



SPA

HÔTEL DE LA CITÉ



MENU

CELLCOSMET - CINQ MONDES

SPA

HÔTEL DE LA CITÉ

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THE SPA HÔTEL DE LA CITÉ

AUTHENTICITY AND SERENITY IN THE HEART OF THE CITÉ DE CARCASSONNE

A memorable moment awaits you in the magical and historical setting of the Medieval City.

Our Spa is designed in a cozy and confidential spirit to take you on a sensory journey through the Cinq Mondes treatment rituals & the innovation of cosmetic science by CellCosmet.

Equipped with two treatment rooms with SPA access (hammam, sensory shower), a phyto-aromatic bath and a relaxation area, our Spa invites you to overall well-being. We have designed it as a unique sanctuary where science and natural ingredients meet to create anti-aging treatments with visible results. Let your tensions disappear in the expert hands of our specialists



LA DÉTENTE AVANT LE SOIN

*"PLEASURE AND WELL-BEING
ARE THE SECRETS OF HAPPINESS"*

PHYTOAROMATIQUE BATH

30min: 30 € / pers. or 45 € / 2 pers

The whirlpool ritual, accompanied by a personalized combination of essential oils, will immerse you alone or accompanied in an oasis of tranquility

SPA ACCES

30min: 30 € / pers. or 45 € / 2 pers

Combining the heat of the hammam and the stimulation of the sensory shower, an experience for the awakening of the senses and the harmonization of body and mind.

RESPIROLOGY

30min: 30€

Control your breath to cultivate balance and vitality. Let go, find your support and channel your energy

SIGNATURE TREATMENT «YOUR MEDIEVAL RITUAL»

60min: 110€/ 2 pers

In an intimate and warm universe, between shadow and light, experience a moment of well-being. Start your experience with a hammam and / or sensory shower (30min), then dive into a phyto-aromatic bath (30min), and savor our signature cocktail La Vie En Rose and the music, accompanied by some sweet treats

Per person and per session - Your 30-minute Spa access offered for any treatment from 90 minutes.



The SwissCellSpa EXPERIENCE

The quintessence of Swiss cosmetics at the service of your beauty.

Benefit from exclusive Swiss high-tech treatments offering your skin immediate and incomparable effectiveness in terms of radiance and anti-aging revitalization. Choose excellence and allow yourself a moment of pure pleasure.

Based on specifically targeted ingredients: stabilized bio-integral cells active thanks to the CellControl method, phyto and marine extracts, 100% pure and natural essential oils



FACE CARE FOR WOMEN

This high-end personalized cellular treatment revitalizes, hydrates, restores elasticity and firmness to your skin. Specifically adapted to physiological age and sensitivity, these treatments reveal the radiance of the complexion

The
SwissCellSpa
EXPERIENCE

SWISS FLASH ÉCLAT

45min: 100€

Treatments offering an exceptional "boost", a plumping effect and a deep revitalization

SWISS DELUXE ÉCLAT

60min: 160€

Revitalizing new skin treatment for a luminous complexion

SWISS ELASTO-COLLAGÈNE

90min: 200€

Elasto-Clarifier: Global revitalizing lightening & firming treatment

Elasto-Intensive: Global revitalizing anti-aging & firming treatment

SWISS CELLFACIAL

90min: 230€ / 120 min: 280€

Exceptional anti-aging prevention treatment, revitalizing & moisturizing in, deep

SWISS PROCOLLAGÈNE VISAGE & COU

90min: 360€

A real alternative to aesthetic injections, this remarkable anti-aging treatment for the face & neck, reshapes the lines of the face and instantly smoothes the skin

SWISS PROCOLLAGÈNE YEUX

60min: 130€

Specific eye contour treatment with anti-fatigue and anti-wrinkle effects

FACE CARE FOR MEN

The
SwissCellSpa
EXPERIENCE

GENTLEMEN, DARE COSMETICS ...

The Swiss brand Cellmen, meets the specific needs of male skin. Highly revitalizing and packed with ultra-performing active ingredients, our energizing treatments tone, revitalize and slow down the premature aging of your skin.



