

Chi

THE SPA AT SHANGRI-LA

Mauritius

Chi, The Spa at Shangri-La draws inspiration from the origins of the Shangri-La legend, a place of personal peace, enchantment and well-being.

Luxurious yet down-to-earth sanctuary where holistic treatments are based on time honoured methods shared by many Asian cultures.

'Sense of Place' of Chi, The Spa at Shangri-La Le Touessrok, Mauritius features a selection of treatments that showcase the island's natural botanical and herbal products with their therapeutic properties.

At Chi, The Spa, you will find tranquillity, harmony and healing, a great deal rarer – our special kind of care delivered from the heart.



MASSAGES

These treatments have been developed to provide complete relaxation of the mind and to revitalise your body.

Signature Asian Blend Massage

60/90 minutes - Rs. 6,500/8,500

This massage combines traditional Asian techniques, including Thai pressure points, Balinese and Malaysian strokes, Chinese energy flow and more, restoring and balancing your energy throughout your entire body.

Personalised Massage

60/90 minutes - Rs. 6,500/8,500

This massage is customized to your personal needs. After a brief consultation with your therapist, the best massage techniques will be used for the duration of your treatment.

Deep Tissue Sports Massage

60/90 minutes - Rs. 6,500/8,500

Our most popular therapeutic massage uses deep tissue techniques and light stretching, working on the deeper layers of your body to release muscle tension. It is ideal for active individuals and for those who frequently receive massages.

Relaxing Aroma Massage

60/90 minutes - Rs. 6,500/8,500

It combines the elements of Swedish massage techniques to reduce tension, soothe sore muscles and increase circulation. The blend of aromatic essential oils used in this massage responds to each individual's needs.

Healing Hot Stone Massage

60/90 minutes - Rs. 6,500/8,500


Heated stones are used for the thermotherapy benefits with gliding massage strokes for a warm relaxing treatment.

Stress-relieving Neck & Back Massage

30/45 minutes - Rs. 3,700/4,500

Short on time or just need to release tension in your back, neck and shoulders, after a long day of travel? This is the perfect solution to unwind and ensure a peaceful night's sleep.

 Light pressure for relaxation

  Medium pressure for firm massage

   Hard pressure for deep-tissue massage

Soothing Foot Massage

60 minutes - Rs. 6,000

Designed to provide relief and comfort to your tired feet and calves, this massage will stimulate blood circulation and reduce swelling of the legs. Absolutely divine!

Thai Massage

90 minutes - Rs. 8,500

Performed on a Thai mat, this dry massage aims to improve circulation and increase flexibility with gentle stretching and pressure-point techniques. Loose-fitting Thai apparel is provided.

CHI JOURNEYS

Each Chi journey is a combination of two or more treatments that creates a spa experience for guests with time to enjoy.

Indulgence of Time

3 hours - Rs. 17,500

Design a custom-tailored spa journey with all your favorite spa experiences. Select as many or as few different treatments as you would like to enjoy within the three hours.

Healing Energy of Nature Retreat

3.5 hours - Rs. 16,000

Our ultimate spa retreat where you can surrender your body, mind and soul. Freshly harvested coconut and oils naturally hydrate the body while a personalised facial gives you a fresh glow.

Includes: 60 mins Traditional Coconut Scrub, 90 mins Authentic Coco Massage and 60 mins Personalised Facial



Journey to Mauritius

2.5 hours - Rs. 14,000

Feel the soul of the island from head to toe by experiencing several refreshing treatments. All have been designed to work together to renew the spirit and body with their natural secrets.

Includes: Coco Hair Treatment, 90 mins Sugar Cane Body Scrub & Aloe Vera Body Wrap Combo, 60 mins Relaxing Aroma Massage with Eye & Face Mask and Hydrating Hand & Foot Treatment

 Light pressure for relaxation

  Medium pressure for firm massage

   Hard pressure for deep-tissue massage

SENSE OF PLACE

Authentic Coco Massage

60/90 minutes - Rs. 6,500/8,500

This is one of the Mauritian essence massages which uses fresh coconut oil on the face and body to nurture and balance the body, mind and soul. Heated coconut oil is good for soothing tired muscles, nourishing the skin and re-energising the body.

