



Chi

THE SPA AT SHANGRI-LA

Dubai



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CHI, The Spa draws inspiration from the legendary Shangri-La – a place of personal peace, enchantment and well-being.

Massages and treatments are based on authentic natural healing methods found in traditional well-being practices shared by many Asian cultures. Your treatment can be customised according to your personal health and wellness goals.



A photograph of a bed with white linens and a wooden headboard, with the text "YOUR SANCTUARY" overlaid in the center. The background is a bright window with a view of a building.

**YOUR
SANCTUARY**



JOURNEYS

Step into an oasis of pure relaxation at Chi, The Spa as we take you to experience treatments curated to rejuvenate all your senses.

ARABIAN RITUAL **120 MIN - AED 850**

An Arabian-inspired spa journey that begins with a full body Arabica coffee exfoliation followed by an indulgent rose infused Rassoul clay wrap. The experience ends with an aromatherapy massage ideal for relaxing the body and mind yet awakening all the senses.

Includes: 30-minute Arabica coffee scrub, 30-minute Rose-Rassoul clay wrap and 60-minute relaxing aromatherapy massage.

TRAVELLERS' RETREAT **90 MIN - AED 700**

This treatment is the perfect escape after a long journey. Restore beauty, harmony and inner stillness with a combination of a full body aromatherapy massage and a refresher facial. Leave feeling intensely hydrated and completely rested.

Includes: 60-minute aromatherapy massage and 30 -minute refresher facial.

All prices are inclusive of 7% Municipality Fees and 5% VAT.



BODY THERAPIES

MARGY'S MONTE CARLO - DETOX & ANTI-AGING BODY WRAP **60 MIN - AED 550**

An anti-aging body treatment to firm the contours of the body. Formulated with marine collagen, it allows cellular renewal which tones and tightens your skin. It incorporates the best active ingredients to restore the skins elasticity.

Includes:

- Detox & Anti-Aging body wrap (40 min)
- Anti-Aging body massage (20 min)

MARGY'S MONTE CARLO - DETOX & ANTI-CELLULITE BODY WRAP **60 MIN - AED 550**

A detoxing and innovative formula, stimulates the circulation, helps eliminate fatty tissue deposits and reduces the "orange-peel skin" effect. Helps eliminate fluid retention, improving skin tone and reducing the appearance of cellulite.

Includes:

- Detox & Anti-Cellulite body wrap (40 min)
- Anti-Cellulite body massage (20 min)

DEEP SLEEP RENEWAL **75 MIN - AED 550**

Relieve stress and fatigue while gently stimulating the body's circulation with a two-step body buffing & exfoliation. Continue with a mineral rich, magnesium mud wrap infused with an aroma therapeutic super-blend of lavender and chamomile to calm the mind, decrease muscular tension and enhance sleep quality.

All prices are inclusive of 7% Municipality Fees and 5% VAT.



BESPOKE FACIALS BY MARGY'S

MARGY'S MONTE CARLO - HAUTE-COUTURE FACIAL **90 MIN - AED 900**

A true rejuvenation for all skin types and constitutes a wonderful moment of relaxation. Thanks to pure and valuable active ingredients and the beneficial effects of collagen, this facial will leave the skin radiant, firm, plumped and rehydrated with highly active face masks featuring Pure Collagen, Hyaluron Collagen, Vitamin C Collagen or Botolift Collagen. Wrinkles will be smoothed and you will benefit from instant and lasting results.

MARGY'S MONTE CARLO - FIRMING COLLAGEN FACIAL **60 MIN - AED 700**

Exceptionally pure, active ingredients are used to transform the appearance of the skin, revealing brightness, suppleness and stimulate lax muscles on cheeks, cheekbones and oval of the face. The texture of the skin is smooth, the complexion unified and minimize fine lines and wrinkles.

MARGY'S MONTE CARLO - BRIGHTNESS REVEALING FACIAL **60 MIN - AED 650**

This anti-aging treatment treats the skin while deeply nourishing and replenishing all layers. Redefining radiance and facial contouring, it delivers instant results and cumulative skincare benefits. Ideal for any skin type showing signs of aging. The skin will appear ultra-luminous, firmer and tighter.

EXTRACTIONS **30 MIN - AED 100**

All prices are inclusive of 7% Municipality Fees and 5% VAT.

A photograph of a man lying on his side, receiving a massage. The man has dark hair and is shirtless. A person's hands are visible, one resting on his shoulder and another on his back. To the right of the man, there are several items: a black lid, a small orange bowl with a red substance inside, and a large wooden tray containing various dried herbs and spices. The background is a textured, light-colored wall.

