



Chi

THE SPA AT SHANGRI-LA
Mauritius

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry, no matter how small, should be recorded to ensure the integrity of the financial data. This includes not only sales and purchases but also expenses and income. The document provides a detailed list of items that should be tracked, such as inventory levels, accounts payable, and accounts receivable. It also outlines the procedures for recording these transactions, including the use of journals and ledgers.

The second part of the document focuses on the reconciliation process. It explains how to compare the company's internal records with external statements, such as bank statements and supplier invoices. This process is crucial for identifying discrepancies and ensuring that the books are balanced. The document provides a step-by-step guide to performing reconciliations, including how to investigate and resolve any differences that arise.

The final part of the document discusses the importance of regular audits. It explains that audits are necessary to verify the accuracy of the financial records and to detect any potential fraud or errors. The document provides a checklist of items to be audited and describes the procedures for conducting an audit. It also emphasizes the importance of maintaining a clear and organized system of records to facilitate the audit process.

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's Le Touessrok Resort & Spa 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 tranquility, harmony and healing, a great deal rarer – our special kind of care delivered from the heart.



CHI SIGNATURE MASSAGES

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

CHI Hot Stone Massage

90 minutes

Heated stones are used for their thermotherapy benefits in gliding massage strokes for a warm relaxing treatment. Warm stones are used to ease muscle tension and restore the body's energy and vitality.



CHI Foot Reflexology

45 minutes

This Chinese foot massage improves vitality by stimulating blood circulation and relieving stress.



CHI Jet Lag Rescue Release

45 minutes

This travel recovery massage promotes good sleep, focuses on muscle pain relief and recovery from skin dryness and dehydration, and restoring energy.



CHI JOURNEYS

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

Deep Healing

3 hours

The ultimate retreat. Surrender your body, mind and soul to a divine Traditional Coconut Scrub, Signature Coco Massage and Decléor Facial Care.

Seven Essences Of Chamarel

2 hours 30 minutes

Feel the soul of the island from toes to head through with seven refreshing signature treatments. The combination of Coco 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.



Light pressure for relaxation



Medium pressure for firm massage



Hard pressure for deep-tissue massage

SENSE OF PLACE

Treatments reflecting a true sense of Mauritius using local organic ingredients combined with our treatments performed in an authentic environment – nurturing the soul, relaxing the body and calming the mind.

Coco Massage

60 minutes / 90 minutes

This is one of the Mauritian essence massages using fresh coconut by placing heated coconut oil onto the face and body to nurture and balance the body, mind and soul. Heated coconut oil is good for soothing the muscles and nourishing the skin. It re-energises the body.



Traditional Tipik Healing With Segá Rhythm

60 minutes

This signature massage is created to soothe the body by releasing muscle stress and help you embrace the island's peace through the sound of Mauritian sega tipik rhythms. It helps boost the body's energy levels, eliminate the toxins, improve circulation and clear the mind. Time has no place and only experience matters.



Baton Cane (Sugar Cane Stick) Massage

60 minutes / 90 minutes

This massage is performed using a Mauritian sugar cane stick. The freshness of the green plant is transferred to the body's energy levels and revitalises it, relieving tiredness, the effects of jetlag and muscle pain after a heavy work out. This treatment brings the soul back to its roots in nature.



Personalized Skin Treatment

90 minutes

This body treat starts with a body scrub followed by a massage or a body wrap. It can be either hydrating or toning.



Light pressure for relaxation



Medium pressure for firm massage



Hard pressure for deep-tissue massage

WELLNESS MESSAGES

Personalise your massage by choosing your own essential oil to be used in your treatment.
All massages can be performed in a couple's suite or single room.

Outdoor Massage

60 minutes / 90 minutes

Another way to enjoy our tailored-made treatments. Become one with our beautiful landscape and Mauritius's very own flora. This massage is designed to make you feel all the mystery, beauty and positive energy of nature.

Acupressure Tui Na Massage

60 minutes

The Chinese have utilised the benefits of massage for thousands of years. Tuina is one of the traditional Chinese deep-tissue massages that use deep pressure, tapping and various stretches to stimulate energy flow, awakening the tired body and mind.



Philippine Hilot Massage

60 minutes

An authentic massage that focuses on ancient diagnostic methods passed down through generations in Philippine culture. Warm oil and banana leaves are placed over the body to detect areas of energy imbalance and blockage in your body.



