

Chi

THE SPA AT SHANGRI-LA

Dubai



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.



*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.



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 skin's 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.



Bespoke Facials

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.

BIOLOGIQUE RECHERCHE SOIN LIFT C.V.S.

75 MIN - AED 700

An exfoliating treatment combined with skilful 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.

BIOLOGIQUE RECHERCHE SOIN LOTION MC 110

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.

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.

Bespoke Facials

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.

BIOLOGIQUE RECHERCHE - 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.

BIOLOGIQUE RECHERCHE - SOIN SÉBO-RÉÉQUILIBRANT 60 MIN - AED 600

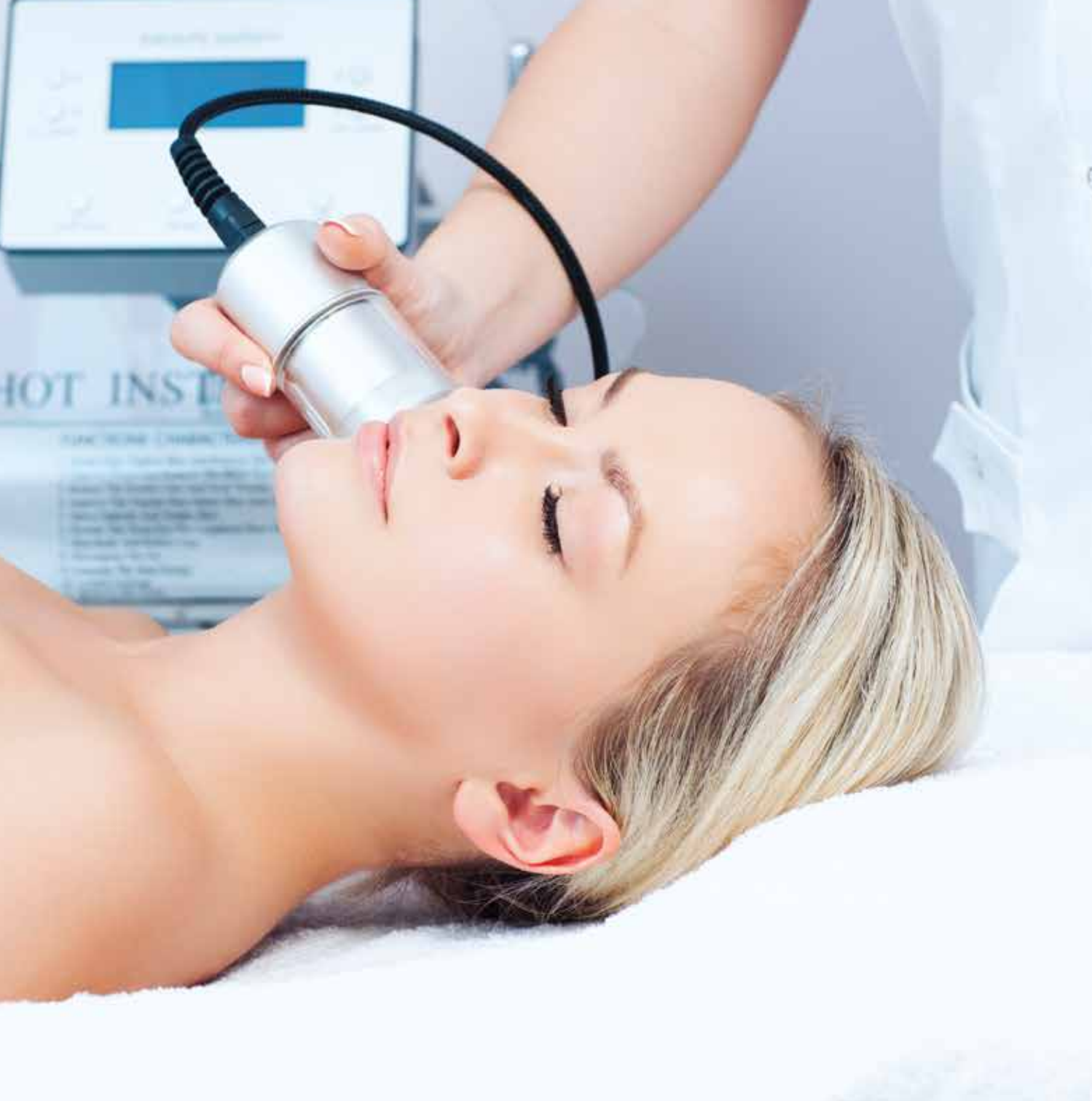
A purifying treatment that is ideal for congested or acne-prone Skin Instants ©. This detoxifying treatment accelerates the healing of skin imperfections leaving your skin deeply cleansed and re-energized.

