



Garrigae®

SPA

DOMAINE DE L'ESTEREL



CINQ MŌNDES

PARIS



Garrigae[®] SPA

The Garrigae SPA teams invite you to enjoy an authentic experience and to take care of yourself during the time you choose to set aside. A moment to reconnect with your inner self and with nature.

Our mission: to guide you toward the essentials, providing the means to reconnect with yourself through tailored treatments, massages, and high-quality cosmetics. We are here to listen, putting our expertise at the service of your inner harmony.

Garrigae SPA offers a unique wellness experience that preserves both your personal ecology and that of the planet, all while providing warm and harmonious service. We take full responsibility for this balance through our actions, treatments, and products.

Garrigae SPA is an experience of physical, emotional, and mental well-being within our spas—true sanctuaries of relaxation designed to help you recharge and revitalize.

Dive into an oasis of peace where every treatment is crafted to relax you and reconnect you with your inner being. Enjoy a simple, natural, and sensory experience."

Garrigae[®] *by* CINQ MŌNDES SPA PARIS

We have chosen to partner with Cinq Mondes, the French spa pioneer, whose beauty rituals inspired by great global traditions perfectly align with our promise of a true escape.

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

The high-quality Cinq Mondes products—natural, often organic, and always eco-friendly support our commitment to sustainability.

Through this collaboration, Garrigae SPA guarantees practitioners trained in the best techniques and benefits from Cinq Mondes' constant innovation, ensuring a value proposition that is continuously renewed.



THE FACE

Combining technical expertise, proven results, and absolute relaxation, Cinq Mondes treatment protocols utilize an exclusive manual technique of needle-free acupuncture: Dermapuncture®.

Developed in partnership with international scientists and experts in ancestral practices such as Ayurveda and Shiatsu, Dermapuncture® stimulates and balances the body's energy flows through the expert hands of the brand's practitioners.



Bali flower massage treatment

A spectacular feat

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

 25min | 56€



Bali 5-flower massage treatment

Moisturiser

This Balinese-inspired treatment deeply moisturises and brightens the skin thanks to a blend of five tropical flowers. Massages of the face, neck and trapezius muscles release tension and leave you feeling revitalised.

 50min | 96€



KO BI DO

Instant youth-boosting massage treatment

This facial massage combines the power of Geto with natural lifting techniques, delivering immediate results.

 25min | 64€



KO BI DO

Redensifying massage treatment

A true 'all-round anti-ageing' treatment, this manual lifting technique – inspired by the Japanese Ko Bi Do massage – works deep into the skin to target wrinkles, firmness, pigmentation and radiance, with a particular focus on the eye area, mouth, décolletage and neck. You'll be left with plumped, smoothed skin, a radiant complexion and a perfectly relaxed mind.

 50min | 104€



THE BODY

Invite your senses to discover the benefits of the finest massages, drawn from traditional healing traditions around the world.

From India to the East, via Greece, each sensory journey offers you a timeless escape. A unique immersion for deep rejuvenation, where body and mind rediscover their original harmony.

Let yourself be carried away by the heady scents and enchanting textures for lasting calm.

Traditional oriental massage treatment **Sensory**

Take a journey into the heart of Eastern traditions with this massage, which works the whole body using warmed argan oil. Enjoy these slow, deep strokes for a moment of pure well-being.

 25 - 50min | 56 - 96€

Indian Ayurvedic massage treatment **Deep tonic**

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

 50min | 96€

Spartan massage treatment **Relaxing**

Drawing on the expertise of ancient Greece, this massage treatment relaxes, soothes and relieves tension in the body through deep work on the muscles and joints, providing an immediate sense of relaxation.

 50 - 80min | 96 - 140€



GARRIGAE SPA CREATIONS

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

To the tune of 'Harmonie' Total relaxation

Immerse yourself in a deeply rejuvenating experience with our olive totum pouch massage. This treatment alternates between slow and fast movements to help you let go completely. Add an olive stone scrub for a gentle, natural exfoliation. Relaxation and well-being guaranteed.

 50 - 80min | 100 - 145€

Olive treasure Olive balm scrub and body wrap

Rediscover your skin's radiance with a gentle scrub and a nourishing olive balm wrap – exfoliation, hydration and revitalisation for glowing skin and a sense of Mediterranean well-being.

 50min | 98€

Head in the clouds Head massage and letting go

This gentle treatment targets areas of tension around your head, neck and shoulders, helping you to truly let go. Treat yourself to this heavenly escape and let yourself be carried away by the stars.

 25min | 56€

Down-to-earth Reflexology and balance

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

 25min | 56€

Wings on your back Relaxing back massage

A relaxing massage that relieves tension. It targets the muscles of the back and neck. The bespoke techniques will help you feel lighter and more comfortable.

 25min | 65€

RITUALS

Enjoy a unique and memorable experience that combines body and facial beauty with pure bliss... These Grand Rituals allow you to enjoy a combination of treatments tailored to your specific needs.