Asian Blend

60 minutes

This personalised medium- to strong-pressure massage uses intense strokes to relieve stress and muscular tension.



Aroma Wellness Massage

90 minutes

Drawing on various Asian massage techniques, this massage activates circulation, relieves muscle stiffness and aches while imparting an overall sense of well-being and energy. It strengthens the body's vital energy, so it emerges with renewed spirit.



Thai Massage

90 minutes

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



Yin-Yang Harmony For Couples

90 minutes

This couple's massage is created to harmonise and balance the flow of CHI from within to restore peace and harmony.



Lymphatic Drainage

50 minutes

This light massage provokes cellular regeneration throughout the body, especially in areas with a concentration of the lymph nodes. It boosts lymph flow and helps eliminate toxins while acting favorably against cellulite, various edemas and the feeling of heaviness in the legs.



Light pressure for relaxation



Medium pressure for firm massage



Hard pressure for deep-tissue massage

FACIAL CARE BY CARITA

Face Treatments

Parfait 3 ORS **Global Anti-Ageing** 105 minutes

An exceptional treatment using the TRIO OF GOLD complex to perform precise filigree work on each area and line of the face, revealing the complexion and revitalising the features.

Jeunesse Originelle **Lifting and Firming** 105 minutes

Powerful and dynamic massage of the facial muscles, able to retrace contours, sculpt volume and lift the features. Features are smoothed, the skin is left denser and toned, and signs of ageing are visibly softened.

Ideal Anti-ageing prevention

Hydratation Des Lagons **Hydration And Radiance** 105 minutes

Lagoon water takes on exceptional minerality from the volcanic rocks of Polynesia over the course of thousands of years. Magnified by a deep impregnation ritual, it travels to the heart of the skin to share all of its benefits and replenish the skin's reserves. Filled with new energy, the skin is awakened, features are softened and the face is left radiant.

Pureté Poudrée **Purifying and Matifying** 105 minutes

Designed to enhance the youthfulness of combination to oily skin, this treatment has a deep effect to trigger skin detoxification. Purified, the skin can breathe and regains its balance and regularity, whilst the complexion is left even and radiant.

Neomorphose **Anti-Wrinkle Prescription** 105 minutes

An ultra-concentrated treatment with a multidimensional approach using three complementary actions (resurfacing, filler and regenerating) which perfectly tackles all texture irregularities (wrinkles, pores, imperfections in the complexion) to transform the skin from inside out. The skin is rebooted and left resplendent.

Technofed Collections

Designed to regain or maintain a svelte, toned and shapely silhouette, these easy and painless tailored programmes are founded on an open dialogue with your CARITA Expert who carefully examines the areas to be treated in order to define the pace and frequency of sessions best suited to your needs.

Slimness 30 minutes per session

A course of treatments combining innovative slimming active ingredients with the microcurrent, luminotherapy and ultrasound technology of the CARITA beauty machine to refine the silhouette, reduce unsightly elements and avoid the appearance of new roundness.

Firmness 30 minutes per session

A course of treatments using the CARITA machine to work on texture and strengthen the dermal matrix for a visibly firmer, shapelier and more toned body.

Course of 5 sessions or 10 sessions applicable for both treatments above.

FACIAL CARE BY DECLEOR

Signature

Aromaplastie Facial Radiance 60/90 minutes

A vital ritual for radiant skin and essential well-being
Skin is comforted, nourished and relaxed.

Les experts anti-âge

Aroma Lisse 60/90 minutes

This expert ritual for the face is designed to act on the first signs of ageing and improve the appearance of wrinkles.

Wrinkles and fine lines are smoothed; the complexion is fresh and enhanced.

Prolagène Lift Visage 60/90 minutes

This expert ritual for the face targets skin affected by wrinkles and loss of firmness. It helps to sculpt facial contours and smooth wrinkles.

Skin is smoothed and firmed, facial contours are firmer.

Les essentiels

Hydra Floral Moisturising Ritual For Dehydrated Skin 60/90 minutes

This facial ritual comforts and provides immediate radiance for dehydrated skin.

Skin is perfectly moisturized, sensations of tightness disappear.

Aroma Pureté For Combination To Oily Skin 60/90 minutes

This facial ritual mattifies and helps to purify combination to oily skin.

