

The background of the entire image is a complex, organic marbled pattern. It features swirling, vein-like structures in shades of light blue, pale yellow, and off-white. The pattern is dense and fluid, resembling natural stone or liquid swirls. In the center of the image, there is a rectangular frame with a thin, dark brown border. Inside this frame, the word 'Chi' is written in a large, elegant, dark brown script font. Below 'Chi', the text 'THE SPA AT SHANGRI-LA' is written in a smaller, dark brown, all-caps serif font. At the bottom of the text block, the word 'Paris' is written in a dark brown, italicized serif font.

Chi

THE SPA AT SHANGRI-LA

Paris



INNER WELLBEING FOR OUTER BEAUTY

The perfect echo to the sacred region found in the deepest reaches of Tibet known as Shangri-La, CHI, The Spa is a cocoon of calm, enchantment and escapism designed for relaxation, in a space that is both timeless and modern.

A Parisian hideaway isolated from the commotion and stress of urban life, CHI, The Spa bases its expertise on a comprehensive quest for wellness: physical and mental balance drawing their strength from the same energy, Qi (Chi).

Perfect fusion of French luxury and Asian inspiration, in the former stables of the private mansion of Prince Roland Bonaparte, our Spa is built around a beautiful 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 94m² green terrace.

Our holistic and personal approach to wellbeing can be experienced through a range of professional treatments, focused on rebalancing the body and the mind, taking time and helping you to feel good "here and now".

Make your experience last even longer by visiting our shop and checking out our latest top products to help you stay zen in your day-to-day life.

Clean & Chic Beauty

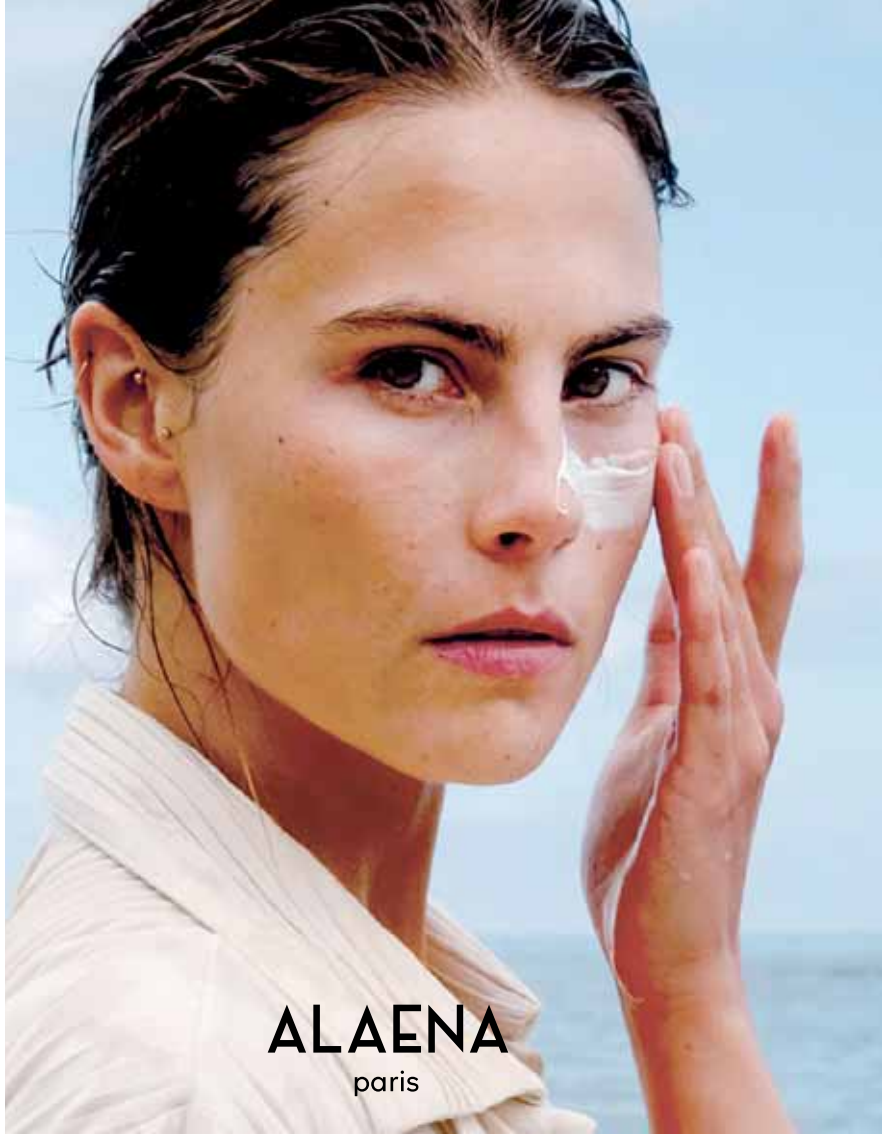
Since it is now common knowledge that performance and naturality go hand in hand, CHI, The Spa has decided to team up with Alaena to offer you a range of 100% clean, 100% organic products and treatments, bringing together expertise and effectiveness.

