

TREATMENTS MENU

*Chi*

THE SPA AT SHANGRI-LA  
*Paris*

CHI LE SPA

# Inner Wellbeing

A  
perfect tribute to the  
sacred region found in the deepest  
reaches of Tibet known as Shangri-La,  
CHI, Le Spa is a cocoon of calm, enchantment  
and escapism conducive to relaxation in a venue that  
is both timeless and modern.

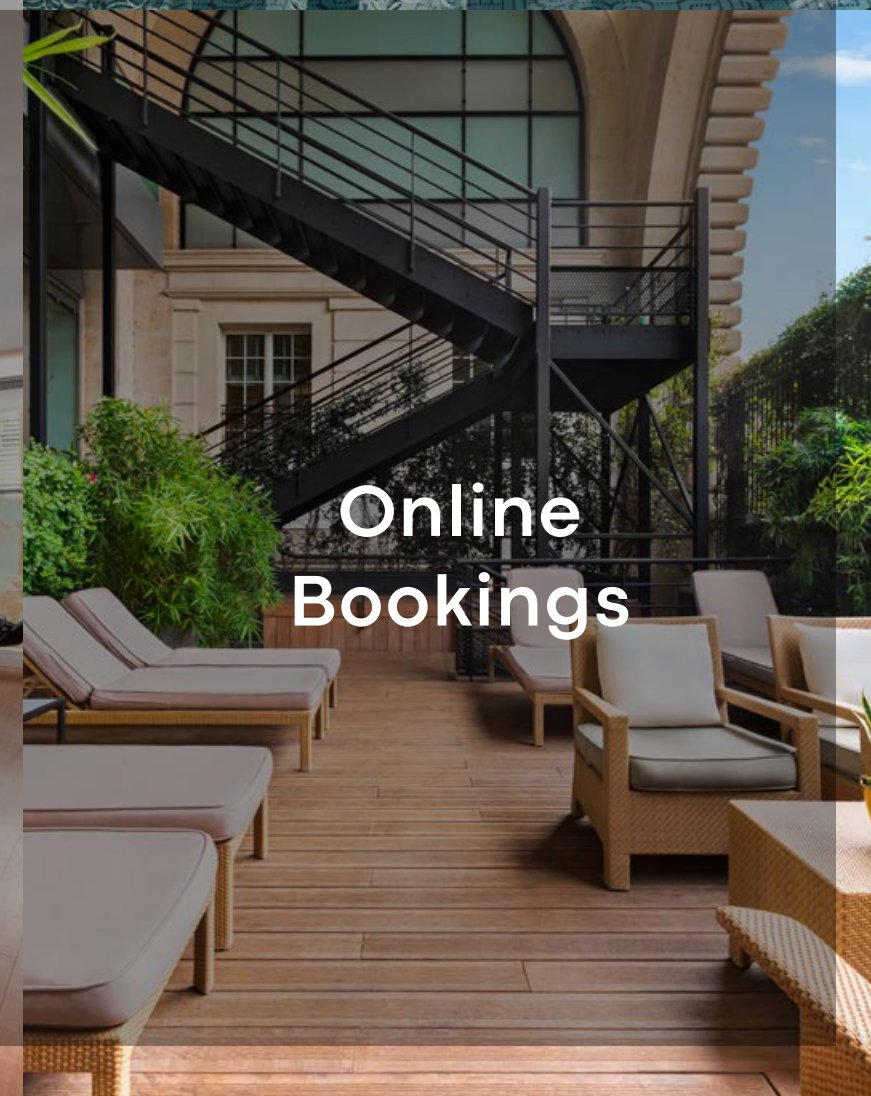
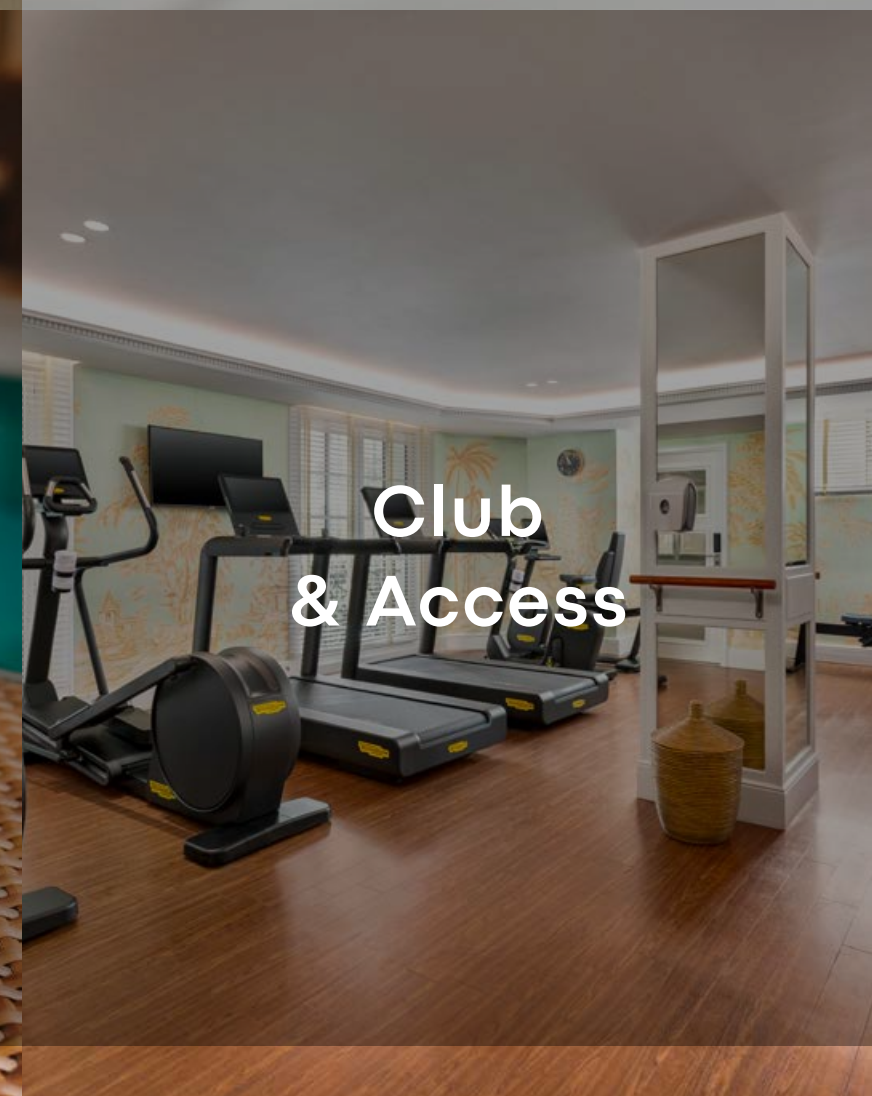
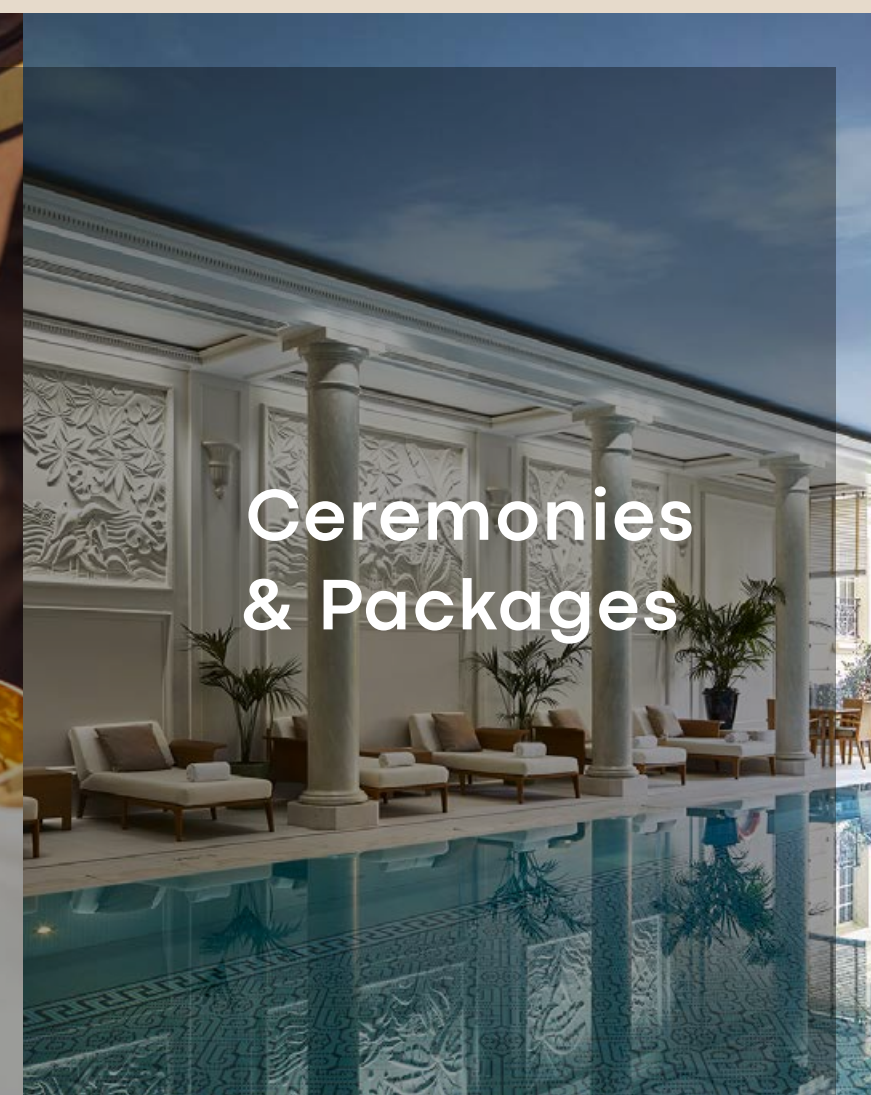
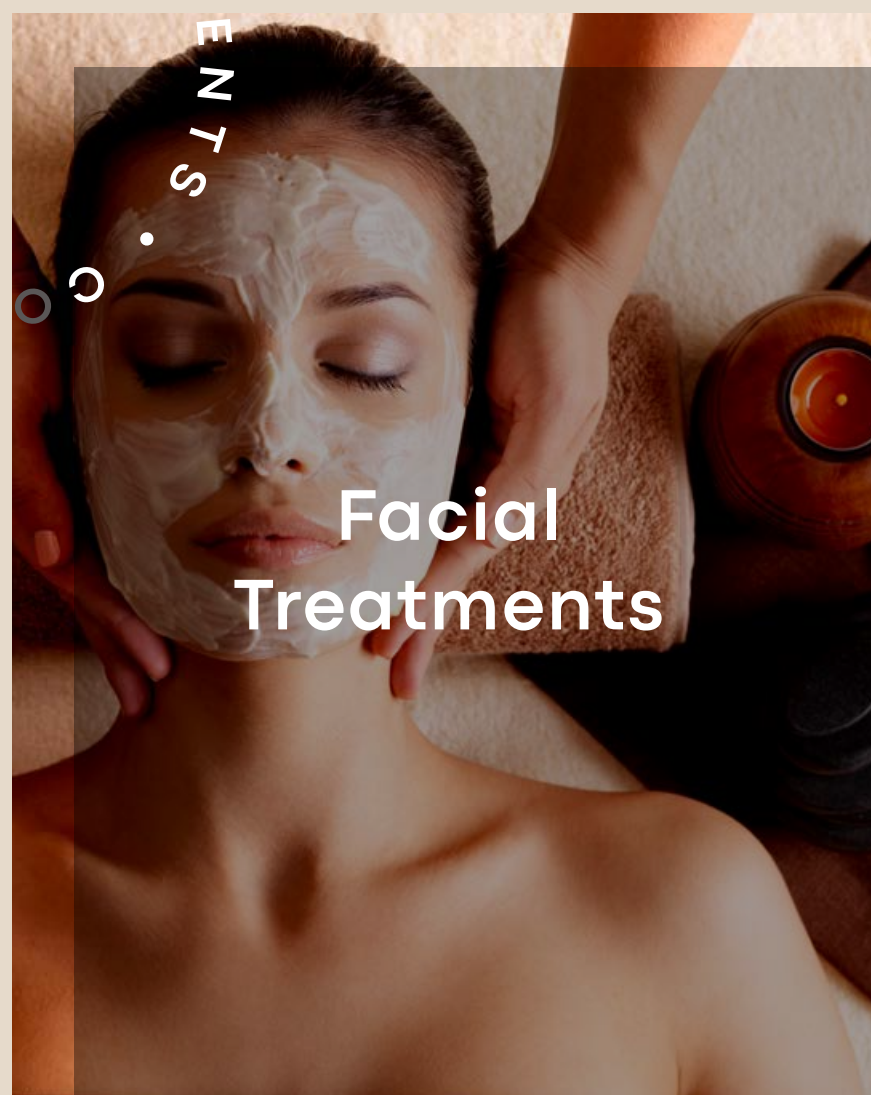
A Parisian haven of calm away from the commotion and stresses  
of city life, CHI, Le Spa bases its expertise on a comprehensive  
quest for wellness, encompassing both physical and mental balance  
drawing their strength from the same energy — Qi (Chi).

