

L'HÉLIO *Spa*



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The Héliospa is the ideal source for a unique relaxation experience ! Its exceptional location on the island of Embiez offers a real call to well-being : the sea all-around, the southern sweetness of life, the unreal beauty of the island, the omnipresent nature... Everything you need to let go.

You will also enjoy the warm welcome of our practitioners but also their commitment to meeting the needs and wishes of our clients. On the fitness side, opt for a yoga class or a sports session in our cardio-training room.

In partnership with the prestigious brand CINQ MONDES, we are committed to offering you a vast selection of treatments for a complete rejuvenation of body and mind.



An indoor
heated-pool



An outdoor
sunroom



A hammam



A cardio-training
room



Sale of
Cinq Mondes products



4 cabins
including 2 doubles

Take care of yourself

POOL AREA

You will be able to dive into a heated indoor swimming pool of 17 meters long and sit comfortably on the deckchairs at your disposal, inside and outside in the open-air solarium.

Everyday from 9 am to 8 pm without reservation

CARE AREA

Massages and treatments are provided in the intimate and soothing atmosphere of our 4 treatment cabins (including 2 double cabins) under the expert hands of our team.

Everyday from 10 am to 8 pm with reservation

CARDIO-TRAINING AREA +15 YEARS OLD

Our cardio-training room allows you to stay in shape with the use of an elliptical trainer, a treadmill, a rowing machine and two bikes.

Everyday - 24h/24 without reservation

KIDS

Pool area 2h00 | 7€

ADULTS

Pool area 2h00 | 11€

Cardio-training area 2h00 | 10€

Pool + cardio-training area 3h00 | 17€

SPA FAMILY

2 adultes + 2 enfants 2h00 | 32€

ZEN FORMULA

The ZEN formula gives you unlimited accesse to the pool and cardio-training areas.

SHORT STAY (2 TO 3 NIGHTS)

Adult 30€

Kid 20€

LONG STAY (4 TO 7 NIGHTS)

Adult 50€

Kid 35€

SWIMMING IMPROVEMENT

Available only on request

CINQ MŌNDES
PARIS

SPA CLUB
2022

CINQ MŌNDES PARIS

Cinq Mondes' philosophy is based on the conviction that the skin is our vital sensory organ. Combining technical expertise, result and absolute relaxation, Cinq Mondes' treatment protocols use an exclusive manual technique of needle-free acupuncture: Dermapuncture®.

Developed in partnership with international scientists, specialists of time-honored 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.

All the cosmetic products used during treatments are made in France. They combine advanced cosmetic science, immense sensory appeal and they all respect the guidelines developed by a pharmaceutical doctor : the Natural Laboratory Guidelines® of Cinq Mondes.

FACIAL TREATMENTS

KO-BI-DO FACIALS

CINQ MŌNDES PARIS

Inspired by traditional technical gestures from Asia, the innovative protocols of our facial treatments are derived from **Dermapuncture®**, an exclusive needle-free manual acupuncture technique developed by Cinq Mondes. True facial massage treatments, they combine deep energy maneuvers with the effectiveness of natural plant active ingredients for soft, smooth skin and a radiant complexion.

BALINESE FLOWER AND FRUIT MASSAGE RADIANCE PERFECTOR

Oxygenation techniques that combine natural ingredients from tropical flowers and fruit acids (AHAs) provide genuine facial care for flawless complexion and skin perfecting care.

75 MINUTES 135€

FIVE BALINESE FLOWER MASSAGE HYDRATING PLUMPING

Inspired by Balinese traditions, this skincare deeply moisturises and brightens the complexion thanks to the combination of five tropical flowers. Face, neck, and shoulder massages release everyday tensions and bring healing.

50 MINUTES 95€

BALINESE FLOWERS MASSAGE RADIANCE TREATMENT

Enjoy the delicate scent of tropical flowers in this « Radiant Boost » skincare treatment, and discover the benefits of early skincare for a radiant, sublimated complexion.

30 MINUTES 60€

Only in addition to another treatment

This must-have Facial Massage Treatment is exclusive to Cinq Mondes Spas.

It is, as its name suggests, an extremely specific facial massage from Japan. Ko means old, Bi the beauty of the face and Do the right action.

GLOBAL ANTI-AGING TREATMENT

This treatment combines the power of Dermapuncture techniques with Ridoki, for a deep natural face, neck and low-neck lift.

75 MINUTES 135€

REDENSIFICATION TREATMENT

This « anti-wrinkles » treatment targets the face and the neckline. Your skin will be left plumped-up and smooth.

50 MINUTES 95€

INSTANT YOUTHFULNESS TREATMENT

This treatment combines the power of the Geto with natural lifting gestures for immediate results.

30 MINUTES 60€



FOR ALL FACIAL TREATMENT

HANDS AND FEET TREATMENT

During facial treatment, we also take care of your hands and feet.

