



Chi

THE SPA AT SHANGRI-LA



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Level 3, Shangri-La Bengaluru, 56-6B Palace Road, Bengaluru- 560 001

IMMUNE BOOSTER TREATMENT

Starting with an immune-boosting elixir, this treatment is designed to strengthen your body's immune system. Using techniques that include a full-body dry brushing, a tailor-made massage according to your pressure preference with a focus on acupressure points, your treatment concludes with a relaxing tea experience.

Pressure: Light to medium

90 minutes

INR 9,450 (Mon - Thu) | INR 9660 (Fri - Sun)

🌀 1,677

🌀 1,633

RELAXING AROMA MASSAGE

Designed to strengthen the body's vital energy, this full-body massage combines relaxation and stress relief techniques coupled with the therapeutic qualities of natural aromatic essential oils.

Pressure: Light to medium

60/90/120 minutes

INR 7,200 / 9,450 / 11,550 (Mon - Thu) | INR 7,400 / 9,660 / 11,760 (Fri - Sun)

🌀 1,217 | 1,597 | 1,952

🌀 1,251 | 1,633 | 1,987

DEEP TISSUE SPORTS MASSAGE

Ideal for active individuals, our most popular therapeutic massage uses deep tissue techniques and light stretching, working on the deeper layers of your body to release muscle tension and improve your mobility.

Pressure: Medium to deep

60 / 90 / 120 minutes

INR 7,200 / 9,450 / 11,550 (Mon - Thu)

🌀 1,217 | 1,597 | 1,952

INR 7,400 / 9,660 / 11,760 (Fri - Sun)

🌀 1,251 | 1,633 | 1,987

Taxes as applicable



SOOTHING FOOT THERAPY

Designed to provide relief and comfort to your tired feet and calves, this massage gives you a soothing experience that stimulates blood circulation, eases pain and reduces swelling of the legs.

Pressure: Medium to firm

30 / 45 / 60 minutes

INR 4,725 / 5,775 / 6,300 (Mon - Thu) | INR 4,935 / 5,985 / 6,500 (Fri - Sun)

 799 | 976 | 1,065

 834 | 1,011 | 1,099

STRESS-RELIEVING NECK & BACK MASSAGE

Designed for areas prone to holding stress, this targeted massage provides extra attention to tension and knots in your neck and back.

Pressure: Medium to firm

30 / 45 / 60 minutes

INR 4,725 / 5,775 / 6,300 (Mon - Thu)

 799 | 976 | 1,065

INR 4,935 / 5,985 / 6,500 (Fri - Sun)

 834 | 1,011 | 1,099



BODY TREATMENTS

DETOXIFYING COFFEE SCRUB

A scrub is designed to assist in the reduction of the appearance of cellulite and improve skin texture. This treatment incorporates a body polish containing coffee and olive oils enriched with natural vitamins, minerals, and antioxidants to revitalize the skin.

45 minutes

INR 6,300 (Mon - Thu) | INR 6,500 (Fri - Sun)



1,065



1,099

PREMIUM SHEA BUTTER & SUGAR BODY SCRUB

Nourishing shea, salt and fine sugar invigorate the senses and refine skin texture. Finished off with an application of unscented probiotic body lotion leaves your skin silky smooth for the perfect results.

45 minutes

INR 6,300 (Mon - Thu) | INR 6,500 (Fri - Sun)



1,065



1,099

ANTI-AGING BODY WRAP

Nourishing Shea butter is infused with Paracress to hydrate, plump and firm the skin. Paracress (nature's answer to Botox) plant extract helps to reorganize and tighten collagen fibers in the supporting tissue of the skin, resulting in firmer feeling and smoother-looking skin. It can be performed unscented or infused with the aroma of your choice.

INR 6,300 (Mon - Thu) | INR 6,500 (Fri - Sun)



1,065



1,099

Taxes as applicable



ROYAL THAI HERBAL COMPRESS

The heated herbal compress is applied to the body with specialized and distinctive movements in a rhythmic 'press and release' sequence. Blood circulation increases while pressure point massage helps relieve aches, pains and sore muscles. Feel deeply relaxed, balanced and detoxified with this treatment.