A perfect fusion of French luxury and Asian inspiration, our Spa, located in  
the former stables of Prince Roland Bonaparte's private mansion, is built  
around a stunning 17-metre swimming pool. This magical place bathed  
in natural light was designed with the help of Pierre Yves Rochon, and  
opens out onto a spectacular 94-square-metre planted terrace.

Our holistic and personalised approach to well-being can be  
experienced through a range of professional treatments, focused  
on rebalancing the body and the mind, taking time for yourself,  
and helping you feel good in the «here and now.»

Extend your experience by visiting our shop and  
browsing our latest range of trending  
products to help you stay zen in your  
everyday life.







# Alaena Facial Treatments

## Clean & Chic Beauty

Created by a dermatologist and inspired by regenerative medicine, Alaena is a reference for clean beauty in France. This cosmetics brand combines medical expertise and organic formulation to offer skincare products with no compromise between efficacy and safety.

The treatments offered at the Shangri-La Paris's CHI spa combine innovation and sensoriality through tailor-made protocols. Inspired by ancestral techniques such as Kobido and Tui Na, they incorporate advanced technologies such as professional peeling with Alpha Hydroxy Acids, combined with the effectiveness of the patented COMPLEX G5® active ingredient, to reveal the skin's radiance and stimulate cell regeneration.

The Alaena experience, combined with the excellence of the CHI spa, promises a unique moment of well-being.

BIARRITZ  
**ALAENA**  
cosmétique

# Facial Treatments

## Express Anti-fatigue

30 minutes  
€140

This anti-fatigue treatment helps your skin regain a natural, rested glow.

The use of rose quartz relieves and soothes the eyes, and smoothes the features.

This treatment is ideal for effectively and quickly reducing dark circles and the signs of fatigue.

## Anti-Aging Massage

30 minutes  
€140

This deeply toning massage, inspired by Kobidos, naturally plumps the skin, smoothes the features and rejuvenates the eyes.

A genuine source of relaxation, this treatment dissipates the stress and tensions accumulated in the overworked muscles of the face.

This treatment relaxes the features leaving the skin supple and soothed, restoring its energy and radiance for an instant healthy glow.

## Lift & Glow

45 minutes  
€185

A meaningful ritual designed to relieve stress and tension in order to effectively and sustainably combat the signs of aging and fatigue.

The fruit acid peel is combined with a lifting and sculpting anti-aging massage designed to tighten pores, reduce pigmentation spots, and improve skin texture.

It effectively boosts the radiance of skin that has been affected by fatigue, screens and pollution.

Skin feels plumped and radiant.

## Glow & Bio

60 / 90 minutes  
€235 / €310

A truly bespoke experience, this expert treatment is tailored to your skin's specific needs following a personalised assessment.