FACE CARE FOR MEN

The
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Brightening & Firming Revitalizing Global Care

ELASTO-INTENSIF

Global revitalizing anti-aging & firming treatment

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FACE CARE RITUALS

CINQ MŌNDES PARIS

Explore the world through the eyes of the Founders and their initiatory journeys in search of ancestral traditions of beauty and well-being our brand offers natural & sensory products with unique textures

A pioneer in the development of militant formulas without petrochemicals, Cinq Mondes is one of the first natural brands to be committed through a strict laboratory charter: Main active ingredients of biological or natural origin, free of parabens, silicones and artificial colors.



FACE CARE RITUALS

CINQ MŌNDES PARIS

HAPPINESS IN THE SKIN

Inspired by traditional technical gestures from Asia, the innovative protocols of our facial treatments are derived from Dermapuncture, real facial massages, they combine deep energy maneuvers with the effectiveness of natural plant active ingredients for soft skin, smoothed and a radiant complexion

RITUEL FLEURS DE BALI

30min: 60€

Radiance treatment combined with a neck and scalp massage

RITUEL AUX CINQ FLEURS

60min: 120€

Sublimating facial massage treatment

“KO BI DO” FONTAINE DE JOUVENCE

60min: 120€

Smoothing and plumping massage treatment

“KO BI DO” PRÉCIEUX

90min: 160€

Global anti-aging treatment

CINQ MŌNDES

PARIS

LET YOURSELF BE GUIDED BY A REGION OF THE WORLD

Through its treatments and products, Cinq Mondes offers a deep regeneration of body and mind to recreate a state of perfect balance.

Thanks to specific pressures made with the fingertips during massages, Spa Therapists stimulate key points of vital energy in the body, thus combining relaxation and efficiency



BODY CARE

CINQ MÔNDES

PARIS

MASSAGES

30 min: 60€ / 60min: 120€

MASSAGE AYURVÉDIQUE INDIEN TONIFIANT

Hot oil massage with alternating rhythm

MASSAGE ORIENTAL TRADITIONNEL RELAXANT

Enveloping massage with slow and deep movements

MASSAGE BALINAIS DÉCONTRACTANT

Traditional smoothing and gentle Thai stretching

SCRUBS

L'AROMATIQUE AUX ÉPICES

This scrub revitalizes the body and saturates the skin

LA PURÉE DE PAPAYE

This scrub illuminates and gently exfoliates

LE GOMMAGE SUBLIME DE POLYNÉSIE

This organic exfoliating paste delicately purifies the skin





CINQ MŌNDES
PARIS

THE RITUALS

CINQ MŌNDES

PARIS

Treat yourself to a moment of intense relaxation with our scrub rituals to prepare your skin to receive the benefits of massage. Let yourself be transported by the delicate scents of these treatments and find a soft, toned and silky skin

RITUEL AYURVÉDIQUE

90min: 160€

Aromatic scrub with spices combined with a 60-minute Indian Ayurvedic massage

RITUEL DE L'ORIENT

90min: 160€/ 120min: 180€

Hammam - Exfoliation with Beldi black soap - "Rhassoul cream" wrap - Relaxing traditional oriental massage

CÉRÉMONIAL DU SIAM

90min: 160€

"Papaya Puree" scrub associated with a relaxing Balinese Massage

GOMMAGE « PURÉE DE PAPAYE »

120min: 180€

Relaxing Balinese massage & phyto-aromatic bath



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SPECIFIC MASSAGES

SPECIFIC MASSAGES

MAMAN COCOON

30min: 60€/ 60min: 120 €/ 90min: 160 €

Relaxation of body and mind while expecting baby.