Skin is cleansed, dull complexions are brightened, areas of shine are reduced.

Harmonie Calm Intense For Sensitive Skin 60/90 minutes

This facial ritual, designed for sensitive and reactive skin, soothes sensations of tightness and helps to reduce redness.

Skin is soothed and calmed. Redness is reduced.

Les express et cibles

Aurabsolu 30 minutes

A specialty facial with a focus on restorative rest in the salon for a fresh, relaxed complexion. A treatment tailored to your skin type providing relaxation and well-being while hydrating, replenishing and restoring suppleness to the skin.

Vitalité Regard Eye Contour Treatment 15/30 minutes

This eye contour ritual provides a response to problems in the eye contour area: puffiness, dark circles, wrinkles and fine lines.

Puffiness and dark circles are alleviated. Wrinkles and fine lines are smoothed. Signs of fatigue disappear.

BODY TREATMENTS BY DECLEOR

Signature

Aromassage*

Well-Being Body Massage

60/90 minutes

This 100% massage ritual is a tactile nurturing experience, combining aromatic application techniques with manual pressures and varying rhythms to promote the release of stress and encourage deep revitalization.

Tensions are released. The body is relaxed.



Relaxation

Madagascar Escape Massage*

60/90 minutes

Paradise for body and senses.

A sensory dream transporting you an island like no other: Madagascar.

An energizing ritual for the body that celebrates, in each of the steps, the many facets of one of the greatest islands on the planet: the diversity of its terrain, the spectrum of its climate, its lush vegetation, its distinctive wildlife, the culture of its people. Each technique tells a story. Enjoy your trip...

Tensions are released, the body is re-energized.



Aroma Blend

Silhouette

30/60/90 minutes

The Silhouette ritual combines an exfoliation of the body with a slimming massage and a wrap to help redefine the figure.

Skin feels soft and supple. Cellulite is alleviated. The figure is redefined.



Complete Firming Ritual

30/60/90 minutes

This ritual combines a body exfoliation with a firming massage and a wrap, to help firm and sculpt the body's contours.

Skin feels supple and soft. The body is firmer, appearing sculpted and redefined.



Scrub

Exfoliating Body Ritual

30 minutes

This ritual erases all traces of fatigue and gently removes dead skin cells, using cocooning and exfoliating techniques. For an optimal relaxation experience, the exfoliation ritual can be followed by a DECLEOR body massage.

Skin is soft, supple and silky.



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 practised 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.

Udwarthanam

45 minutes

The whole body is massaged with medicated powder prepared with various herbs. This massage helps tone the skin, diminishes the appearance of cellulite and improves digestion.



Shirodhara

30 minutes

Continuous pouring of lukewarm oil on your forehead induces deep relaxation. This treatment is good against jet lag, insomnia, stress and headache.



Abhyanga

60 minutes

Experience a warm oil body massage using Ayurvedic herbs and oils to pacify your dosha. Ayurvedic Massage will relieve fatigue by aiding perfect sleep while enhancing the complexion.

Shirodhara and Abhyanga

90 minutes

Emerge and relax both body and mind. This experience aids in sleeplessness, stress and anxiety. An ancient therapy of pouring warm oil on the forehead, continuously and rhythmically, letting it flow through the scalp and onto the hair, is followed by Ayurvedic Massage using herbs and oil to pacify your dosha.



Indian Head Massage

45 minutes

Ayurvedic herbs are blended with sesame oil in preparation for Shiroabhyanga, 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.



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Hard pressure for deep-tissue massage

YOGA

Classical Yoga

60 minutes

This is a private class on various physical postures (asanas) with breathing exercise (pranayama) to energise the body and increase its flexibility and calm the mind. Yoga helps increase flexibility, provides excellent toning for the muscles, increases lubrication of the joints, ligaments and tendons, and massages all of the body's organs. It also helps to clear the mind.

Sunrise Yoga

60 minutes

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

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.

KIDS' AND TEENS' SPA

Kids And Teens Pampering Time

75 minutes

This treat start with a hydrating chocolate wrap followed by a relaxing massage and facial.

This treatment can also be tailor-made according to the specific needs.



HANDS AND FEET

For Her

Classic Manicure

45 minutes

A professional manicure including shaping of nails, conditioning cuticles, nail strengthening followed by nail polish.

