

TREATMENTS MENU

Chi

THE SPA AT SHANGRI-LA
Paris

CHI LE SPA

Inner Wellbeing

A perfect homage
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.

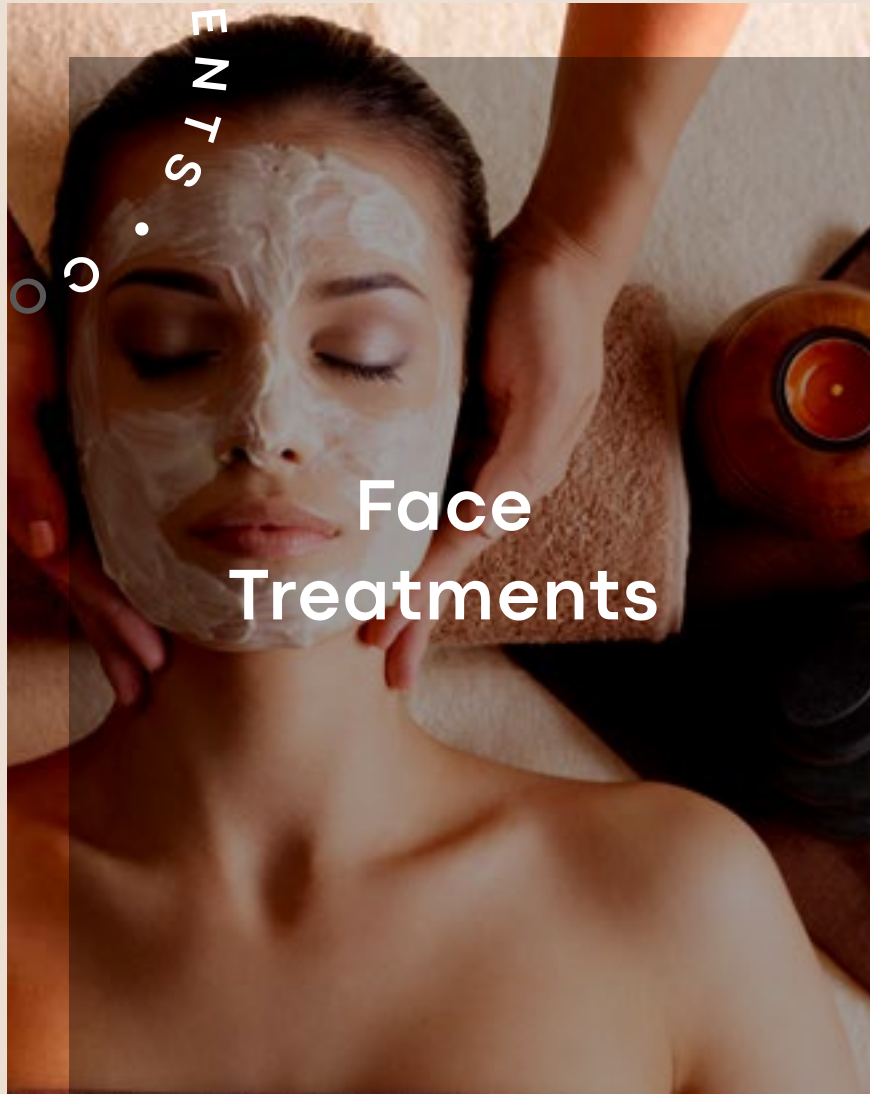
A Parisian heaven of calm away from the commotion and stresses
of city life, CHI, Le Spa bases its expertise on a comprehensive
quest for wellness, encompassing both physical and mental balance
drawing their strength from the same energy — Qi (Chi).

The 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 94-square-metre planted terrace.

