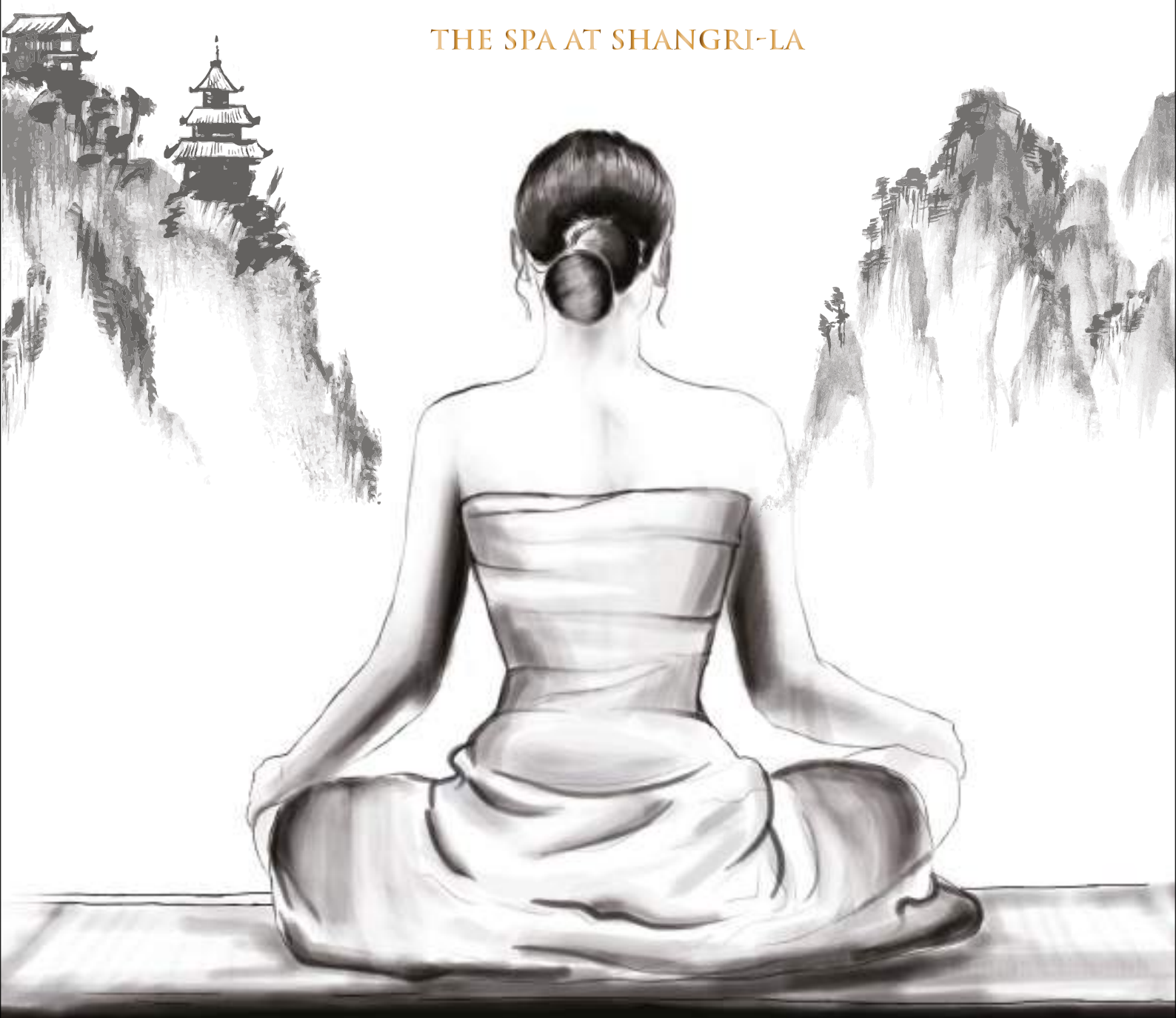




Chi

THE SPA AT SHANGRI-LA



Call +91 80 4512 6385 | Whatsapp +91 97420 26100 | Email chi.slbl@shangri-la.com
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 6800 (Mon - Thu) | INR 7000 (Fri - Sun)

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 5000/6800/7800 (Mon - Thu) | INR 5200/7000/8000 (Fri - Sun)

