

The logo for Chi Spa, featuring the word "Chi" in a stylized, cursive red font.

THE SPA AT SHANGRI-LA
Abu Dhabi

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SHANGRI-LA, QARYAT AL BERI ABU DHABI

Khor Al Maqta. Abu Dhabi, P.O Box 128881, U.A.E www.shangri-la.com

SIGNATURE MESSAGES

Asian Blend Massage

60 minutes / 90 minutes

AED 582 / AED 811

Take a journey through Asia at the hands of our skilled therapists with this massage combining traditional Asian techniques, including Thai pressure points, Balinese, and Malaysian strokes. Chinese energy flows more, restoring and balancing your energy throughout your entire body. Pressure: medium - firm

Relaxing Aroma Massage

60 minutes / 90 minutes

AED 582 / AED 811

This massage combines light-to-medium pressure to improve your overall wellness by reducing tension, soothing sore muscles, and increasing circulation. Choose from a selection of natural aromatherapy oil to enhance your spa experience. Pressure: Light-medium

Deep Tissue Sports Massage

60 minutes / 90 minutes

AED 582 / AED 811

This intensive deep tissue massage focusses on the trigger points most affected by stress and strain. Light Stretching is performed to increase flexibility and release tension. Recommended for active individuals. Pressure: Firm

Traditional Thai Massage

60 minutes / 90 minutes

AED 582 / AED 811

The combination of gentle rocking, deep stretching movements and compression of the spine makes this a truly invigorating massage that will help improve your flexibility and stimulate circulation. This massage is performed fully clothed. It is highly suggested to wear loose-fitting workout gear. Pressure: Medium – Firm

CHI Hot Stone Massage

90 minutes

AED 900

Heated stones are used for its thermotherapy with gliding massage strokes for warm relaxing treatment benefits. Pressure: Medium

Tension-Relief Neck and Back Massage

30 minutes

AED 333

This focused massage quickly helps to release tension and relieve pain in the neck, back and shoulders. This is an ideal treatment for those who are short on time. Pressure: Medium - Firm

Soothing Foot Massage

30 minutes

AED 333

This treatment assists in the relief of stress and tension and improves circulation with the use of thumb acupressure. Pressure: Medium

Massages for Two*

60 minutes / 90 minutes

AED 1,280/ AED 1,783

Take time to reconnect with a loved one, best friend or family member on side-by-side massage tables, set within one of our exquisite suites for two. Two therapists work in unison to provide an unforgettable shared experience.

* Massages must be of equal length

*All prices are in UAE Dirhams and are inclusive of all applicable service charges and tax.
No shows and appointment cancelled within 12 hours will incur 100% cancellation fee.*

WELLNESS TREATMENTS

Shirodhara

60 minutes

AED 700

A combination of two Sanskrit words, where 'Shiro' means head and 'Dhara' means liquid, organic coconut oil is gently poured over the forehead, between the eyebrows. This produces a soothing sensation on the head muscles, with the effect seeping through the nerves and passing on to the brain calming the mind. It promotes sleep, relaxation, and stabilizing blood pressure at normal levels.

Mother To Be

60 minutes / 90 minutes

AED 582 / AED 811

Tailored specifically to the needs of an expecting mother with the changing bodies, our caring therapists utilize special techniques designed to reduce stress and promote overall well-being. Do note that this massage is available only to women at their second and third trimester.

Herbal Harmony

120 minutes

AED 1,000

Experience restoration in this full body massage using steamed herbal pouches filled with local traditional herbs which provide invigorating and relaxing effect not only physically but aromatically as the warm pouches emit an exhilarating scent for ultimate Zen.

Aroma Bath

30 minutes

AED 375 per person

Enjoy the simple pleasure of an indulgent bath. Your skin will emerge naturally drenched in moisture. Excellent when combined with any massage or body treatment.

FACIALS

Using award-winning skincare brand, Biologique Recherche, enjoy our exquisite facials with immediate results. Please note that no extractions are performed in any of our facials.

Express Refresher Facial

30 minutes

AED 395

A perfect pick-me-up facial ideal for those on the go. Skin is cleansed and lightly exfoliated with gentle massage techniques to reveal a visibly brighter and radiant complexion. Recommended for all skin types.

Brightening and Plumping Facial

60 minutes

AED 915

A treatment for reducing wrinkles and fine lines, it is ideal for Skin Instants® with duller complexions. This treatment penetrates and revives deep layers of the skin, leaving it toned, plumped and glowing. We recommend three sessions at one-week intervals, followed by one session once a month.

Anti-Aging Lifting Facial

60 minutes

AED 915

An exfoliating treatment combined with skillful face contouring techniques. Designed for normal and thick Skin Instants® which are devitalized. This complete skin care ritual will mechanically exfoliate, smooth/refine skin texture, tighten the pores and firm the skin.