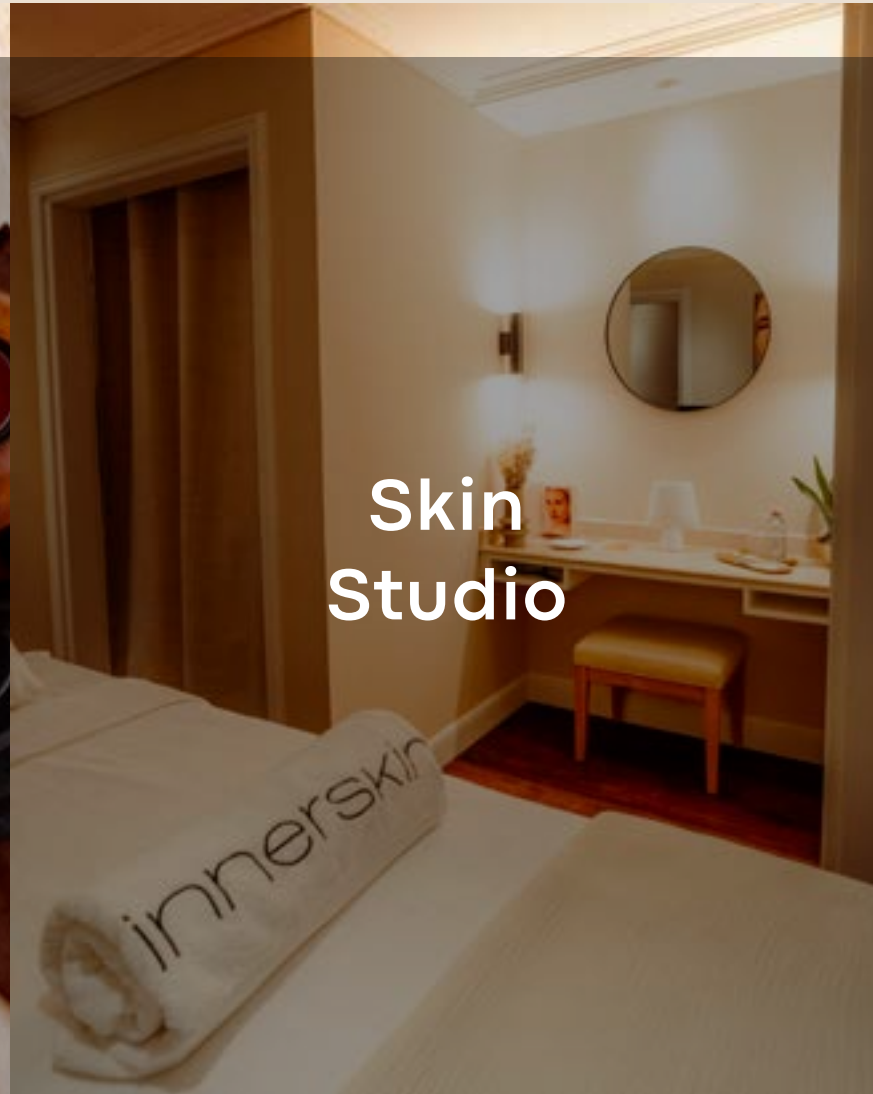
Our holistic and personalised approach to well-being can be
experienced through a range of professional treatments, focused
on rebalancing the body and the mind, taking time for yourself,
and helping you feel good in the «here and now.»

