



Garrigae®

SPA

DOMAINE DE L'ESTEREL

★★★★

CINQ MÔNDES

PARIS



Garrigae SPA

The Garrigae SPA teams invite you to experience an authentic journey, to take care of yourself for as long as you choose to indulge. A moment to connect with yourself and nature. Our desire: to guide you towards the essentials, offering you the means to reconnect with yourself through treatments, massages, and cosmetics. We are here to listen and to use our expertise to serve your harmony. Garrigae SPA offers an unparalleled experience of well-being that preserves your personal ecology as well as that of the planet, while providing friendly and harmonious service. We take responsibility for this ecology through our actions, treatments, and products.

Garrigae SPA is the experience of physical, emotional, and mental well-being in our spas, true sanctuaries of relaxation where you can rejuvenate and revitalize. Immerse yourself in an oasis of peace where every treatment is designed to relax and reconnect you with your inner self. Enjoy simple and natural sensoriality.

Garrigae SPA

CINQ MŌNDES PARIS

We have chosen to partner with the Cinq Mondes brand, a French pioneer in spas, whose beauty rituals from the world's great traditions align with our promise of an elsewhere.

Sharing common values centered on well-being, relaxation, and a holistic approach, Cinq Mondes and Garrigae emphasize unique and authentic experiences.

Cinq Mondes products, of high quality, natural, often organic, and environmentally friendly, support our eco-responsible commitment.

Through this collaboration, Garrigae SPA ensures practitioners are trained in best practices and benefits from Cinq Mondes' constant innovation, thus offering an ever-renewed value proposition.

FACE TREATMENT

Combining technical expertise, results and absolute regeneration, Cinq Mondes treatment protocols use an exclusive manual acupuncture technique without needles: Dermapuncture®. Developed in partnership with international scientists who are experts in ancient practices such as Ayurveda and Shiatsu, Dermapuncture® stimulates and balances the body's energy flows thanks to the expert hands of the brand's practitioners.



Balinese Flowers

Radiance Boost

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

 25 min  56



Five Balinese Flowers

Moisturizing

This treatment from Bali moisturizes 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.

 25 min  56



KO BI DO

Instant Youthfulness Massage

This facial massage combines the power of Géo with movements that provide a natural facelift, for immediate results.

 25 min  56



KO BI DO

Redensification Treatment

A truly global anti-age treatment, this manual lifting inspired by the Japanese “Ko Bi Do” massage deeply targets wrinkles, firmness, pigment marks and radiance, insisting on the eye contour, the mouth, the neckline and the arms. Your skin will be left plumped-up and smooth, your complexion look radiant and you will feel completely relaxed in your mind.

 50 min  96

BODY TREATMENT

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, Greece, 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.



Traditional Oriental Massage

Sensory

Let Oriental traditions take you away with this full-body massage done with warmed argan oil. Take in the slow, deep motions and give in to well-being.



25-50 min



56-96



Indian Ayurvedic Massage

Profoundly Invigorating

Enjoy this hot-oil massage inspired by traditional Abhyanga. Alternating slow and fast movements will release tension and awaken the body.



25-50 min



56-96



Sparta Massage

Tension Relief

Drawing on Ancient Greek expertise, this massage treatment relaxes, soothes and relieves tension in the body, thoroughly working the muscles and joints for an instant feeling of relaxation.