Seven Essences of Chamarel

2.5 hours - Rs. 14,000

Feel the soul of the island from toes to head through with seven refreshing signature treatments. The combination of Coconut Hair Treatment, Sugar Cane Body Scrub, Eye and Face Mask, Hand Care, Foot Care, Aloe Vera Body Wrap and Traditional Tipik Massage will be the best way to renew yourself using the local natural secrets.

BODY TREATMENTS

Scrubs

Sea Salt Scrub with Scented Oil

30/60 minutes - Rs. 3,700/5,000

This subtle combination of sea salts and beauty oil provides a deep exfoliation while moisturizing at the same time. This scrub can be experienced in different fragrances: 'Orange Blossom', 'Ayurvedic' or 'Ginger Green Tea'.

Coffee Scrub with Scented Oil

30/60 minutes - Rs. 3,700/5,000

This scrub with coffee will instantly leave your skin glowing, fresh and youthful. The caffeine present in it acts as a stimulant which improves the circulation of blood that moves through your veins.

Wraps

Aloe Vera Wrap

60 minutes - Rs. 5,600

Using our exclusive Aloe Vera gel, this wrap will calm, refresh and hydrate the skin in the most natural way. It can be performed without scent or with a bespoke aroma of your choice.

Mud Clay Wrap

60 minutes - Rs. 5,600

An extraordinarily effective mud that targets the critical points of the body affected by imperfections caused by cellulite and water retention.

 Light pressure for relaxation

 Medium pressure for firm massage

 Hard pressure for deep-tissue massage

AYURVEDIC THERAPY

Ayurveda, 'the science of life and longevity', is an ancient Indian healing tradition practiced for more than 5,000 years. Ayurveda provides a holistic approach to healthy living with guidance on enhancing and restoring physical, mental, social and spiritual harmony.

Shirodhara

30 minutes - Rs. 5,000

Continuous pouring of lukewarm oil on your forehead induces deep relaxation. This treatment is excellent for assisting with jetlag, insomnia, stress and headache.

Abhyanga

60 minutes - Rs. 6,500

Experience a warm oil body massage using Ayurvedic herbs and oils to pacify your Dosha. It will relieve fatigue by aiding in achieving a better sleep while enhancing one's complexion.

Indian Head Massage

45 minutes - Rs. 4,500



Ayurvedic herbs are blended with sesame oil in preparation for Shiro-abhyanga, an Indian Head Massage. The head and shoulders are massaged with herbal oil, improving circulation and lymphatic flow, balancing the organs and rejuvenating and energising the body.

Ayurvedic Journey

2 hours - Rs. 12,500

The ritual begins with a gentle exfoliation using fine ingredients – from the ancient and mysterious 'spice route' - fine grains of almond, apricot, ginger and patchouli. Whilst laying on a warm bed surrounded by candlelight, the body is cocooned in an Ayurvedic blend of shea butter and oil. Shea butter is used to encase the key energy points (chakras) and the Shirodhara then drizzles a rose water and oil blend onto the chakras. The Shirodhara bowl dances over the body, immersing all the senses in a feeling of absolute relaxation and wellbeing. The whole process generates a harmonious flow of energy and a profound sense of peace and gentle stillness – conveying a spiritual message of Ayurvedic massage.

 Light pressure for relaxation

  Medium pressure for firm massage

   Hard pressure for deep-tissue massage

HAIR AND NAIL SERVICES

Our salon offers a wide variety of nails, waxing and hair services. Please enquire with one of our therapists for the full menu.