Pressure: Medium-Deep

90 / 120 minutes

INR 9,700 / 12,075 (Mon - Thu) | INR 9,975 / 12,600 (Fri - Sun)

 1,639 | 2,041

 1,686 | 2,129

HEALING HOT STONE MASSAGE

Healing stones combine all the benefits of thermotherapy with gliding massage strokes that follow meridian lines to create a deeply relaxing and healing treatment. Warm stones are used to ease muscles and restore the body's energy and vitality.

Pressure: Medium-Deep

90 / 120 minutes

INR 9,700 / 12,075 (Mon - Thu) | INR 9,975 / 12,600 (Fri - Sun)

 1,639 | 2,041

 1,686 | 2,129

PRENATAL MASSAGE

A deeply nurturing massage with all-natural unscented oil helps alleviate fatigue and lower back pain, shoulder strain and muscle cramps in the legs. Mood lighting, pillows and soft blankets are provided for your comfort and care. Suitable for Moms-to-be in second and third trimesters of pregnancy.

Pressure: Light to Medium

60 / 90 minutes

INR 7,500 / 9,975 (Mon - Thu) | INR 7,700 / 10,185 (Fri - Sun)

 1,268 | 1,686

 1,301 | 1,721



INDIAN THERAPIES

ABHYANGA

Abhyanga massage is a traditional Ayurvedic Indian technique using a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous system. Abhyanga focuses on balancing one's dosha. Aromatic Ayurveda oils are used to maximize the effect.

Pressure: Light to medium

60 / 90 minutes

INR 7,500 / 9,700 (Mon - Thu) | INR 7,700 / 9,975 (Fri - Sun)

 1,268 | 1,639

 1,301 | 1,686

PINDA SWEDA

Experience an ancient Ayurvedic detoxifying ritual that combines the use of hands, herbal poultices, and essential oils in orchestrated massage movements to release toxins and ease muscle tension. For optimum results, leave the oils on for a few hours after the treatment.

Pressure: Medium to deep

90 / 120 minutes

INR 9700 / 12075 (Mon - Thu) | INR 9975 / 12600 (Fri - Sun)

 1,639 | 2,041

 1,686 | 2,129

*Special seasonal promotions and discounts are offered at CHI, The Spa. Our team can give you more details upon inquiry.
*Bride-To-Be packages are available on request.

Taxes as applicable



SHIRODHARA

Lukewarm herbal oil is poured in an even stream onto the forehead to pacify and revitalize the mind and body. It is preceded by a relaxing full body massage using warm Ayurveda oils. Aside from its intense rejuvenating anti-ageing effects, Shirodhara improves memory, normalize sleep patterns and alleviates stress-induced conditions.

Pressure: Light to Medium
120 minutes
INR 13,440 (Mon to Thu) | INR 13,650 (Fri to Sun)

 2,271

 2,307

INDIAN HEAD MASSAGE

This head massage works on the upper back, face and scalp. The areas are massaged using firm yet gentle rhythmic movements that involve the application of pressure on the marma points which are considered to be the points of one's vital life force.

Pressure: Medium-Deep
30 / 45 / 60 minutes
INR 4,725 / 5,775 / 6,300 (Mon-Thu) | INR 4,935 / 5,985 / 6,500 (Fri-Sun)

 799

|

 976

|

 1,065

 834

|

 1,011

|

 1,099



Taxes as applicable

ENHANCEMENTS

HOT OIL HAIR & SCALP TREATMENT

Premium passion flower soothes the scalp while coconut oil leaves hair hydrated, soft and smooth. To be left overnight for extra hydration.

INR 1,260 (Mon-Thu) | INR 1,470 (Fri-Sun)



231



248

ANTI-AGING PROBIOTIC MASSAGE BOOSTER*

Transform your massage into an age-defying treatment with an extra boost of premium coconut oil, passion flower, shea butter, and probiotics leaving skin hydrated, healthy and glowing from head to toe.

INR 2,300 (Mon-Thu) | INR 2,520 (Fri-Sun)



389



426

HYDRATING & AGE-DEFYING HAND OR FOOT TREATMENT

With Shea butter and Paracress, this rich, luxurious treatment helps restore moisture and maintain the skin's youthful appearance.

INR 1,260 (Mon-Thu) | INR 1,470 (Fri-Sun)



231



248

HOT STONE BACK TREATMENT

Targeting the back area, the use of strategically-placed hot stones loosens stressed muscles by combining thermotherapy with gliding massage strokes.

