



Chi

THE SPA AT SHANGRI-LA  
*Dubai*



# JOURNEYS

## 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.

# BODY THERAPIES

## IMMUNITY BOOSTER 90 MIN - AED 650

Strengthen your body with this targeted treatment designed to increase and improve the general functions of the body & boost energy levels. This treatment features full body dry-brushing with a natural bristle body brush to promote lymphatic cleansing followed by a 60 minute Signature Asian Massage as well as acupressure on specific points to support the immune system.

\*Includes: Immune-boosting energy shot

## PROBIOTIC POWER TREATMENT 75 MIN - AED 550

Buff the skin to perfection with a deeply re-energizing body polish which exfoliates the skin and leads to regeneration and renewal of skin cells.

Complete this treatment with an age-defying wrap infused with a boost of probiotics which leaves the skin nourished and glowing.

\*Includes: soothing scalp massage

## 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.

\*Includes: soothing scalp massage

## ARABICA COFFEE BODY POLISH 30 MIN - AED 250

A full body coffee exfoliation formulated from only the finest Arabica coffee beans to eliminate impurities & improve the appearance and tone of skin.

# BODY THERAPIES BY MARGY'S MONTE CARLO

## ANTI-CELLULITE MASSAGE

60 MIN - AED 450

Our slimming massage will contribute to eliminate fat using deep draining movements to stimulate blood circulation and improve the skin texture and tone.

## 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.

### Detox & Anti-Aging body wrap (40 min)

Detoxifying, intensely hydrating and regenerating to firm and tone the skin texture.

### Anti-Aging body massage (20 min)

Relaxing and drainage massage followed by some stretching techniques for a true well-being sensation.

## 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.

### Detox & Anti-Cellulite body wrap (40 min)

Detoxifying, stimulating and regenerating to tackle cellulite on the abdomen, thigh, hips and buttocks.

### Anti-Cellulite body massage (20 min)

Our slimming massage will contribute to eliminate fat using deep draining movements to stimulate blood circulation and improve the skin texture and tone.

# FACIALS BY 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.

## 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.

## 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.

# FACIALS

The Biologique Recherche products are formulated with high concentrations of active ingredients from natural or biotechnological compounds and are fragrance-free. Skin care is provided after a personal dermo-cosmetic diagnosis to identify your "Skin Instant" followed by a bespoke booster treatment.

## SOIN SÉBO-RÉÉQUILIBRANT 60 MIN - AED 600

A purifying treatment that is ideal for congested or acne-prone Skin Instants®. This detoxifying treatment accelerates the healing of skin imperfections leaving your skin deeply cleansed and re-energized.

\*For acne prone skin we recommend four sessions at one-week intervals, followed by one session once a month.

## SOIN LIFT C.V.S. 75 MIN - AED 700

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 and refine skin texture, tighten the pores and firm the skin giving you an immediate radiant complexion.

## GENTLEMAN'S FACIAL 60 min – AED 600

An energizing deep cleanse, leaving your complexion refreshed and hydrated.  
Includes: Cleanse & exfoliation, facial massage, mask and scalp massage.

## SOIN BIOSENSIBLE 75 MIN - AED 660

A treatment to stabilize particularly sensitive and fragile Skin Instants®. It has a soothing effect on the skin, strengthens and restructures the epidermis. This treatment is ideal to rebalance the skin post aesthetic procedures.

## SOIN LOTION MC 110 - AED 700 75 MIN - AED 700

A treatment for reducing wrinkles and fine lines, it is best for Skin Instants® with duller complexions. This treatment penetrates and revives deep layers of the skin, leaving it toned, plumped and positively glowing

\*We recommend three sessions at one-week intervals, followed by one session once a month.

# FACIAL ENHANCEMENTS

## 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

## FACIAL CUPPING AED 60

Non-invasive transformative therapy to make the contours of your face more pronounced and to tighten, smoothen, and brighten your skin.

## BIOVECTEUR MARIN MASK AED 120

This vivifying treatment mask is rich in marine oligo-elements, re-energizes the skin and re-sculpts the face.

## CRYO-STICKS AED 60

Ergonomically designed stainless steel cryo-sticks to reduce redness, soothes, tightens and firms the skin.

## EXTRACTIONS 30 MIN - AED 100

# 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.

## MOM-TO-BE MASSAGE 60/90 minutes - AED 540/660

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.

## MASSAGES FOR TWO 60/90 minutes - AED 960/1200

Take time to reconnect with a loved one, best friend or family member on side-by-side massage tables.

Two therapists work in unison to provide an unforgettable shared experience.

## 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 90 min – AED 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.



# BODY 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.

## SOFTENING HEEL AND FOOT MASK AED 130

An ultra-rich formula blended with deeply nourishing shea butter & coconut for maximum moisture. Emerge with healthier heels and the softest soles.

## HYPERVOLT MUSCLE RECOVERY 15 MIN - AED 80

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 60

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

## HERBAL LINIMENT AED 60

A stimulating, deep heating toner that helps relieve muscle aches. For optimum results, add this enhancement to your deep tissue massage.

# TREATMENTS ON-THE-GO

## 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.

### SOOTHING FOOT MASSAGE

30 MIN - AED 280

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

### LIFT & RESHAPE FACE CONTOURING

30 MIN - AED 280

Intensively firming & sculpting face massage techniques for those wishing for a more youthful complexion.

Combine two 30 minute treatments for AED 500

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OPEN DAILY FROM 9:00AM TO 12AM

CHI, THE SPA AT SHANGRI-LA HOTEL, DUBAI  
+971 4 405 2441 OR SPA.SLDB@SHANGRI-LA.COM

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#### 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.

#### 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.

