

TREATMENTS MENU

Chi

THE SPA AT SHANGRI-LA
Paris

CHI LE SPA

Inner Wellbeing

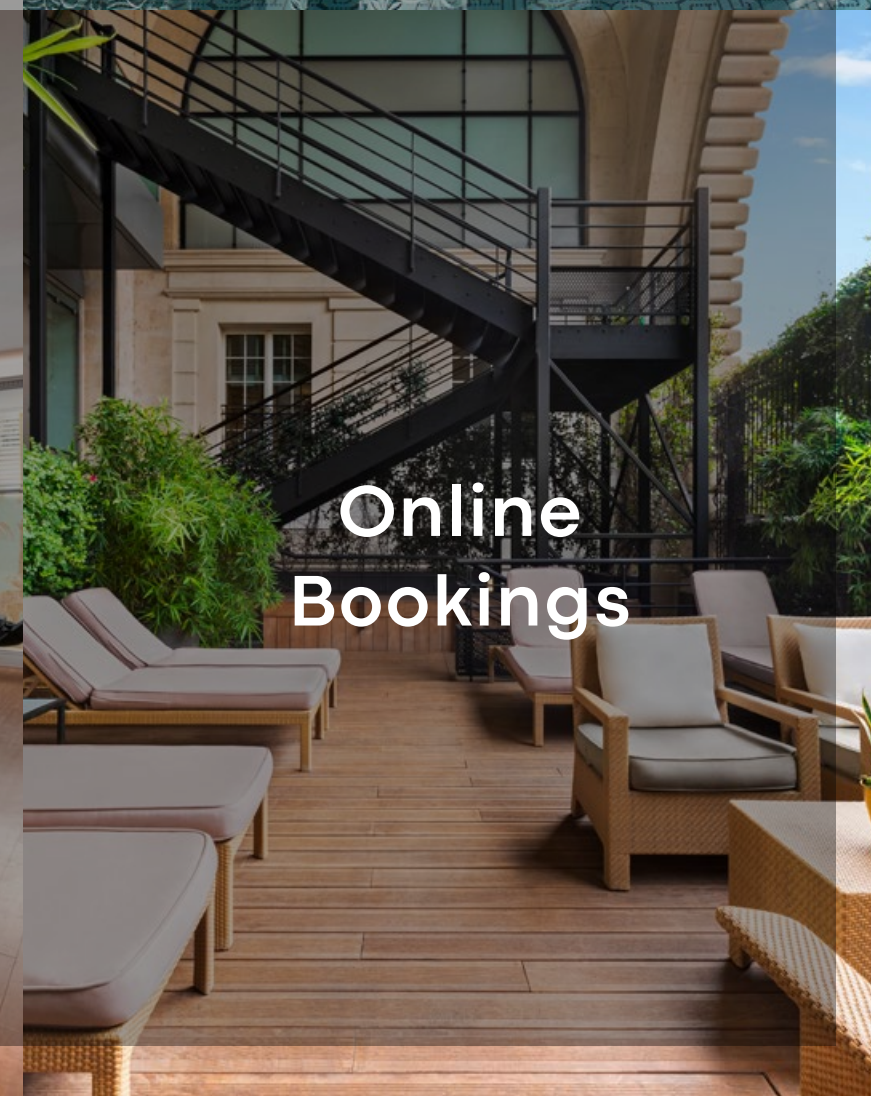
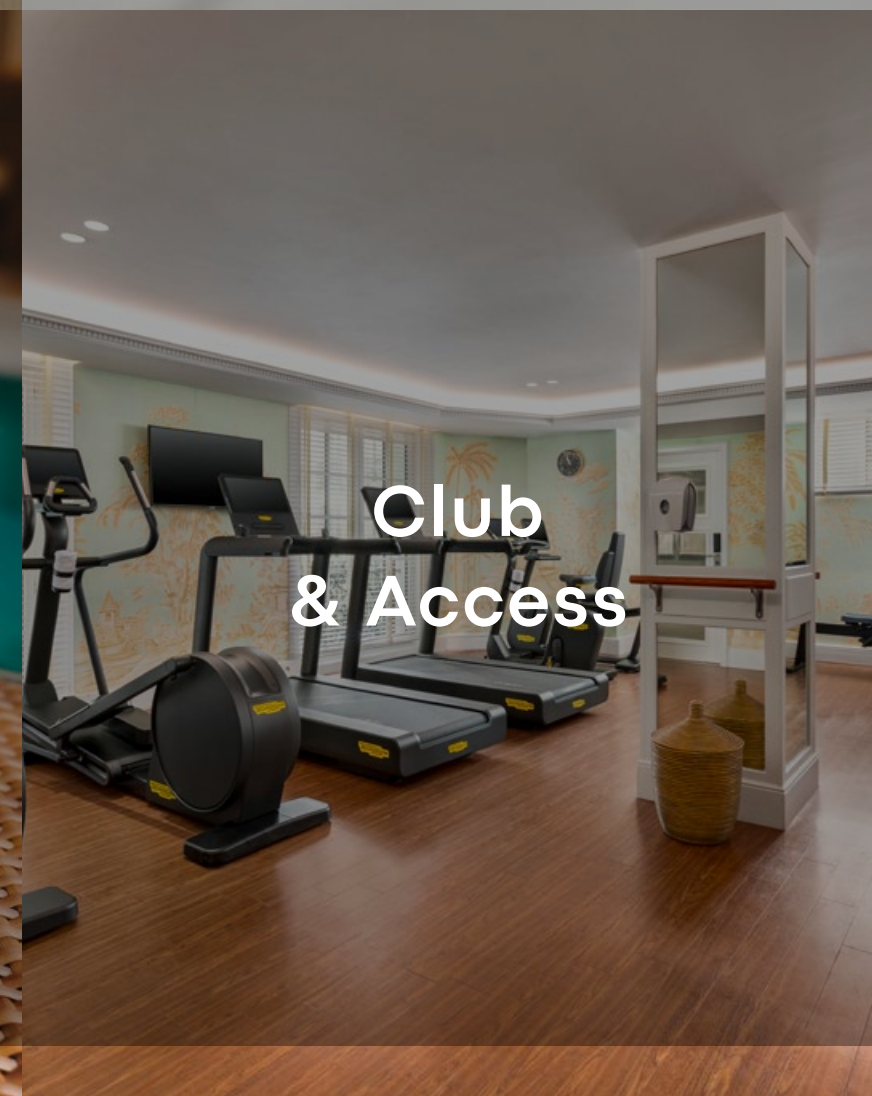
