



Chi

THE SPA AT SHANGRI-LA

RELAX. REVIVE. REJUVENATE.



Chi

CHI, THE SPA



Indulge the senses, soothe the soul and revitalise the spirit.

Chi, The Spa draws inspiration from ancient Asian healing and wellness philosophies to create a place of personal peace and enchantment. In traditional Chinese philosophy, 'Chi' or 'Qi' is the universal life force that governs well-being and personal vitality.

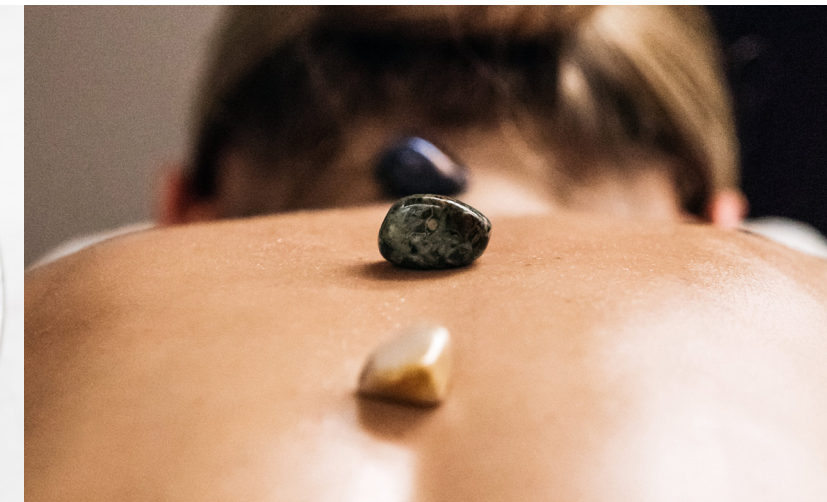
The luxurious day spa features six spa suites, three of which include deep infinity-edge bath therapy and twin treatment beds for couples' and friends' treatments. Private changing rooms and showers are available in the Health Club.



Chi

CHI RITUALS

Experience the Essence of Harmony



Immerse yourself in Chi's Rituals, where each spa experience is elevated by signature treatments. These rituals seamlessly blend a rich tapestry of healing modalities to restore balance and harmony to your life. Drawing from deep-rooted Asian traditions and complemented by heartfelt hospitality, Chi's dedicated experts craft every ritual into a harmonious fusion of ancient wisdom and contemporary techniques. Indulge in profound relaxation and rejuvenation with luxurious Sodashi skincare, renowned for its wholeness, purity and radiance. Let Chi Rituals guide you on a transformative journey of serenity and well-being.

Chi Travellers Retreat

120 minutes

Designed for jet-setters and explorers, this retreat offers a comprehensive escape from travel fatigue. Chi's experts will employ their expertise to restore

balance and invigorate your senses.

Includes: 60-minute full-body massage, 30-minute facial, 20-minute bath and 10-minute foot and scalp therapy.

Chi Chakra Body Balance Massage

90 minutes

Achieve inner harmony with Chi Chakra Body Balance ritual. This treatment focuses on aligning your energy centres through a blend of aromatic oils and expert techniques. Chi's therapists will guide you through a transformative experience, using both ancient Asian practices and organic Australian skincare to balance and energise your body.

Chi Chakra Heart Facial

60 minutes

The Sodashi Heart Chakra Facial uses a fusion of healing modalities to bring balance and harmony to

the chakra system while restoring your complexion with a rejuvenating facial. A nurturing and tranquil facial massage energetically clears the upper chakra and minor marma points using healing White Jade crystal massage buds. Crystal placement and sound therapy using a Tibetan singing bowl over the major chakra points, raises your vibration further during this soul soothing experience.

Chi Himalayan Healing Stone Massage

60 minutes

Immerse yourself in the power of Himalayan Healing Stone therapy. Warm salt stones are used to release tension and promote relaxation, while their natural minerals detoxify and rejuvenate. This ritual, guided by our knowledgeable Chi practitioners, combines the benefits of ancient healing stones with organic Australian skincare for a deeply soothing experience.