Classic Pedicure

45 minutes

A relaxing pedicure where the toenails are trimmed and shaped; cuticles are pushed back and conditioned with nail polish.

Royal Manicure

60 minutes

Nails and cuticles are soaked, shaped and buffed with paraffin treatment. We finish the treatment with massage and polish the nails with any color of your choice.

Royal Pedicure

75 minutes

A pedicure that includes a scrub that cleanses and brightens feet with callus softener added with warm scented paraffin to leave your skin deeply moisturized and treat your feet with massage and polishes your toe nails any color of your choice.

Upgrade Long Lasting Polish

Get your nails with our chip-resistant, silky finish gel polish that requires no drying time and can last longer.

Kids Manicure/Pedicure

30 minutes

Quick Fix

20 minutes

Nail shaping, filing and buffing.

Ad-Ons

- Callus Treatment
- Deluxe Treatment (scrub, mask)
- Soothing Foot Massage for 30 minutes
- Classic Polish Application
- French Classic Polish
- Gel Polish Application
- French Gel Polish
- Paraffin Hands/Feet

For Him

Gent's Manicure

45 minutes

During this treatment, the nails and cuticles are expertly shaped. Then, hydrating paraffin is applied, and the nails are buffed for a clean finish (regular+paraffin hands).

Gent's Pedicure

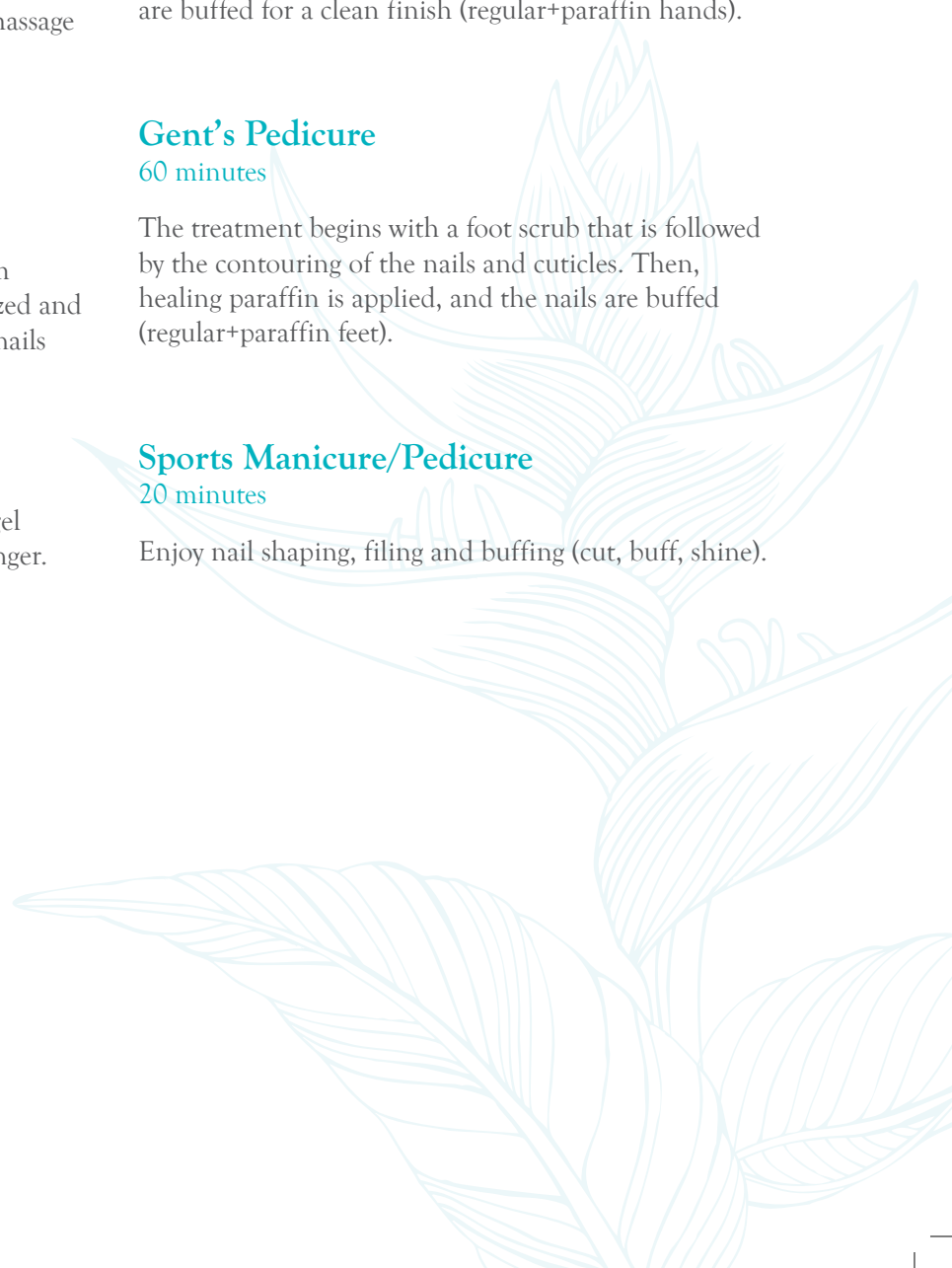
60 minutes

The treatment begins with a foot scrub that is followed by the contouring of the nails and cuticles. Then, healing paraffin is applied, and the nails are buffed (regular+paraffin feet).

Sports Manicure/Pedicure

20 minutes

Enjoy nail shaping, filing and buffing (cut, buff, shine).



HOW TO SPA

Meeting your needs

Upon your arrival at the spa, our receptionist will conduct a brief consultation to ensure that you have the treatments best suited to your needs. Please advise the receptionist if you are pregnant or have any health issues. Our receptionists are experienced in all treatments and would be delighted to assist you in planning your spa programme for the duration of your stay at the resort.

Preparing for your treatment

For ladies, no preparation is necessary; simply turn up and enjoy. For men, we recommend 24 hour shaving prior to having a facial for maximum comfort and benefit to the skin. Other treatments require no preparation.

What to wear

There is no need to bring or wear any special clothing, as spa wear is provided in your treatment suite. As an example, Thai pyjamas are provided for Thai massages. Underwear, if you require, is also provided for all other body treatments and massages.

Your privacy

Your privacy will be protected at all times. Your therapist will allow you to change in private and, throughout the treatment, you will be draped in towels, covering all parts of the body not being treated. Ladies will be given the option of including the bust area in all body treatments.