TEENS' SPA

Teens' Pampering Time (from 12 years and older)

75 minutes - Rs. 5,000

This treatment begins with a hydrating chocolate wrap followed by a relaxing mini massage and express facial. It can also be tailor-made according to the specific needs. *Mini mani and pedi can also be added.

Includes: 30 mins wrap, 45 mins massage and facial.

Mommy and Me Mani Pedis (from 6-11 years)

45 minutes - Rs. 5,000

This special treatment is for mothers and daughters (or sons) to enjoy some quality spa time together getting your nails looked after.

ENHANCE YOUR TREATMENT

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.

Healing Hot Stones

Targeting the back area, the use of strategically placed hot stones loosens stressed muscles by combining thermotherapy with gliding massage strokes.

Healing After-Sun Targeted Treatment

A little red on your leg and back from too much sun? This treatment removes the heat with the application of our cooling water lily gel. The gel is applied with chilled cloths while we work on the rest of the body.

Rs. 1,300 each

YOGA

Classical Yoga

60 minutes - Rs. 4,000

This class focusses on various physical postures (asanas) with breathing exercises (pranayama) to energise the body, increase its flexibility and calms the mind. Yoga provides excellent toning for the muscles, increases lubrication of the joints, ligaments and tendons and massages all the body's organs. Available as group or private one-on-one.

Sunrise Yoga

60 minutes - Rs. 5,500

Early morning yoga in a magnificent setting includes breathing and stretching techniques against an amazing sunrise. It is a great start to a brilliant day filled with Mother Earth's energy, offering a unique experience in a unique location.

MEDITATION AND BREATHING PRACTICES

Pranayama / Art Of Breathing

30 minutes - Rs. 3,000

Special breathing techniques, the source of prana, Chi or the vital life force, makes a person aware of his/her own presence by relaxing the body, clearing the mind and giving joy to the soul. It helps improve overall well-being and will make you feel the life in you.





BIOLOGIQUE RECHERCHE

'Biologique Recherche is above all a unique story of a family's passion and expertise in beauty. Founded over 40 years ago by Yvan and Josette Allouche, a biologist and a physiotherapist, Biologique Recherche is distinguished by this potent combination of disciplines and a visionary approach to cosmetic treatments.

Biologique Recherche has come a long way since those days. We now apply the latest clinical know-how to personalized aesthetic care, employing pure, concentrated – almost raw – ingredients and complex formulas with the rigorous original methodology that has earned Biologique Recherche a reputation for efficacy and long-lasting results.

After Yvan Allouche's demise in 2007, we took the helm of the company and installed the couple's son, Dr. Philippe Allouche, as Creative Director. Biologique Recherche now has a worldwide presence and we continue to invest in Research & Development to uphold our reputation for quality.

Moreover, because we want everyone to enjoy our treatments, Biologique Recherche partnered with the charity Wellness for Cancer to provide personalized treatments for people living with, or recovering from, cancer.

The Biologique Recherche Ambassade is housed in a prestigious building at 30-32 Avenue des Champs Elysées. Opened in 1993, this flagship is both a sanctum of aesthetic skincare expertise and an international training academy for our beauticians. The Ambassade brings together a circle of experts in well-being, beauty, and personalized skincare treatments.'

Rupert Schmid and Pierre-Louis Delapalme

A handwritten signature in blue ink, consisting of a series of loops and a long horizontal stroke, positioned below the text of the signatories.

AN EXCLUSIVE TAILOR-MADE METHODOLOGY

Biologique Recherche's methodology is based on over forty years of experience using innovative products and meticulous protocols to personalise treatments to each Skin Instant®.

Suitable for both men and women, the methodology encompasses three fundamental stages:

Stage 1: Assessment Stage

An expert from Biologique Recherche will start by undertaking a detailed diagnosis of your skin. Using a questionnaire, each individual's Skin Instant® is defined. This assessment then enables the beautician to recommend a personalised beauty treatment.

