followed by a massage instilled with scents of Indian vanilla and cardamom.

### POLISHING "PAPAYA" SCRUB\*

A gently exfoliating Ritual of Siam scrub with silky, fine-grained Papaya Puree® for radiant skin swathed in delicious fragrance, followed by a relaxing massage with Creamy Tropical Nut Balm.

### PURIFYING AND DETOXIFYING BODY WRAP WITH RHASSOUL CREAM\*

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

*\* treatments available with our « Evasion » Escape packages*



## RITUALS

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### KYOTO RITUAL – ROOFTOP OF THE WORLD

Private hammam (20min) - Kobido smoothing and plumping youthful face massage (80min)

*100min - €220*

### SIAM RITUAL

Private hammam (20min) - Papaya Puree® radiance scrub (30min) and Balinese massage (50min)

*100min - €220*

### ORIENTAL RITUAL – ESCAPE FOR TWO

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

*80min - €300*



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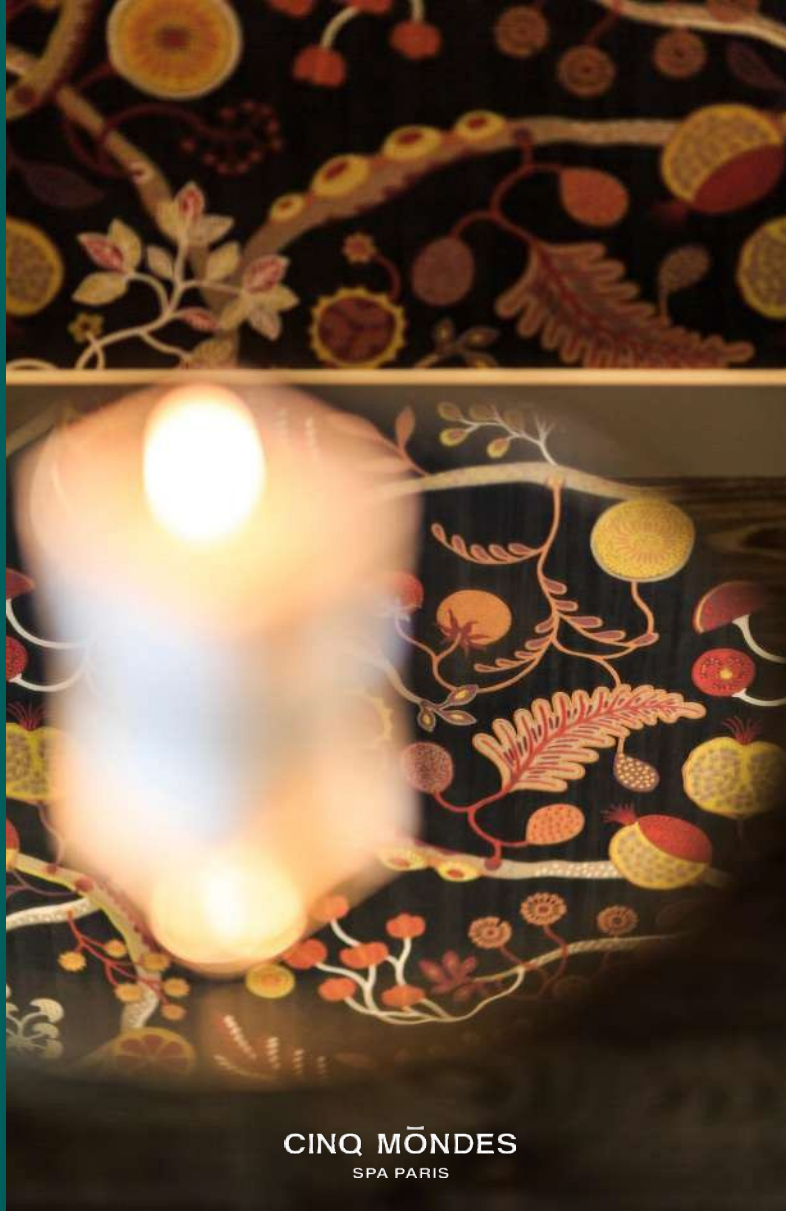
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SPA PARIS

## IN ADDITION TO A 50 MINUTES TREATMENT

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### LIGHT FEET ENERGIZING TREATMENT

*30min - €60*

Offrez à vos pieds fatigués ou irrités un véritable soulagement grâce à ce soin comprenant un gommage, un enveloppement avec une crème onctueuse à base de plantes chinoises et un délicat massage des pieds réconfortant.

