



Chi

THE SPA AT SHANGRI-LA
Mauritius

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 Le Touessrok, Mauritius 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.

MASSAGES

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

Signature Asian Blend Massage

60/90 minutes - Rs. 6,000/8,250

This massage combines traditional Asian techniques, including Thai pressure points, Balinese and Malaysian strokes, Chinese energy flow and more, restoring and balancing your energy throughout your entire body.



Authentic Coco Massage

60/90 minutes - Rs. 6,000/8,250

This is one of the Mauritian essence massages which uses fresh coconut oil on the face and body to nurture and balance the body, mind and soul. Heated coconut oil is good for soothing tired muscles, nourishing the skin and re-energizing the body.



Personalised Massage

60/90 minutes - Rs. 6,000/8,250

This massage is customized to your personal needs. After a brief consultation with your therapist, the best massage techniques will be used for the duration of your massage.

Deep Tissue Sports Massage

60/90 minutes - Rs. 5,700/7,500

Our most popular therapeutic massage uses deep tissue techniques and light stretching, working on the deeper layers of your body to release muscle tension. It is ideal for active individuals and for those who frequently receive massages.



Relaxing Aroma Massage

60/90 minutes - Rs. 5,250/7,125

It combines the elements of Swedish massage techniques to reduce tension, soothe sore muscles and increase circulation. The blend of aromatic essential oils used in this massage responds to each individual's needs.



Traditional Tipik Healing with Segá Rhythm

60 minutes - Rs. 5,250

This traditional massage was created to soothe the body by releasing muscle stress and help you embrace the island's peace through the sound of Mauritian Segá Tipik (African beat) rhythms. It helps to boost the body's energy levels, eliminate toxins, improve circulation and clear the mind.



Healing Hot Stone Massage

60/90 minutes - Rs. 6,000/8,250

Heated stones are used for the thermotherapy benefits with gliding massage strokes for a warm relaxing treatment.



Stress-relieving Neck & Back Massage

30/45 minutes - Rs. 3,700/3,950

Short on time or just need to release tension in your back, neck and shoulders? After a long day of travel or just need some assistance with de-stressing, this is the perfect solution to unwind and ensure a peaceful night's sleep.



Light pressure for relaxation

Medium pressure for firm massage

Hard pressure for deep-tissue massage

MASSAGES

Soothing Foot Massage

60 minutes - Rs. 5,250

Designed to provide relief and comfort to your tired feet and calves, this massage will stimulate blood circulation and reduce swelling of the legs. Absolutely divine!



Thai Massage

90 minutes - Rs. 8,250

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

Massages for Two

60/90 minutes - Rs. 11,250/14,400

Take time to reconnect with your loved one, best friend or family member on side-by-side massage tables, set within our exquisite suite for two. Two therapists work in unison to provide an unforgettable shared experience.

**Must select two massages of equal length.*

CHI JOURNEYS

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

Indulgence of Time

3 hours - Rs. 17,500

Design a custom-tailored Spa Journey with all of your favorite spa experiences. Select as many or as few different treatments as you would like to enjoy within the three hours.

Healing Energy of Nature Retreat

3 hours - Rs. 14,900

Our ultimate spa retreat where you can surrender your body, mind and soul. Freshly harvested coconut and oils naturally hydrate the body while a personalised facial gives you a fresh glow.

Includes: 60 mins Traditional Coconut Scrub, 60 mins Authentic Coco Massage and 60 mins Personalized Facial

Journey to Mauritius

2.5 hours - Rs. 13,800

Feel the soul of the island from head to toe by experiencing several refreshing treatments. All have been designed to work together to renew the spirit and body with their natural secrets.

Includes: Coco Hair Treatment, 90 mins Sugar Cane Body Scrub & Aloe Vera Body Wrap Combo, 60 mins Relaxing Aroma Massage with Eye & Face Mask and Hydrating Hand & Foot Treatment



Light pressure for relaxation



Medium pressure for firm massage



Hard pressure for deep-tissue massage

BODY TREATMENTS

SCRUBS

Organic Probiotic Salt and Sugar Scrub

30/60 minutes - Rs. 4,100/5,200

Enjoy a full body scrub, rich in healthy probiotics with Epsom salts and organic sugar infused in organic Shea butter. Your skin will be instantly smoother and hydrated. The treatment can be performed without scent or with a bespoke aroma of your choice. Excellent for all skin types including sensitive ones.

Eucalyptus Black Soap Scrub (purifying)

60/90 minutes - Rs. 5,600/7,600

Combined with a special Kessa glove, this black soap made from olives is an effective emollient that softens the skin and purifies it from toxins. The treatment is finished with the application of a signature blend of warmed shea butter and fragranced body oil.