Active ingredients rich in essential amino acids and antioxidants, combined with expert Tui Na-inspired massage techniques stimulate the production of natural collagen.

In addition to plumping your skin, this treatment effectively combats oxidative stress, the main factor in premature skin aging.

Enjoy flawless skin and instant radiance.



# Skin Studio

## Feel good & age better

We believe in the power of technology in the service of beauty, well-being and skin health. We also believe in everyone's ability to influence the future of their skin, through prevention and appropriate medical care.

Our mission is to give everyone the keys to caring for their skin, promoting well-being and optimizing skin health. For optimum care, we have selected the latest innovations in technological care and combined them with the best cosmetic products.

Because performance and well-being go hand in hand, our protocols combine scientific effectiveness with the sensoriality of a genuine moment of pampering.

Take advantage of your stay at Shangri-La Paris to initiate this change, take charge of your skin's future and discover the latest advances in anti-aging preventive medicine.

innerskin



# Skin Studio

## Hydrafacial

### Hydrafacial Essential

1 session of 45 minutes - €180  
3 sessions - €480

This 28-patented Hydrafacial treatment deeply cleanses your skin preparing it to imbibe a cocktail of powerful ultra-vitamin active ingredients with moisturising and anti-oxidant effects that are diffused deep down into the skin.

Skin is rehydrated, plumped and regains its much-desired firmness, radiance and youthfulness.

Enjoy flawless skin and instant radiance.

### Hydrafacial Boosters

1 session of 60 minutes - €250  
3 sessions - €650

Our Hydrafacial treatment is enriched with a personalised booster for a more intense effect and is tailored to your skin's specific needs. Different bespoke combinations of active ingredients help combat the signs of aging, acne, redness and dehydration.

The "glow effect" is immediate, and skin is rehydrated, deeply replenished and repaired.

### Hydrafacial Drain

1 session of 75 minutes - €300  
3 sessions - €840

By combining a personalised booster with lymphatic drainage, our Hydrafacial Drain treatment has an overall anti-aging action that improves the appearance and health of the skin.

Tissues are detoxified and regenerated, facial features are rested and the skin is deeply nourished.

### Hydrafacial x PRX-T33

1 session of 60 minutes - €290  
3 sessions - €770

Discover the perfect synergy between PRX-T33, a bio-revitalizing treatment that stimulates collagen production for firmer, smoother, more luminous skin, and Hydrafacial, a three-step protocol that cleanses, exfoliates, moisturizes and protects deep down.

Thanks to this innovative combination, your skin benefits from a dual action: intense revitalization and optimal hydration, while reducing wrinkles, scars and imperfections.

### Hydrafacial x Radiofrequency

1 session of 75 minutes - €300  
3 sessions - €840

Combine the benefits of hydrafacial, which cleanses, exfoliates, moisturizes and protects, with the power of radiofrequency, a technology that uses high-frequency electromagnetic waves to heat tissues deep down.

This thermal stimulation activates neo-collagenesis, promoting its principal actions: the skin is smoothed, firmed and redensified.

# Skin Studio

## Diagnosis - Radiofrequency - Kobido

### Nexa skin diagnosis

**1 session of 30 minutes - €70**

Nexa technology enables us to establish a complete assessment of your skin, combining a surface analysis (targeting features that are visible today) and in-depth analysis (targeting problems that are not yet to prevent their appearance).

Following this diagnosis, our Skin Experts can establish a personalised treatment plan to treat and prevent all the problems identified.

### Radiofrequency

This exceptional treatment, based on radiofrequency technology, combines high frequency and electrostimulation for a deep, global action on the skin. Non-invasive, rapid and painless, it precisely targets cells to reactivate their natural regeneration potential. By intensely stimulating collagen production, it redensifies skin, reduces wrinkles and firms tissues on the face, neck and décolleté.

A true anti-aging ally, it acts both to prevent and correct skin slackening, while soothing tension and reducing oxidative stress for visibly revitalized, radiant skin.