Stage 2: Initialisation Stage

The treatment protocol begins by preparing your epidermis, which acts as a shield protecting you from external aggressions, in readiness to receive the benefits of your treatment. The rigorous ritual of this stage includes:

- Thorough cleansing of your skin, including a facial massage
- Exfoliation of your skin with our iconic Lotion P50, followed by a face mask

Stage 3: Treatment Stage

Products containing the highest concentrations of active ingredients are applied to "re-condition" the epidermis and help activate both its regenerative properties and stimulate auto-regeneration:

- A tailor-made cocktail of Quintessential Serums is applied by the Biologique Recherche expert.
- The treatment and finishing stage that fixes and optimises the beauty treatment's efficacy through the use of botanical and marine biological active ingredients, creams and finishing serums to suit your skin type and its needs.

These active ingredients work progressively to improve your skin's elasticity, tightening and defining your face's natural contours.

Authentic and harmonious products

The Biologique Recherche products we use in our beauty treatments all fulfil very specific criterias:

- Formulas are high in active ingredients and made with fragrance-free natural or biotechnological ingredients
- To improve the synergistic absorption of active ingredients, the beautician complements manual stimulation with the use of our Remodeling Face® machine to produce exceptional instant results that seem almost magical...

FACE

An in-depth skin diagnosis is a key part of the Biologique Recherche protocol, so we can personalise your beauty treatment according to your Skin Instant® by using a specific physiological, behavioral and tactile approach.

Skin Instant® Lab

The Skin Instant® Lab consists of five sensors (measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum levels) linked to a computer with an exclusive diagnostic analysis software program developed by Biologique Recherche. Based on our expert's dermo-cosmetic analysis and objective measurements, the Skin Instant® Lab, retrieves data from our knowledge bank to come up with a selection of products and treatments perfectly matched to your Skin Instant® needs.

Treatments are tailored to the needs of your Skin Instant® by one of our expert beauticians. The longer your beauty treatment is, different specific techniques can be added for better results on your skin.

Customised Facial Treatments

60 minutes - Rs. 8,000

90 minutes - Rs. 11,000

120 minutes - Rs. 15,000

Facial Treatments

Modul Booster - 60 minutes

The booster step is the culmination of the salon initialisation stage. These very technical products are combined with extremely targeted techniques to obtain immediately visible results. As their exfoliation vary, the booster must be chosen depending on the Skin Instant® and the targeted benefits.

Sun Care Treatment

For all skin

A treatment to protect or repair the skin from damage effects of the sun. Suitable for all Skin Instant®, it will guard your skin from UVA and UVB light and soothe, repair and nourish the skin after sun exposure.

Revitalising Treatment - Booster VIP O2

For brighter skin

A treatment to detoxify and stimulate the epidermis, reoxygenate skin tissue, for dull Skin Instant® asphyxiated by city pollution. Your complexion is incredibly revitalised, skin is more luminous and radiant.

Moisturising Treatment - Restructuring and Smoothing

For plumping skin

A reconditioning treatment for the epidermis with an immediate plumping effect, designed for all Skin Instant®. It has a draining action, leaving the skin of your face, neck and cleavage smoothed and toned.

Soin MC110

For minimising wrinkles

A treatment that reduces wrinkles and fine lines, designed for lacklustre Skin Instant®. It leaves the skin on your face, neck and cleavage toned and redefined.

Firming Treatment Lift C.V.S. (treatment recommended in late afternoon)

For firmer and more toned skin

An exfoliating and lifting treatment combined with shaping techniques, designed for mature Skin Instant®. It leaves your skin smooth refined and toned.

Toleskin Treatment

For relieved skin

Because Instants of Intolerant Skin® sometimes do not find any suitable cosmetic solution, we have created a unique SOS treatment that will restore and stabilize them over time.

Whether for hereditary causes or the result of heavy medical or cosmetic treatments, these skin types need special attention and immediate comfort.

Ultra-sensitive skin finally has a treatment that will relieve it: the epidermis is strengthened, skin sensitivity reduced, redness and itching reduced.

