



THE SPA AT SHANGRI-LA

# WELLNESS JOURNEY

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## CHI JEWEL

A modern Ayurvedic treatment for deep relaxation and toxin release.

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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 238++ or  3,171 / 90 minutes

## CHI SERENITY

A holistic treatment for improved circulation, tissue regeneration and toxin elimination.

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Body Scrub (30 minutes)  
Full body massage of own choice (90 minutes)

SGD 278++ or  3,704 / 120 minutes

## CHI ENCHANTED JOURNEY

An indulgent treatment for full-body rejuvenation and radiant skin.

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

SGD 398++ or  5,302 / 150 minutes

# COUPLE COLLECTION

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## CHI ROMANCE

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



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

SGD 618++ or  8,233 / 120 minutes

## BLISSFUL RETREAT

Indulge in a stress-relieving body massage, refreshing express facial, and soothing jacuzzi soak.



Express Facial (30 minutes)  
Jacuzzi Bath (30 minutes)  
Aromatic Massage (60 minutes)

SGD 618++ or  8,233 / 120 minutes

## CHI SENSATION

Indulge in a complete head-to-toe journey that awakens the senses and restores harmony.



Steam Bath (15 minutes)  
Swedish Massage (60 minutes)  
Express Facial (30 minutes)  
Hot Oil & Scalp Treatment (15 minutes)

SGD 618++ or  8,233 / 120 minutes

# MASSAGES

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## AROMATIC MASSAGE

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

SGD 198++ or  2,638 / 60 minutes

SGD 228++ or  3,037 / 90 minutes

## DEEP TISSUE MASSAGE

A forward massage that targets deep muscles and knots, using firm strokes to release toxins and tension. It helps relieve stress, improve flexibility, and enhance circulation.

SGD 208++ or  2,771 / 60 minutes

SGD 238++ or  3,171 / 90 minutes

## SIGNATURE SINGAPORE MASSAGE

A distinctive massage therapy that blends traditional techniques from Singapore's three main cultures – Chinese, Malay and Indian. This harmonious fusion relieves tension, promotes circulation, and delivers deep relaxation.

SGD 238++ or  3,171 / 90 minutes

## SWEDISH MASSAGE

The foundation of Western massage, this classic therapy uses five techniques that includes sliding, kneading, and tapping to ease muscle tension, enhance circulation, and promote relaxation.

SGD 198++ or  2,638 / 60 minutes

SGD 228++ or  3,037 / 90 minutes

## TENSION-RELIEVING NECK AND BACK MASSAGE

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

SGD 168++ or  2,221 / 60 minutes

## FOOT THERAPY

A massage for the feet that uses kneading, rubbing, and stroking techniques to ease tension and enhance relaxation.

SGD 138++ or  1,838 / 60 minutes

# BODY THERAPIES

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## LAVENDER SALT BODY SCRUB

A natural detoxifying treatment using sea salt to exfoliate dead skin cells, rejuvenate tired skin, and improve circulation.

SGD 168++ or  2,238 / 60 minutes

## HYDRATING ALOE WRAP

A cooling, soothing and hydrating wrap ideal for sensitive or after-sun skin.

SGD 168++ or  2,238 / 60 minutes

# FACIALS

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## CLARIFYING FACIAL

A gentle yet effective treatment that deeply cleanses, refines, and restores skin balance. Includes a purifying mask with botanical extracts to remove impurities, control oil, and boost radiance.

SGD 178++ or  2,371 / 60 minutes

## REGENERATING FACIAL

A revitalising treatment that restores vitality, smoothness, and radiance. It includes exfoliation, a nourishing serum, and hydrating masks, to enhance elasticity, and promote cell renewal.

SGD 208++ or  2,771 / 60 minutes



# ENHANCEMENTS

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## HOT OIL HAIR AND SCALP TREATMENT

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

SGD 38++ or  422

## RENEWAL EYE MASK

Instantly refreshes tired eyes, reducing dark circles and puffiness.

SGD 48++ or  533

## COUPLE SUITE UPGRADE

Includes access to the steam room or jacuzzi in the suite.

SGD 50++ or  556 / 30 minutes (steam room access)

SGD 100++ or  1,111 / 30 minutes (jacuzzi access)

## 30-MINUTE BODY SCRUB

Exfoliates and nourishes the skin, leaving it smooth, soft and radiant.

SGD 98++ or  1,089

## 30-MINUTE EXPRESS FACIAL

Refreshes and hydrates the skin, leaving a natural, healthy glow.

SGD 98++ or  1,089

# HOW TO SPA AT CHI, THE SPA

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## **ARRIVAL TIME**

Please arrive at least 15 minutes before your scheduled appointment for consultation and to complete a health questionnaire. If you plan to use our steam room before your treatment, please arrive at least 30 minutes prior.

## **LATE ARRIVAL & CANCELLATION**

In the event of late arrival, your treatment may be shortened without a reduction in price. Cancellation requests must be made at least four hours before the appointment. Late cancellations will incur a 50% charge, and no-shows will be charged 100% of the scheduled treatment price (inclusive of government tax and service charge).

## **HEALTH POLICY**

We are unable to perform pre- and post-natal massage treatments. However, we offer a range of suitable options, including facials, and foot therapy, which are available only after the second trimester. Your safety and comfort are our priority. Kindly inform us at the time of booking if you are pregnant or have any health concerns, so we can tailor your experience accordingly.

## **VOUCHERS / SPA CREDITS**

All vouchers or spa credits must be presented upon arrival to the receptionist within the validity period. They are non-transferable and cannot be redeemed for cash or used for promotional treatments.

## WHAT TO WEAR AND YOUR PRIVACY

Spa attire, undergarments and towels will be provided for your treatment. Our therapists respect your privacy and you will be appropriately draped with towels at all times, covering areas not being treated.

## JEWELLERY

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

## MOBILE PHONES AND DEVICES

To maintain the peaceful sanctuary of Chi, The Spa, the use of mobile phones and electronic devices is not allowed during treatments. Please switch your phone to silent mode or switch it off, while in the spa.

## PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary. For men, shaving before facial treatments is recommended for maximum comfort and optimal results.

## MINIMUM AGE

Parental consent is required for guests aged below 18 years old for spa treatments and use of facilities.

## TERMS AND CONDITIONS

All prices are in Singapore Dollars and subject to 10% service charge and prevailing government tax. Shangri-La Circle points values are subject to change in accordance with the exchange rate of SGD to USD. Please note that only cashless payment is accepted.

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