### REVITALIZING & LIFTING LEG RITUAL

*30min - €60*

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.

### CHOICE OF CINQ MONDES BODY SCRUBS

*30min - €60*

Polynesian Sublime Sugar & Coconut - Papaya Puree - Energizing Sea Salt & Precious Spices.





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## OENOTHERAPY SPA

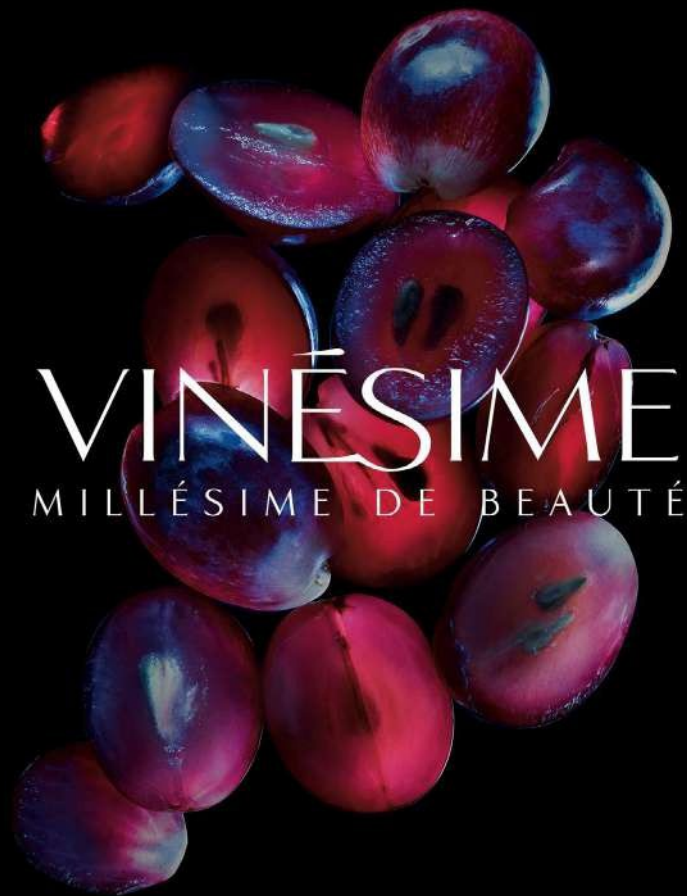
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Our Vinésime skincare range celebrates the magnificence of the vine and its growers, combining the plant's natural riches and traditional know-how to offer exceptional beauty treatments.

Vinésime creates its own active ingredients from prestigious vines handpicked in the «Climates of Burgundy» terroir, now a UNESCO World Heritage site. From Gevrey-Chambertin to Vosne-Romanée, Chablis and Marsannay, each vineyard offers us their most precious grapes.

Endowed with molecules possessing their very own immune system, they form the active core of our products and protect the skin against the signs of passing time.

Each product is formulated with a sustainable selection of natural raw ingredients and certified high-quality active principles, obtained using specific and unique extraction processes.



## SCRUBS AND MASSAGES

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### DIVINE ESCAPE IN THE WINES

€60min - 170

Inspired by the "Siam ball" Thai treatment, this unique treatment blends manual techniques and delicate or deep strokes using warm marc and grape seed parcels. An escape to the Burgundy countryside to relax body and mind.

### ENCHANTING TREATMENT\*

€50min - 150

A genuine scented journey engulfing you in the roundness of divinely addictive red fruits. A blend of grape extracts and blackcurrant oil that leaves your skin completely moisturized, soft and silky.

*\* treatment available with our « Evasion » Escape packages*

## RITUALS

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### GREAT VINTAGE EXPERIENCE

120min - €250

A luxurious break that reveals all the secrets of the vine. A Grand Cru scrub to refine the complexion, a stimulating then relaxing sculpting massage to revive the body, and an anti-aging.

### IN THE HEART OF THE VINES

80min - €210

An anti-aging grape body wrap offering your skin all the minerals and antioxidant properties of grapes. The treatment concludes with a sculpting massage combining deep soothing movements to relax body and mind with the soft notes of Sensuelle Volupté oil.

