

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 Rs. 16,000 | 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.

SOOTHING SUN FACIAL Rs. 23,000 | 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 Rs. 24,000 | 60 minutes

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

DE-AGING FACIAL Rs. 32,000 | 90 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.

GOOD TO KNOW MAKE A DATE WITH YOUR WELL-BEING

RESERVATIONS

Advance booking is recommended. Please send an email, call, visit The Spa should you wish to book, or discuss a reservation.

MINIMUM AGE

The spa is an adult-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 TOTAL COMFORT IS OUR GOAL

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.

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Chi

AYURVEDIC SPA
Shangri-La Hambantota



WELLNESS JOURNEYS

THE TRAVELER'S RECOVERY Rs. 27,000 | 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

TROPICAL SPA JOURNEY Rs. 34,000 | 120 Minutes

Indulge your senses and recharge your body on a Sri Lankan-inspired journey. Begin with an Organic Himalayan Salt Scrub, followed by an Organic Hydrating Aloe 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 Organic Himalayan Salt Scrub, 30 min Organic Hydrating Aloe Wrap, 60 min Body Massage of your choice (Relaxing Aromatherapy, Asian Blend Massage or Deep Tissue Massage)

HAMBANTOTA WELLNESS JOURNEY Rs. 40,000 | 2 Hour 30 Minutes

Hambantota Wellness Retreat brings you our best-loved in hospitality and well-being. Begin the wellness retreat with a 90-minute body massage of your choice and conclude with a 60-minute facial massage to leave you a total complete sense of beauty.

Includes: 90-minute body massage of your choice (Relaxing Aromatherapy, Asian Blend or Deep-Tissue Massage) and 60-minute facial (Soothing Sun 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 Rs. 5,000

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 Rs. 5,000

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 Rs. 5,000

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 Rs. 5,000

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 Rs. 5,000

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.

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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 Rs. 18,500 / Rs. 22,500 | 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 Rs. 18,500 / Rs. 22,500 | 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 Rs. 18,500 / Rs. 22,500 | 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 Rs. 19,500 / Rs. 23,000 | 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 Rs. 23,500 | 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 Rs. 11,500 / Rs. 13,500 | 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 Rs. 11,500 / Rs. 13,500 | 30/45 Minutes

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

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.

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BODY TREATMENTS

SCRUBS Rs. 16,500 | 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.

REJUVENATING 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 Rs. 16,500 | 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 Rs. 25,000 | 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.

SPA HOURS: 9 AM - 9 PM DAILY.

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Pichu Rs. 25,000/- | 60 min

Pichu and Shirovasti are theoretically the same except for the modes of application, which vary slightly. Both treatments are for conditions affecting the region above the neck, especially due to an imbalance of the Vata doshas. Pichu is also used to treat some ailments of the cranial nerves. A herbal bath may follow pichu treatments.

Herbal Bags (Upanaha Swedha) Rs. 13,500/- | 30 min

An Upanahasweda or poultice is a local application of a medicinal paste to treat pain associated with swelling. A medicinal paste is prepared out of various substances and then applied to the affected part of the body.

Kativasti Rs. 25,000/- | 60 min

The central portion of the body is called Kati. Vasti implies a container. Kativasti is an effective therapy for Katisula, which is the term for lower backache or stiffness or pain felt along the back. The affected area may be gently massaged with the same treatment oil. Following kativasti, the guest is advised to rest for a short while.

Fomentation Rs. 16,000/- | 45 min

This is a traditional rejuvenating ayurvedic treatment which utilises heated compresses or boluses filled with fresh and dried herbs ranging from seeds, flowers, leaves, stems and roots.

Individual Treatments

If you are short of time, or simply in need of some quick pampering, choose from our regular treatment menu:

Head Massage (Shiro Abhyanga) Rs. 13,500/- | 30 min

Oil is massaged into the head, and is absorbed into the scalp through the roots of the hair. This nourishes, lubricates, and strengthens the hair roots and the skin of the scalp preventing hair loss and premature greying. It improves circulation to the head, relaxing the muscles and nerve fibres.

