



Garrigae

Ailleurs.

CASERNE DE BRIANÇON

★★★★

CINQ MÔNDES
PARIS



Garrigae[®] SPA

The teams at Garrigae SPA invite you to enjoy an authentic experience and take care of yourself during your time here. A moment to reconnect with yourself and nature.

Our desire: to guide you toward what matters most, to offer you the means to reconnect with yourself through treatments, massages, and cosmetics. We are here to listen to you so that we can put our expertise at the service of your harmony.

Garrigae SPA offers a unique wellness experience that preserves your personal ecology as well as that of the planet, while providing you with friendly and harmonious service. We take responsibility for this ecology through our actions, treatments, and products.

Garrigae SPA is an experience of physical, emotional, and mental well-being in our spas, true sanctuaries of relaxation where you can recharge and revitalize yourself.

Immerse yourself in an oasis of peace where each treatment is designed to relax you and reconnect you with your inner self. Enjoy simple, natural sensory experiences.

Garrigae[®] *by* CINQ MÔNDES
SPA PARIS

We have chosen to partner with Cinq Mondes, a French spa pioneer whose beauty rituals, inspired by the world's great traditions, reflect our promise of a world away.

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

Cinq Mondes products are high quality, natural, often organic, and always environmentally friendly, supporting our commitment to eco-responsibility.

Thanks to this collaboration, Garrigae SPA guarantees practitioners trained in best practices and benefits from Cinq Mondes' constant innovation, offering a range of values that are always evolving.

THE FACE

Combining technical expertise, results, and total relaxation, Cinq Mondes treatment protocols use an exclusive manual technique of acupuncture without needles: Dermapuncture®.



KO BI DO

Instant Youth Massage Treatment

This facial massage combines the power of Géo with natural lifting techniques for immediate results.

🕒 25 min €64



KO BI DO

Re-densifying Massage Treatment

A true “global anti-aging” treatment, this manual facelift inspired by the Japanese Ko Bi Do massage works deeply on wrinkles, firmness, pigmentation spots, and radiance, while focusing on the eye contour, mouth, décolleté, and neck. You will rediscover plumped, smoothed skin, a radiant complexion, and a perfectly relaxed mind.

🕒 50 min €104



Bali Flower Massage Treatment

Stunt

During this treatment, enjoy the delicate scents of tropical flowers for radiant skin and a beautiful complexion.

🕒 25 min €56



Bali 5 Flower Massage Treatment

Moisturizer

This Balinese treatment deeply moisturizes and brightens the skin thanks to a combination of five tropical flowers.

Massages of the face, neck, and trapezius muscles release tension and promote rejuvenation.

🕒 50 min €96





THE BODY

Invite your senses to discover the benefits of the finest massages inherited from traditional medicines around the world. India, the Orient, Greece... each sensory journey offers you a unique escape through time and space for deep regeneration of body and mind.

Let yourself be transported by intoxicating fragrances and enchanting textures for lasting relaxation.



Traditional Oriental Massage Treatment

Sensory

Travel to the heart of Eastern traditions with this massage that works the entire body with heated argan oil. Enjoy these slow, deep movements for a moment of pure well-being.

 **25 - 50 min €56 - 96**



Indian Ayurvedic Massage Treatment

Deep tonic

Enjoy this massage inspired by traditional Abhyanga with warm oil. The alternation of slow and fast movements releases tension and awakens the body.

 **50 min €96**





GARRIGAE SPA CREATIONS

Larch and Sea Buckthorn - the soul of the mountains at the service of the body. In the silence of the alpine forests, two treasures stand out: the larch, a tree of light and resilience, and sea buckthorn, a fruit bursting with vitality. Combined in skincare and massage treatments, they form a gentle, powerful, and regenerating alliance.



Serenity of the Summits - Signature Treatment

Complete relaxation

An olfactory journey through the forest, like a nap in the heart of the Alpine woods, nourishing the body and face with fluid movements. The herbal pouch invites you on a journey. The mind is calmed...