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

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Skin Studio



Massages & Holistic Treatments



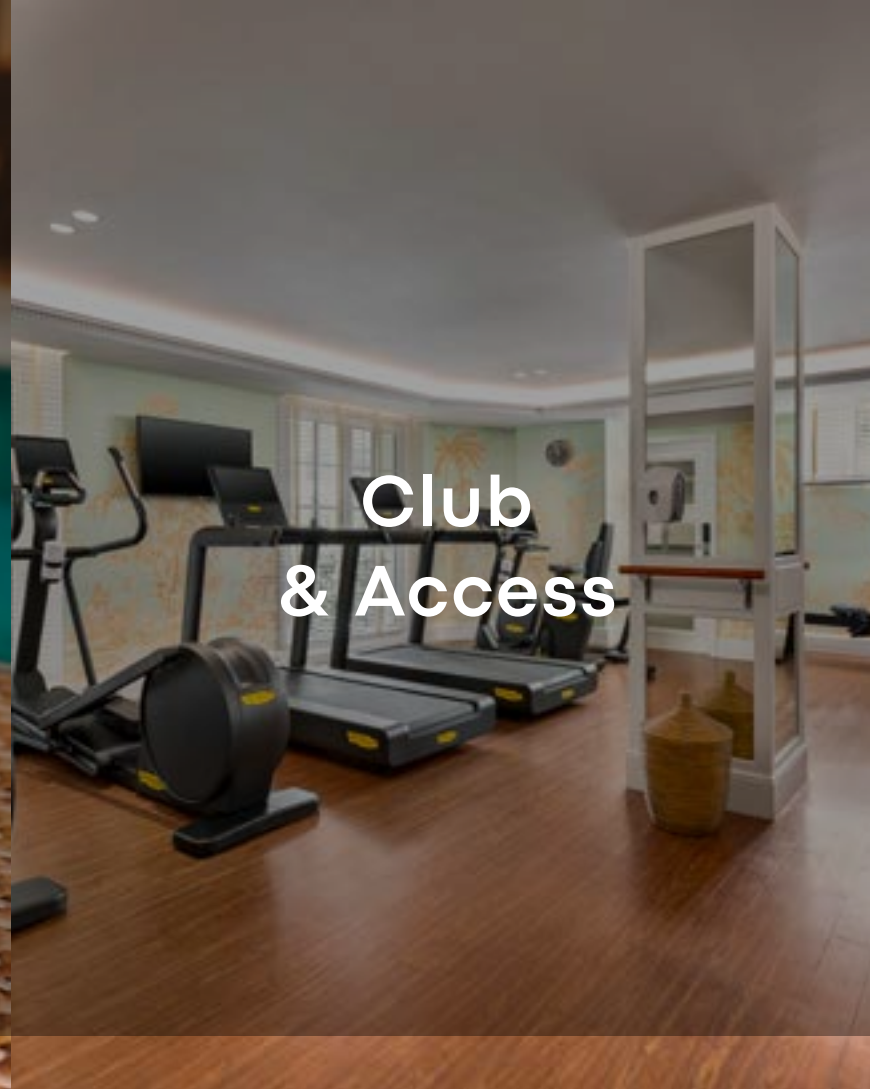
Ceremonies & Packages



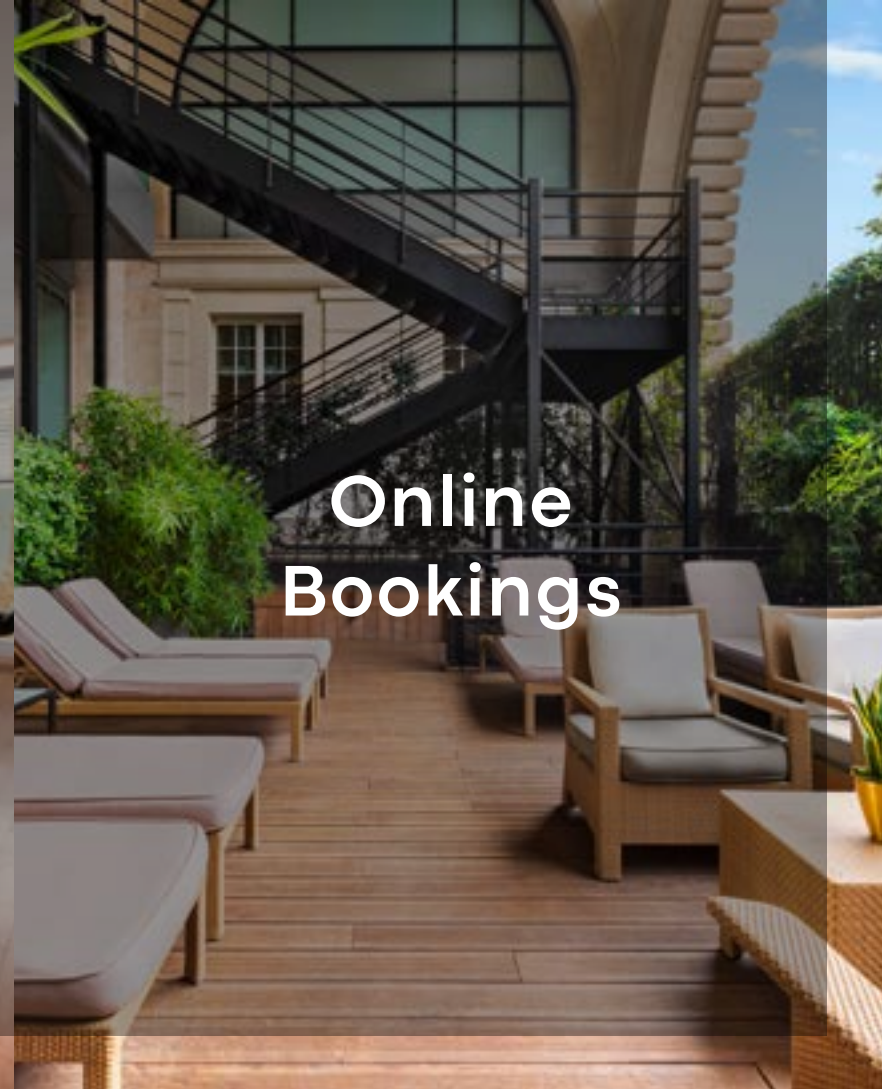
Beauty



Boosters



Club & Access



Online Bookings

Alaena Facial Treatments

Clean & Chic Beauty

Because effectiveness and naturalness can not be disassociated, CHI, Le Spa has joined forces with Alaena to offer you a range of highly effective products and treatments that are 100% organic and 100% clean. All our products are cruelty-free and eco-friendly.

