Chi

THE SPA AT SHANGRI-LA

Colombo

HELPFUL TIPS
UPLIFT YOUR WELL BEING

RESERVATIONS

Please email us at chi.slcb@shangri-la.com, call us at (94 11) 788 7154, or visit Chi The Spa if you wish to book or discuss a reservation.

MINIMUM AGE

The spa is an adults-only facility. To maintain a peaceful environment, children under 16 years are not permitted in the spa without parental consent. Children aged 12 years and older may undergo a spa treatment if they have signed parental consent form. Please speak with our spa coordinator for further information.

CANCELLATIONS AND LATE ARRIVALS

In consideration of other spa guests, we request that notice be given at least 4 hours in advance if you are unable to keep your appointment. Please call our staff, who will be happy to help you reschedule. No-show or appointments cancelled within 4 hours of the scheduled treatment time will incur a cancellation fee equal to 50% of the scheduled treatment. However, please note that should there be another booking immediately after yours, your treatment may need to be shortened with no reduction in price.

WHAT TO WEAR

There is no need to bring or wear any special clothing. Spa wear will be provided in your treatment villa. Facial gowns are provided for facials. For your comfort, disposable underwear is available for all body treatments and massages. Please do not bring valuables to the spa. The hotel and spa are not responsible for lost or missing items.

CELL PHONES AND DEVICES

For the comfort of other spa guests, please ensure your electronic devices are switched off upon entering Chi, The Spa.

ARRIVAL TIME

To get the most from your spa experience, please arrive at least 10 minutes before your appointment.

PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary. For men, we recommend shaving no less than two hours prior to having a facial for maximum comfort and benefit to the skin. Other treatments require no preparation.

YOUR PRIVACY

Your personal privacy will be protected at all times during your treatment. Your therapist will ensure that you are professionally draped, covering all parts of the body not being treated. Ladies will be given option of including the bust area in all body treatments.

MEETING YOUR NEEDS

Your personal privacy will be protected at all times during your treatment. Your therapist will ensure that you are professionally draped, covering all parts of the body not being treated. Ladies will be given the option of including the bust area in all body treatments.

YOUR COMFORT IS OUR PRIORITY

Although we do our best to anticipate your needs, we appreciate that spa treatments are an individual experience. Please let your therapist know if there is any way that they can improve your treatment or comfort – for example, heavier or lighter massage pressure, an extra towel or adjusting sound or lighting levels. We recommend you to shower before coming for your treatment so as not to lose treatment time. We appreciate your feedback and encourage you to fill in a guest questionnaire following your treatment. Enjoy your experience at The Spa at Shangri-La.

MASSAGES

All our massages are performed at the highest quality. A premium ingredient massage oil that hydrates, soothes, relaxes, rejuvenate, and calms the mind and body. All massage oil is formulated by Aromatherapy experts to provide efficacy with 100% natural ingredients and are available in unscented or mildly scented options.

Complimentary foot baths are available for all massages when requested. Please be aware that the foot bath will be part of your total treatment time.

RELAXING AROMATHERAPY MASSAGE **LKR 23,500 / LKR 28,900 | 60/90 Minutes**

This massage combines elements of Swedish massage techniques to reduce tension, soothe sore muscles and improve blood circulation. The aromatic essential oil blend used in this massage is good for everyone. Perfect for first-time spa lovers.

Pressure: Light - Medium

DEEP TISSUE MASSAGE **LKR 24,200 / LKR 29,600 | 60/90 Minutes**

Our most popular therapeutic massage uses deep tissue techniques and gentle stretching to work the deep layers of your body to release muscle tension. It is ideal for active people and those who receive regular massages.

Pressure: Firm

ASIAN BLEND MASSAGE **LKR 23,500 / LKR 28,900 | 60/90 Minutes**

With our skilled therapists, enjoy a journey to Asia with this massage that combines traditional Asian techniques including Thai Acupressure, Balinese and Malaysian massage, Chinese energy flow and more to restore and balance energy throughout the body.

