

# Chi

THE SPA AT SHANGRI-LA  
*Rasa Sentosa*

## WELLNESS JOURNEY

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### CHI JEWEL

A modern Ayurvedic treatment for deep relaxation and expelling toxins.

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Tension Relieving Neck and Back Massage (30 minutes)  
Warm Oil on Forehead and Scalp Massage (30 minutes)  
Hand and Foot Massage (30 minutes)

SGD 228++ / 90 minutes

### CHI SERENITY

A holistic treatment for improving circulation, tissue regeneration and eliminating toxins.

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Body Scrub (30 minutes)  
Signature Singapore Massage (90 minutes)

SGD 268++ / 120 minutes

### CHI TOUCH

A moor-therapy is used for a revitalising treat.

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Loofah Exfoliation and  
Detoxifying Moor Mud Wrap (60 minutes)  
Aromatic Massage (60 minutes)

SGD 288++ / 120 minutes

## CHI ENCHANTED JOURNEY

An indulging treatment that takes care of you  
from top to toe.



Body Scrub (30 minutes)  
Aromatic Massage (60 minutes)  
Clarifying Facial (60 minutes)

SGD 388++ / 150 minutes

# COUPLE COLLECTIONS

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## CHI ROMANCE

A total mind and body treatment using water therapy  
to reduce stress and tension.



Body Scrub (30 minutes)  
Jacuzzi Bath (30 minutes)  
Aromatic Massage (60 minutes)

SGD 608++ / 120 minutes

## CHI ESCAPE

The ultimate top to toe pampering spa treatment.



Body Scrub (30 minutes)  
Steam Bath (30 minutes)  
Aromatic Massage (60 minutes)  
Regenerating Facial (60 minutes)

SGD 888++ / 180 minutes

# MASSAGES

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## **SIGNATURE SINGAPORE MASSAGE**

A massage therapy which incorporates different massage methods from Singapore's three main cultures – Chinese, Malay and Indian – to deliver a tension relieving and relaxing experience.

SGD 228++ / 90 minutes

## **AROMATIC MASSAGE**

A massage to help improve well-being, relieve anxiety and reduce stress. Choose from a selection of aroma oils to complete your rejuvenating experience.

SGD 188++ / 60 minutes

SGD 218++ / 90 minutes

## **BALANCE MASSAGE**

A gentle and relaxing full body massage with light pressure and slow movements to improve circulation and calm your senses.

SGD 188++ / 60 minutes

SGD 218++ / 90 minutes

## **DEEP TISSUE MASSAGE**

A massage that targets deep muscles and break up knots. It uses intense strokes to release built-up toxins and muscle tension. Deep tissue massage can help to relieve stress and strain, increase flexibility and improve circulation.

SGD 198++ / 60 minutes

SGD 228++ / 90 minutes

## **TENSION RELIEVING NECK AND BACK MASSAGE**

A massage that targets the neck, shoulder and back to release tension and relieve stress.

SGD 128++ / 45 minutes

SGD 158++ / 60 minutes

## **MOTHER-TO-BE MASSAGE**

A gentle, relaxing massage to give expectant mothers much-needed pampering during their pregnancy.

Recommended for expectant mothers in their fourth month and beyond.

SGD 208++ / 60 minutes

SGD 238++ / 90 minutes

## **FOOT THERAPY**

A massage which involves applying pressure to specific reflex points on the feet to stimulate blood circulation and promote relaxation.

SGD 98++ / 45 minutes

SGD 128++ / 60 minutes

# BODY THERAPIES

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## **REJUVENATING 4-TEA EXFOLIATION**

A silky body scrub with 4-Tea Elixir which rids your skin of impurities, leaving it feeling fresh. It gently scrubs away dead skin cells, resulting in softer and radiant skin.

SGD 168++ / 60 minutes

## **LAVENDER SALT BODY SCRUB**

A natural detoxifier using sea salt scrubs which helps to exfoliate the top layer of dead skin cells, replenish tired and improve circulation.

SGD 168++ / 60 minutes

## **HYDRATING ALOE WRAP**

This cooling and hydrating wrap is ideal for sensitive and after-sun skin.

SGD 168++ / 60 minutes

## **DETOXIFYING MOOR MUD WRAP**

Known for its powerful therapeutic properties, the moor mud body wrap therapy re-mineralises, soothes and rejuvenates tired muscles and dull skin.

SGD 168++ / 60 minutes



# FACIALS

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## **ULTRA-CALMING FACIAL**

A calming facial feature for hydrating, cleansing and leaving you at ease.