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.

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

A totally transparent approach to beauty for results you can trust.



Facial Treatments

Express Anti-fatigue

30 minutes
€130

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
€125

This deeply toning massage, inspired by Kobido and Tuina massage techniques, 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
€170

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

This high-performance 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, sunscreens and pollution.

Skin feels plumped and radiant.

Glow & Bio

60 / 90 minutes
€215 / €270

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. Technology harnessed for the beauty, well-being and health of the skin.

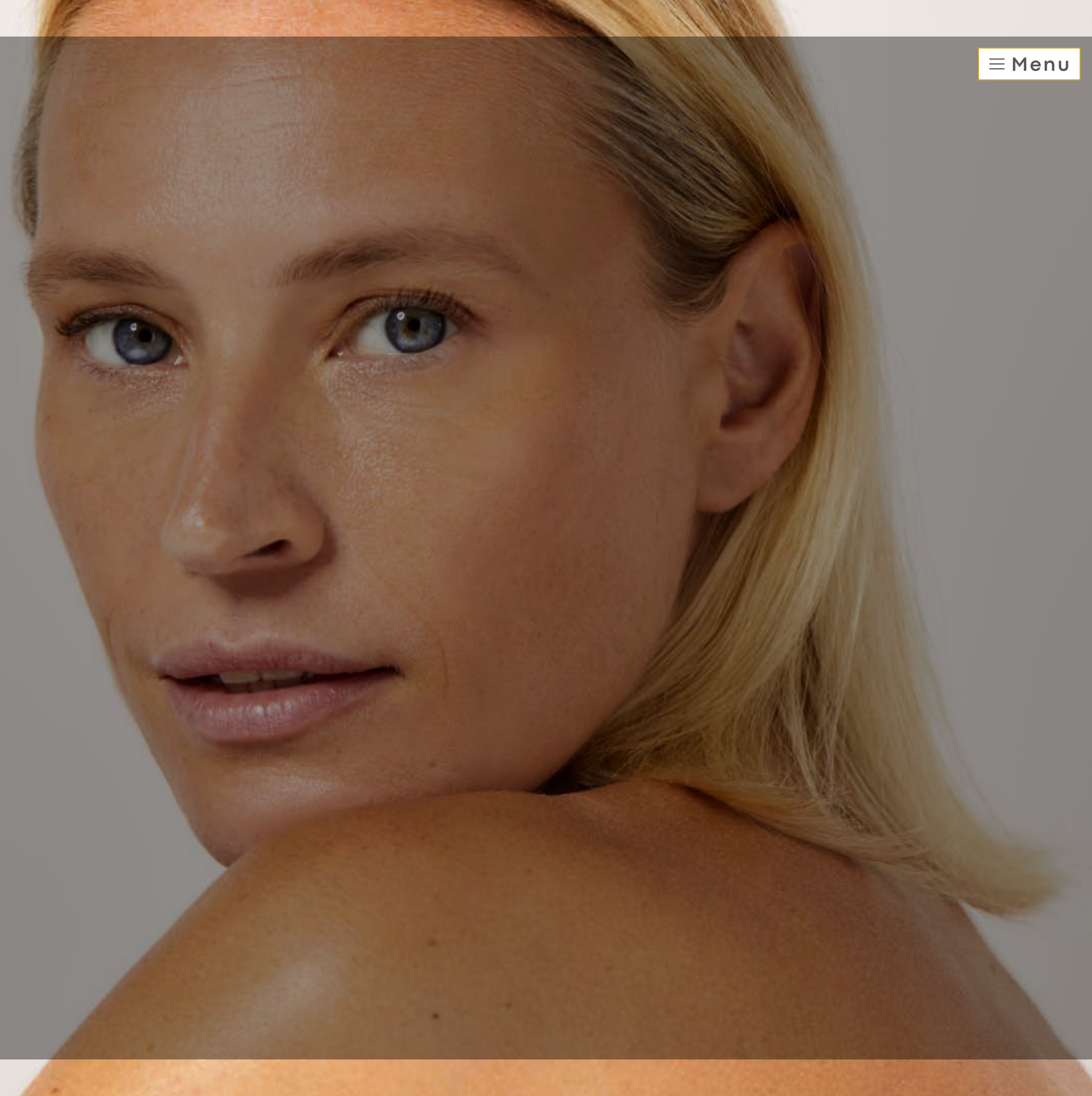
We also believe in the power of each individual to influence the future of their skin, including prevention and the importance of medical support along the way.

Our mission is to give everyone the keys to caring for their skin, cultivating their own well-being, and boosting their health.

