



## THE SPA AT SHANGRI-LA

The published prices are subject to service charge. The percentage for service charge is 5%.

The legendary lost city of Shangri-La inspires CHI, The Spa  
at Shangri-La to create a place of personal peace, balance,  
enchantment and well-being.



## CHI, THE SPA SIGNATURE TREATMENT

This unique treatment combines century old Asian and Turkish Spa rituals and forms the very essence of your stay with us here at Shangri-La Bosphorus, Istanbul.

**Your Wellness Journey (per person) 350 € 180min.**

Enter the realm of calmness and rejuvenation with an indulgent ritual that begins with a purifying Turkish bath experience. Following this sensual dousing to cleanse and refresh the body, skilled hands gently work a foam massage and apply a detoxifying organic clay mask to remove dead skin and impurities. The rites of well-being include rehydrating, healthy drinks and nutritious food which will be served in privacy of your spa suite. The passage to invigoration continues with an Asian-inspired treatment that moisturizes skin surface with organic oils. Trained therapists guide you through meditative bodyworks, breathing techniques and stretches inspired by traditional Thai massage methods to promote flexibility, muscle relaxation and restore the flow of energy throughout the whole body. This journey is a sensory experience rousing body and spirit into a state of renewed energies and comfort.

### Chinese-style Acupressure Massage

150 € /200 €

Expert hands ease out knotted and tightened muscles of the body using traditional Chinese deep acupressure massage techniques, enhanced with a modern touch to induce an over-all sense of well-being and relax the mind.

🕒 60 / 90 Min.      Pressure: Deep

### Deep Tissue Massage

140 € /180 €

One of our most requested treatments, it has been designed for active individuals. Deep tissue techniques and light stretching are applied to reach layers of the body and release muscle tension.

🕒 60 / 90 Min.      Pressure: Deep

### Total Relaxation Massage

120 € / 160 €

Natural aromatherapy oils are gently applied over the body using light to medium Swedish massage techniques, heightening the senses in an experience favoured by spa aficionados. It is also an enchanting introduction of the spa for first-timers.

🕒 60 / 90 Min.      Pressure: Light - Medium

# Massages

## Hot Stone Massage

140 € / 180 €

The healing power of heated stones are released in this thermotherapy treatment with the added benefits of gliding massage strokes to relax the body and promote pain relief.

🕒 60 / 90 Min.      **Pressure:** Medium

## Mom-to-be Massage

120 € / 160 €

Women in their second and third trimester benefit from this gentle relief massage that reduces swelling and improves circulation. The pampering is performed laying sideways with pillows for additional support and comfort.

🕒 60 / 90 Min.      **Pressure:** Medium - Firm

## Traditional Thai Massage

180 €

Rituals of this this dry massage are performed on a Thai mat by a skilled therapist who gently stretches the body to improve circulation and increase flexibility. The art of applying pressure and stretching of tightened muscles helps relieve stiffness and allows energy to flow, improving muscle tone and flexibility. Loose-fitting clothing is provided for this massage.

🕒 90 Min.      **Pressure:** Varies

## Soothing Foot Reflexology Massage

95 € / 110 €

This massage provides instant relief to feet and calves as skilled therapists stimulate blood circulation to reduce swelling of the legs. This experience is also available poolside.

🕒 30 / 45 Min.      **Pressure:** Medium-Firm

## Tension-relieving Neck and Back Massage

95 € / 110 €

The stresses from travel or business meetings are relieved with this massage that particularly addresses tension in the back, neck and shoulders to help unwind and settle in for a peaceful night's sleep.

🕒 30 / 45 Min.      **Pressure:** Medium-Firm

# Hamмам Treatments

\*Please note that shared public hammam experiences are same gender only.

## Traditional Hammam Treatment

The rituals of a Turkish bath treat the body to a combination of a stimulating body scrub and a foam massage, smoothing skin to a silky feel while refreshing the mind and the spirit.

Shared Public Hammam Experience	110 € per person
Private Hammam Suite Experience for up to two guests	135 € per person

🕒 45 Min.

## Luxury Hammam Treatment

Besides the traditional stimulating body scrub and a revitalizing full body foam massage, our luxury Turkish bath ritual adds an indulgent water therapy, a smoothing hair wash and a full body moisturization with milk and honey.

Shared Public Hammam Experience	150 € per person
Private Hammam Suite Experience for up to two guests	175 € per person

🕒 60 Min.

## The Ultimate Organic Hammam Ritual

Elevate this cleansing and relaxing ritual to a new level. Enjoy a revitalizing body scrub using an organic mitt, a rejuvenating organic clay face and body mask, an indulgent full body foam massage, a smoothing hair wash and application of organic hair mask, rose oil salt scrub for hands and feet finishing with a full-body moisturization using organic geranium rose essential oils.

Shared Public Hammam Experience	220 € per person
Private Hammam Suite Experience for up to two guests	245 € per person

🕒 80 Min.

## Foam Massage Ritual

Bubble foam massage gives over all comfort which allows the skin and muscles to become relaxed by applying soft and gentle touch that alleviate muscle pain and boost your energy after a long tiring day.

Public Hammam Experience	75 € per person
Private Hammam Suite Experience	100 € per person

🕒 30 Min.