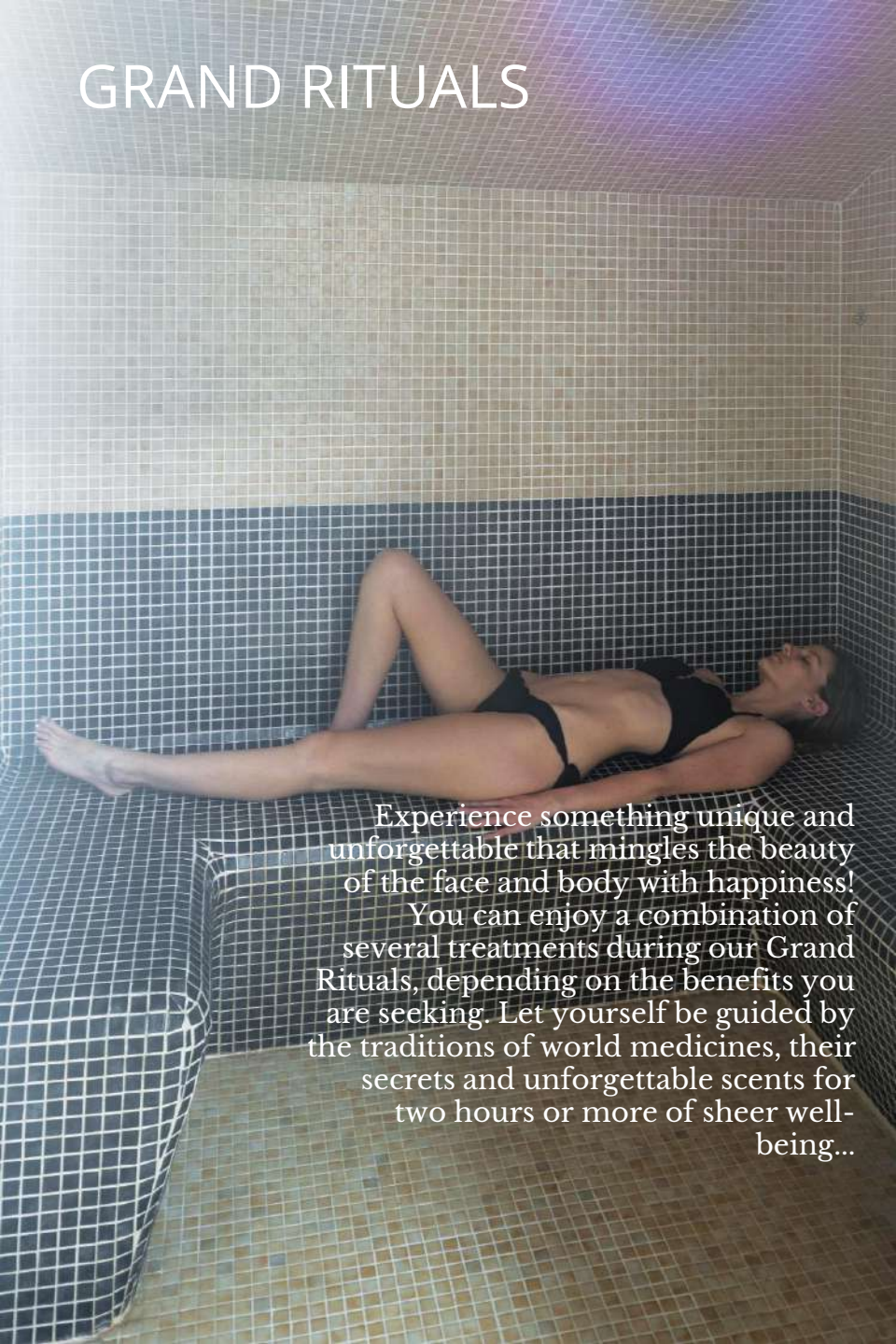


50-80 min



96-140

GRAND RITUALS



Experience something unique and unforgettable that mingles the beauty of the face and body with happiness! You can enjoy a combination of several treatments during our Grand Rituals, depending on the benefits you are seeking. Let yourself be guided by the traditions of world medicines, their secrets and unforgettable scents for two hours or more of sheer well-being...



Rituel Stretch Hammam

Gentle Stretching

Experience something unforgettable in our hammam's perfumed steam, including:

- A Hammam
- An exfoliation with Beldi Black Soap
- A wrap with Rassoul Cream



1h15



140



Grand Hammam Ritual

Divine Argan

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

- A Stretch Hammam
- A Traditional Oriental Massage 50 min



1h50



190



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:

- A Hammam
- A Back Massage
- A KO BI DO Face Treatment 50 min.



1h50



190

GRAND 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:

- An Aromas and Colors Hammam
- A Spiced Aromatic Scrub
- An Indian Ayurvedic Massage 50 min

 1h50  380



Grand Celestial Day Ritual

Customizable

Put together your own wellness treatment sequence. Choose from our best rituals from around the world, for a holistic experience, including:

- An Aromas and Colors Hammam
- A Scrub of your choice
- A Body Massage 50 min of your choice
- A Facial Treatment 50 min of your choice.