MASSAGES

Performed using the celebrated Australian brand, Sodashi, indulge in luxurious self-care with their body oils, crafted from pure, natural ingredients to deeply nourish, hydrate and rejuvenate your skin.

Aroma Journey Massage

60 minutes or 90 minutes

The aroma relaxing massage applies light to medium pressure using Swedish massage techniques to reduce tension, soothe sore muscles and increase circulation. Bespoke aromas used in this massage respond to each individual’s needs.

Customised Massage

60 minutes or 90 minutes

Relieve muscle tension throughout the body with a massage which is tailored to suit your individual needs, and provides an energy release to harmonise the body.

Deep Repair Massage

60 minutes or 90 minutes

This treatment is the perfect escape after intensive exercise or a stressful week. A firm massage using mainly forearm and elbow, works at a deep muscular level and will aid with chronic pain and muscle tension.

Remedial Massage

60 minutes or 90 minutes

A therapeutic treatment designed to restore balance between the muscles and skeletal system, enabling your body to function optimally with reduced discomfort.

Himalayan Hot Stone Massage

60 minutes or 90 minutes

Feel your tension melt away with therapeutic heated natural salt stone crystals. Considered the purest and most beneficial salt on earth, it contains 84 naturally occurring minerals and salts. Resonating at the Earth’s frequency, the heated salt stones neutralise the ill effects of toxic frequencies we live with. Excellent for treating jetlag and insomnia.

Pregnancy Massage

60 minutes or 90 minutes

Unwind with a deeply relaxing and nurturing massage for mother and baby that releases stress and tension. The therapy uses the finest massage oils that are safe for pregnancy to nourish skin. Expectant mothers will feel lighter, refreshed and radiant. Only available in the second and third trimester of pregnancy.

Tension Relieving Neck and Back Massage

30 minutes or 45 minutes

This focused massage quickly helps to release tension in the neck, shoulders and back and is ideal for those who are short on time.

Soothing Foot Massage

30 minutes or 45 minutes

After a long day of travel or walking around the city, this massage will help to reduce swelling of the legs and ankles, stimulate blood circulation and relieve stress.



FACIALS

Chi’s facials deliver a luxurious, high-performance skincare experience, meticulously crafted using the purest botanical extracts from Sodashi.

Anti-Aging Mineral-Boosting Facial

90 minutes

This treatment features all of the natural vitamins and minerals that will give an instant boost to the face. The application of a warm mask maximises the penetration of the key ingredients into the deeper layers of the skin and restores lost elasticity and radiance to the face. Recommended for all skin types, including mature skin.

Deep Cleansing Facial

60 minutes

Lose yourself in the warmth of an aromatic compress, while a nurturing mask that is rich in herbal extracts purifies and hydrates your skin. This deep cleansing facial is completely customised to suit your needs and will leave you feeling relaxed and refreshed. Excellent for all skin types, including sensitive skin.

Radiance Facial

60 minutes

Revive and uplift your skin with the Radiance facial. Skin is cleansed then polished with natural enzymes to reveal a brighter complexion. Senses are lifted with this blend of Sweet Orange – the happiness oil – Ylang Ylang and Damask Rose massaged onto the skin then mask application to reveal a new you. A great facial for adding moisture and glow to tired complexions.

Rejuvenating Facial with Led Therapy

60 minutes

Instantly re-energise and rejuvenate your skin for a gorgeous glow. Award-winning Light Therapy Treatments by Dermalux improves skin tone and texture, while reducing the appearance of fine lines. The gold standard in non-surgical anti-aging with no downtime. Perfect before any event.

OxyGeneo Glam Firming Facial

60 minutes or 75 minutes

This facial provides three effective facial treatments simultaneously. It combines gentle microdermabrasion, a natural oxygen boost and an infusion of essential revitalising nutrients to rejuvenate the skin. It’s the perfect treatment for a flawless complexion.

Active Man’s Facial

60 minutes

Begin with a relaxing back exfoliation, followed by a deep-cleansing and exfoliating facial that incorporates specialised skincare products for men. This treatment balances the skin’s natural oils, hydrates and soothes the skin.