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 5000/6800/7800 (Mon - Thu)

INR 5200/7000/8000 (Fri - Sun)



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 3900/4800/5000 (Mon - Thu) | INR 4100/5000/5200 (Fri - Sun)

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 3900/4800/5000 (Mon - Thu)

INR 4100/5000/5200 (Fri - Sun)



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 5400 (Mon - Thu) | INR 5600 (Fri - Sun)

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 5400 (Mon - Thu) | INR 5600 (Fri - Sun)

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 5400 (Mon - Thu) | INR 5600 (Fri - Sun)

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 6900/8000 (Mon - Thu) | INR 7100/8200 (Fri - Sun)

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 6900/8000 (Mon - Thu) | INR 7100/8200 (Fri - Sun)

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 5800/6800 (Mon - Thu) | INR 6000/7000 (Fri - Sun)



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 5100/6700 (Mon - Thu) | INR 5300/6900 (Fri - Sun)

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 6800/7800 (Mon - Thu) | INR 7000/8000 (Fri - Sun)

*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.



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 10800 (Mon to Thu) | INR 11000 (Fri to Sun)

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 3900/4800/5000 (Mon-Thu) | INR 4100/5000/5200 (Fri-Sun)



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 1200 plus taxes

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 2200 plus taxes

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 1200 plus taxes

CAVIAR & COLLAGEN FACIAL SHEET MASK

Reduce the appearance of wrinkles, tighten-up skin, and replenish moisture with this mask rich in collagen and vitamin E.

Also available are Vitamin C and Hyaluronic acid masks.

INR 1200 plus taxes



Taxes as applicable

CRYSTAL ANTI-WRINKLE GEL EYE MASK

Rich in essential amino acids and vitamins, this mask provides immediate and noticeable results. Brightening and detoxifying eye masks are also available.

INR 900 plus taxes

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 900 plus taxes

THERMAL BALM

A perfect combination of herbs to relieve pain, applied onto the affected area, it soothes with a cooling and refreshing feel.

INR 900 plus taxes

*Not available for facials

Taxes as applicable



FACIALS

Anti-ageing Facial

This facial helps to slow down the signs of premature ageing and reducing the appearance of fine lines. Specialized lifting massage techniques coupled with the unique precious ingredients with 24K Gold and minerals loaded with anti-oxidants uplifts and revitalizes the skin. Recommended for all skin types.

Pressure: Light to medium

60/80 minutes

INR 7200/7400 (Mon - Thu) | INR 7400/7600 (Fri-Sun)

Men's Special

A deep skin cleansing treatment, this purifying facial decongests the skin by unclogging the pores rapidly accelerating skin repair and neutralizing impurities. Fast-acting and targeted botanical ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and clean.

Pressure: Light to medium

60/80 minutes

INR 5800/6600 (Mon - Thu) | INR 6000/ 6800 (Fri-Sun)

Radiance Facial

A purifying treatment customized to restore the balance of the skin. This unique emulsion removes blemishes and pigmentation by combining the potent properties of age-old Ayurveda herbs and flowers, pure Ghee, sweet almond and coconut oils, and Kokum butter. The base of pure Ghee is aged to extract more benefits instantly brightening the skin.

Pressure: Light to medium

60/80 minutes

INR 5800/ 6600 (Mon - Thu) | INR 6000/ 6800 (Fri-Sun)

Deep Cleansing Facial

Designed especially for combination and oily skin, this calming and restorative skin treatment includes a combination of antioxidant herbs, root extract and pure rose flower infusion to rebalance and restore skin's vitality. Cleansing almond paste, pistachio, honey, and fresh flower infused mists and lotions create a cleansing facial experience.

Pressure: Light to medium

60/80 minutes

INR 5800/6600 (Mon - Thu) | INR 6000/6800 (Fri-Sun)



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 13400 (Mon - Thu) | INR 13600 (Fri-Sun)

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 13400 (Mon-Thu) | INR 13600 (Fri- Sun)

HOLISTIC

Yoga Nidra

Transcend to switch off the mind’s mental chatter for deep healing and peace with this personalised meditation session. This guided meditation is conducted after a thorough understanding of your needs and requirement. Expect to feel relaxed, refreshed and recharged after an hour-long Yoga Nidra session with our specialist.

60 minutes

INR 3000



“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