HOMMAGE

FACIALS

HOMMAGE QUICK FIX ' FACIAL 30 MIN | 280 AED

Facial for time deprived skin! Cleansing, exfoliation and pressure point massage with a nourishing moisturizer.

HOMMAGE REFINING FACIAL 60 MIN | 450 AED

Double deep cleanse, exfoliation and mask with steaming and light extractions for skin needing that little bit of extra attention.

HOMMAGE AGE-DEFYING FACIAL 90 MIN | 550 AED

Diminish fine lines and signs of fatigue. Skin energizing antioxidant and stem cell products will nourish skin, improve moisture balance, restore elasticity and leave skin looking rested and refreshed. With a Lifting facial massage, added pressure point massage to release tension and a focused soothing eye massage.

BODY

MUSCLE-EASE BODY MASSAGE 60 MIN | 480 AED

Relieve discomfort and unwind the mind & body with an indulgent full-body massage. Designed to release tension, promote flexibility, and cultivate a sense of overall well-being, by addressing both physical and mental stressors. Optional Cryotherapy for ultimate muscle recovery.

SIGNATURE

REJUVENATING SIGNATURE TREATMENT 90 MIN | 595 AED

Experience a complete rejuvenating massage. Commencing in a back cleansing ritual with a complete Cryo tension release, fusing the elements of 'fire and ice'. Culminating in a revitalizing facial cleanse and total restoration.

All prices are inclusive of 7% Municipality Fees and 5% VAT.



FACIALS

TEAMI REPAIR FACIAL 60 MINUTES | 350 AED

Teami Repair Facial is infused with chamomile tea, jojoba oil and Sea Buckthorn to provide the ultimate antioxidant and skin renewal. The ingredients from this facial seamlessly absorb into the deeper layers of your skin, leaving it soft, nourished and healthy-looking! This facial is formulated for all skin types, especially those with dark spots and sun-damaged skin.

TEAMI SOOTHE FACIAL 60 MINUTES | 350 AED

Teami Soothe Facial is infused with lavender, sage and blue tansy oil that provides a calming sensation to sensitive skin. Perfect for all skin types, this facial soothes redness and helps to calm, nourish and comfort the most sensitive and delicate skin!

TEAMI GLOW FACIAL 90 MINUTES | 450 AED

Teami Glow Facial is a deep cleansing facial, infused with rose petals, cinnamon bark and jojoba oil that provides skin with a dewy hydration and natural glow, combined with the Konjac Sponge which unclogs pores leaving the skin soft and smooth.

This facial works into the deeper layers of your skin to purify, leaving it soft, nourished and radiant! This is perfect for all skin types needing that extra hydration and luminosity.





FACE & BODY
PERFECTORS





MASSAGES

SIGNATURE ASIAN BLEND MASSAGE SIGNATURE TREATMENT

Our Signature Asian Blend Massage combines traditional Asian techniques, including Thai pressure point, Balinese, and Malaysian strokes, Chinese energy flow and more, restoring and balancing your energy throughout the entire body.

Recommended for easing jet lag and insomnia.



MASSAGES

SIGNATURE ASIAN BLEND | 60 | 90 MIN - AED 480 | 600

Experience holistic harmony with our signature massage facilitating the renewal of body balance by combining traditional Asian techniques, including Thai pressure points, Balinese & Malaysian strokes & Chinese energy flow.

RELAXING AROMA | 60 | 90 MIN - AED 480 | 600

Relax and recover with a light to medium pressure massage to gently guide you to deep relaxation and improve overall wellness for both body and mind.

DEEP TISSUE SPORTS | 60 | 90 MIN - AED 520 | 650

Let us personalise and target your tense areas with this intensive deep tissue massage. Designed to soothe tired and aching muscles, ease knots, increase flexibility and relieve any tension.

HEATED SALT STONE | 90 MIN - AED700

A deeply relaxing treatment with innovative healing techniques using warm Himalayan salt crystal stones to ground and balance the body. The heat of the stones eases the muscles, enabling the massage therapist to access deeper layers of the muscles and intensifying the effectiveness of the massage.

TRADITIONAL THAI MASSAGE | 60 | 90 MIN – AED 590 | 720

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

MOM-TO-BE MASSAGE | 90 MIN - AED 660

For women in their second or third trimester, this gentle relief massage enhances comfort, reduces swelling and improves circulation. This massage is performed on your side, using pillows for support.

PAIN & STRESS RELIEF MASSAGE 60/90 MINUTES | 520 AED/650 AED

Using bamboo sticks to penetrate deeper into the underlying tissue to trigger tension points. It helps to relieve stress and increases levels of energy after deep relaxation.