SGD 188++ / 75 minutes (without extraction)

## **GENTLEMAN'S FACIAL**

A deep-cleansing facial specially designed for men that keeps skin fresh and hydrated.

SGD 168++ / 60 minutes (without extraction)

SGD 198++ / 90 minutes (with extraction)

## **CLARIFYING FACIAL**

A purifying treatment for combination to oily skin types. Includes a gentle exfoliating scrub, a massage and deep-cleansing mask with botanical extracts to rejuvenate and nourish the skin.

SGD 168++ / 60 minutes (without extraction)

SGD 198++ / 90 minutes (with extraction)

## **REGENERATING FACIAL**

Customised to address specific skin conditions such as hyper-pigmentation, sensitivity and premature ageing. This personalised facial includes an exfoliating multi-acid peel to renew your complexion.

SGD 198++ / 60 minutes (without extraction)

SGD 228++ / 90 minutes (with extraction)

# ENHANCEMENTS

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## **HOT OIL HAIR AND SCALP TREATMENT** SGD 28++

A pampering treatment using organic passion flowers to soothe the scalp and natural oil to soften and nourish the hair. It is recommended to leave it on overnight for extra hydration.

## **AGE DEFYING FACE MASK** SGD 38++

A blend of hydrating, antioxidant-rich and soothing mask to smooth, revitalise and glow away fine lines for younger looking skin.

## **RENEWAL EYE MASK** SGD 38++

Refresh tiredness, dark circles, and puffy eyes instantly.

## **AGE DEFYING HAND MASK** SGD 38++

Reduce signs of aging and restore moisture for younger looking hands.

## **EXFOLIATING FOOT MASK** SGD 38++

A mask to get rid of dead skin cells, which instantly reveals the softer, smoother skin underneath.

## **COUPLE SUITE UPGRADE** SGD 50++

Without access to the steam room or jacuzzi in the suite.

## **COUPLE SUITE UPGRADE (60 MINUTES)** SGD 100++

Includes access to the steam room in the suite.

## **COUPLE SUITE UPGRADE (60 MINUTES)** SGD 150++

Includes access to the jacuzzi room in the suite.

# HOW TO SPA AT CHI, THE SPA

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## **ARRIVAL TIME**

Please arrive at least 15 minutes prior to your scheduled appointment to change into the necessary attire. Late arrivals may be subject to reduced treatment time and full rate of the treatment price will be charged accordingly. You will also be required to complete a health questionnaire before the commencement of the treatment. Please inform us in advance if you are pregnant or have any health considerations.

## **CANCELLATION**

Cancellation requests must be made at least four hours before the scheduled appointment time by phone. Late cancellations will incur a 50% surcharge, and no-shows will be charged 100% of the scheduled treatment's price (including government tax and service charge). In the event of late arrival, your treatment may be shortened without a reduction in price if there is another booking immediately afterward.

## **VOUCHERS / SPA CREDITS**

All vouchers or spa credits must be presented on arrival to the receptionist within the validity dates. All vouchers and spa credits are non-transferable and cannot be redeemed for cash.

## **WHAT TO WEAR AND YOUR PRIVACY**

Spa attire, undergarments and towels will be provided for your treatment. Our therapists respect your privacy and throughout the treatment, you will be draped with towels, covering all parts of the body not being treated.



## **JEWELLERY**

Kindly refrain from wearing jewelry to the spa. We accept no responsibility for the loss of any valuables or personal belongings that are brought onto the premises of Chi, The Spa at Shangri-La Rasa Sentosa, Singapore.

## **CELL PHONES AND DEVICES**

To ensure that the peaceful sanctuary of Chi, The Spa is not disrupted, use of mobile phones is not allowed during spa treatments. Please put your phone on silent mode or switch it off, and refrain from using it in the spa.

## **PREPARING FOR YOUR TREATMENT**

For ladies, no preparation is necessary. For men, we recommend shaving prior to their facial treatments for maximum comfort and benefit to the skin.

## **MINIMUM AGE**

Children under 18 years of age are not permitted in the spa. Parental consent for spa treatment is required for children between the ages of 12 and 17 years old. The spa welcomes guests that are 18 or older.

## **TERMS AND CONDITIONS**

All prices are quoted in Singapore Dollars and subject to 10% service charge and prevailing government tax.

Shangri-La Circle Point redemption is only applicable to a la carte menu and is not valid for any promotions or packages including Wellness Journey and Couple Collection.

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