PERSONALIZED MASSAGE **LKR 24,200 / LKR 29,600 | 60/90 Minutes**

This massage is customized to your individual needs. After a brief pre-consultation with your therapist, the best massage techniques will be used during the massage.

Pressure: Light – Medium – Firm

HEALING HOT STONE MASSAGE **LKR 30,200 | 90 Minutes**

Feel your tension melt away with specially selected heated river stones. Muscle soreness is relieved, and knots are relieved when working along the cord.

Pressure: Medium

SOOTHING FOOT MASSAGE **LKR 13,400 / LKR 20,800 | 30/45 Minutes**

Enjoy a soothing foot massage designed to treat swollen legs and eliminate excess fluids.

Pressure: Light – Medium

STRESS-RELIEVING NECK AND BACK MASSAGE **LKR 13,400 / LKR 20,800 | 30/45 Minutes**

This massage uses Swedish massage techniques to help relieve knots and tension from the neck and shoulder areas.

HEAD, NECK & SHOULDER MASSAGE **LKR 13,400 / LKR 20,800 | 30/45 Minutes**

Relieve built-up tension and stress with a soothing massage focused on the head, neck, and shoulders, helping to ease muscle stiffness and promote deep relaxation.

REBALANCE. RECONNECT. RENEW **LKR 24,200 / LKR 29,600 | 60/90 Minutes**

Rooted in Ayurvedic wisdom, Abhyanga is a soothing full-body massagethat restores balance, boosts immunity, improves sleep and rejuvenates skin.

MASSAGES FOR TWO

Make time to reconnect with a loved one, best friend or family member with massages, set within one of our suites for two. Two therapists work in unison to provide an unforgettable experience. ***Both massages must be identical in duration.**

WELLNESS JOURNEYS

THE TRAVELER'S RECOVERY **LKR 35,600 | 90 Minutes**

This rebalancing treatment combats jet lag by using deep tissue massage techniques to restore blood circulation, release muscle tension and reset the body's internal clock.

Includes: 60 min Deep Tissue Massage, 30 min Soothing Foot Massage

SRI LANKAN HAVEN **LKR 40,300 | 120 Minutes**

Indulge your senses and recharge your body on a Sri Lankan-inspired journey. Begin with a 'Tutti Frutti' aromatic body scrub, followed by a hydrating body wrap to leave your skin revitalized and nourished. The ritual ends with a body massage of your choice to enhance your energy flow and overall wellbeing.

Includes: 30 min Tutti Frutti Aromatic Scrub, 30 min Organic Hydrating Aloe Wrap, 60 min Body Massage of your choice (Relaxing Aromatherapy, Asian Blend Massage or Deep Tissue Massage).

SHANGRI-LA WELLNESS JOURNEY **LKR 56,400 | 120 Minutes**

Shangri-La Wellness Journey brings you our best-loved in hospitality and well-being. Begin the journey with a 60-minute body massage of your choice and conclude with a 60-minute facial massage to leave you a total complete sense of beauty.

Includes: 60-minute body massage of your choice (Relaxing Aromatherapy, Asian Blend or Deep-Tissue Massage) and 60-minute facial.

ENHANCEMENTS

Enhance the quality of your treatment. Select one or as many as you like. No extra time is required, and the results are effective and immediate.

HOT OIL HAIR AND SCALP TREATMENT **LKR 6,700**

Virgin Coconut Oil is nutrient rich, moisturizing and designed to promote balance and healing of the hair and scalp. This deeply moisturizing, multi-purpose oil is also especially recommended for damaged and frizzy hair. Virgin Coconut Oil is naturally rich in antioxidants and contains anti-microbial properties to help keep your hair and scalp clean and refreshed, leaving your hair hydrated, soft and shiny. Leave overnight to rehydrate.

