



SPA JULES CÉSAR  
ARLES

S P A M E N U

CINQ MŌNDES®  
SPA PARIS



BIOVIVE

# JULES CÉSAR

## SIGNATURES TREATMENTS



SPA JULES CÉSAR

### IMPERATOR MASSAGE

⌘ 20' 55€

Essential lavender oil massage, you will have to select your massage zone.

### PERSONALIZED MASSAGE

⌘ 50' 115€

This personalized massage will adapted to your concern and offer you a unique experience. You will have to selecte the oil.

⌘ 80' 155€

## BEAUTY TREATMENTS

### Full manicure or pedicure treatments

⌘ 60' 90€

### Manicure or pedicure express

⌘ 30' 40€

### Nails polish application\*

⌘ 15' 10€

### Semi-permanent application\*

⌘ 30' 20€

### Semi-permanent removal\*

⌘ 20' 10€

*\*Only available by adding to another treatment (express manicure or pedicure, full manicure or pedicure treatment).*

### Facial zone waxing - eyebrow, nose, ears, upper lips

12€

### Small zone waxing - underarms, simple bikini

25€

### Medium zone waxing - brazilian bikini, half legs, arms

35€

### Large zone waxing - integral bikini, full legs

45€

### Tinting eyelash and eyebrow

40€

# CINQ MONDES<sup>®</sup>

## TREATMENTS

# CINQ MŌNDES

## SPA PARIS

### REFINING AROMATIC SCRUB WITH PRECIOUS AND RARE SPICES

⌘ 40' 80€

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 will awaken to a satin smooth skin and a stimulating sense of energy.

### POLISHING « PAPAYA PURÉE » SCRUB

⌘ 40' 80€

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.

### SMOOTHING SUBLIME SCRUB with natural monoï and noni fruit ⌘ 40' 80€

A bliss-inducing ritual from the Polynesian Island even for sensitive skin. This indigenous preparation of Monoï made of macerated Tiare blossoms, raw sugar, ground coconut powder and Noni fruit will regenerate skin and renew the spirit.

### RELAXING NORTH AFRICAN MASSAGE RITUAL

⌘ 50' 115€

A genuine art of living massage that works on the entire body using delicately perfumed hot argan oil. The expert hands of the massage therapist's works on tender knots and tensions to eliminate toxins and muscles pains while promoting a state of pure wellness.

### ENVELOPING BALINESE MASSAGE

⌘ 50' 115€

Immerse in a world of tranquillity 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.

⌘ 80' 155€

### TONIFYING INDIAN AYURVEDIC MASSAGE RITUAL

⌘ 50' 115€

This hot oil 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.

## SOOTHING FRENCH-POLYNESIA MASSAGE RITUAL

⌘ 50' 115€

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.

⌘ 80' 155€

## RITEAL OF CHOICE – body scrub and massage

Ayurvedic, Balinese, Oriental, Polynesian

⌘ 90' 165€

⌘ 2H 195€

## M A S S A G E S T R E A T M E N T S

### BALI FLOWER RITUAL express radiance facial

⌘ 30' 65€

Enjoy the delicate scent of the tropical flowers of « express radiance » treatment, paired with a relaxing massage of the face, neck and scalp. Inspired by Balinese rituals, discover the virtues of this treatment combining skin cleansing, well-being and beauty.

### FIVE FLOWERS RITUALS illuminescence facial

⌘ 50' 115€

Based on an ancestral Balinese ritual, this treatment includes a purifying deep pore cleansing and blends the extracts of five tropical flowers and a skin glowing patented ingredient the « Kambuchka ». A mesmerizing massage of the face, nape and shoulder muscles awakens skin vitality.

### BALI FLOWERS AND FRUITS RITUAL skin perfection facial

⌘ 50' 115€

Deep cleansing treatment, skin perfecter and radiance booster inspired by Balinese beauty rituals. Take full advantage of the benefits of the natural tropical flowers and natural AHA fruit acids active ingredients to restore, purified and smoothed skin for a radiant complexion.

### KO BI DO lifting and plumping FOUNTAIN OF YOUTH facial

⌘ 80' 155€

This «global anti-aging» facial, manual anti-wrinkles treatment from the Japanese «Ko Bi Do» ritual paired with a regenerating mask, deeply works on wrinkles, firmness and dewy complexion and focus- es on eyes contours, lips, neckline and arms. Skin feels soft and youthful, and the spirit and mind very restful.