Facial Massage (Muka Abhyanga) Rs. 25,000/- | 60 min

This massage sequence draws on the ancient wisdom of the ayurvedic systems and works locally and reflexively: locally, to improve the skin and uplift the face and reflexively to relax and deeply nourish the whole body.

Neck & Shoulder Massage (Griiva/Skandah) Rs. 16,000/- | 45 min

Special herbal oil is applied to the neck and the shoulder to release muscular spasms, rheumatic pain and stress-related conditions as the neck and the shoulder area is so often stiff and tense.

Body Massage (Abhyanga) - Oil or Powder Rs. 25,000/- | 60 min

The whole body massage is always given with different types of oil depending on the body type (i.e. vata, pitta, kapha, or a combination). It is very beneficial for general rejuvenation, skin and musculo-skeletal conditioning or problems such as obesity, body aches and pains. A steam or a herbal bath is recommended for complete relaxation. The calming synergy of ayurveda oils and deep massage strokes relax the mind and soothe the body.

Piccichil Rs. 16,000/- | 45 min

This is a highly effective rejuvenation technique where oil is poured on to the body. Piccichil is a very special form of massage which involves the continuous dripping of oil on to the body from a piece of cloth dipped in oil, while the masseur massages the body with soft, gentle strokes without exerting too much pressure. This particular treatment must be performed under medical supervision.

Herbal Steam Bath (Vashpa Swedha) Rs. 10,500/- | 25 min

There are various forms of treatment to effect sudation. Of all the ayurvedic techniques known to heat the body, the steam bath is the most widely used. This poorva karma method is one of the oldest traditional ways of deeply cleansing the skin. The body is enclosed in a steam box leaving the head exposed.

Navarakizhi Rs. 20,000/- | 75 min

Navarakizhi involves the fomentation of the body with a bolus of cooked rice tied up in linen bags. The treatment rice is cooked in milk and a herbal decoction. The boluses are again dipped into more warm, herbal milk and applied all over the body after a gentle massage.

Body Wrap (Shariira Ubtan) Rs. 20,000/- | 60 min

Specially prepared herbal paste is applied all over the body, revitalizing body tissues. This treatment is excellent for sunburn and dry, damaged skin.

 **SHANGRI-LA**
HAMBANTOTA

Chi
AYURVEDIC SPA
Shangri-La Hambantota

AYURVEDA TREATMENT MENU

SPA HOURS: 9 AM - 9 PM DAILY.

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Ayur Bliss Radiance - Exotic Body Glow **Rs. 29,500/- | 90 min**

Enter the realm of the exotic and treat yourself to an Ayur Body Glow. A complete body treatment that revitalises skin tissue, relieves stressed skin and stimulates new skin growth. After a gentle body massage, a soothing body wrap specially created with 100% natural Ayurveda ingredients is applied all over your body to leave younger and healthier looking skin. Finally a light scented oil is applied for glowing and shining skin for a whole new radiant you.

Ayur Bliss Harmony - In Harmony with Nature' Massage **Rs. 29,500/- | 90 min**

Feel yourself at one with nature and in perfect balance with the universe. A blissful Ayur nature massage is both physically and emotionally stimulating. A specially formulated gel polish enriched with Ayurvedic oil is applied to the body with long flowing palm strokes, integrated with joint movements and subtle stretching to yield a unique sensory experience that reduces stress while increasing your body's suppleness. The herbal bath completes the experience for a totally relaxed and carefree feeling.

Ayur Bliss Refresh - Body Polish **Rs. 29,500/- | 90 min**

Feel the glow with an exclusive Bliss Refresh Ayur Body polish. This deep cleansing exfoliating treatment will leave you renewed. Feel the stresses melt away as your skin is gently massaged using a blend of natural sea salt, Ayurveda oils and essential oils to remove impurities and dead skin cells and stimulate circulation bringing back superb radiance. This is followed by a deep fomentation with an Ayurveda compress, which traditionally is used to help alleviate rheumatic pain, nourishes the skins and enhances skin complexion. Treat yourself to this exotic body polish and feel totally refreshed.