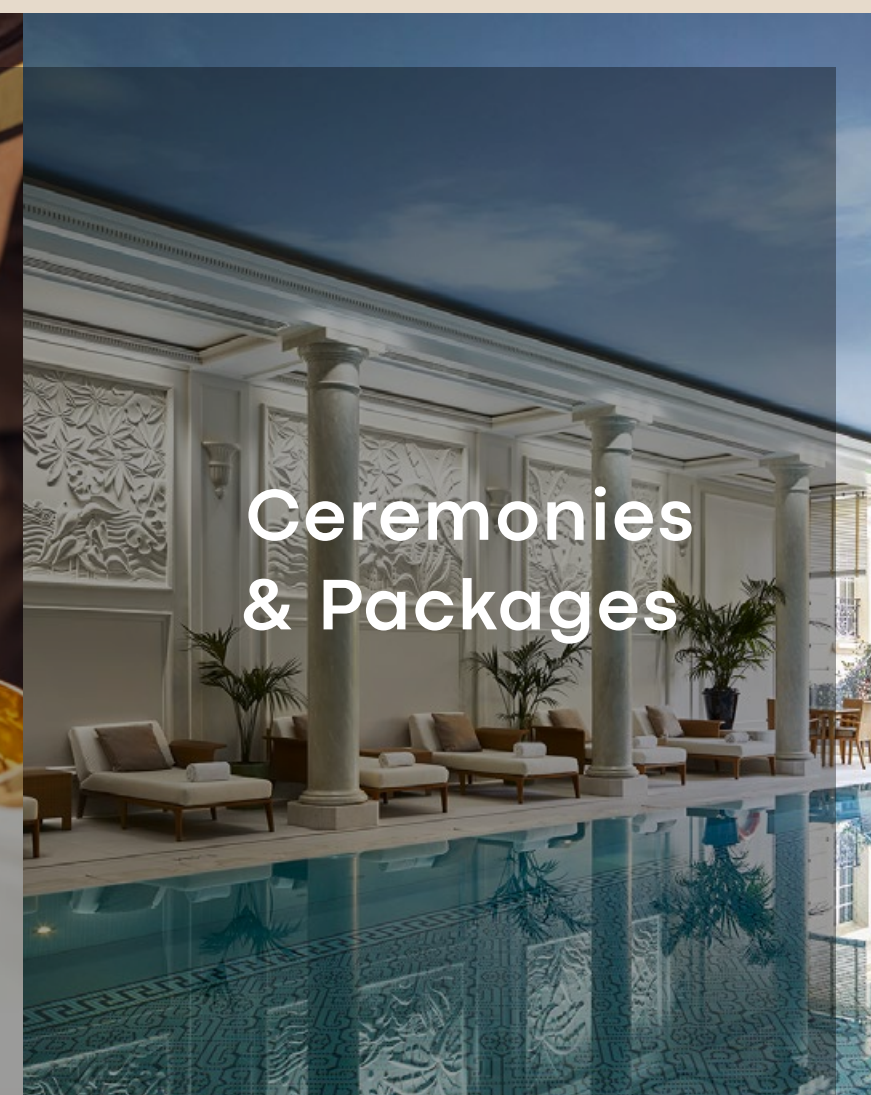
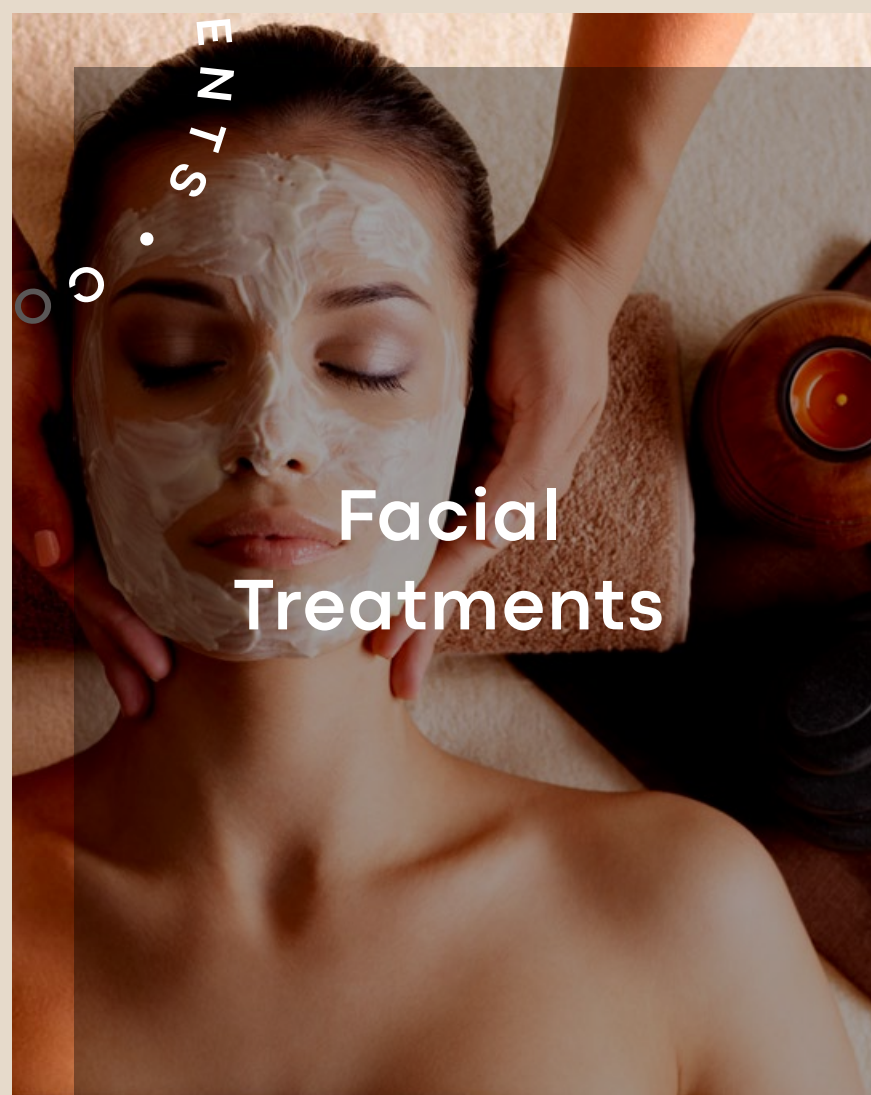
A
perfect tribute to the
sacred region found in the deepest
reaches of Tibet known as Shangri-La,
CHI, Le Spa is a cocoon of calm, enchantment
and escapism conducive to relaxation in a venue that
is both timeless and modern.