MODULES OF EFFICACY

To complete your facial, we offer additional modules (30 minutes) to target specific skincare needs, using exclusive products.

Module Co-Facteurs

Rs. 2,500

An intensive custom treatment

For even more visible results, enhance your treatment with the application of a mask pre-infused with active ingredients, which moulds itself to the shape of your face for an individualized intensive treatment.

Module Eye Contour®

Rs. 2,500

Specific treatment for Skin Instant® tired and puffiness

Immediately reduce signs of fatigue and age around the eye area. It reduces puffiness below and above the eyes, smooth and lift fine lines and wrinkles from dehydration. The treatment strengthens the firmness and tone of the eye area and lighten dark circles for a luminous look. It provides a feeling of freshness and lightness.

Module Remodeling Face®

60 minutes - Rs. 8,500

To optimize the efficacy of our treatments

A state-of-the-art bio-electro stimulation that combines the power of three currents (galvanic current, medium and high frequencies) for immediate and long-lasting results.

Module Micro-Puncture®

60 minutes - Rs. 10,000

To combat the effects of aging

An intensive treatment that activates collagen production through intra-epidermal micro-stimulation and helps combat premature signs of skin aging.

EXCLUSIVE TREATMENTS

Soin Seconde Peau

90 minutes - Rs. 15,000

A world first in professional aesthetic care, this regenerating and lifting treatment features an electrospun beauty mask with 80% pharmaceutical-grade hyaluronic acid and is designed for altered Skin Instant®. The second skin treatment accelerates cell renewal and optimizes the regeneration for a visible & immediate tightening effect. A less invasive alternative to fillers, it increases the cohesion, firmness & density of the skin while reshaping the facial contour.

Soin Triple Lift (Remodeling Face®)

For lifted skin - 120 minutes - Rs. 15,000

The ultimate toning and firming treatment for saggy Skin Instant® that lack structure and tone. The features and contours of the face, neck and cleavage are retightened, leaving skin restructured.

BODY

Body Diagnosis

Biologique Recherche also applies its expertise in facial treatments and its personalised approach to the body. We offer a full-body diagnosis, including a questionnaire, visual examination of your epidermis and to measure and analyse your body composition.

Customised Body Treatments

Our treatments are tailored to your exact needs by one of our expert beauticians. The longer your beauty treatment is, the more specific techniques can be added for better results on your skin.

45 minutes - Rs. 5,500

60 minutes - Rs. 7,350

90 minutes - Rs. 11,000

Privilege Pass

With Biologique Recherche's Privilege Pass, you enjoy 5 body treatments of 60 minutes or 90 minutes.

Your beauty consultant will carry out a preliminary body diagnosis to help you choose the right treatments for you.

5 treatments of 60 minutes - Rs. 35,000

5 treatments of 90 minutes - Rs. 50,000

Soin P50 Peau Neuve

For smoother, more hydrated skin

An exfoliating and regenerating treatment. It leaves your skin softer, more even and hydrated. A draining treatment that produces a slimmer shape and reduces the appearance of cellulite.

Jetlag treatment

To feel lighter after long trip

A treatment with a draining and decongesting action. It stimulates circulation and helps legs to feel lighter.

Detoxifying with Algae

To detoxify your body

A purifying and detoxifying treatment. It helps eliminate toxins and improves micro-circulation.

Bespoke Treatment

To feel more comfortable in your skin

A treatment that begins with deep massage of the stomach and body, guaranteed to restore your balance.

HAIR

Scalp Diagnosis

Biologique Recherche also applies its expertise in facial and body treatments and its personalised approach to hair, with a comprehensive diagnostic system including a questionnaire and a visual examination to establish your Hair and Scalp Instant@.

Customised Scalp Treatments

Oxygenating-Strengthening Treatment

60 minutes - Rs. 6,700

A treatment to oxygenate and fortify your hair.