🕒 50 - 80 min €98 - 142



The Call of the Mountains - Signature Treatment

Body and facial massage

A rhythmic massage alternating fluid movements, for an energetic awakening with the scent of sea buckthorn, a tonic berry from the Hautes-Alpes region.

🕒 25 - 50 - 80 min €58 - 98 - 142



Purity at high altitude

Oxygenating and moisturizing facial treatment

A purifying and oxygenating treatment that frees the skin of impurities, stimulates cellular respiration, and awakens its natural abilities through deep, perfectly oxygenated cleansing, like a breath of fresh air at high altitude.

🕒 60 min €110



Wings on the back

Back massage

A fluid, enveloping massage that releases tension in the back and neck, like a deep, soothing sigh.

🕒 25 min €62



After-ski

Leg massage

A deeply relaxing treatment designed to relieve tired legs, with personalized techniques to loosen, drain, and lighten.

🕒 25 min €62

RITUALS

Enjoy a unique and unforgettable experience, combining beauty for the body and face with happiness...

These Grand Rituals allow you to enjoy a combination of several treatments depending on the desired benefit.

Let yourself be guided by the traditions of world medicine, their secrets, and unforgettable scents for two hours or more of pure well-being....



Grand Ritual Celestial Day

Customizable

Create your own wellness journey from our selection of the world's finest beauty rituals for a unique holistic experience, including: • Spa access • A scrub of your choice • A 50-minute body massage treatment of your choice • A 50-minute facial massage treatment of your choice.

 **2h50 min €280**



Grand Imperial Youth Ritual

KO BI DO Supreme

Drawing on the world's finest traditions of care and beauty, this ritual offers you the ultimate rejuvenation, including:

• Spa access • A 25-minute back massage • A 50-minute KO BI DO facial massage.

 **1h50 min €190**

THE DUO RITUAL *



Grand Ritual of Bliss for Two

Relaxation for two

Share an unforgettable moment of well-being and relaxation for two. This ritual offers a special experience to restore energy and harmony, including: • Spa access • Aromatic Spice Scrub • 50-minute Indian Ayurvedic Massage treatment

 **1h50min €380**

** All our treatments can be booked as a duo, subject to availability.*



EXFOLIATING SCRUBS

To begin your spa experience, discover our preparatory treatments and enjoy a sacred moment for body and mind.

Sensory scrubs, hammam with essential oils... for soft, delicately scented skin that is ready to receive the benefits of your treatment.



Aromatic Spice Scrub

Energizing

Inspired by Boreh, a traditional recipe from Java made with spices and sea salt.

This treatment invigorates the body with its refreshing scents and leaves the skin feeling delicately silky smooth.

🕒 20 min €52



Gommage Sublime au Monoï de Tahiti

Nourrissant

Issue de la Ra'au, pharmacopée traditionnelle polynésienne, cette préparation biologique à base de poudre de coco associée au Monoï de Tahiti, laisse la peau douce et soyeuse.

🕒 20 min €52

LE SPA

Open from 10 a.m. to 7 p.m., the spa features a sauna, steam room, sensory shower, two Nordic baths, a counter-current swimming pool, a tea room, and treatment rooms.

Access is by reservation only, in one-hour slots, and is reserved for guests over the age of 16.

External guests can enjoy the spa until 5pm, with full access to the facilities.