Express Facial

30 minutes

For those in a rush, this results-oriented facial is also an excellent addition to any massage. Recommended for all skin types.



BOOK NOW

* Please note extractions are not performed during Chi, The Spa facials.

WELLNESS RETREATS

Couples Escape

Two hours 15 minutes

This treatment is perfect for couples that want to relax in one of our private suites together. Let the tension of your body melt away during an invigorating organic shea and sugar scrub before enjoying a full-body aroma massage for two. This journey finishes with a hydrating express facial to leave your entire body feeling revived and refreshed. Priced per person and available for non-couples as well.

Includes: 45-minute organic shea and sugar scrub, 60-minute customised massage for two and 30-minute express facial.

Wellness Spa Day for Two

90 minutes

Indulge in a little self-love and boost your well-being with a rejuvenating wellness experience. Then, enjoy a delicious lunch at Altitude on Level 36, which is available Monday to Friday and served at 12:00 pm and 12:30 pm.

Includes: 30-minute infrared sauna, 30-minute facial, 30-minute massage and lunch at Altitude on Level 36.

Pamper Spa-rtly for Two (or more)

60 minutes

Whether celebrating a special occasion or simply enjoying time with friends, be perfectly pampered in style. Surrender to a blissful spa treatment before High Tea on Level 36 with a glass of sparkling wine and spectacular Sydney Harbour views.

Includes: 30-minute organic body scrub, 30-minute tension relief massage and High Tea on Level 36, which is served at 12:00 pm and 2:30 pm.

Arabian Oud Renewal Therapy

90 minutes

This deluxe treatment provides a complete head-to-toe experience, including an exclusive Sodashi Arabian Oud massage, facial, scalp and foot treatments. The unique Arabian Oud Oil has a profound ability to release stored emotions and alleviate negativity to improve emotional, energetic and spiritual wellbeing. The treatment delivers incredible results for detoxification and skin radiance.

Includes: 45-minute Sodashi oud oil massage, 45-minute Sodashi facial and scalp/foot treatment.

Journey Down Under

Three hours 15 minutes

A trip to Sydney would not be complete without experiencing the best in skin and body care products that Australia has to offer – Sodashi. Their unadulterated natural ingredients are ethically sourced from around the world for their powerfully regenerative and therapeutic qualities.

Includes: 75-minute wattleseed scrub and pink clay wrap combo, 60-minute aroma massage and 60-minute deep cleansing facial.

Weekend Wellness

90 minutes

Treat yourself to some well-deserved pampering and enhance your wellness with a rejuvenating Chi, The Spa treatment, available exclusively on Saturdays and Sundays.

Includes: 30-minute infrared sauna, 30-minute facial, 30-minute massage and lunch at Altitude on Level 36.



BODY TREATMENTS + INFRARED SAUNA

Feel the refreshing effects of cleansing and nourishing treatments. All individual scrub and wrap treatments include shower time and the light application of a moisturising lotion.

SCRUBS

Organic Shea Butter and Salt Body Scrub

45 minutes

This combination of salt and organic shea infusion provides the perfect polish. Salts gently buff, as nourishing organic shea butter and coconut oil impart softness, for soft, satiny smooth skin.

Australian Wattleseed Scrub

45 minutes

Born from the essence of Australia, this treatment features a full-body exfoliation therapy with wattleseed and sandalwood - to reawaken the skin and leave one feeling renewed and refreshed.

Full Body Detox Cleanse

Two hours 45 minutes

To detox the body, the finest natural ingredients must be used to stimulate the removal of impurities and toxins from the body. Followed by a massage using special oils that help to eliminate water retention and the appearance of cellulite, your body will feel lighter overall with increased energy levels.

Includes: 45-minute dry body brushing and detoxifying marine mineral body mask, 75-minute massage using 'Toxicleanse' oil by Sodashi. Enjoy a complimentary 45-minute Detox infrared sauna session prior to treatment.

WRAPS

Hydrating Natural Pink Clay Wrap

45 minutes

Deeply nourishing and conditioning to the skin, this wrap is excellent for all skin types. It stimulates cell renewal and healing while promoting collagen formation.