MOISTURISING BATH AND RELAXING HAND AND/OR FOOT SCULPTING	12€
CALLUSPEELING®: GENTLE ANTI-CALLOUS SKINCARE +15 minutes	25€
MASSAGE TREATMENT FOR LIGHT LEGS AND FEET	12€

NEW

HYDRASPA FACE EFFICIENCE+

The HydraSpa Face treatment is a specialised, medical grade 7-in-1 facial treatment which offers a unique blend of cleansing, exfoliation, extraction, moisturising, and antioxidant protection. Thanks to its unique skin analysis system, we are able to design a customised skincare regimen. The treatment offers many benefits: deep moisturising, naturally smooth skin, removal of impurities and blackheads, softer wrinkles and expression lines, firmer skin.

TAILOR-MADE HYDRAFACE FACIAL TREATMENT

60 MINUTES

150€

POUR TOUT CLIENT EXTÉRIEUR, LA TRAVERSÉE MARITIME A/R EST OFFERTE.

EMBIEZ SIGNATURE HYDRAFACE FACIAL TREATMENT

This tailor-made Hydrafacial treatment is followed by a 15-minute tailor-made massage.

75 MINUTES

165€

HYDRAFACE TEENAGERS FACIAL TREATMENT

45 MINUTES

100€



MACHINE HYDRAFACE EFFICIENCE PLUS

Design, intuitive, new generation

**A medical-grade device
developed for facial beauty
and care.**

FACE EXPERT DIAGNOSTIC

Come and try out our new customised, expert facial diagnosis, a clinical analysis performed by a cosmetic beauty expert using scientific measurements.

30 MINUTES

OFFERT

TREATMENT RITUALS

Live a unique and unforgettable experience, combining body, face and happiness ! These Treatment Rituals allow you to enjoy a combination of various treatment depending on the desired benefit. Let yourself be guided by a region of the world, its pharmacopeia and its fragrances to enjoy a unique, unforgettable experience for 1 hour and 50 minutes and more of pure wellbeing...

CINQ MÔNDES PARIS

GRAND IMPERIAL YOUTHFULNESS RITUAL

Relaxing Back Massage 30 minutes
Ko Bi Do Facial Massage 75 minutes

1H45

180€

GRAND HAMMAM RITUAL

Escape to the heart of Oriental Traditions and experience the great Moroccan rituals, which includes :

Hammam Stretch 60 minutes
Traditional Oriental Massage 50 minutes

1H50

185€

GRAND SUBLIME RITUAL FROM POLYNESIA

Inspired by Polynesian beauty traditions, this ritual allows you to instantly relax and relaunch the energy of both mind and body, including :

Sublime Scrub® with Tahitian Monoï 30 minutes
Soothing French-Polynesian Massage 75 minutes

1H45

180€

GRAND TRAVELER'S RITUAL

Detoxifying Body Wrap 30 minutes
Tailor-made Back Massage 30 minutes
Leg Drain manœuvre 30 minutes
Balinese Flower Face Massage or KO BI DO 30 minutes

2H00

210€

GRAND SLIMMING BAZILIAN RITUAL

« Papaya Purée® » Radiance Scrub 30 minutes
Tailor Made Slimming Body Wrap 30 minutes
Udarabhyanga Massage 50 minutes
Tailor Made Slimming Massage 50 minutes

2H40

260€

DETOXIFYING AYURVEDIC CURE

Day 1 - Aromatic Spice Scrub 30 minutes + Détox ou Udarabhyanga Massage 50 minutes
Day 2 - Balinese Flower & Fruit Massage 75 minutes
Day 3 - Invigorating Indian Ayurvedic Massage 75 minutes

PROGRAM TO BE SPREAD UPON 3 DAYS

375€

Option : naturopathic consultation on demand



BODY TREATMENTS AND MASSAGES

Cinq Mondes massages and body treatments are based on a real “acupuncture without needles” for a targeted action (relaxation, slimming, tonicity,...). Using specific pressure made with the fingertips during massages, the Spa Therapists stimulate the key points of the body’s vital energy combining relaxation and effectiveness.

CINQ MÔNDES
PARIS

SOOTHING FRENCH-POLYNESIA MASSAGE



A massage inherited from Polynesia healers and inspired by Lomi-Lomi which uses deep pressure and long continuous movements from the practitioner’s forearms for a deep relaxation.

50 MINUTES 95€
75 MINUTES 135€

RELAXING TRADITIONAL NORTH AFRICAN MASSAGE

This massage, inspired by oriental tradition, works the whole body with heated and delicately perfumed argan oil. The expert hands of your practitioner envelope you in slow, deep movements to give you a feeling of pure wellbeing.