Sea Salt Scrub with Scented Oil

30/60 minutes - Rs. 3,700/4,900

This subtle combination of sea salts and beauty oil provides a deep exfoliation while moisturizing at the same time. This scrub can be experienced in different fragrances: 'Orange Blossom', 'Ayurvedic' or 'Ginger Green Tea'.

WRAPS

Age-defying Organic Wrap

60 minutes - Rs. 5,600

Using our exclusive organic shea butter infused with Paracress (nature's answer to Botox), this wrap will plump, firm and hydrate the skin in the most natural way. It can be performed without scent or with a bespoke aroma of your choice.

Slimming Sea Mud Wrap

60 minutes - Rs. 5,600

An extraordinarily effective mud that targets the critical points of the body affected by imperfections caused by cellulite and water retention. Ingredients include natural seaweed, sea salts and extracts of brown algae and medicinal Ruscus.

Scrub and Wrap Combination

90 minutes - Rs. 7,900

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.

AYURVEDIC THERAPY

Ayurveda, 'the science of life and longevity', is an ancient Indian healing tradition practiced 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.

Shirodhara

30 minutes - Rs. 4,350

Continuous pouring of lukewarm oil on your forehead induces deep relaxation. This treatment is excellent for assisting with jetlag, insomnia, stress and headache.



Abhyanga

60 minutes - Rs. 5,700

Experience a warm oil body massage using Ayurvedic herbs and oils to pacify your Dosha. It will relieve fatigue by aiding in achieving a better sleep while enhancing one's complexion.



Indian Head Massage

45 minutes - Rs. 4,500

Ayurvedic herbs are blended with sesame oil in preparation for Shiro-abhyanga, an Indian Head Massage. The head and shoulders are massaged with herbal oil, improving circulation and lymphatic flow, balancing the organs and rejuvenating and energizing the body.



Ayurvedic Journey

2 hours - Rs. 11,900

The ritual begins with a gentle exfoliation using fine ingredients - from the ancient and mysterious 'spice route' - fine grains of almond, apricot, ginger and patchouli. Whilst laying on a warm bed surrounded by candlelight, the body is cocooned in an Ayurvedic blend of shea butter and oil. Shea butter is used to encase the key energy points (chakras) and the Shirodhara then drizzles a rose water and oil blend onto the chakras. The Shirodhara bowl dances over the body, immersing all the senses in a feeling of absolute relaxation and wellbeing. The whole process generates a harmonious flow of energy and a profound sense of peace and gentle stillness - conveying a spiritual message of Ayurvedic massage.



FACIAL CARE BY CARITA

Gold Anti-Ageing (Parfait 3 ORS)

60 minutes - Rs. 7,700

It is an exceptional treatment using the TRIO OF GOLD complex to perform with a goldsmith's precision on each area and line of the face to get more glow and revitalize the features.

Anti-Wrinkle Prescription (Neomorphose)

60 minutes - Rs. 7,000

It is a multi-dimensional treatment which treats skin texture irregularities such as wrinkles, by means of three complementary actions (resurfacing, filler and regenerating) to transform the skin from the inside out.

Hydrating Radiance (Ideal Anti-ageing prevention)

60 minutes - Rs. 6,500

Rich in essential minerals and trace elements and through a specialised application ritual, lagoon water travels to the heart of the skin to share all its benefits and replenish reserves. Infused with new energy, the skin is awakened, features are softened, face left radiant and the skin rehydrated.

Purifying and Mattifying

60 minutes - Rs. 6,500

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 regain its balance and regularity, whilst the complexion is left even and radiant.

FACIAL CARE BY DECLEOR

Natural Lifting Facial (Prolagene Lift)

60/90 minutes - Rs. 5,850/7,100

Inspired by the Kobido Japanese facial massage and developed by a French expert, this facial provides naturally lifted skin and contouring of the face with Lavandula Vera essential oils.

Personalised Facial (Les essentiels)

60/90 minutes - Rs. 5,700/6,900

It is a multi-dimensional treatment which treats skin texture irregularities such as wrinkles, by means of three complementary actions (resurfacing, filler and regenerating) to transform the skin from the inside out.

Express Facial

30 minutes - Rs. 3,400

For those short on time or who want a quick boost of radiance, this express treatment treats dull skin with an exclusive acupressure point massage and Jasmine essential oils.

Nurturing Eye Treatment

30 minutes - Rs. 3,400

Delicately nurturing the most sensitive and delicate part of the face, this eye contour ritual provides solutions to common issues: puffiness, dark circles, wrinkles and fine lines. Wrinkles and fine lines are smoothed, and signs of fatigue disappear.

HAIR AND NAIL SERVICES

Our salon offers a wide variety of nails, waxing and hair services. Please enquire with one of our therapists for the full menu.