Certified by the Ecocert Cosmos standard, each ingredient is chosen for its efficiency with the skin in an eco-friendly process that is respectful of both animals and the environment.

Alaena has established itself as the pioneer in French cosmeceutics by drawing on biodiversity to extract the most effective natural active ingredients. The patented Alaena® active extracted from 5 organic sprouted seeds restores skin cell vitality, achieving an overall anti-ageing effect for healthy, radiant skin.

Alaena is committed to ethical cosmetics, guaranteeing its products free of parabens, synthetic perfumes, silicone, mineral oils and synthetic sunscreens.

A transparent approach to beauty for results you can trust.



ALAENA
paris

Alaena Facial Treatment

Shangri-La Paris has teamed up with the brand Alaena, experts in cosmeceuticals, to offer bespoke treatments, even more adapted to our guests' individual needs.

Alaena's techniques help to relieve the body and mind of all tensions and energy blockages, guaranteeing a perfect glow and a stress-free mind.

Glow & Bio Facial

60/90 minutes - 210 € / 270 €

A truly bespoke experience, this professional ritual targets your skin problems after a personalised assessment.

Actives rich in essential amino acids and antioxidants combined with the expert massage techniques inspired by Tui Na stimulate natural collagen production.

This treatment effectively combats oxidative stress, a main cause of premature skin ageing and re-plumps the skin.

Enjoy flawless skin and an instant glow.

Detoxifying Men Facial

60 minutes - 210 €

Specially designed for men's skin, this treatment gives the perfect balance between purity and hydration to give you healthy, clean skin despite daily harmful effects (shaving, pollution, stress).

The massage fights the effects of fatigue and restores suppleness and softness to the skin, giving it back vitality and glow for an instant healthy look.

Express Anti-fatigue Facial

30 minutes - 120 €

This anti-fatigue treatment will help you restore a natural, rested glow to your skin.

The drainage techniques and use of rose quartz helps to decongest the eye area and smooth away fine lines.

This treatment is perfect for evening out your skin tone and erasing the signs of stress and fatigue quickly and effectively.

Lift & Glow

45 minutes - 165 €

A concentrated peel combined with a sculpting anti-ageing massage for an immediate anti-fatigue result.

This treatment tightens pores, treats dark spots and refines skin texture. It works on the radiance of the complexion altered by fatigue, screens and pollution. Expert massage techniques improve the cell regeneration process, drain toxins for plumped and luminous skin.

Innerskin

Feel good. Age better.

At Innerskin we believe in the power of technology. Technology for beauty, well-being and skin health.

We also believe in empowering each individual to influence control over the future direction of their skin health by offering both preventive advice and treatments as well as early intervention treatment solutions by identifying and reacting to the early signs of various common skin ailments in a friendly, discreet and reassuringly professional medical setting.