**1 area\*:**  
**Face oval or eye contour**

**1 session of 30 minutes - €150**  
**4 sessions - 510**

**2 areas\*:**  
**Full face or neck/decolletage**

**1 session of 45 minutes - €250**  
**4 sessions - €850**

**\* additional area (additional time of 15 minutes): €100**

### Kobido Massage

**1 session of 60 minutes - €230**  
**3 sessions - €630**

This firming Kobido-inspired treatment sculpts the features while plumping and smoothing fine lines and wrinkles.

It combines powerful Kobido massage techniques to target key areas of the face using massage accessories that boost the effectiveness and indulgence of this moment of pure escapism.



# Skin Studio

## Peeling & LED

### Customized peeling

**1 session of 30 minutes - €180**  
**3 sessions - €480**

Acclaimed for their effectiveness on overall skin quality, imperfections and texture, these skincare products offer targeted, surface action.

Thanks to the application of a solution highly concentrated in active ingredients, carefully selected according to your needs and the sensitivity of your skin, they reveal a more even, smooth and radiant complexion.

### PRX-T33

**1 session of 30 minutes - €190**  
**4 sessions - €650**

PRX-T33 is an exceptional bio-revitalization treatment, non-photosensitizing and suitable for all skin types.

By intensely stimulating collagen production of collagen, it restores radiance and firmness to the skin, attenuates scars and visibly plumps up wrinkles for a sublimated, rejuvenated complexion.

### LED

**1 session of 30 minutes - €70**  
**3 sessions - €150**

A unique treatment to reap the benefits of low-level intensity (or cold light) on cell regeneration and oxygenation.

This personalised treatment uses a specific wavelength to target a specific problem (sun damage, blemishes, spots, redness, etc.) using a special treatment mask.

An intense moment of pampering and relaxation thanks to a soothing head massage.



# Massages & Holistic Treatments

Our experts can recommend personalised treatment programmes comprising a selection of massages and cognitive consultations so that well-being becomes a way of life.

We help you restore your inner glow by working on a number of areas, such as sleep, stress, vitality, energy levels and emotional balance.



# Massages & Holistic Treatments

## Muscular Massage

**30 / 60 / 90 minutes**  
**€140 / €235 / €310**

The firm pressure of this massage relieves muscle tension caused by stress, sport and poor posture.

Slow, deep massage techniques are combined with targeted work on knotted muscles.

An expert procedure that is ideal for reducing fatigue, relaxing the body and improving muscle recovery.

## Rebalancing Massage

**30 / 60 / 90 minutes**  
**€140 / €235 / €310**

The gentle pressure of this massage promotes a feeling of well-being by relieving nervous tension.

The long, enveloping movements stimulate circulation in the veins and lymphatic system for a deeply relaxing sensation.

A gentle massage experience that refocuses your attention on your body, leaving you feeling light and refreshed.

## Vitality Massage

**60 / 90 minutes**  
**€235 / €310**

This gentle, draining massage boosts the circulation of the lymphatic system and detoxifies, while also strengthening the immune system.

Thanks to its gentle, precise movements, this massage has an extremely relaxing, lulling effect.

## CBD Massage

**30 / 60 / 90 minutes**  
**€150 / €250 / €330**

A deeply relaxing massage. The combined action of CBD and the massage techniques relieves stress and anxiety resulting in the perfect 'zen attitude.'

This unique massage brings 360° serenity, soothing your body and mind, combating sleep disorders, and relieving nervous tension.

## Tui Na Massage

**60 / 90 minutes**  
**€235 / €310**

Inspired by traditional Chinese medicine, this massage activates the vital energy — the Qi — thanks to acupressure and drainage techniques.

This holistic approach boosts and unblocks energy flows by working on the meridians.

It is perfect for supporting the immune system and boosting your energy levels.

## Ayurvedic Massage

**60 / 90 minutes**  
**€235 / €310**

Derived from Ayurveda, traditional Indian medicine, this treatment eliminates nervous tension and encourages you to "let go."

This powerful massage improves the posture, making joints more supple and easing back pain.

This treatment is ideal for those experiencing stress, anxiety or sleep disorders.