Sebo-Regulating Treatment

Rs. 5,500

A treatment to gently cleanse and purify your scalp. Reduces and regulates sebum production.

Dry Dandruff Balancing Treatment

Rs. 5,500

A balancing treatment for hair with dry dandruff. Works on the scalp to gently eliminate flaking.

Greasy Dandruff Balancing Treatment

Rs. 5,500

A balancing treatment for hair with greasy dandruff. Works on the scalp to gently eliminate flaking.

PRICE LIST

Treatment	Duration	Price (Rs.)
Waxing & Threading		
Full Leg		2,500
Half Leg		1,900
Bikini		2,300
Brazilian Wax		2,800
Full Arm		1,900
Half Arm		1,300
Under Arm		750
Face Waxing (per area)		1,050
Eyebrows threading		1,050
Brow or Lash Tint		1,050
Brow and Lash Tint		1,650
Hands & Feet		
Classic Manicure	45 minutes	2,750
Classic Pedicure	45 minutes	3,400
Royal Manicure	60 minutes	3,200
Royal Pedicure	75 minutes	4,000
Nail Polish	15 minutes	1,150
French Polish	20 minutes	1,350
Gel Polish	30 minutes	1,900
Gel Polish Remover	30 minutes	1,025
Hair Salon		
Kid's Hair Cut		650
Men Trim		750
Men Hair Cut		1,150
Beard Reshape		1,150
Lady's Trim		2,000
Lady's Transformation		2,300
Fringes		1,050
Kerastase Hair Ritual		4,900
Shampoo & Blow dry		1,750 - 2,900
Hair Coloring or Toning		2,550 - 4,300
Hair Coloring or Toning with treatment		3,150 - 4,850
Highlight		1,750 - 3,700
Highlight with treatment		2,300 - 4,300
Bridal and Hair Style		
Bridal Hair Do		4,500 - 5,500
Trial and Bridal Hair Do		6,300
Make-up and Hairstyling		9,950
Hairstyling		4,250 - 5,400

Prices are in Mauritian rupees (Rs.) and are inclusive of VAT.

HOW TO SPA

Meeting your needs

Upon your arrival at Chi, The Spa, please advise the receptionist if you have any health issues or concerns. Our receptionists are experienced in all treatments and would be delighted to assist you in planning your spa programme.

What to wear

There is no need to bring or wear any special clothing as spa wear is provided in your treatment room.

Your privacy

Your privacy will be protected at all times. Your therapist will leave you to change in private and throughout the treatment, you will be draped with towels covering all parts of the body not being treated.

Making reservations

Advance booking is highly recommended. Please either call or visit Chi, The Spa should you wish to discuss your personalised treatment.

Arrival time

To make the most of your spa experience, please arrive at least 15 minutes before your appointment as there is a brief consultation form to complete.

Late arrivals

In the event that you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment might need to be shortened should there be another booking immediately afterwards, with no reduction in price.

Minimum age/children

The spa is an adult-only facility with the minimum age for treatments being 16 years. Children aged 12 years and older may experience a spa treatment if they have a signed parental consent form. Please speak with one of our receptionists for further information.

Spa etiquette

To preserve the harmony within the spa, please kindly turn off your mobile phone.

Cancellation

In consideration of other spa guests, as your treatment requires that facilities be reserved, we request a minimum of 12 hours' notice if you are unable to keep your appointment. Please call our staff to reschedule the appointment. No-shows or appointments cancelled within 12 hours will incur a 100% cancellation fee.

Your comfort

Although we do our best to anticipate your needs, we appreciate that a spa is a very individual experience. Please let your therapist know if there is any way we can improve your treatment or comfort – for example, deeper or lighter massage pressure, an extra towel, sound or lighting levels and so on.

To make an appointment, please dial *Chi, The Spa*, where we can discuss your priorities and guide you through the menu and recommended experiences.



SHANGRI-LA
LE TOUESSROK
MAURITIUS

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