To offer you the best possible care, we use the latest innovations in technological skin care combined with the very best cosmetic products. And because performance and well-being are not mutually exclusive, our treatments combine the effectiveness of science with a deeply indulgent and sensual moment of pampering.

Make the most of your stay at the Shangri-La to start making changes that will make you a player in your skin's future, and discover the latest innovations in anti-aging preventive medicine.

innerskin



Skin Studio

Hydrafacial

Signature Hydrafacial

1 session - €180 (45 minutes)
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 - €250 (60 minutes)
3 sessions - €650

Our Signature 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 - €300 (75 minutes)
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.

Skin Studio

Microneedling

Microneedling Face

1 session - €200 (45 minutes)
3 sessions - €540

Microneedling is an anti-aging treatment that acts deep within the skin to boost the production of collagen, elastin and hyaluronic acid, which are essential for smooth, plump skin.

Microneedling provides mechanical stimulation so that the different serums can get to work deep within the skin. This treatment can be personalised based on your needs: sagging skin, loss of elasticity, wrinkles and imperfections.

Microneedling Eyes

1 session - €150 (30 minutes)
3 sessions - €400

Microneedling precisely targets the eye contour area: puffiness and dark circles are reduced and the eyes are rejuvenated.

Microneedling & Hydrafacial

1 session - €300 (75 minutes)
3 sessions - €840

A unique combination of two cutting-edge technologies, this treatment offers the detox, radiance and hydration effects of a Hydrafacial, complemented by the unique properties of microneedling.

An LED session completes the treatment to lock in the effects.

Skin Studio

Peeling & LED

Peeling

1 session - €150 (30 minutes)
3 sessions - €400

A highly concentrated blend of active ingredients gently exfoliates the skin, encouraging cell regeneration and the production of elastin and collagen.

This treatment improves the skin's overall appearance and firmness, as well as targeting fine lines and wrinkles.

Skin is smoothed and rejuvenated.

Photobiomodulation LED

1 session - €70 (30 minutes)
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.

Skin Studio

Radio Frequency

Radio Frequency Face

1 session - €150 (30 minutes)
6 sessions - €760

This treatment incorporates radio frequency technology plus high frequencies for skin regeneration, combined with electro-stimulation to eliminate tension and oxidative stress.

It has a plumping effect on the skin of the face, neck and décolleté, and helps prevent and counteract skin aging by stimulating collagen production.

Radio Frequency Décolleté

1 session - €190 (45 minutes)
6 sessions - €970

Kobido Massage

1 session - €230 (60 minutes)
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.



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
€130 / €225 / €290

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
€125 / €215 / €280

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
€215 / €280

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

60 / 90 minutes
€240 / €300

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
€215 / €280

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
€215 / €280

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
€125

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
€170

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
€225 / €290

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
€170

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
€225 / €290

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
€170

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* - €240

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* - €240

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 - €170

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 - €170

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



Ceremonies & Packages

Zen Attitude

€295

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

€295

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

€390

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

€225 (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

€495 (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

Menu

Hand Beauty

60 minutes

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

€150

Foot Beauty

60 minutes

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

€150

Express Manicure / Pedicure

30 minutes

Classic shaping and nail polish application

€90

Manicure / Pedicure for Men

45 minutes

€110

Application of semi-permanent nail polish

30 minutes

€70

Semi-permanent nail polish removal

30 minutes

€40

Package: semi-permanent polish removal and application

45 minutes

€100

Luxury Hand Beauty and semi-permanent polish application

75 minutes

€160

Luxury Foot Beauty and semi-permanent nail polish application

75 minutes

€170

Hair Removal

Available on request

Boosters

Boosters

All the boosters are provided during your treatments.

Eye Mask	€25
Face Mask	€25
Body Mask	€25
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 for the day €200
(from 10:00 a.m. to 8:00 p.m.)

Access to the Spa for half a day €160
(from Monday to Friday)

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

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

Privileges Pass

10 passes €1,800
for a Spa day

20 passes €3,000
for a Spa day

Memberships

Admission €1,500
per person

Quarterly Membership €2,600

Weekly Membership €3,800

Annual Membership €5,000
(access Monday to Friday)

Annual Individual Membership €6,500

Annual Duo Membership €12,000

Coaching Sessions

Swimming
Baby Swim
Aquagym
Fitness

Individual Coaching €90
(30 minutes)

Individual Coaching €130
(60 minutes)

Package of 10 coaching sessions €750
(30 minutes)

Package of 10 coaching sessions €1,000
(60 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.

Chi

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](#)