INR 1,260 (Mon-Thu) | INR 1,470 (Fri-Sun)



231



248

HOT HERBAL POULTICE APPLICATION

The hot herbal poultice is applied on the tight muscles of the back, neck and shoulder to ease the stress away in a press and release manner.

INR 1,260 (Mon-Thu) | INR 1,470 (Fri-Sun)



231



248

COMFORT ZONE FACIALS

Comfort Zone is a luxurious Sustainable Beauty skincare brand from Italy focused on giving amazing skincare results.

Comfort Zone identifies stress as the primary catalyst for premature aging & deterioration of skin aims to heal and correct the skin from the inside out. By combining botanical extracts and plant-derived active ingredients with combinations of high-tech molecules & with amazing massage techniques, Comfort Zone treats the mind, body & soul of clients.

SOOTHING REMEDY

Cosmetically protects, soothes and nourishes the skin

The advanced professional solution to soothe, renew & strengthen sensitive & redness-prone skin. Smoothens and restores the protective skin barrier through a delicate dermal-activity action & renews, nourishes and fortifies the skin barrier. Recommended for sensitive, fragile and redness-prone skin.

60 / 80 minutes

INR 7,560 / 9,450 (Mon - Thu) | INR 7,770 / 9,660 (Fri - Sun)

1,278 | 1,595

1,313 | 1,633

ACTIVE PURENESS

Soothes & improves skin tissue aspect, provides a mattifying action

An intensive daily care system designed to purify and rebalance oily, impure skin. Formulations for this fresh, unisex line have been developed to cleanse, normalize sebum production and reduce the appearance of pores, blackheads and skin imperfections. This treatment for deep cleansing gives the skin a luminous, smooth, uniform appearance.

60 minutes

INR 7,560 (Mon - Thu) | INR 7,770 (Fri - Sun)

1,278

1,313

Taxes as applicable



ACTIVE PURENESS ADVANCED

Revitalizing & rejuvenating treatment for purifying skin

This facial is an advanced deep-cleansing rebalancing and purifying treatment to deeply purify and rebalance oily, impure skin. The algae biphasic mask of spirulina algae is an advanced deep cleansing and gives the skin a luminous, smooth, uniform appearance & rebalances the oily impure skin.

80 minutes

INR 9,450 (Mon - Thu) | INR 9,660 (Fri - Sun)

 1,597

 1,633

HYDRAMEMORY

Hydrating cosmetically supports skin compactness, prevents visible signs of premature aging

Deep hydrating treatment for the face, neck and decollete for profound moisture and silkiness the specific system for a perfect hydro-lipidic balance and deep hydration, to give skin new vitality. Ideal for all skin conditions, specifically for particularly dehydrated and stressed skin, exposed to air-conditioned and very dry climates.

60 minutes

INR 7,560 (Mon - Thu) | INR 7,770 (Fri - Sun)

 1,278

 1,313

HYDRAMEMORY ADVANCED

Hydrating cosmetically supports skin compactness, prevents visible signs of premature aging

Intensive hydrating treatment for face, neck and decollete with biomimetic fragments of hyaluronic acid and macro hyaluronic acid, for a bright and silky skin aspect. The exclusive application of the mask with brushes offers a unique experience. It cosmetically supports the compactness of the skin & helps to prevent the visible signs of premature aging. Ideal for all skin conditions, specifically for particularly dehydrated and stressed skin, exposed to air-conditioned and very dry climates.

80 minutes

INR 9,450 (Mon - Thu) | INR 9,660 (Fri - Sun)

 1,597

 1,633

SUBLIME SKIN-DOUBLE PEEL

Illuminating, anti-aging and firming

A state-of-the-art ultimate anti-aging facial combines an Archi-Lift™ technology with the renewing effects of the double peel for an instant re-plumping effect. Ideal for mature skin with visible signs of aging, this firming facial stimulates cellular regeneration using exclusive massage techniques to smooth and tone skin.