It is for this reason that we have set ourselves the mission of giving everyone the keys to take care of their skin, cultivate their well-being and enhance their health.

To offer you the best possible care, we have curated the latest innovations in terms of advanced technological skin care solutions, which we have combined with the industry's leading, medically-back products. In doing so our protocols combine the effectiveness of science with the sensorial emersion of well-being to create a real moment of care.

Start your Innerskin journey at The Shangri-La spa.

Discover the latest innovations and most progressive treatment options.



innerskin

Hydrafacial

Hydrafacial Essential

45 minutes - 220 €

The 28-patent HYDRAFACIAL technology combines deep cleansing, light peeling, gentle extraction and deep diffusion of moisturizing, anti-oxidizing and nourishing active ingredients. At the end of the treatment, an LED session affirms the result and the hydrating serum infuses the skin with hyaluronic acid for plump and deeply rehydrated skin.

Hydrafacial Glow

60 minutes - 270 €

The HYDRAFACIAL essential treatment is enriched with an illuminating booster for an immediate glow effect, while the vitamin C mask illuminate, plump and refresh the complexion. The ideal treatment to sublimate the skin before an event.

Hydrafacial Sensitive

60 minutes - 270 €

Dedicated to skins that has been irritated and dehydrated, the HYDRAFACIAL essential is enriched with a specific booster to deeply soothe the skin. The botanical complex mask acts as a second skin that soothes the most damaged skins and promotes a better penetration of the repairing and restructuring agents. Rehydrated, deeply replenished and repaired, it regains comfort, suppleness and softness.

Hydrafacial Men Purity

45 minutes - 220 €

The HYDRAFACIAL essential treatment is enriched with a powerful cleansing process for deeply purified skin, as well as a peeling phase concentrated in AHA. A revitalising treatment for regenerated, smoother and radiant skin.

Hydrafacial Anti-Aging Ultimate

60 minutes - 290 €

HYDRAFACIAL essential is enriched with an anti-aging booster to minimize the appearance of wrinkles and expression lines. For a global anti-aging action, the tailor-made mask combining vitamin C and hyaluronic acid with different molecular weight, completes the anti-ageing action for a toned, smoothed and firmed skin.

Microneedling

Microneedling Perfect Complexion

45 minutes - 240 €

The microneedling treatment dedicated to skin with spots and irregularities. Its serum is a combination of powerful active ingredients that correct pigmentary alterations in order to eliminate the melanin present in the epidermal cells and restore a clear, even complexion.

Microneedling Glow

45 minutes - 240 €

The microneedling treatment dedicated to skin in search of glow and anti-aging protection. Its 20% concentrated vitamin C serum provides the skin with its brightening and anti-oxidant properties.

Microneedling Reboost

45 minutes - 240 €

The microneedling treatment for tired skin provides the skin with elements that are essential for its proper functioning: micronutrients to stimulate the vital functions of the skin cells and in particular the production of elastin and collagen, vitamins with an anti-oxidant action, amino acids for cell regeneration and coenzymes to optimise the cellular exchanges that guarantee healthy skin,

Microneedling & Hydrafacial Essential

90 minutes - 410 €

A unique combination of two cutting-edge technologies, this treatment offers the detox, radiance and moisturising effect of HYDRAFACIAL, complemented by the anti-ageing properties of MICRONEEDLING. An LED session closes the treatment and fixes the effects.

Led Therapy

Led Rebalance

30 minutes - 90 €

LED therapy using blue light therapy. Intended for skin prone to acne, it treats imbalances and in particular adult acne, LED REBALANCE eliminates the bacteria responsible for imperfections and soothes skin.

Led Glow

30 minutes - 90 €

The LED therapy treatment combining two wavelengths to eliminate dullness and tiredness and to get an express glow.

Led Repair

30 minutes - 90 €

The LED therapy treatment using infrared light for sensitized, reactive skin prone to redness. It reduces inflammation, cell repair and sensitivities.