30 MINUTES 60€
50 MINUTES 95€

INVIGORATING INDIAN AYURVEDIC MASSAGE

Enjoy the vanilla and cardamom fragrances of this tonifying hot oil massage inspired by the millenary Indian tradition. The change in pace between energetic and heating strokes relieves tensions and relaxes the muscles.

50 MINUTES 95€

COSTUM-MADE MASSAGE

A unique massage, personalized and adapted to your needs and desires of the moment. Compose your own massage by determining with your practitioner the areas to work according to the time and pressure that you want.

30 MINUTES 60€
50 MINUTES 95€
75 MINUTES 135€
90 MINUTES 145€

SUBLIME BOLA RITUAL - PREGNANT WOMAN

Discover gentle smoothing skincare and massages to embrace your body’s changes during pregnancy.

This massage can be enjoyed several times at different stages of pregnancy. Another parent may join you. Speak to our Spa staff for more information.

50 MINUTES 95€

DETOXIFYING UDARABHYANGA MASSAGE

Release body and tummy tensions with deep, invigorating techniques inspired by traditional Indian medicine to detoxify and release the body.

50 MINUTES 95€

CUSTOM-MADE SLIMMING BRAZILIAN MASSAGE

Enjoy a relaxed body and a refined silhouette thanks to body care inspired by traditional Brazilian medicine, with flushing and detoxifying techniques for the body and soul. *Can be customised into a detox, slimming, lightness, or relaxation version with your spa therapist.*

50 MINUTES 95€

INITIATION AUX MASSAGES

Share a special moment as a couple or as a family. We will adapt to your wish for discovery or refinement. Newcomers are welcome.

1 HOUR 70€



PREPARATORY TREATMENT

To initiate your Spa experience, discover our Cinq Mondes preparatory treatments and enjoy a sacred moment for body and mind. Sensorial scrubs for the body, gentle wraps, bath or hammam with essential oils...Twenty minute treatment for soft skin, delicately scented and ready to receive the benefits of your massage.

SCRUBS

ENERGIZING AROMATIC SPICE SCRUB

Treat yourself to a moment of wellbeing thanks to this ancestral ritual inspired by beauty recipes and treatment from the Island of Java. Let yourself be carried away by the delicate scents of this energizing spice and sea salt treatment for soft and silky skin.

30 MINUTES

50€

PURIFYING BELDI BLACK SOAP® SCRUB

Travel into the heart of the Oriental tradition of the Hammam.... 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.

Only sold after a hammam service

30 MINUTES

50€

« PAPAYA PURÉE® » RADIANCE SCRUB

An exfoliating technique from a Siam Ritual which uses creamy « Papaya Puree® » with fine grains. Delicately exfoliated, your skin appears radiant and smells of a delicious perfume.

30 MINUTES

50€

SUBLIME SCRUB® WITH TAHITIAN MONOI



Inspired by the Islands of Polynesia and perfectly suitable for the most sensitive skin, this traditional preparation of Monoi with Tiaré macerated flowers, sugar and coconut powder regenerates the skin and awakens the mind.

30 MINUTES

50€

ENVELOPPEMENT

PURIFYING, DETOXIFYING BODY WRAP WITH « CRÈME DE RASSOUL® »

Let yourself to be transported into the heart of the magical world of a hammam and Moroccan traditions, and recover toned, silky skin thanks to the detoxifying properties of this natural clay.

30 MINUTES

50€

HAMMAM STRETCH

GENTLE STRETCHING

Enjoy an unforgettable relaxation experience in the scented bathhouse steam, followed by a purifying exfoliation with a kassa glove and traditional black Beldi® soap and a crème de Rassoul® wrap to deeply tone the skin.

60 MINUTES

95€



RITUELS DES EMBIEZ

EMBIEZ WELLNESS GETAWAY

Scrub of your choice 30 minutes
Massage of your choice 50 minutes
Facial treatment of your choice 50 minutes

2H10 220€

9 MONTHS AT SEA

Sublime Scrub with Tahitian Monoï 30 minutes
Sublime Bola Ritual 50 minutes
Tailor-made facial treatment future mother 50 minutes

2H10 220€

Option : massage workshop with the second parent to learn how to relieve the future mother.

20 MINUTES 40€

HANDS & FEET TREATMENTS

REGENERATING « ANGEL’S HAND » MASSAGE

An embellishing hand treatment doubled with anti-ageing action. A wonderfully fruity scrub, soak, nail treatment, and soothing massage are part of the beauty secret to regain the hands of an angel.

45 MINUTES 70€

ENERGIZING « LIGHT FOOT » MASSAGE

Offer genuine relief to your tired feet thanks to a treatment that includes a footbath, an exfoliating scrub to remove dead skin, and a soothing foot massage using a special cream for tender feet.