Rejuvenating Collagen & Caviar Facial

90 minutes

AED 1,122

An intensive treatment that firms, tones and revitalizes the skin. Recommended for all Skin Instants®. Saturated in Marine Collagen this cold veil therapy is highly active and produces the most magnificent results to redefine the facial contour, provide moisture and unify the complexion.

BODY TREATMENTS

BODY SCRUBS

Express Scrub

30 minutes

AED 343

A time-efficient scrub to exfoliate the skin. It is perfect paired with a body massage or for a guest on the go.

Firming Arabic Coffee

45 minutes

AED 480

Inspired by the ancient Bedouin rituals of the United Arab Emirates. This treatment includes a vigorous scrubbing using a blend of Arabic coffee and sumac which help to reduce the appearance of cellulite while promoting circulation.

Pink Crystals and Argan Shell

45 minutes

AED 480

Let yourself be wrapped in the rosa sand of Desert's heat. A gentle and rich exfoliation that will leave skin clean and soft.

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BODY WRAPS

Ghassoul

60 minutes

AED 480

Ghassoul is a natural mineral from The North Africa. Its literal translation means – the matter that washes. It is used for the body to cleanse, absorb and soften the skin.

White Mask

60 minutes

AED 480

Created according to an ancestral tradition, this mask is made with a 100% natural mineral with incredible properties. Combined with honey and royal jelly, this wrap nourishes the skin to emerge with a brighter complexion.

COMBO

90 minutes

AED 850

Two are always better than one. Choose any scrub and combine it with any wrap of your choice to leave your skin wonderfully soft, hydrated, and youthful looking.

HAMMAM TREATMENTS

CHI Turkish Bath Ceremony

60 minutes

AED 600

All the Turkish Bath expertise is in this unique ritual. A sensorial journey in a cloud of foam that will let your imagination wander.

The Rituals of Hammam

60 minutes

AED 707

Purify your body deeply with a black soap scrub followed by a Ghassoul wrap to end the treatment with a delicate scent. Skin regains its vitality and softness.

Royal Hammam

90 minutes

AED 915

The most prestigious hammam with a complete body and face treatment that ends up with the Cleopatras' secret recipe: The Whitening Mask with Honey & Royal Jelly - an amazing product for face and body.

CHI RETREATS

With the luxury of time, enjoy a CHI Retreat experience that indulges, soothes, and revitalizes the body and mind. Included in your retreat is a welcoming foot ritual, aroma bath and a healthy meal from our spa cuisine selection.

Ultimate Zen Journey

3 hours

AED 1,746

Our ultra-hydrating treatment is tailored to your favorite aroma to heal every part of the body with therapeutic minerals, shea butter and soothing oils. Your aroma sensory element awakens the deepest part of the mind for a Zen state of relaxation and wellness.

Includes: Welcome Foot Ritual, Aroma Bath, Pink Crystals & Argan Shell, Shea Butter, 60-min Signature Relaxing Aroma Massage, with Hair and Scalp Quench

Arabian Desert Escape

4 hours

AED 1,995

Embark on the Arabian inspired spa-journey that uses local and traditional ingredients with this luxurious head-to-toe package designed to awaken the senses while providing nourishment and hydration to the skin.

Includes: Welcome Foot Ritual, Aroma Bath, Arabic Coffee Scrub, Ghassoul Wrap, 60-min Deep Tissue Massage, 60-min Brightening & Plumping Facial

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ENHANCEMENTS

Hot Stone for the Back

Enhance your massage experience with heated basalt stone that will help ease muscle tensions and will provide heat therapy for your tired back.

AED 80

Deep Stretch

Incorporate deep stretching techniques in focus areas of the body to enhance your massage treatment.

AED 80

Nourishing Hair and Scalp

This intense hair and scalp will soothe the scalp and leave your hair hydrated, soft and brilliant as it penetrates the hair cuticles while nourishing them.

AED 80

Facial Sheet Mask

Enhance your treatment by applying a preformed mask which adapts to the shape of your face. This will help reduce appearance of wrinkles, tighten loose skin, and replenish moisture.

AED 80

Eye Mask

The eye has the most delicate skin of the face and body and needs extra attention. Application of eye mask will help reduce puffiness around the eyes.

AED 80

Instant Plumping Lip Mask

A complete care for chapped and dehydrated lips. A quick mild exfoliation and the addition of moisturizers including shea butter help build a protective film on the surface. It will leave your lips smooth and soft.

AED 80

MONTHLY FEATURE

Enquire about our monthly spa feature. We select a specific treatment and offer it at special price, making it easier to enjoy our spa.