TEENS' SPA

Teens' Pampering Time

(from 12 years and older)

75 minutes - Rs. 5,000

This treatment begins with a hydrating chocolate wrap followed by a relaxing mini massage and express facial. It can also be tailor-made according to the specific needs.

*Mini mani and pedi can also be added. Please enquire with the spa team.

Includes: 30 mins wrap, 45 mins massage and facial.

Mommy and Me Mani Pedis (from 6-11 years)

45 minutes - Rs. 4,600

This special treatment is for mothers and daughters (or sons) to enjoy some quality spa time together getting your nails looked after.

ENHANCE YOUR TREATMENT

Enhance the quality of your treatment. Select one or as many as you like. No extra time is required and the results are effective and immediate.

Hot Oil Hair and Scalp Treatment

Excellent for instantly hydrating your hair and scalp. Leave on overnight for best results.

Anti-Aging Probiotic Massage Booster

Boost the skin's natural immune response with coconut and shea butter lotion enriched with antioxidants. Available only for massages.

Hydrating Hand or Foot Treatment

Firms, hydrates and naturally improves elasticity of the skin. Rich in organic shea butter for immediate results.

Caviar Firming Collagen Facial Sheet Mask

This treatment reduces the appearance of wrinkles, tightens loose skin and replenish moisture with a mask rich in collagen and vitamin E. Other highly effective masks are available such as our Vitamin C Whitening and Hydrating Hyaluronic Acid masks.

Rs. 1,300 each

Crystal Anti-Wrinkle Gel Eye Mask

The eye area has the most delicate skin of the face and body and needs extra attention. Rich in essential amino acids and vitamins, this treatment will provide you with immediate and noticeable results. Our Bird's Nest Whitening and Blueberry Detoxifying eye masks are also available.

Healing Hot Stones

Targeting the back area, the use of strategically placed hot stones loosens stressed muscles by combining thermotherapy with gliding massage strokes.

Healing After-Sun Targeted Treatment

A little red on your leg and back from too much sun? This treatment removes the heat with the application of our cooling water lily gel. The gel is applied with chilled cloths while we work on the rest of the body.

YOGA

Classical Yoga

60 minutes - Rs. 3,400

This class focusses on various physical postures (asanas) with breathing exercises (pranayama) to energize the body, increase its flexibility and calms the mind. Yoga provides excellent toning for the muscles, increases lubrication of the joints, ligaments and tendons and massages all the body's organs. Available as group or private one-on-one.

Sunrise Yoga

60 minutes - Rs. 5,000

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 - Rs. 2,900

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.



HOW TO SPA

Meeting your needs

Upon your arrival at Chi, The Spa please advise the receptionist if you have any health issues or concerns. Our receptionists are experienced in all treatments and would be delighted to assist you in planning your spa programme.

What to wear

There is no need to bring or wear any special clothing as spa wear is provided in your treatment room.

Your privacy

Your privacy will be protected at all times. Your therapist will leave you to change in private and throughout the treatment, you will be draped with towels covering all parts of the body not being treated.

Making reservations

Advance booking is highly recommended. Please either call or visit Chi, The Spa should you wish to discuss your personalised treatment.

Arrival time

To make the most of your spa experience, please arrive at least 15 minutes before your appointment as there is a brief consultation form to complete.

Late arrivals

In the event that you are running late, we will endeavor to conduct your full treatment. However, please note that the treatment might need to be shortened should there be another booking immediately afterwards, with no reduction in price.

Minimum age/children

The spa is an adult-only facility with the minimum age for treatments being 16 years. Children aged 12 years and older may experience a spa treatment if they have a signed parental consent form. Please speak with one of our receptionists for further information.

Spa etiquette

To preserve the harmony within the spa, please kindly turn off your mobile phone.

Cancellation

In consideration of other spa guests, as your treatment requires that facilities be reserved, we request a minimum of 12 hours' notice if you are unable to keep your appointment. Please call our staff to reschedule the appointment. No-shows or appointments cancelled within 12 hours will incur a 100% cancellation fee.

Your comfort

Although we do our best to anticipate your needs, we appreciate that a spa is a very individual experience. Please let your therapist know if there is any way we can improve your treatment or comfort – for example, deeper or lighter massage pressure, an extra towel, sound or lighting levels and so on.

To make an appointment, please dial Chi, The Spa, where we can discuss your priorities and guide you through the menu and recommended experiences.



SHANGRI-LA
LE TOUESSROK
MAURITIUS

Coastal Road, Trou d'Eau Douce 42212, Republic of Mauritius
Tel: (230) 402 7400 Fax: (230) 402 7500
E: chispa.sltr@shangri-la.com W: www.shangri-la.com