80 minutes

INR 9,450 (Mon - Thu) | INR 9,660 (Fri - Sun)

 1,597

 1,633



Taxes as applicable

CLEAN-UPS

SOOTHING REMEDY CLEAN-UP

Renewing, strengthening and soothing treatment for sensitive skin. It smoothens and renews the protective skin barrier through a delicate dermal-affinity action. It also nourishes & fortifies the skin barrier, soothes redness and ends irritation. Recommended for skin that is sensitive, fragile and prone to redness.

30 minutes

INR 4,200 (Mon - Thu) | INR 4,400 (Fri - Sun)

 710

 744

PURIFYING CLEAN-UP

An intensive daily care system designed to purify and rebalance oily, impure skin. The formulation for this fresh, unisex line has been developed to cleanse, normalize sebum production and reduce the appearance of pores, blackheads and skin imperfections.

30 minutes

INR 4,200 (Mon - Thu) | INR 4,400 (Fri - Sun)

 710

 744

ILLUMINATING ANTI-AGING CLEAN-UP (BRIGHTENING)

An illuminating & anti-aging clean-up with immediately visible results for de-pigmentation & re-plumping of the skin. This treatment renews, restores tone and repositions the skin tissues for a youthful, healthier appearance.

30 minutes

INR 4,200 (Mon - Thu) | INR 4,400 (Fri - Sun)

 710

 744

HYDRATING CLEAN-UP

A hydrating treatment for the face & neck and décolleté for dehydrated skin. It provides profound moisture and silkiness for deep hydration to give skin new vitality. Ideal for all skin conditions, specifically for particularly dehydrated and stressed skin, exposed to air-conditioned and very dry climates.

30 minutes

INR 4,200 (Mon - Thu) | INR 4,400 (Fri - Sun)

 710

 744

Taxes as applicable

ADD ON SPECIAL MASKS

ACTIVE PURENESS PEEL-OFF MASK

Revitalizing & rejuvenating mask

This spirulina-intensive mask contains spirulina algae which is rich in vitamins & essential fatty acids, particularly rich in beta-carotene. This mask promotes a protective antioxidant action & stimulates Collagen formula designed for impure & oily skin & gives you bright & clear skin.

INR 2,400 (Mon - Thu) | INR 2,625 (Fri - Sun)



406



444

HYDRAMEMORY BIPHASIC MASK

Intensive hydrating & plumping mask

This innovative biphasic mask with fragments of hyaluronic acid, retrieves the skin tone and enhances the skin's softness & luminosity. The skin is visibly hydrated and reduces the aging process with this intensive biphasic mask.

INR 2,400 (Mon - Thu) | INR 2,625 (Fri - Sun)



406



444

SOOTHING PEEL-OFF MASK

Soothing and nourishing mask

This soothing peel-off mask renews and smoothes the skin & soothes redness & irritation also nourishes and fortifies the skin barrier. Ideal for calming and protecting sensitive skin.

INR 2,400 (Mon - Thu) | INR 2,625 (Fri - Sun)



406



444

EYE TREATMENTS

SUBLIME SKIN - EYE PATCH

Aging immediate relief eye cosmetic treatment

Thanks to a fresh and innovative Hydrogel Peptide Mask, it visibly reduces the signs of time and tiredness of the eye contour and it improves the aspect of wrinkles and dark circles signs of tiredness. Suitable for tired eyes marked by wrinkles, bags and blue circles.

20 minutes

INR 3,500 (Mon - Thu) | INR 3,700 (Fri - Sun)



2,011



2,056

Taxes as applicable

CHI JOURNEY

CHI INDULGENCE

An indulgent spa experience using oriental aromatic oil. This relaxing journey begins with a soak in an aromatic bath followed by a massage of your choice. A customized facial to suit your needs will conclude the indulgent journey. Includes a 30-min soak, 60-min massage and 60-min facial.

Pressure: Light to medium

150 minutes

INR 16,800 (Mon - Thu) | INR 17,000 (Fri-Sun)

 2,839

 2,873

CHI HARMONY

Curate your own package as per your preferences. Mix and match as many treatments you like within a span of three hours.

Pressure: Light to Medium

180 minutes

INR 16,800 (Mon-Thu) | INR 17,000 (Fri- Sun)

 2,839

 2,873



Taxes as applicable



"You will achieve calmness and
Profundity, ripeness, and wisdom.
And the clear enchantment of memory.
And, most of all, you will have time ..."

Lost Horizon, by James Hilton