Led Anti-Aging Ultimate

30 minutes - 90 €

The LED therapy treatment using the red wavelength. It acts on the cell to stimulate its metabolism and reactivate the essential functions that slow down with age, in particular the production of collagen, elastin and cell renewal.

Signature Treatment

Kobido Excellence

60 minutes - 220 €

Innerskin Kobido treatment with a Botox-like effect to sculpt facial lines, plump up and smooth fine lines and wrinkles. A treatment combining a Kobido massage performed on important focus points and massage accessories to enhance the effectiveness and sensoriality of a unique moment.

Peeling

Peeling Rebalance

30 minutes - 150 €

A combination of azelaic and salicylic acid, this solution treats blemishes. Its anti-inflammatory, anti-bacterial and sebum-regulating action offers a complete and effective solution to acne-prone skin.

Peeling Resurfacing

30 minutes - 150 €

A combination of salicylic acid and AHA, this solution improves the overall appearance of the skin, treating hyperpigmentation, blemishes, dull skin as well as fine lines and wrinkles.

Peeling & Hydrafacial Essential

75 minutes - 330 €

A combination of technologies to improve the appearance of the skin for clear, deeply healthy yet intensely hydrated skin. The complexion is refreshed, the skin smoothed and glowing.

Skin Programs

Glow

450 €

Hydrafacial Glow & Microneedling Glow

Cure Led Therapy

240 €

Cure of 3 led therapy session of 30 minutes

Plump

520 €

Hydrafacial Anti Aging Ultimate & Kobido Excellence & LED



Massages

Deep Tissue Massage

30/60/90 minutes - **120 € / 220 € / 290 €**

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

Those slow and deep-acting technique will be accompanied by a targeted, personalised work of tense muscles.

A professional technique designed to reduce body fatigue, relax the body and accelerate muscle recovery.

Re-balancing Massage

30/60/90 minutes - **120 € / 210 € / 280 €**

The soft pressure of this massage fills you with a sense of wellbeing by combating nervous tensions.

The long, sweeping movements help to stimulate venous and lymphatic circulation, providing a soothing feeling. An soft experience to find calm through bodily sensations and feel light and refreshed.

Prénatal Massage

60/90 minutes - **210 € / 280 €**

During pregnancy, it is common to feel stiff, tired and anxious.

This treatment has been specially designed for future mums from their second trimester and helps to soothe these kinds of discomfort.

This offers a first shared moment between mother and baby who will both enjoy the special bond provided by the comforting massage.

Holistic CBD Massage

30/60/90 minutes - **130 € / 240 € / 300 €**

A massage allowing you to achieve a deep, full body relaxation through a mental and physical release.

This technique blending CBD and massage will relieve you of stress and anxiety, for an unparalleled zen state of mind.

This unique massage offers 360° action, allowing your body and mind to relax, combats sleep issues and soothes nervous tension.

Tui Na Energy Massage

60/90 minutes - **210 € / 280 €**

Inspired by traditional Chinese medicine, this massage acts directly on our vital energy, Qi, using acupressure and drainage techniques.

This holistic approach allow to improve circulation energy with its focus on the meridians. It is perfect for supporting the immune system and boosting vitality.

Thai Massage

60/90 minutes - **220 € / 290 €**

This traditional Asian massage is carried out on a futon, without oil, in comfortable clothing.

Energy flow is harmonised through a series of stretches and joint manipulations.

It is a stimulating massage that promotes body mobility and suppleness.

This treatment is perfect for a re-invigorating moment of relaxation.

Massages

Hot Stones Massage

60/90 minutes - 220 € / 290 €

By stimulating the entire metabolism, this massage improve the lymphatic circulation and the elimination of toxins. The heat of the stones leads to a deep feeling of muscular relaxation and deeply relaxes the nervous system.