 2h50  280



GARRIGAE SPA CREATIONS

The olive tree, with its leaves and fruits, is the signature ingredient of the spa. Rich in antioxidants, vitamins, and essential fatty acids, it offers nourishing, hydrating, and regenerating properties for the skin. It also reinforces the local and cultural identity of the spa, rooted in Mediterranean tradition, while reflecting our commitment to eco-responsible practices.



To the Tune of Harmony

Absolute Relaxation

Dive into profound regeneration with our olive totum poultice massage. This treatment alternates slow and fast movements for total relaxation. Add an olive stone scrub for gentle and natural exfoliation. Relaxation and well-being guaranteed.



50-80 min



100-145



Olive Treasure Olive

Totum Scrub and Wrap

Rediscover your skin's radiance with a gentle scrub and nourishing wrap using olive totum. Exfoliation, hydration, and revitalization for radiant skin and Mediterranean well-being.



50 min



98



Head in the Stars

Cranial Massage and Relaxation

This delicate treatment targets tension points around your head, neck, and shoulders to provide true relaxation. Indulge in this celestial break and let yourself be carried away by the stars.



25 min



56



Feet on the Ground

Reflexology and Balance

Reconnect with your body through this treatment. By stimulating the energy points in your feet, we restore balance, improve circulation, and relieve tension. Walk towards lasting well-being.



25 min



56

BODY SCRUBS



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.



Beldi Black Soap Scrub

Purifying

Used with the exfoliating action of the Kassa glove, this ancestral recipe helps to purify the skin deep down leaving it soft, silky and delicately scented.



20 min



52



Spiced Aromatic Scrub

Energizing

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.



20 min



52



Sublime Tahitian Monoï Scrub

Nourishing

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



20 min



52

A photograph of a spa area featuring a large outdoor swimming pool with a blue tiled edge. In the foreground, there are several black wicker lounge chairs and tables arranged on a paved patio. A large white umbrella is partially visible on the left. The background shows a lush green landscape with tall trees and a clear blue sky. The word "SPA" is written in white capital letters in the top left corner.

SPA

Spa Access

 1h  25

 2h  40

Hamмам Treatment

With your 1h spa access, your kassa glove accompanied by black soap.

 35

SPA & Lunch

1h spa access and a meal.

 45

Lunch & Slow life

Spa & Lunch & a 50-minute Cinq Mondes massage.

 115

Private Booking

For a bachelorette party, a birthday, a seminar... ask us for a quote starting.

 Starting from 150

Discover all our loyalty offers at the spa reception.

ESTHETICS



HANDS AND FEET

Our manicures and pedicures combine nail shaping, cuticle care, and soothing massages for elegant and revitalized hands and feet. Let yourself be charmed by the art of care and experience a unique sensory journey.



Manucure

 25 min  25



Pedicure

 25 min  35



Manucure & nailpolish

 40 min  39



Pedicure & nailpolish

 40 min  49



Vegetal Calluspeeling

Soft feet without acid

Anti-corn, anti-callus treatment & nail care

 25 min  45

 20 min  39 combined with a body or face treatment.

Waxing

Our waxing techniques, using gentle and natural waxes, ensure smooth and silky skin.

Please find the details of our rates at the reception.



Women

 10-60



Men

 10-38

PRACTICAL INFORMATION



Spa and Pool Access

The spa is open from 9am to 9pm. Spa access is strictly by reservation and available for guests aged 16 and above. Access to the pool is permitted for external guests until 5pm with spa access.

Services

Treatments are available by appointment daily from 10am to 8pm and are open to non-hotel residents. For your comfort, please arrive 15 minutes before your appointment. The indicated duration is the treatment time. In case of late arrival, the treatment time will be shortened accordingly to avoid inconvenience to subsequent clients, and the full treatment cost will be charged. Gentlemen, we recommend shaving at least 1 hour before your facial treatment.

Cancellation

Upon booking, a credit card imprint will be required. Any cancellation or rescheduling of appointments not notified at least 24 hours in advance will result in a charge for the full treatment. The same policy applies for no-show appointments.

Contraindications

Please inform us of any health issues or pregnancy. Certain treatments and facilities may be unsuitable for you. Sauna and hammam contraindications are available within the spa premises.

Precaution

The management disclaims all liability for loss, theft, or damage to personal belongings within the spa premises.

Gift Voucher

Gift vouchers are valid for one year from the date of issue. They are non-transferable, non-refundable, and cannot be exchanged.



CONTACT

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