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

*Suitable for Gents

EXTRACTIONS 30 MIN - AED 100





*Face & Body
Perfectors*

Have you tried Cryo?

Cryo T-Shock Treatment is the most innovative and versatile anti-aging device on the market to eliminate localized fat, reduce cellulite, as well as tone and tighten the skin. It uses state-of-the-art thermography and cryotherapy (thermal shock) to reshape the body. These type of treatments destroy fat cells and increase skin collagen production during each session due to a thermal shock response caused by hot & cold temperatures.

For facials, the T-Shock offer precise treatments to smooth out wrinkles and blemishes to create a tighter skin appearance immediately after treatment.

CRYO T-SHOCK FACE LIFT

A superior anti-aging facial experience. An innovative, non-invasive 30-minute cold therapy facial that helps smooth facial lines, reduce aging wrinkles and increase the production of natural collagen, resulting in a clearer, brighter and fresher skin.

Benefits:

- Reduces the appearance of wrinkles and fine lines
- Brighter and younger looking skin, widening of blood vessels
- Increase production of collagen
- Fuller, more youthful and beautiful rejuvenated skin
- Reduce or eliminate puffiness around the eyes, and pore size
- Reduces inflammation

1 SESSION: AED 690
3 SESSIONS: AED 1760
5 SESSIONS: AED 2760

* For best results we recommend five sessions at 3-5 day intervals. Perfect red carpet pre-event facial.

CRYO T-SHOCK BODY SCULPTING

A revolutionary non-surgical body contouring and toning system. This body treatment improves skin quality by smoothing and tightening loose skin, resulting in a more toned, redefined muscle appearance.

Benefits:

- 60-minute application (depending on the body part) utilizing the Cryo T-Shock device by Pagani.
- Applies both heat and cold temperatures to stimulate collagen and elastin production.
- Boost oxygen and blood flow in the tissue & skin.
- Tightens loose & crepey skin.
- Target neck/chin area to reduce double chin and tighten loose neck skin tissue.
- Sculpt & add more definition to muscles.
- Recommended frequency is 2x/week.
- Optimal results are seen with 5 sessions or more.

1 SESSION: AED 950 / 2 AREAS, 120MIN: AED 1300
3 SESSIONS: AED 2425
5 SESSIONS: AED 3800

*Areas that can be treated: neck, arms, stomach, back, glutes and legs.

CRYO T-SHOCK SCULPT AND GLOW

An 80-minute treatment combining body shaping and toning with an anti-aging facial.

1 SESSION: AED 1150

A close-up photograph of a woman lying on her back, eyes closed, receiving a massage. Her head is resting on a white pillow. A person's hands are visible, one resting on her forehead and the other on her shoulder. The lighting is warm and soft, creating a relaxing atmosphere.

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.

MASSAGES FOR TWO

60 | 90 MIN - 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.



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.



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 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.

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

Good to Know

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.

CHI, The Spa Dubai is open daily from 9:00 am to 12:00 am
+971 4 405 2441 or spa.sldb@shangri-la.com



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