### AROUND THE GRAPES

80min - €210

Inspired by the prestigious «Richebourg Grand Cru» vineyards, the grape flesh and grape seed scrub frees the skin of all its toxins and impurities. An invigorating, stimulating body scrub with an unusual texture that will delight all skin types, followed by a relaxing and embracing sculpting massage, the tension will evaporate, leaving your skin feeling fine, light and soft.

## FACIAL TREATMENTS

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VINÉSIME  
MILLÉSIME DE BEAUTÉ



### LIFEFORCE OF THE VINE

*60min - €160*

A comprehensive treatment with proven efficacy for unparalleled radiance that leaves the skin smoother and firmer. The A2OC\* Burgundy Complex, with oxygenating and antioxidant properties boosts the skin's energy and reinforces its defenses. \*Anti-oxidant and cellular oxygenator.

### WINE HYDRA TREATMENT\*

*50min - €150*

A sensory escapade offering rest and well being through relaxing maneuvers combining accupressures and deep smoothing. This facial treatment rings comfort and radiance to your skin, and the application of a specific Vinésime mask helps to improve and maintain its hydration rate.

*\* treatment available with our « Evasion » Escape packages*





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## THE CASTLE'S SIGNATURE TREATMENTS

Exclusively with Vinésime, Château de Berne offers you a scrub 100% from the vineyards of the Domaine. Entitled «Château de Berne par Vinésime», this scrub was made from black grenache grape marc from the plot of the Berne plateau, the emblematic grape variety of the Château. The grape marc used comes from the harvest of vines grown organically for 5 years since February 2021. This body scrub invites you to travel with its notes of summer fruits with stone and white flesh like peach and apricot, as well as basil.



VINESIME  
MILLÉSIMÉ DE BEAUTÉ



### STIMULATING BREAK WITH BLACK GRENACHE

*50min - €150*

A scrub that exfoliates the skin naturally and wraps it in a soft and silky film. The black Grenache grape marc, the emblematic grape variety of the Château, removes dead cells and impurities. The result is regenerated, soft and delicately perfumed skin.

### DIVINE ESCAPAGE ON THE BERNE ESTATE

*80min - €250*

A scrub that exfoliates the skin naturally and wraps it in a soft, silky film. The black Grenache grape marc, the emblematic grape variety of the Château, removes dead cells and impurities. The result is a regenerated, soft and delicately scented skin.

### ENCHANTING RITUAL IN THE HEART OF THE VINEYARD

*120min - €250*

Dive into the benefits of the vine with our Grenache noir scrub followed by a wrap to sublimate the skin. To finish this enchanting ritual, choose between a facial or a signature massage to relax both body and mind.



## ENERGETIC MASSAGES



**Available in April.**

### ENERGETIC TIBETAN MASSAGE

*50min - €160*

*80min – €210*

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.

### KOBIDO FACE MASSAGE

*50min - €160*

Kobido is a thorough and refined technique of facial massage of Japanese origin. 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.

### FOOT REFLEXOLOGY SOUTH AFRICAN METHOD\*

*50min - €150*

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.

*\*treatment available with our « Evasion » Escape packages*

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## BODY MASSAGES

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### DEEP TISSUES MASSAGE

*50min - €160*

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

### BACK MASSAGE\*

*50min - €150*

An ideal way to take care of your back. A back scrub followed by a wrapping and half an hour of massage therapy will allow you to relax and release stress.

*\* treatment available with our « Evasion » Escape packages*





## MEN SPECIAL TREATMENTS

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### STRENGTH & BALANCE TAILORED BODY MASSAGE\*

50min - €150

A massage exclusively dedicated to men for a rebalancing and relaxing break. The 50-minute experience consists of a deep sports massage and a Balinese releasing stress and relaxing muscle tissue. The perfect mix for instant relief.

### REGENERATING ANTI FATIGUE FACIAL TREATMENT FOR ALL SKIN\*

50min - €150

A tailor-made male facial treatment that gives you a pure and radiant complexion. With the expertise of our therapist, your face will be completely cleansed, to make way for the smoothing and energizing massage. The application of an anti-fatigue and radiance revealing mask will leave your skin toned and clear.

### AN ESSENTIAL HAND OR FOOT TREATMENT

50min - €90

Filing, cuticle, exfoliation, mask and modelling with the application of a nourishing and fortifying oil for the contour and nails.