### KO BI DO supreme youth facial treatment ritual

⌘ 80' 155€

This exceptional treatment combines the beneficial effect of pharmacopeia's used in Cinq Mômes skincare products chosen during the treatment with Derma puncture® movements: dermal kneading face reflexology, acupressure, lifting and smoothing massage movements using the « jade ridoki » (roller), for a truly natural face lift. These 50 lifting movements revitalize and plump your skin, and so rekindle its youth capital.



### **BIOENERGETIC DETOX FACE TREATMENT**

⌘ 50' 115€

This face detox treatment deeply cleanses and revitalises the tired epidermis stressed by pollution. Skin is oxygenated, energised and the complexion is more radiant.

### **BIOENERGETIC ANTI-AGEING FACE TREATMENT**

⌘ 50' 115€

This anti-ageing treatment not only helps prevent the appearance of the first signs of ageing but also acts on established wrinkles to restore supple, smooth and plumped skin.

### **BIOENERGETIC INTENSE NUTRITION FACE TREATMENT**

⌘ 50' 115€

This intense nutrition treatment gently awakens skin that lacks hydration. It removes any feeling of discomfort, and intensely nourishes and revitalises the skin.

### **BIOENERGETIC DETOX BODY MASSAGE**

⌘ 50' 115€

The Bioenergetics' detox treatment rebalances and drains the tissues by placing emphasis on an abdomen massage to deeply oxygenate the body.

### **BIOENERGETIC SOOTHING BODY MASSAGE**

⌘ 50' 115€

The Bioenergetics' soothing treatment leaves the body relaxed and fully revitalised. Movements concentrate on the back in order to restore vitality and serenity to the whole body.

“

Fitted out under the vaults of this former monastery, the Spa relaxation room looks onto the aromatic garden of the convent: invite you to a beautiful journey...

**SPA FACILITIES ACCESS,  
SAUNA, STEAM ROOM,  
JACUZZI, RELAX ROOM  
AND GYM**

## PRICES

per person for 2 hours access

Hotel guest **20€\***  
External guest **35€\***

*\*Access included for any  
treatments (except waxing)*

## SUBSCRIPTION

5 sessions	<b>125€</b> (25€ per session)
10 sessions	<b>190€</b> (19€ per session)
20 sessions	<b>320€</b> (16€ per session)

# RULES OF LIVING

## IN THE WELLNESS AREA

In order to enjoy a full moment of relaxation, the Spa has a Jacuzzi, a steam room and sauna. Please do not forget to carry your swimsuit with you. We provide slippers, bathrobe and towels.

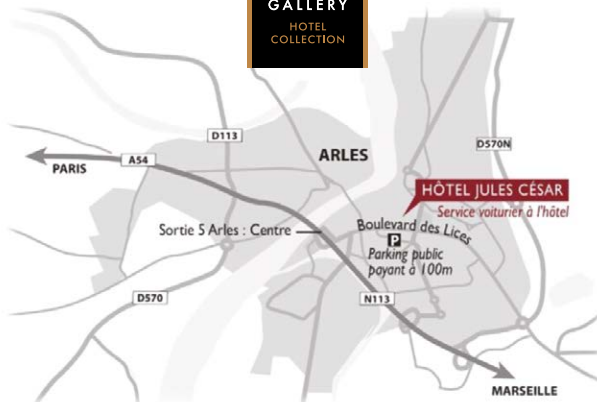
Please inform us of any health issues or if you are pregnant in order to advise you with an appropriate treatment. Our massages are well-being and relaxation treatments, they are non-therapeutic and medicinal.

The Spa is a world of tranquillity, harmony and well-being. Please do not use your mobile phone inside the Spa.

Access to the Spa and wellness area is forbidden for people under 16. It's strongly recommended that you arrive at the Spa reception 15 minutes before your treatment is due to start. Please note that in the event of late arrival, your allowed appointment time may not be extended.

Any cancellation made less than 12 hours before the treatments shall be fully charged to the bankcard (details of which were given at the time of booking treatment).

Hotel Jules Cesar disclaims all liability for the loss of personal belongings within the Spa and at the Hotel. We take the right to privatize the Spa. Massages are available in room with 100€.



# SPA

## OPENING TIME

Monday to Thursday: from 10am to 7pm

Friday and Saturday: from 10am to 8pm

Sunday: from 9.30am to 7pm

Hôtel Jules César Arles MGallery  
9 boulevard des Lices – 13200 Arles  
+33 (0)4 90 52 52 55  
[www.hotel-julescesar.fr](http://www.hotel-julescesar.fr)