# Massages & Holistic Treatments

## Neck and Back Massage

30 minutes  
€140

This massage focuses on the areas where nervous tension and muscular knots tend to accumulate.

Ideal for an effective, relaxing time-out.

## Chi Nei Tsang Massage

45 minutes  
€180

Chi Nei Tsang is a Taoist massage technique centred solely on the abdomen, which is considered to be the second brain.

The practice aims to restore the circulation of energy (the Qi) for a better balance between body and our mind.

This treatment releases harmful emotional energies that deplete the nervous system.

## Prenatal Massage

60 / 90 minutes  
€235 / €310

This treatment has been specially created for mothers-to-be from the second trimester of pregnancy onwards to help them overcome discomfort.

This is the very first moment of togetherness for mother and baby, who benefit from the special bond created by the comforting touch of massage.

## Anti-fatigue Massage

45 minutes  
€180

Focusing exclusively on the back, the massage techniques help remedy persistent pain.

Chronic tension linked to stress and fatigue disappears, leaving you with a feeling of lightness and relaxation.

## Hot Stones Massage

60 / 90 minutes  
€240 / €320

By stimulating the entire metabolic system, this massage helps improve the circulation of the lymphatic system and the elimination of toxins.

The warmth of the stones produces a deep sensation of muscular relaxation and profoundly soothes the nervous system.

## Body Exfoliation

45 minutes  
€175

The entire body is exfoliated and toned with a 100% organic apricot kernel scrub, leaving your skin soft, rehydrated and subtly scented.

Combining vitality and relaxation, this body scrub stimulates blood circulation and accelerates cell regeneration.





# Massages & Holistic Treatments

## RE-Connect

75 minutes\* - €250

A holistic reconnection of body and mind that boosts the vital energy to restore physical, emotional and spiritual balance.

By stimulating the reflex points linked to each organ, digitopuncture on the body's various meridians regulates the circulation of energy and improves the metabolism.

Sounds and vibrations help release muscular and emotional tension. The treatment ends with chakra harmonisation, helping you reconnect with your inner self and restore energy levels.

## Tibetan Singing Bowl Massage

75 minutes\* - €250

Immerse yourself in a captivating bath of sound while the vibrations of the singing bowls help to rebalance your chakras.

Experience the SPANDA® singing bowl massage, a unique psychophysical and emotional treatment. The harmonious sounds and vibrations act on the organs, tissues and cells, guiding you toward a state of intense relaxation and release.

## Foot Reflexology

45 minutes - €185

Derived from traditional Chinese medicine, this technique activates the self-healing process through the application of manual pressure to the reflex points on the feet linked to the painful body part or organ.

Reflexology helps the body to restore nerve impulses, as well as reducing stress and tension.

## Osteopathic Massage

45 minutes - €190

Osteopathy looks at the human body as a whole and is able to restore the body's functions by treating the underlying causes of acute or chronic pain and functional disorders.

Osteopathy is a manual therapy based on bone and/or muscle manipulation.

Osteopathy sessions are also available for pregnant women.

\* The Re-Connect and Tibetan singing bowl treatments include a 15-minute personalised consultation with your therapist.



# Ceremonies & Packages

Menu







# Ceremonies & Packages

## Zen Attitude

€320

Enjoy a 60-minute rebalancing massage for a unique zen moment.

This ceremony includes a half-day access to the Chi, Le Spa facilities.

## Green Beauty

€320

Enjoy a bespoke 60-minute Glow & Bio facial for a unique moment of beauty and pampering.

Access to all the facilities is included in the half-day option.

## Wellness Day

€430

During this truly exceptional day, you will enjoy a complete 90-minute facial and body treatment.

This wellness break is accompanied by a detox lunch served in the Spa.

Access to all the facilities is included in the full-day option (10:00 a.m to 8:00 p.m.).

## Sweet Afternoon

€245 (Monday to Friday)

Enjoy a relaxing 30-minute back massage and prolong the pleasure with a pastry and a plant-based drink.

Access to all the facilities is included in the half-day option.