Ayur Bliss Revive - Soothe Your Soles **Rs. 16,500/- | 60 min**

Step into the world of bliss - feet first, of course. Treat those tired and tensed up feet to a real treat and the ultimate indulgence of a foot soother. Start with an invigorating foot massage, followed by a foot wrap to relieve the pain, soften and reduce the affects of sun damage or cracked skin. Complete this with an Ayurvedic foot bath and a truly stimulating pebble walk which effects the pressure points to reduce stress and improve mental alertness. A wonderful treat that would leave you totally refreshed.

Ayur Bliss Indulge - Slimming **Rs. 29,500/- | 90 min**

Want to feel like a new you? Discover Bliss indulge - a special Ayurvedic treatment that will slim and tone your body and relieve your mind too. A special powder is applied with a massage - this helps to eliminate fat and boost your body's natural fat burning mechanisms while firming and strengthening the muscles. The powder massage is followed by a steam bath enriched wth Ayurveda herbs which promotes toning as well as skin detoxification. A wonderful ritual that will leave you feeling totally rejuvenated.

Ayur Bliss Relieve - Stress Relief **Rs. 29,500/- | 90 min**

Leave the world of care behind and enter a zone where all your stress is eased away. A special Ayurvedic massage using thumbs, pressure is applied to neck and shoulders to relieve tired muscles, reduce stress and leave you completely relaxed. A gentle head massage with time tested Ayurvedic oil is followed by a head wrap which helps to prevent dry hair and nourishes hair roots. A spinal massage with hot seeds completes your treatment leaving you free from stress, and fully restored in your body and mind.

Ayur Bliss Invigorate - Half day Spa Ritual **Rs. 75,000/- | 180 min**

Devote some special time to treat yourself to pure restorative bliss. Our half day spa ritual is carefully created to indulge you with effective, invigorating body treatments: An initial deep tissue massage stimulating buttocks, thighs, and stomach to flush out toxins, encourage circulation and refresh the skin. An Ayurvedic toning body mask to firm and tone, while a balancing facial massage will give you a 'natural face lift'. Then a reviving steam bath infused with an Ayurvedic decoction to complete the detoxification process. A wonderful three hours that will leave you completely enlivened and feeling renewed. Deep tissue massage / Toning body mask / Balancing Facial / Steam Bath * Treatment can be scheduled as per your preference.

Ayur Bliss Rejuvenate - Full day Spa ritual **Rs. 120,000/- | 360 min**

Set aside some total 'me' time and restore your mind, body and soul with our ultimate spa indulgence. Start the day with a welcoming Ayurvedic tea and a consultation with one of our Ayurvedic specialists. Begin the day by slipping gently into a warm bath infused with an Ayurveda herb decoction. Enjoy and relax while the jets of the Jacuzzi, massages your body. Emerge for an all over body polish that gently glides over your skin to rejuvenate and hydrate, followed by an aromatic, refining body mask to deep cleanse and soften your skin. A fragrant steam bath, will then boost your complexion, revive your skin texture and add a lasting glow to your appearance. You will then be treated to a therapeutic facial pressure point massage to cleanse, hydrate and soften the skin and a stimulating scalp massage to increase circulation to hair follicles leaving the body and mind balanced. A stimulating foot massage with pressure applied to foot reflex points will complete your ritual. Blissful pampering from head to toe that will balance your energy, relax you deeply and leave you feeling rejuvenated and rested as never before. Herbal bath / Body polish / Refining body mask / Steam bath / Facial massage / Head massage / Foot massage. You will also enjoy our delicious Ayurveda cuisine midway through your day.

* Treatment can be scheduled as per your preference.

Ayur Bliss Manspace - Half day Spa Ritual (3 hours) **Rs. 75,000/- | 180 min**

Bliss is for men too - so why not treat yourself to some well deserved indulgence created especially for you. Enjoy a deep cleansing, energizing ritual. Relax your mind and body with a revitalizing ayurvedic massage to stimulate circulation, and relieve aches and pains. A stimulating scalp massage will increase circulation to hair follicles. Finally, a reviving foot massage using reflex pressure to leave you feeling energized. A rejuvenating ritual that will give you a new sense of vitality.