All prices are inclusive of 7% Municipality Fees and 5% VAT.



ON-THE-GO

SOOTHING FOOT MASSAGE

30 MIN - AED 280

Deeply relaxing massage that stimulates specific reflex points on the feet.

REFRESHER FACIAL

30 MIN - AED 280

On the go facial rehydration. The skin is cleansed and exfoliated with uplifting massage techniques.

NECK, BACK & SHOULDER MASSAGE

30 | 45 MIN - AED 280 | 380

Perfect reviver to alleviate muscular tension and ideal treatment for those who are short on time.

BRIGHTENING BODY POLISH

30 MIN – AED 250

Full body exfoliation to eliminate impurities and improve tone of skin.

All prices are inclusive of 7% Municipality Fees and 5% VAT.

A woman with her eyes closed and a serene expression is seated in a spa. She is wearing a plush, light purple bathrobe. A person's hands are visible, gently massaging her hair. The background is softly blurred, showing a spa environment with a wicker basket containing towels and a lamp. The overall atmosphere is calm and relaxing.

ENHANCEMENTS

SELF-WARMING HAND & CUTICLE MASK

AED 130

This coconut-infused formula features an intensely moisturizing blend of nourishing macadamia oil. Softening chapped hands and cuticles.

POSHPEEL FOR FEET

15 MIN - AED 130

Advanced AHA + BHA works together deeply to exfoliate and soften the surface—speeding up cell turnover and encouraging dead skin to slough off.

HYPERVOLT MUSCLE RECOVERY

15 MIN - AED 50

Enjoy this contactless spin on a traditional sports massage – for those in need of increased range of motion and improved tissue condition.

NOURISHING HAIR TREATMENT

AED 50

Restore a remarkable shine to your hair and enhance your natural texture with a scalp massage infused with organic flower essences.

ALL EYES ON YOU

15 MIN - AED 130

An eye treatment designed to assist with puffiness and tired skin around the under eye area using a rose quartz soother set and a choice of rejuvenating, restoring, and illuminating eye gels.

***Take home eye pack**

All prices are inclusive of 7% Municipality Fees and 5% VAT.



ESSENTIAL INFORMATION

ARRIVAL INFORMATION

Kindly arrive 30 minutes prior to your appointment to fully enjoy the facilities and to shower before any spa service. Your appointment will begin promptly at the time scheduled if you arrive late, your appointment will be shortened.

YOUR COMFORT

Although we try to anticipate your needs, we appreciate that a visit to 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 - for example, heavier or lighter massage pressure, an extra towel, adjusting the sound or lighting levels.

CANCELLATION POLICY

You may opt out of your appointment at any time - however, cancellation charges may apply. Cancellations and changes to scheduled treatments are accepted up to 6 hours prior to an appointment. No-shows or appointments cancelled within 6 hours will incur 100% cancellation fee.

RETAIL PRODUCTS

For inquiries or to purchase our products, please contact our team at the reception. Our staff will be pleased to assist you with your selection and provide any additional information required.



RETAIL PRODUCTS

HOMMAGE

The ultimate luxury skincare solution for today's modern man. Our range of timeless and intuitive products are formulated with top shelf ingredients, forming a fuss-free routine that fits into your lifestyle seamlessly. With deep pharmaceutical roots in Japan, HOMMAGE has grown to become a brand for men who know that diligent research, exploration and fine-tuning bring convincing results. Over the last 10 years, the brand has created a simple, yet effective set of solutions based on extensive scientific research and results.

MARGY'S

Founder and creator of Margy's Monte Carlo, Margie Lombard is a world-renowned Swiss beauty expert with more than 30 years' experience in skincare. Using unique, biomimetic formulas that contain the components of the skin, her skincare products replenish and strengthen the skin, calm inflammation and visibly reverse the results of aging. The luxurious skincare range combined with her advanced therapy techniques deliver enviable results that truly help slow the process of time.

TEAMI

Teami Blends is a wellness brand offering a range of high-quality teas, skincare, and wellness products designed to promote a healthy lifestyle. Committed to natural ingredients and effective formulas, Teami Blends helps customers achieve their health and beauty goals through detoxifying teas, plant-based skincare, and sustainable solutions. Whether boosting energy, promoting relaxation, or enhancing skincare routines, Teami Blends empowers individuals to live healthier, more vibrant lives.

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CHI, THE SPA DUBAI IS OPEN DAILY FROM

9:00 AM TO 12:00 AM

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