ORGANIC MOISTURIZING MASSAGE BOOSTER **LKR 6,700**

The addition of premium organic natural botanical hydrators transforms your massage into a nourishing treatment, meaning you won't find any lurking artificial ingredients, fillers, fragrances, or unnatural preservatives. Combats dry skin and adds extra radiance to your skin.
*Not applicable for facial treatments

COLLAGEN FACE SHEET MASK **LKR 6,700**

A collagen mask rich in essential amino acids and vitamins will provide you with immediate results for a radiant complexion.

HYDRATING AGE-DEFYING HAND OR FOOT TREATMENTS **LKR 6,700**

Soften, hydrate, and return youth to your hands or feet with premium moisturising cream with actives Aloe vera and Glycerine. Priced per pair of hands or feet.

RECOVER TOUCH FACIAL MASSAGE **LKR 6,700**

This treatment uses a series of delicate but intense techniques which have the effect of relaxing the facial muscles and instilling a beneficial sensation of relaxation and rediscovered serenity.

BODY TREATMENTS

SCRUBS — LKR 22,200 | 60 minutes

ORGANIC HIMALAYAN SALT SCRUB

Treat yourself to a spa-like retreat with our Himalayan Pink Salt and Rose Geranium Body Scrub. Natural Himalayan Pink Salt sloughs away dead cells and gently exfoliates for a radiant complexion. The delicate and captivating aroma of Rose Geranium Essential Oil turns your shower into a fragrant haven. Rich in minerals, this scrub revitalizes while soothing oils nourish, leaving your skin irresistibly soft.

TUTTI-FRUTTI AROMATIC SCRUB

A deep cleansing and exfoliating treatment that uses the healing properties of apricot to remove dead skin cells and impurities to detoxify and rejuvenate the body. This scrub stimulates natural circulation, improves health, relieves stress, and promotes deep relaxation.

WRAPS — LKR 22,200 | 60 minutes

ORGANIC HYDRATING ALOE WRAP

With the restorative and moisturizing properties of Aloe Vera, this richly scented wrap is great for dehydrated and traumatized skin from severe sun damage and environmental stress. Hyperpigmented, aging or wrinkle-prone skin types also benefit from this gentle, vitamin-rich treatment.

YOUTH INTENSIVE WRAP

Infused with Moringa extract for superior detoxifying and rejuvenating properties, this breakthrough body wrap also contains collagen and hyaluronic acid to leave skin firmer, deeply hydrated, revitalized and radiant. With a high-quality, 100% absorbable formula, this body wrap is an excellent solution to prevent dry skin and keep it youthful and radiant. Recommended for all skin types, especially mature skin with cellulite aging.

SCRUB AND WRAP COMBINATION — LKR 36,300 | 90 minutes

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.

FACIALS

Our facials are all performed using results-driven, renowned skincare by Sothy's for bringing advanced skin care and expertise to you exclusively. Please note that no extractions are performed in any of our facials.

EXPRESS REFRESHER FACIAL — **LKR 23,500 | 30 minutes**

A quick facial to wake your skin to a glowing look for when you are short on time. Includes cleansing, exfoliation, mask and finishing cream.

AROMATIC PURIFYING FACIAL — **LKR 40,300 | 60 minutes**

A delightful aromatic blend of pure essential oils makes this facial unforgettable. This experience includes cleansing, gentle exfoliation, an aromatic massage, and the ideal mask best suited for your skin type. Suitable for all skin types.

GENTLEMAN'S FACIAL — **LKR 40,300 | 60 minutes**

Specifically designed for men, this facial helps improve skin texture, tone and focuses on area of deep-seated tension.

DE-AGING FACIAL — **LKR 40,300 | 60 minutes**

Anti-aging Intensive Treatment uses the p3 tri-complex of Saffron, Sophora and Peptides for youthful skin. Exfoliating, stimulating massage and double dermo-filling mask leaves the skin feeling fresh, plump and youthful.

Prices are inclusive of 10% service charge and prevailing government taxes.

OPEN DAILY FROM 10AM TO 10PM

TO SECURE YOUR BOOKING, KINDLY SCAN THE PROVIDED QR CODE.