* Treatment can be scheduled as per your preference.

Immuno Boosting Therapy - Full day Spa ritual **Rs. 120,000/- | 360 min**

Restorative healing power of immuno therapy is undeniable. Your immunity defines your health, energy and longevity. The spectrum of immunity boosting therapy spans across many areas such as food, meditation and physical activities. Restore and rejuvenate your immunity system with our ultimate immune boosting therapy under the guidance of a pannel of Ayurveda doctors. Start the day with a welcoming immune boosting Ayurvedic tea and a consultation with one of our Ayurvedic specialists. Get yourself rejuvenated by indulging your system and let your body to detox and cleanse with Detoxing and Immune Boosting treatment. This mind relaxing treatment with rich herbal oil will pamper you from head to toe that will balance your energy, relax you deeply and leave you feeling rejuvenated and rested as never before. Healthy food is one essential ingredient of a healthy immune system. Organic foods with right mix of spices and herbals enhances immunity, hence join our Ayurveda doctor and chef to learn the goodness of organic healthy food. You can tantalize your taste buds with healthy meals, juices and herbal drinks that helps to keep you nourished, supple and hydrated throughout. Our expert panel of Ayurveda doctors will conduct an interactive lecture session on 'How to boost your Immunity System' and you can explore the wisdom on immunity and longevity. You have the easy access to our panel of Ayurveda doctors though out the therapy session to clarify things and to engage with the therapy completely. You will also enjoy our delicious Ayurveda cuisine midway through your day.

* Treatment can be scheduled as per your preference.

Ayur Bliss Energy - Exhilerating Wine Ritual **Rs. 29,500/- | 90 min**

Experience the unique benefits of Ayurvedic Herbal Wine in a truly indulgent way. This wonderful revitalizing treatment uses specially created oils and scrubs made from healing herbal wines of ayurvedic origin. Enjoy a deep cleansing ritual starting with a rejuvenating ayurvedic massage to stimulate and improve circulation giving you a new boost of energy. An exhilarating treatment that will do wonders for your well being as well as being a novel indulgence.

Golf Booster **Rs. 29,500/- | 90 min**

A rejuvenating and healing treatment for a variety of golf injuries. This restorative and relaxing massage not only soothes tired muscles using traditional Ayurveda methods but also includes therapies to balance energy and create the right frame of mind to improve your game.

Shiro Dhara **Rs. 37,500/- | 50 min**

Shiro Dhara is the process of running a fine stream of warm ayurvedic oils on the "third eye" area of the forehead for a period of approximately 60 min a day for a period of 3 -7 days according to the acuteness of the clinical condition. Classically, it was used for cases of pain and stress, particularly but not exclusively, in the face, head, neck & shoulders. Stimulation the "third eye" area affects deep centers in the brain that release brain chemicals; one of which is serotonin, a chemical the gives us the feeling of the pleasure & relaxation. It also frees the subtle energies of channels situated along the spine the help to calm & clear the mind.

Benefits

Opening & soothing to the face & forehead. Trapped energy released throughout the body. Strong flow of psychic impressions & lucid dreaming. Clearing of the mind so decisions can be made more easily & more information handled with ease.

Unique Ayurvedic Packages.

On the first day the guest would have an initial consultation with our Ayurveda Physician which would be of about 30 minutes duration. During this consultation "Prakurthi", equilibrium and imbalances of the three "Doshas"of the individual is identified by the Ayurveda Physician. The Ayurveda Physician would prescribe a treatment procedure, a dietary regimen based on the food values according to Ayurveda concepts, There would be a daily follow-up consultation of 10 minutes duration with our Ayurveda Physician who would decide whether to continue with the same treatments, to alter the treatment duration, or to change the treatment methods and procedures.

Ayurveda Packages. * each day 2 1/2 hours per day.

3 Day Package. **Rs. 150,000/- | 150 min**

6 Day Package. **Rs. 300,000/- | 150 min**

10 Day Package. **Rs. 500,000/- | 150 min**