45 MINUTES 70€

GENTLE CALLUSPEELING TREATMENT

A pleasant, relaxing treatment that will leave your feet feeling gorgeous and soft. Created to remove callouses, this Yumi Feet treatment also provides a solution for damaged or dry feet.

45 MINUTES 65€

Classic nail polish application 30 minutes	28€
Semi-permanent nail polish application 40 minutes	40€
Semi-permanent nail polish removal	20€

For all hands and/or foot treatment, enjoy a 50% reduction on any nail polish application.



CHILDREN TREATMENTS

Discover our relaxing skincare for children with Collin Maillard products, a natural cosmetics brand with short ingredient lists to respect children's sensitive skin.

SUPER HERO OR PRETTY BALLERINA RITUAL

Feelings game
Facial with magic mask
Face and hand massage

30 MINUTES

48€

LITTLE TREAT RITUAL

Feelings game
Full facial with scrub, sculpting and magic mask

30 MINUTES

48€

ENCHANTED RITUAL

Feelings game
Full facial with scrub and mask magic
Face and back massage

50 MINUTES

78€

DIVINE RITUAL

Feelings game
Massage of your choice

30 MINUTES

48€

50 MINUTES

78€

CINDERELLA FOOT TREATMENT

Filing, sculpting with the "chocolate spread" or the "grenadine cordial" balm. MANUCURIST nail polish and polish application for children are free.

30 MINUTES

48€

FAIRY HANDS

Filing, sculpting with the "chocolate spread" or the "grenadine cordial" balm. MANUCURIST nail polish and polish application for children are free.

30 MINUTES

48€

TATTOO

3 SHORT-LIVED TATTOO OF CHOICE

3€

From 3 years old up to 13 years old, included
For treatments on children,
the presence of a parent in the cabin is not mandatory.

LUNCH & SPA

Enjoy a **moment of sweetness**
in a place where time stops.

The Héliospa has concocted the ideal recipe combining relaxation and pleasure in our new offer « **Lunch & Spa** » to ensure you an idyllic half-day (or more...) in a heavenly setting.

Offer includes :

- Free round-trip sea crossing
- 50-minutes massage of your choice
- 2-hours access to the pool area (including 1 hour of hammam)
- Lunch at Le Sàrti restaurant

150€ PER PERSON

BOOKINGS ONLY



NATUROPATHIC CONSULTATION

This discipline with recognized virtues brings health, relaxation and serenity. It explores all aspects of health and lifestyle to regain physical and mental harmony through natural means.

Every saturday mornings from 9 am to 1 pm. Reservation needed.

FIRST CONSULTATION - 1H30	100€
FOLLOW-UP CONSULTATION - 1H	80€
FOOD BALANCE SHEET CONSULTATION - 1H	80€

MAKE-UP SERVICE

For a discreet and sophisticated or more intense make-up, our MUA will adapt according to your needs. Perfect complexion guaranteed for your holiday souvenir pictures or a more important make-up for your evenings out. Reservation needed.

Extra of 10€ for fake eyelashes.

NATURAL MAKE-UP	45€
EVENING MAKE-UP	60€

EVENTS

You can privatize the wellness area for your events.

1 HOUR	100€
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INFORMATIONS

YOUR ARRIVAL

For optimal relaxation, please make sure to arrive 15 minutes before the start of your treatment. Unfortunately, in the event of a delay, the time spent on care will no longer be guaranteed.

LIFE RULES

The Héliospa is a space of relaxation and tranquility. For this reason, it is not allowed to use mobile phones within this space.

Management can not be held responsible in the event of loss, theft, forgetfulness or damage to objects within the different spaces. No valuables should therefore be left in changing rooms, lockers or treatments cabins.

HAMMAM USE

People over 16 years old with a 50-minutes or more treatment have access to a free 45-minutes hammam session. Contraindicated for people suffering from infection, cardiac or renal trouble or hypertension. Not recommended to pregnant women.

SEA CROSSING

External costumers who wish to go to the Héliospa on the Island of Embiez benefit from the round-trip sea crossing for free for any treatment over 150€.

CANCELLATION POLICY

For all treatment change or cancellation, we kindly ask you to directly contact the spa in a 24-hours delay before the start of the treatment. Beyond this time, all canceled treatment will be fully charged.

HEALTH CONDITIONS

Treatments are intended for relaxation and are neither medical nor paramedical. These are aesthetic and non-therapeutic well-being treatments. **Please let us know of any health issue, pregnancy, allergy or injury that could hinder the treatment.**

PREGNANT WOMEN

We offer specific treatments for expecting mother and parents, from the second trimester of pregnancy. We do not use any essential oils during treatments.

For any reservation, we put at your disposal a bathrobe, towels and flip flops. Pick-up time is not included in the listed time.

Additional towel	3€
Bathrobe rental	5€



L' HÉLIO *Spa*

BOOK YOUR
WELLNESS MOMENT



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