## Valentine in Paris

€540 (duo offer)

This special moment for two includes two 45-minute anti-fatigue massages accompanied by two glasses of champagne.

This ceremony includes a half-day access to the Chi, Le Spa facilities.





<b>Hand Beauty</b> 60 minutes Complete hand and nail treatment: filing, massage and nail polish application.	€165
<b>Foot Beauty</b> 60 minutes Complete foot and nail treatment: filing, massage and nail polish application.	€165
<b>Express Manicure / Pedicure</b> 30 minutes Classic shaping and nail polish application	€120
<b>Manicure / Pedicure for Men</b> 45 minutes	€130
<b>Application of semi-permanent nail polish</b> 30 minutes	€80
<b>Semi-permanent nail polish removal</b> 30 minutes	€50
<b>Package: semi-permanent polish removal and application</b> 45 minutes	€110
<b>Luxury Hand Beauty and semi-permanent polish application</b> 75 minutes	€180
<b>Luxury Foot Beauty and semi-permanent nail polish application</b> 75 minutes	€180
<b>Hair Removal</b> Available upon request* *hair removal services are not compatible with complementary access at €85	





# Boosters

## Boosters

All the boosters are provided during your treatments.

Eye Mask	€25
Face Mask	€25
Body Mask	€30
Hair Mask	€30
Hypervolt	€30

## Extras

Private hammam session - 30 minutes	€100/person
An extra charge applies for in-room treatments	€50/person
An extra charge applies for treatments performed between 9:00 p.m. and 9:00 a.m.	€100/person



# Club & Access to the Facilities







# Club & Access to the Facilities

## Access to the Spa

Pool, sun terrace,  
fitness room and hammam

Access to the Spa **€230**  
for the day  
(from 10:00 a.m. to 8:00 p.m.)

Access to the Spa **€190**  
for half a day  
(from Monday to Friday)

Access to the Spa **€85**  
for half a day  
in addition to a treatment

Half-day access included  
when you book two hours of  
treatments.

## Privileges Pass

10 passes **€1,990**  
for a Spa day

20 passes **€3,100**  
for a Spa day

## Memberships

Admission **€1,700**  
per person

Quarterly Membership **€3,000**

Weekly Membership **€4,500**

Annual Membership **€5,500**  
(access Monday to Friday)

Annual Individual Membership **€6,900**

Annual Duo Membership **€13,000**

## Coaching Sessions

Swimming  
Aquagym  
Fitness

Individual Coaching  
30 minutes **€95**  
60 minutes **€150**

Package of 10 coaching sessions  
30 minutes **€850**  
60 minutes **€1,250**

Baby Swimming lessons **€130**  
30 minutes







# Practical Info

## Your booking

We recommend that you book your treatment in advance to ensure availability.  
If you are pregnant and/or have any health problems, please inform us at the time of booking.

## Before your Treatment

We recommend that you arrive 20 minutes before your appointment to ensure that your treatment starts on time and you enjoy your session to the full.  
Before your treatment, your therapist will determine your expectations, and ensure that you receive the treatment that is right for you.  
You do not need to bring any special clothes. Bathrobes, slippers and towels are all provided.

## Lateness / Cancellation

If you arrive late, we will do our utmost to ensure that your treatment is completed in full. However, we may have to cut your treatment short if we do not have enough time.  
Should you wish to change or cancel your booking, please let us know at least six hours before the start of your treatment. No-shows and appointments cancelled less than six hours before the treatment is scheduled to start will be billed in full.

## Minimum age

Children under 18 are allowed access to CHI, Le Spa and the fitness room only under adult supervision.

## Mobile Phone Use

In order to maintain a calm and peaceful atmosphere, you will be asked to switch off your mobile phones in all areas of CHI, Le Spa, and make any phone calls from the lobby.





THE SPA AT SHANGRI-LA  
*Paris*


Opening times

Open daily: 9:00 a.m. – 9:00 p.m.

CHI, The Spa at Shangri-La Paris

10, Avenue d'Iena 75116 Paris

+33 (0)1 53 67 19 78

 +33 (0)6 58 95 22 49



Online bookings