Making reservations

Advance booking prior to the intended treatment time is recommended. Please dial CHI, The Spa, should you wish to discuss your personalised treatment.

Arriving on time

To make the most of your spa experience, please arrive at least 15 minutes before your appointment.

Late arrivals

In the event that 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.

Children

Children under 16 years should be accompanied by an adult. A disclaimer form is available at CHI, The Spa for the guardian to sign and the children should be accompanied by an adult during the treatments.

Cancellation and no-show policy

In consideration for other guests, we kindly request that all cancellations should be done four hours prior the treatment. Please call CHI, The Spa to reschedule your appointment. No-shows or cancellations within four hours will incur a 100% cancellation fee.

Your comfort – do let us know your needs

Although we do our best to anticipate your needs, please let your therapist know if there is any way we can improve your treatment or comfort – for example, heavier or lighter massage pressure, an extra towel, sound or lighting levels and so on. We appreciate your feedback and encourage you to kindly fill in a Guest questionnaire following your treatment.

Enjoy your CHI experience and we look forward to seeing you.

To make an appointment, please dial CHI, The Spa, where we can discuss your priorities and guide you through the menu and recommended experiences.
Open from 09:00 until 21:00



The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every sale, purchase, and payment must be properly documented to ensure the integrity of the financial statements. This includes recording the date, amount, and purpose of each transaction.

Next, the document outlines the process of reconciling bank statements with the company's internal records. This involves comparing the bank's records of deposits and withdrawals with the company's own records to identify any discrepancies. Any differences should be investigated and resolved promptly to avoid errors in the financial reporting process.

The document also addresses the need for regular audits and reviews. It states that periodic audits by independent accountants can help identify potential weaknesses in the internal control system and provide assurance to stakeholders that the financial information is reliable and accurate.

Finally, the document concludes by highlighting the importance of transparency and communication. It encourages the company to provide clear and concise financial reports to its shareholders and other interested parties, ensuring that they have a full understanding of the company's financial performance and position.



Shangri-La's

Le Touessrok Resort & Spa

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