*Other offers and discounts not applicable to monthly feature.

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NAIL CARE

It's more than good grooming. Professional nail care is important to your health and wellbeing.

CHI Classic Manicure / Pedicure

Hands / Feet

AED 104 / AED 114

Enjoy this organic and ultra-hydrating manicure or pedicure. After a soak, your nails are filed to your desired shape, cuticles are trimmed, hands and nails are drenched with moisture using our probiotic lotion and complimentary classic polish application.

Polish Upgrade – Gel Couture	AED 11
Polish Upgrade – Breathable	AED 11
Polish Upgrade – French	AED 21
Polish Upgrade – Long Lasting Gel	AED 31

Polish Change Only – Classic	AED 52
Polish Change Only – Long Lasting Gel	AED 80

Polish Removal Normal Gel *	AED 42
Polish Repair – Gel (per nail)	AED 21

Little Princess

Hands / Feet

AED 62 / AED 62

A specially crafted & affordably priced manicure or pedicure experience just for kids aged 12 and under.

Quick Fix

Hands / Feet

AED 73 / AED 73

Get a quick fix! Great for those on-the-go, or as a touch-up in between regularly scheduled service. Enjoy a quick file, buff, and shine.

Callus Peel

AED 94

This callus peel treatment is the perfect solution for removal of calluses and treating dry and cracked heels. Get rid of dead skin and unwanted calluses, helping to restore your feet to their natural beauty.

Men's Executive Manicure

AED 104

Well-groomed and healthy-looking nails say a lot about a man. Not only will you look and feel your best, but you also get to relax and re-energize with our deeply nourishing shea butter that promotes healthy nails. Includes a complete nail treatment - clean, cut, buff and shine.

Men's Executive Pedicure

AED 114

Improve foot health and relieve stress with our executive pedicure. Bask in our ultra-hydrating shea butter quench that is customized to an aroma of your choice. This moisturizing pedicure offers a sea salt foot soak followed by a hydrating exfoliation and a relaxing massage. The treatment concludes with a masking of the foot and a lower leg scrub using our warm shea butter quench.

Wellness Manicure / Pedicure

Hands / Feet

AED 416 / AED 416

This ultra-hydrating and relaxing service begins with a soak using organic shea butter and fruit extract wash, followed by a smoothing and hydrating organic shea butter scrub. Relax as hands or feet are massaged with organic shea butter and vitamin E cashmere oil, followed with age-defying, firming and moisturizing quench mask. Includes a complete nail treatment - clean, cut, buff and shine. This luxe experience culminates with warm paraffin to seal in the moisture.

NAIL CARE ADD ON

Revitalizing Paraffin Treatment	30 minutes	AED 166
Hydrating Hand & Arm Scrub		AED 62

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SPA ETIQUETTE

RESERVATIONS

Advanced booking prior to your intended treatment time is essential. Please call or visit CHI, The Spa (direct line: 025098904 or local 8904) should you wish to discuss your personalized treatment.

MINIMUM AGE

To maintain a peaceful environment, the minimum age for a treatment is 18 years. For children 12 -17 years, a signed parental consent form is required.

ARRIVING ON TIME

Upon your arrival at CHI, The Spa you will be given a health consultation. Please advise your therapist if you are pregnant or experiencing any health issues. To make most of your spa experience, please arrive at least 30 minutes before your appointment.

LATE ARRIVALS

In the event that you are running late, we will endeavor to conduct your full treatment. However, please note that your treatment may need to be shortened with no reduction in price, should there be an individual booked immediately after.

CANCELLATIONS

In consideration of other spa guests, as your treatment requires that facilities be reserved, we request a minimum 12 hours' notice if you are unable to keep your appointment. No-shows or appointment cancelled within 12 hours will incur a 100 percent cancellation charge.

MOBILE PHONES AND ELECTRONIC DEVICES

For your optimum relaxation and comfort of other spa guests, please ensure your electronic devices are switched off upon entry to the spa.

WHAT TO WEAR

Spa robes and slippers will be provided, and comfortable underwear is provided in your treatment suite.

PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary. For men, we recommend shaving at least 4 hours prior to having a facial for a maximum comfort and benefit to the skin.

PRIVACY

Your privacy will be always protected. Your therapist will leave you to change in private and throughout the treatment you will be draped with towels, covering all parts of the body.

GRATUITIES

Additional gratuities for exceptional service may be added to your bill upon check-out.

YOUR COMFORT – DO LET US KNOW

Although we do our best to anticipate your needs, we appreciate that a spa is a very individual experience. Please let your therapist know if there is any way that she can improve your treatment or comfort level.

OPERATING HOURS: 10 AM – 12 MIDNIGHT