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.



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

≡ Menu

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.



Beauty

Hand Beauty €165

60 minutes
Complete hand and nail treatment: filing, massage and nail polish application.

Foot Beauty €165

60 minutes
Complete foot and nail treatment: filing, massage and nail polish application.

Express Manicure / Pedicure €120

30 minutes
Classic shaping and nail polish application

Manicure / Pedicure for Men €130

45 minutes

Application of semi-permanent nail polish €80

30 minutes

Semi-permanent nail polish removal €50

30 minutes

Package: semi-permanent polish removal and application €110

45 minutes

Luxury Hand Beauty and semi-permanent polish application €180

75 minutes

Luxury Foot Beauty and semi-permanent nail polish application €180

75 minutes

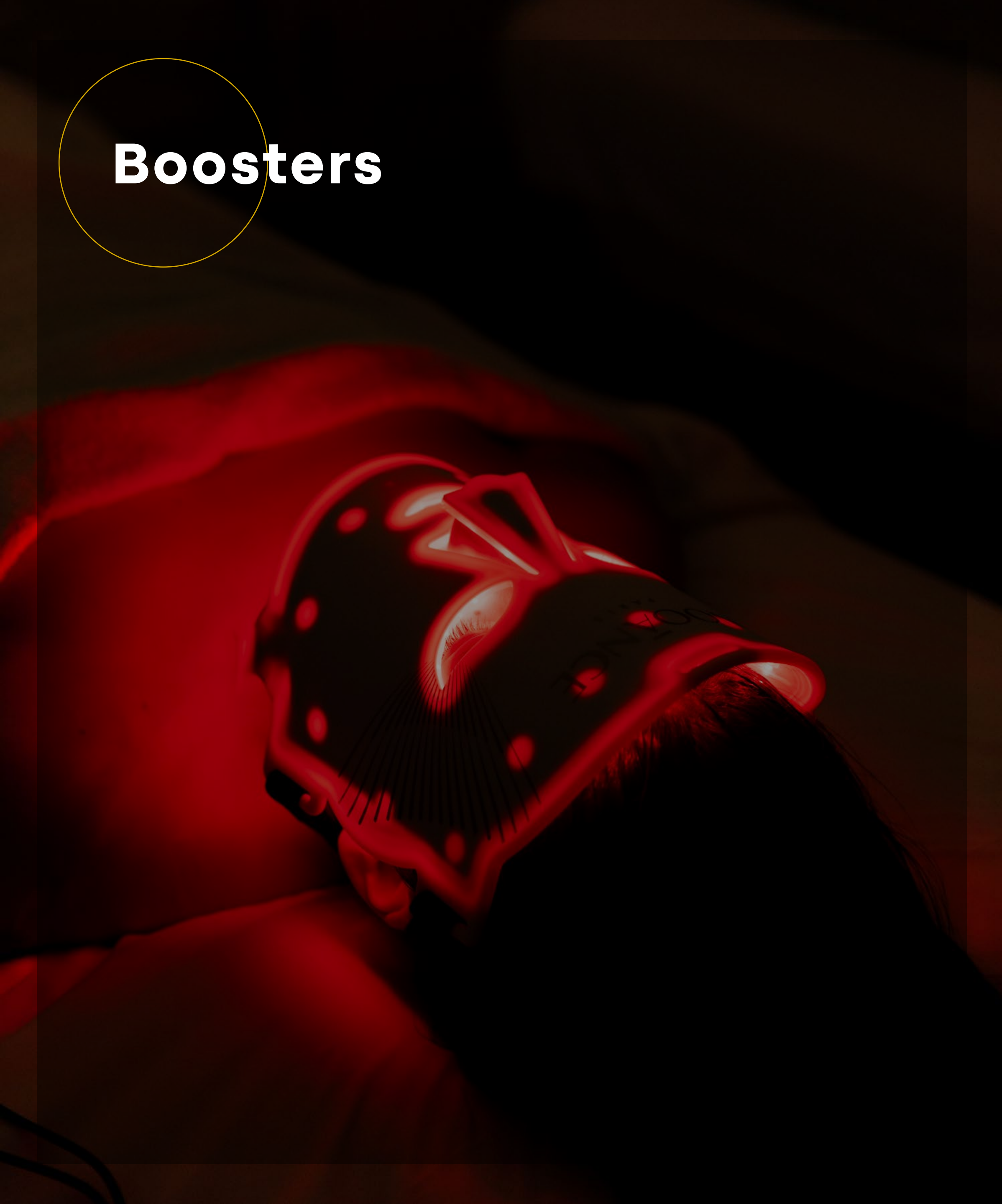
Hair Removal

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

Menu





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 **€1,350**

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

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Online bookings