*\* treatments available with our « Evasion » Escape packages*



## CHILDREN'S SPA

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

### TEDDY BEAR RITUAL

*20min - €60*

3 to 6 years old

### PRINCE & PRINCESS RELAXTION

*30min - €70*

6 to 12 years old

### TEENAGE CARE RITUAL

*50min – €140*

12 to 14 years old

### FAIRY FINGERS

*15min - €20*

Nail varnish for little princesses.



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## YOGA ON REQUEST

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### YOGA PRIVATE CLASSES

*60min - €70 per person  
€100 for 2 people*

This discipline is known for its benefits to increase your overall health and relieve stress through a state of deep relaxation and serenity. Different sessions offered to suit all levels and needs.

### GUIDED MEDITATION SESSION

*60min - €70 per person  
€100 for 2 people*

Achieve inner harmony and improve your concentration by using a variety of meditation techniques encompassing both your body and mind..







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## HANDS & FOOT BEAUTY

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### HANDS OR FEET BEAUTY

Without varnish	€90
with varnish	€100

### HANDS OR FEET- EXPRESS

Without varnish	€55
with varnish	€75

STANDARD NAIL VARNISH - HANDS OR FEET	€20
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### SEMI-PERMANENT NAIL VARNISH

Hands or feet removal	€20
Application only - Hands or feet	€55
Removal - Application	€70

## WAXING

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Large areas <i>(back, calves or thighs, torso)</i>	€40
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Small areas <i>(armpits, forearms)</i>	€30
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Full leg	€60
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Classic bikini line	€40
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Semi-brazilian	€50
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Full brazilian	€70
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Face <i>(brows, upper lip, nose)</i>	€20
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## MAKE-UP & HAIR

MAKE-UP €60

EVENING MAKE-UP €90

WEDDING (WITH TRIAL) €160

HAIR STYLING *Sur request*





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## SUBSCRIPTION

Take advantage of all the facilities of our Spa (*indoor pool, sauna, steam room, jacuzzis, relaxation area with herbal tea room, solarium*)

Spa access from Monday to Friday maximum - 2 hours per day and per person

1 MONTH	_____	€350/ pers
3 MONTHS	_____	€900/ pers
6 MONTHS	_____	€1200/ pers + (-10%) sur tous les soins





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## RELAXATION DAY PASS

A free access to our Spa facilities during 2 hours (does not include the hotel's outdoor pools)  
Lunch or dinner in one of our restaurant :

LUNCH AT LE BISTROT (menu of the day, beverages excluded)	_____	€88
LUNCH AT L'OLIVIER DE BERNE (menu, beverages excluded)	_____	€125
<i>Open in season</i>		
DINNER AT LE JARDIN DE BERNE (3 courses sequences, beverages excluded)	_____	€205

## DREAMY DAY PASS

A free access to our Spa facilities during 2 hours (does not include the hotel's outdoor pools)  
1 massage, 50 min treatment to be chosen in the Cinq Mondes Spa menu  
Lunch or dinner in one of our restaurant : :

LUNCH AT LE BISTROT (menu of the day, beverages excluded))	_____	€188
LUNCH AT L'OLIVIER DE BERNE (menu, beverages excluded)	_____	€225
<i>Open in season</i>		
DINNER AT LE JARDIN DE BERNE (3 courses sequences, beverages excluded)	_____	€305





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THE SPA ACCESS IS FREE FOR THE PURCHASE OF A 50 MIN TREATMENTS.

ACCESS TO OUR SPA  
AMENITIES ON BOOKING  
2 CONSECUTIVES HOURS — €50

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

### OPENING HOURS

The Spa welcomes you every day from 10 a.m. to 7 p.m (10 a.m. to 8 p.m. on saturday).





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## 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.

Two jacuzzis, a sauna and steam room. Three solo cabins and 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. 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.

## 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.





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## 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 and VINESIME products are also available in attractive gift boxes.

## 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.

Appropriate dress required..

## 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.



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● *Spa entrance through the hotel reception*

Chemin des Imberts - 83780 Flayosc

+33 (0) 4 94 60 49 80

[spa@chateaudeberne.com](mailto:spa@chateaudeberne.com)

[www.chateauberne.com](http://www.chateauberne.com)