# Body Treatments

## Body Scrubs

120 €

### Invigorating Lime, Ginger and Salt Scrub

Find instant relief from fatigue or sluggish circulation using lime, ginger and salt blended with bergamot, coconut and sweet almond oils to create a luxurious exfoliator. This exquisite blend stimulates as it tones and leaves skin exceptionally soft.

### Moisturizing Floral Salt Scrub

Your skin will be renewed and naturally moisturized with delicate fragrances in a scrub made with natural sea salt, Tahitian Monoi oil, hibiscus and frangipani flowers.

🕒 45 Min.

## Green Tea Body Detox Wrap

160 €

Achieve optimum skin health through an effective detoxification treatment that stimulates the elimination process and restores natural balance to the body. This treatment begins with an omega-rich green tea seed oil massage to stimulate the release of toxins. Your body is then enveloped in a vitamin and nutrient-rich earth wrap made with 1000 flowers. To finish, an application of a nourishing green tea balm, rich in minerals, proteins and omegas - the superfoods of the skin - reinvigorates the body.

🕒 60 Min.

## Anti-cellulite Treatment

160 €

Improve the physical appearance of your body through a strong blend of massage and detoxifying clay that promotes increased circulation. This powerful combination of salts, minerals, clay and seaweeds target cellulite and lacklustre skin tone on your hips, thighs and abdomen to bring out a healthy glow and a firmer body.

🕒 60 Min.







# Facial Treatments

Our facials feature the finest products from Elemis. Please note that extractions are not performed.

## Express Facial

110 €

A time efficient facial to address different skin types and conditions. Includes cleansing, exfoliation, mask and application of finishing cream. Also an excellent addition to any massage or body treatment.

🕒 30 Min.

## Classic Facial

140 €

Enjoy this classic facial which incorporates cleansing, exfoliation, facial massage, mask application and finishing cream. Your skin will look refreshed and much smoother.

🕒 60 Min.

## Customized Facial

160 €

Let us address any particular skin issues that you may be experiencing through this personalized programme of skin care. It is the most effective way to achieve flawless skin.

🕒 75 Min.

## Anti-aging Luxury Facial

180 €

This exceptional facial slows down visible signs of aging and reduces the appearance of fine lines and wrinkles. Specialised massage techniques are combined with unique anti-aging masks, resulting in hydrated, tighter skin.

🕒 90 Min.

## Men's Executive Facial

140 €

This facial, specifically designed to suit the needs of an active man, helps to greatly improve skin tone and texture for an enhanced professionally-groomed appearance.

🕒 60 Min.



## BODY TREATMENTS



Body Scrub	45 Min.	120 €
Traditional Hammam Treatment	45 Min.	110 €
Luxury Hammam Treatment	60 Min.	150 €
The Ultimate Hammam Ritual	80 Min.	220 €
Detox Wrap	45 Min.	160 €
Anti-cellulite Treatment	60 Min.	160 €

## MASSAGES



Foot Reflexology Massage	45 Min.	110 €
Tension-relieving Neck and Back Massage	45 Min.	110 €
Chinese-style Acupressure Massage	60 Min.	150 €
Deep Tissue Massage	60 Min.	140 €
Total Relaxation Massage	60 Min.	120 €
Hot Stone Massage	60 Min.	140 €
Mom-to-be Massage	60 Min.	120 €

Create your own Spa Journey and enjoy great combo benefits.

Chose at least 3 options.

## FACIAL TREATMENTS



Classic Facial Treatment	60 Min.	140 €
Men's Facial Treatment	60 Min.	140 €
Customized Facial Treatment	75 Min.	160 €
Anti-aging Facial Treatment	90 Min.	180 €

## ENHANCEMENT



Hot Oil Hair and Sculp Treatment	-	35 €
An Age-defying Eye Mask	-	35 €
Collagen Enhancing / Hydrating Facial Mask	-	35 €
Hand & Feet Care	-	35 €
Organic Geranium Rose Essential Oil Body Mask (Hammam Treatments Only)	-	35 €
Organic Clay Body Mask (Hammam Treatments Only)	-	35 €

\*All the treatments can be provided as couple treatment up on request.

\*Enjoy a complimentary foot bath with every 90 minutes treatments.

# Enhancements

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

## Hot Oil Hair and Scalp Treatment

35 €

Organic geranium rose oil soothes the scalp while Coconut oil leaves your hair hydrated, soft and brilliant. Leave on overnight for extra hydration.

## An Age-defying Eye Mask

35 €

Clinically proven hydra-gel eye masks formulated to instantly reduce the appearance of fine lines and wrinkles.

## Collagen Enhancing / Hydrating Facial Mask

35 €

A hydrating and collagen enhancing facial gel mask. Features a soothing formula that instantly calms & deeply hydrates skin.

## Hand & Feet Care

35 €

The exfoliating and moisturizing effect combines with a softening and nourishing action, while its special formula helps to protect the skin against signs of aging.

## Organic Geranium Rose Essential Oil Body Mask

35 €

A hydrating & soothing body gel mask deeply hydrates your skin. It promotes relaxation while it relieves stress & anxiety.

(Hammam Treatments Only)

## Organic Clay Body Mask

35 €

This organic anti-aging clay mask purifies the skin, removes toxins and impurities while it rejuvenates and regenerates your skin.

(Hammam Treatments Only)



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