Vitality Massage

60/90 minutes - 210 € / 270 €

This soft massage is intended to stimulate lymph circulation and detoxify the body, while strengthening the immune system, it will also tone and refine your body. Thanks to precise movements, the repeated gestures of the draining massage have real relaxing benefits.

Réflexologie Plantaire

45 minutes - 165 €

From traditional Chinese medicine, this technique activates the self-healing process by exercising manual pressure on the reflex zones of the feet connected to the part of the body or to the painful organ. Reflexology will help the body restore nerve impulses and reduce stress and tension.

Anti Fatigue Massage

45 minutes - 165 €

Exclusively focus on the back, massage techniques correct persistent pain. Chronic tensions linked to stress and fatigue disappear giving way to a feeling of lightness and wellbeing.

Anti Aging Face Massage

30 minutes - 120 €

Thanks to tonic and detoxifying maneuvers for each part of the face, this massage provides an immediate lifting and plumping effect. By releasing the muscular tensions of the face, the features are smoothed and sculpted, erasing the signs of fatigue and stress.

Body Exfoliation

45 minutes - 165 €

The whole body is exfoliated and toned with a 100% organic apricot scrub, leaving your skin soft, rehydrated and subtly scented. Combining vitality and relaxation, this body scrub stimulates blood circulation and accelerates cell regeneration.

Ceremonies

Parisien Break

230 €

Free yourself from fatigue and stress thanks to this privileged half-day break in our Parisian cocoon.

Take the time for a wellness break during your week and enjoy a 45-minute anti-fatigue massage accompanied by a green lunch at La Bauhinia restaurant.

*This offer is available from Monday to Friday

Zen Ceremony

290 €

Enjoy a rebalancing 60-minute massage for a one-of-a-kind zen experience.

Access to all Chi, Le Spa facilities on the half day for the morning or afternoon is included.

Wellness Day

390 €

Take a day to get away from it all and enjoy a full 90-minute treatment consisting of a rebalancing 60 minute massage and an energising 30-minute facial. During this complete wellness break you will also enjoy a Detox lunch served at the Spa.

Access to all Chi, Le Spa facilities for the duration of the day is included from 10 am to 8 pm

Green Beauty Ceremony

290 €

Enjoy a personalised 60-minute Alaena Glow & Bio facial treatment for a one-of-a-kind beauty moment. Access to all Chi, Le Spa facilities on the half day for the morning or afternoon is included.

Holistic Treatment

Our experts offer you personalized support through a selection of holistic and cognitive consultations so that well-being becomes your way of life.

Thus, we help you to radiate from within through work on many themes such as sleep, stress, vitality, energy and emotional balance.

Sophrology

1h15 - 240 €

Sophrology is a great choice for those looking to develop an overall state of wellbeing and total relaxation.

Halfway between meditation and hypnosis, sophrology acts like a "reset", with its comprehensive range of guided breathing, visualisation and mindfulness exercises.

Each consultation ends with a personalised exercise recommendation which can be carried out anywhere at any time of day.

RE-Connect

1h15 - 240 €

A holistic RE-connection of the body and mind which acts on the vital energy and the magnetic field in order to find the balance of the 4 dimensions of the wellbeing: physical, emotional, mental and spiritual.

By stimulating the reflex points connected to each organ, massage and acupressure on the various meridians of the body regulate the circulation of energies and improve the metabolism.

The sound and vibration techniques with the Tibetan singing bowl release muscular and emotional tensions in depth.

The treatment ends with the aura cleansing and harmonization of the chakras to reconnect and regain full vitality.

Singing Bowl Massage

1h15 - 240 €

Experience the SPANDA® singing bowl massage, a unique psychophysical and emotional treatment. Harmonious sounds and resonances act on the brain, organs, tissues and cells, guiding you to a state of deep relaxation and liberation.

Immerse yourself in the soothing sound bath and powerful bowl vibrations, which help balance your chakras and emotional state.

Singing Bowl Massage is a true link between physical and holistic well-being, making it a captivating experience.