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

Hammam stretching ritual Gentle stretches

Enjoy an unforgettable experience in the fragrant steam of the hammam, including:

- A hammam session
- A Beldi black soap scrub
- A Rassoul cream body wrap

 1h15 | 129€

The Grand hammam ritual Argan Divin

Escape to the heart of Eastern traditions and experience the great Moroccan rituals, including:

- A Hammam stretch
- A 50-minute Traditional Oriental massage

 2h15 | 210€

The Grand imperial rejuvenation ritual KO BI DO supreme

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

- A Hammam
- A Back Massage
- A 50-minute KO BI DO Facial Massage

 1h50 | 190€

RITUALS

A grand celebration of happiness for two Relaxing together

Share an unforgettable moment of well-being and relaxation for two. This ritual offers a special experience to restore your energy and harmony, including:

- A Hammam
- An aromatic spice scrub
- A 50-minute Indian Ayurvedic massage

 1h50 | 380€

Grand Celestial day ritual Customisable

Create your own wellness programme from our selection of the world's finest beauty rituals, for a unique holistic experience, including:

- A Hammam
- A body scrub of your choice
- A 50-minute body massage of your choice
- A 50-minute facial massage of your choice.

 2h50 | 280€



EXFOLIATORS

To begin your spa experience, discover our preparatory treatments and enjoy a special moment for both body and mind. Sensory scrubs, a steam room with essential oils... for skin that is soft, delicately scented and ready to reap the benefits of your treatment.

Beldi black soap scrub **Purification**

Combined with the exfoliating action of the kessa glove, this traditional recipe deeply purifies the skin, leaving it soft and delicately scented.

 20min | 52€

Aromatic spice scrub **Energising**

Inspired by Boreh, a traditional Javanese recipe made with spices and sea salts. This treatment invigorates the body with its refreshing scents and leaves the skin feeling delicately silky.

 20min | 52€

Sublime Tahitian Monoï Scrub **Nourishing**

Inspired by Ra'au, the traditional Polynesian pharmacopoeia, this organic formula—made from coconut powder blended with Monoï de Tahiti—leaves the skin feeling soft and silky.

 20min | 52€

THE SPA

Spa Access

 1h | 25€

 2h | 40€

Hamмам treatment

Included with your one-hour spa session is a kassa glove and a bar of black soap.

| 37€

Spa & Lunch

Two hours' access to the spa, including a healthy lunch at the hotel restaurant

| 55€

Lunch & Slowlife

1 hour of spa treatments & lunch & a 50-minute Cinq Mondes massage

| 135€

Privatisation

For a hen party, a birthday, a seminar... ask us for a quote.

| From 49€ /person

Discover all our spa loyalty offers.





AESTHETICS

Hands and feet

Our manicures and pedicures combine nail shaping, cuticle care and soothing massages to leave your hands and feet looking elegant and revitalised. Indulge in the art of pampering and enjoy a unique sensory experience.

 Manicure
 25min | 25€

Manicure & nail polish by Green Flash Manicurist
 50min | 39€

 Foot care
 25min | 35€

Foot Care & Nail Polish by Green Flash Manicurist
 50min | 49€

Botanical Callus Peeling

Soft feet without acids

Treatment for corns, calluses & nail care

 25min | 45€

 20min | 39€ combined with a body or facial treatment

Hair removal

Our hair removal techniques, which use gentle, natural waxes, leave your skin smooth and silky. Please ask at reception for full details of our prices.

 Woman
| 10 - 60€

 Man
| 10 - 38€

PRACTICAL INFORMATION

Access to the spa and swimming pool

The spa, which includes a sauna, a steam room and an adventure pool, is open from 10am to 9pm. Access to the spa is by booking only and is restricted to guests aged 16 and over. Non-residents are permitted access to the swimming pool until 5pm, provided they also have access to the spa.

Services

Treatments are available by appointment every day from 10am to 8pm and are open to non-residents of the hotel. For your comfort, please arrive 15 minutes before your treatment. The duration indicated is the treatment time. In the event of a delay, the treatment time will be shortened accordingly so as not to inconvenience subsequent guests, and the full cost of the treatment will be charged. Gentlemen, we recommend that you shave at least 1 hour before the start of your facial treatment.

Cancellation

When booking, you will be asked to provide a credit card details. Any cancellation or rescheduling of an appointment that is not notified 24 hours in advance will result in the full cost of the treatment being charged. The same policy applies in the event of a no-show.

Contraindications

Please let us know if you have any health issues or are pregnant. Certain treatments and facilities may not be suitable for you. Information on contraindications for the sauna and steam room is available within the spa.

Precaution

The management accepts no liability for any loss, theft or damage to personal belongings within the spa premises

Gift voucher

Gift vouchers are valid for six months from the date of issue. They are non-transferable, non-refundable and non-exchangeable.

CONTACT

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