Detoxifying Marine Mineral Body Mask

45 minutes

Stimulating and detoxifying, this body mask draws out impurities and toxins from the body while stimulating the circulatory system and increasing energy levels.

Combination

75 minutes

Two are always better than one. Choose any scrub and combine with any wrap of your choice to leave your skin wonderfully soft, hydrated and youthful looking.

Infrared Sauna Sessions

Soak in a plethora of health benefits via clinically proven 30-45 minute programs, including skin rejuvenation, detoxification, weight loss, pain relief and anti-aging.





ENHANCEMENTS

Enhance the quality of your treatment. Select one or as many as you like. Extra time may be added with more than three enhancements.

Hot Oil Hair and Scalp Therapy
Age-Defying Hand Treatment Therapy Treatment
Foot Scrub Treatment
Firming Anti-Wrinkle Mask
Collagen Bio-Cellulose Eye Mask
Nourishing Mask
Hydro Boost Mask
Radiant Mask
Available for 30-minute treatments or longer.

Facial Add-ons

OxyGeneo 15 minutes
Firm, tone and boost collagen

Quick Rejuvenation Facial with Led Therapy 20 minutes
Energise, boost and glow

Microderm 15 minutes
Refine, soften lines and renew

Facial Tinting and Waxing

Available for 30-minute treatments or longer.

Massage Add-ons

Deep Conditioning Scalp Therapy with massage 15 minutes
Foot Scrub and massage 15 minutes
Back Exfoliation with warm scented compress 15 minutes
Available for 60-minute treatments or longer.

Bath Therapy

Rose Petal Magnesium Bath Therapy 20 minutes
Magnesium Salts, De-stress Body Bath Therapy 20 minutes
Essential Oils, De-stress Mind Bath Therapy 20 minutes

BOOK NOW

SPA ETIQUETTE

Please inform Chi, The Spa's Receptionist if you are pregnant or have any health issues. Kindly note massages are only available for pregnant women in their second or third trimester.

Reservations

Advance bookings are recommended. Please send an email, call or visit Chi, The Spa, should you wish to book or discuss a personalised treatment.

Minimum Age

The spa is an adult-only facility. To maintain a peaceful environment, children under 16 years old are not permitted in the spa without parental consent. Treatments are available for those aged 12 - 17 years old with a signed parental consent form.

Cancellation and Late Arrivals

In consideration of other spa guests, we request notice be given at least 24 hours in advance if you are unable to keep your appointment. Please call our staff, who will be happy to help you reschedule. No-shows or appointments cancelled within 24 hours of the scheduled treatment time will incur a cancellation fee equal to 100% of the scheduled treatment. If you arrive late, we will endeavour to carry out your full treatment. However, please note that should there be another booking immediately after yours, your treatment may need to be shortened with no reduction in price.

What to Wear

We will provide you with a locker for storing your clothes, and a luxurious spa bathrobe and slippers for you to wear during your treatment time. Underwear must be worn for all treatments; disposable underwear is available inside the treatment room. Please do not bring valuables to the spa. Guests are responsible for their own belongings, as the hotel and spa do not accept responsibility for lost or stolen items.

Mobile Phones and Devices

For the comfort of other spa guests, please ensure your electronic devices are switched off upon entering Chi, The Spa.

Arrival Time

To fully enjoy your spa experience, please arrive at least 15 minutes before your appointment. For a seamless visit, we recommend completing the health consultation form sent with your booking confirmation ahead of time. Upon arrival at Chi, The Spa, kindly inform your therapist if you are pregnant or have any health concerns.

Public Holiday Surcharge

Please note a10% surcharge will be added to your bill on all public holidays. Thank you for your understanding.

MAKE A DATE WITH YOUR WELL-BEING



Chi

THE SPA AT SHANGRI-LA

Shangri-La Sydney
176 Cumberland Street, The Rocks, Sydney, NSW, 2000
(02) 9250 6032 chispa.slsn@shangri-la.com
Shangri-la.com/sydney