SUEDOIS

30min: 60€/ 60min: 120€/ 90min: 160€

Muscle massage, reduces localized tensions

MASSAGE SUR MESURE

30min: 45 €

According to your desires of the day (scalp, feet, face ...) 2 zones of your choice

SIGNATURE : HÔTEL DE LA CITÉ MASSAGE

30min: 60€/60min: 120€/90min:160€

The signature candle massage is a relaxing and stimulating treatment for the senses. The light provided by the wick of the burning candle calms our mind and makes the cabin a place of cocooning. The sweet scent of the candle takes us on an exhilarating journey. This nourishing and restorative treatment envelops your body in gentle warmth

SIGNATURE MÉMORABLE MOMENT MÉDIÉVAL

120min: 160€

Enjoy the benefits of the Medieval Ritual associated with the gentleness of our signature "Hôtel de la Cité" massage (60 minutes)

E&THETIC

"IT IS FOR THE GOOD THAT WELL-BEING IS CREATED"



ONGLERIE

Beauty of the hands (filing, cuticles)

30min: 35€

Hand beauty (filing, cuticles, exfoliation, massage)

60min: 70€

Beauty of the feet (filing, cuticles)

30min: 35€

Beauty of the feet (filing, cuticles, exfoliation, massage)

60min: 75€

Simple varnish application supplement

30min: 15€

Supplement for semi-permanent installation

45min: 40€

Semi-permanent varnish removal

15€ par pers.



ÉPILATION

Eyebrows - **15€**

Chin - **15€**

Lips - **15€**

Armpits - **20€**

Single jersey - **20€**

Arms - **25€**

Half legs - **25€**

Thighs - **25€**

Back or torso - **35€**

Legs - **40€**

OUR SIGNATURE EXPERIENCES

Designed by our catering teams and our practitioner, these experiences combine the discovery of delicate dishes, peaceful relaxation and deep relaxation.



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OUR SIGNATURE EXPERIENCE

BREAKFAST & SPA

50€/pers

Start the day in the best possible way by combining the gourmet pleasure of a breakfast at the Hôtel de la Cité and the benefits of relaxation at the Spa Cinq Mondes. Full breakfast / 30-minute Spa access

LUNCH & SPA GETAWAY

100€/pers ou 150€/pers

Enjoy a gourmet lunch at La Barbacane (unique menu: wine, water, coffee included), then relax in our bubble of sweetness - Spa access 30 minutes & Hôtel de la Cité massage 30 or 60 minutes

PRESTIGE & BEAUTY

5h: 550€/pers

This experience offers you a full day at the Spa. Exfoliation ritual and its massage, facial treatment, beauty of hands and feet. For your lunch break, a chic snack lunch accompanied by a glass of champagne will be served. To end on a high note, you will leave with your Cinq Mondes product box and Cellcosmet products

Hairdresser-make-up artist option

150€ for 1h30 more



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BACHELORETTE PARTY

RELAXATION WITH FRIENDS BEFORE SAYING YES!

FOR THE BRIDE-TO-BE

30MIN: 86€/ 60MIN: 146€

Breakfast or afternoon tea * access to Spa (30min) and Signature Massage Hôtel de la Cité

FOR ACCOMPANYING PERSONS:

56€/pers

Breakfast or afternoon tea, 1h30 Spa access

POUR 4 À 8 PERSONNES.

At the edge of our Art Deco swimming pool with a breathtaking view of the Basilica and the Ramparts, our continental breakfast or afternoon tea * will be served to you.



PRACTICAL INFORMATION

BOOKING :

Our treatments are only available by appointment. You can make an appointment on our website www.hoteldelacite.fr or contact the Spa team on 04 68 71 98 71 or by email spa@hoteldelacite.com. We can also respond to each of your tailor-made requests (privatization, group) - Hotel customers dial 4171

CAR PARK AND ACCES :

Our private car park - Espace Fontgrande located at 32 chemin des Ourtets, 11000 Carcassonne, is free for all reservations at the Spa

YOUR ARRIVAL AT THE SPA

We recommend arriving 5 minutes before the start of your treatment. Cancellation policy: please note that any delay on your part cannot be compensated. Any cancellation or postponement of an appointment that is not reported 12 hours in advance will be invoiced for the full amount of the treatment reserved

REQUIRED AGE :

For safety reasons, children and adolescents under 16 are not allowed to use the hammam and the phyto-aromatic bath

LOST OR DAMAGED ITEMS:

We inform you that the management declines all responsibility in the event of loss or damage to your personal effects within the Spa grounds

Think about our Gift Boxes!

And offer an invitation to travel to absolute pleasure.

Visit our website. our gift vouchers can be sent or collected on site

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