Osteopathy

1h15 - 240 €

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

Osteopathy is a type of manual therapy based on bones and muscular manipulations.

Our sessions are also suitable for children and pregnant women.



Beauty

Hand & Foot Beauty by Kure Bazaar

Luxury Hand Beauty - 60 min 130 €
Complete hand and nail treatment, filing, massage and polish.

Luxury Foot Beauty - 60 min 130 €
Complete foot and nail treatment, filing, massage and polish.

Express Manicure / Pedicure - 30 min 80 €
Classic nail shaping and polish

Manicure for Men - 45 min 90 €

Semi-permanent polish application - 30 min 70 €

Semi-permanent polish removal - 30 min 40 €

Semi-permanent polish removal and application - 45 min 100 €

Luxury Hand Beauty and semi-permanent polish application - 75 min 160 €

Luxury Foot Beauty and semi-permanent polish application - 75 min 170 €

Hair removal
Available on request

Make-up
Available on request

Boosters

Hair

30 €

Our gentle and rich argan oil mask provides deep moisture, boosting hair shine and soothing of the scalp.

Hypervolt

30 €

Percussion massager to relieve muscle aches and pains.
Improves micro-circulation.

Face

25 €

Hydrating facial mask with Hyaluronic Acid

Illuminating facial mask enriched with Vitamin C
Detoxifying coal facial mask.

Eyes

25 €

Smoothing eye mask with collagen
Illuminating eye mask enriched with Vitamin C

Body

25 €

Nourishing argan oil hand mask
Nourishing argan oil foot mask

Extras Charges

Private 30-minute hammam session **80 € / pers.**

Extra for in-room treatment **50 € / pers.**

Extra for treatments **100 € / pers.**
between 21:00 and 09:00

* The boosters are provided during your treatment



Club and Facilities Access

Access to the Spa

Swimming pool, terrace-solarium, fitness, hammam

Day Pass Access to the Spa
(from 10 am to 8 pm) **180 €**

Half-Day Pass Access to the Spa
(Monday to Friday) **140 €**

Access to the Spa for half a day
in addition to a treatment **80 €**

Half-Day

10-Day Access to the Spa **1500 €**

20-Day Access to the Spa **2800 €**

Memberships

Entrance fees per person **1500 €**

Quarterly subscription **2500 €**

Half-yearly subscription **3500 €**

Annual week subscription
(access from Monday to Friday) **5000 €**

Individual Annual Subscription **6500 €**

Annual Duo Subscription **12 000 €**

Coaching

Yoga
Swimming
Baby swimming
Aquagym
Fitness
Hit Boxing

30 minutes individual coaching **80 €**

60 minutes individual coaching **120 €**

Package of 10 x 30 minutes
coaching sessions **700 €**

Package of 10 x 60 minutes
coaching sessions **1000 €**

Good to know

Your reservation

We advise booking in advance to ensure availability.

If you are pregnant and/or have any health concerns, please inform us during the booking process.

Before your treatment

To make the most of your time with us, please arrive 20 minutes prior to your appointment.

Upon arrival at CHI, The Spa, a therapist will conduct a consultation to ensure that you have the treatments best suited to your needs.

You do not need to bring any special clothing. A bathrobe, slippers and towels will be provided.

Late Arrivals / Cancellation

If you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterwards.

We request a minimum of six hours notice if you are unable to keep your appointment. Please call our Spa receptionist, who will be happy to reschedule.

Appointments cancelled with less than six hours notice will incur a 100% cancellation fee.

Children

Children under the age of 18 are permitted to use the Spa and fitness facilities when accompanied by an adult. Please ask at reception for our special terms and conditions.

Mobile Phone Policy

To preserve the harmony and calm atmosphere within the Spa, we kindly ask you to switch off your mobile phone upon arrival and make your phone calls from the lobby.



Chi

THE SPA AT SHANGRI-LA
Paris

Opening hours
Every day: 9.00 am - 9.00 pm

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