🕒 1 h €25 - 2 h €40

🕒 SPA access with treatment (minimum 50 minutes):

1 hour of spa access - €15



Spa & Lunch

One-hour spa access and lunch

€55



Spa, Lunch & Slowlife

Two-hour spa access, lunch, and one 50-minute Cinq Mondes massage

€126

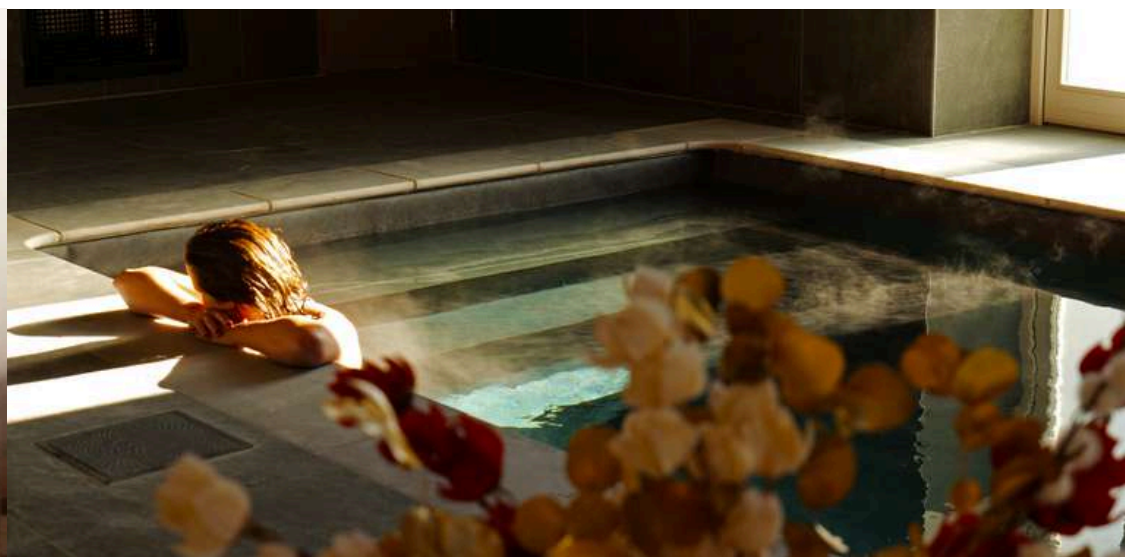


Privatisation

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

from €49 per person

Discover all our loyalty offers at G Spa





AESTHETICS

Hands

Our manicures combine nail shaping, cuticle care, and soothing massages for revitalized hands.

Let yourself be seduced by the art of care and enjoy a unique sensory experience.



Manicure

🕒 25 min €25



Manucure & vernis by Green Flash Manucurist

🕒 50 min €39

Epilation

Our hair removal techniques, using gentle, natural waxes, leave your skin smooth and silky.

(See our reception desk for details of our prices.)



Woman - Man

From €10 to €35 per zone



PRACTICAL INFORMATION

Spa access

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External guests can enjoy the spa until 5pm, with full access to the facilities.

Services

Treatments are available by appointment every day from 10 a.m. to 5 p.m. and are open to non-residents of the hotel (subject to availability). For your comfort, we kindly ask you to arrive 15 minutes before your treatment. The duration indicated corresponds to the duration of your service. In case of late arrival, the duration of the treatment will be reduced accordingly so as not to disrupt subsequent appointments, and the treatment will remain payable in full.

Cancellation

When making a reservation, you will be asked to provide a credit card imprint. Any cancellation or postponement of an appointment that is not notified 24 hours in advance will be charged for the full cost of the treatment. The same policy applies in the event of a no-show.

Contraindications

Please inform us of any health issues or pregnancy. Certain treatments and facilities may not be recommended for you. Contraindications for the sauna and steam room are available within the spa.

Precaution

The Management accepts no responsibility for loss, theft, or damage to personal belongings within the spa premises.

Gift boxes

Introduce someone to the pleasure of a G Spa by Cinq Mondes experience by offering them a gift box*. The recipient chooses their experience from among the available options, based on the duration of the treatment indicated or the package included in the gift box.

The gift box is non-transferable, numbered, and non-refundable. It is valid for one experience to be enjoyed within one year of the date of purchase. The experience offered may also be exchanged for products of your choice from the spa boutique.

Garrigae SPA

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Book your treatment

