

Chi, THE SPA AT SHANGRI-LA'S VILLINGILI RESORT AND SPA, MALDIVES

CHI embraces a holistic approach to physical and spiritual well-being. Inspired by traditional Asian healing philosophies, our treatments are based upon the principles of restoring balance and harmony to mind and body.

CHI, The Spa at Shangri-La's Villingili Resort and Spa, Maldives is a secluded sanctuary on the ocean shore. The spa village is set within the grounds of the lush tropical resort, complete with spacious treatment villas, relaxation areas, steam rooms, private outdoor gardens and bathing facilities.

Healing traditions using plants and herbs have long been shared between cultures of the region. Shangri-La's Villingili Resort and Spa, Maldives offers a diverse selection of these treatments, based on therapies from China, the Himalayas and India with Maldivian inspired treatments in an evocative Indian Ocean setting.

Find inner calmness practising Yoga or Meditation overlooking the ocean, and restore balance and harmony in all aspects of life with CHI signature treatments, Ayurvedic programmes and holistic workshops to experience a balanced approach to life and longevity.

Savour the serenity at CHI, The Spa and benefit from the wisdom of ancient traditions, the intuitive touch of our therapists and the restorative powers of our fragrant oils, aromatic herbs and spices.

“You will achieve calmness and profundity, ripeness, and wisdom. And the clear enchantment of memory. And most of all, you will have Time...”

Lost Horizon, by James Hilton

金
水
木
火
土

CHI PHILOSOPHY

In traditional Chinese philosophy, “chi” is the universal life force that governs well-being and personal vitality. For people to maintain good health, it is believed that chi must flow freely within the body, and when blocked, “disease” and illness follow. Movement is therefore a key element in releasing these natural blockages. Exercise, stretching, massage, hydrotherapy and movement of the mind through relaxation and meditation combine to assist the body’s natural renewal and form the basis of the CHI philosophy.

Developed by a team of experts, CHI signature therapies are based on the Five Elements Theory, in which Wood, Fire, Earth, Metal and Water are in balance to harmonise with the negative Yin and positive Yang energy within the body. For balance to occur, the harmony of Yin and Yang must be restored.

CHI also draws inspiration from the origin of the Shangri-La legend, a land of enchantment, peace and well-being. From this world, secrets are revived and re-created to bring you a spa concept fusing ancient healing traditions, philosophies and rituals from China and the Himalayas.

Welcome to
Chi

CHI RITUALS

We believe the best spa treatments take place in unhurried environments where a gracious sense of timelessness unfolds. A cleansing Foot Bath is included in all CHI treatments and signifies a welcome between therapist and guest to begin the journey to renew. CHI Rituals guide the mind to disconnect into a quieter “spa place” receptive to as well as enhancing the overall benefits of the treatment.

CHI Rituals are designed to promote progressive relaxation before the treatment and a gentler close to the end of the treatment, thereby lengthening the overall sense of the experience.

All CHI Signature Spa Journeys begin with CHI Rituals to engage all five senses. The time allocated for rituals is incorporated within the treatment time shown.

SOUND

Singing bowls create healing sound vibrations and tune in to the 72,000 nerve cells in the human body, stimulating the relaxation response mechanisms and calming the mind.

SIGHT

Candles cast a soothing light while the decor artefacts and textures create a rich, luxurious ambience.

TASTE

Chinese Element herbal infused teas served in Himalayan jade tea cups calm from within.

SCENT

Your chosen CHI Element aromatic essential oil infuses the air with fragrant vitality.

TOUCH

Surrender to a cleansing foot bath, gentle foot scrub and Chinese herbal foot pounding massage, a ritual enjoyed by the Chinese nobility.

TOGETHER WITH YOUR CHOICE OF:

HERBAL STEAM

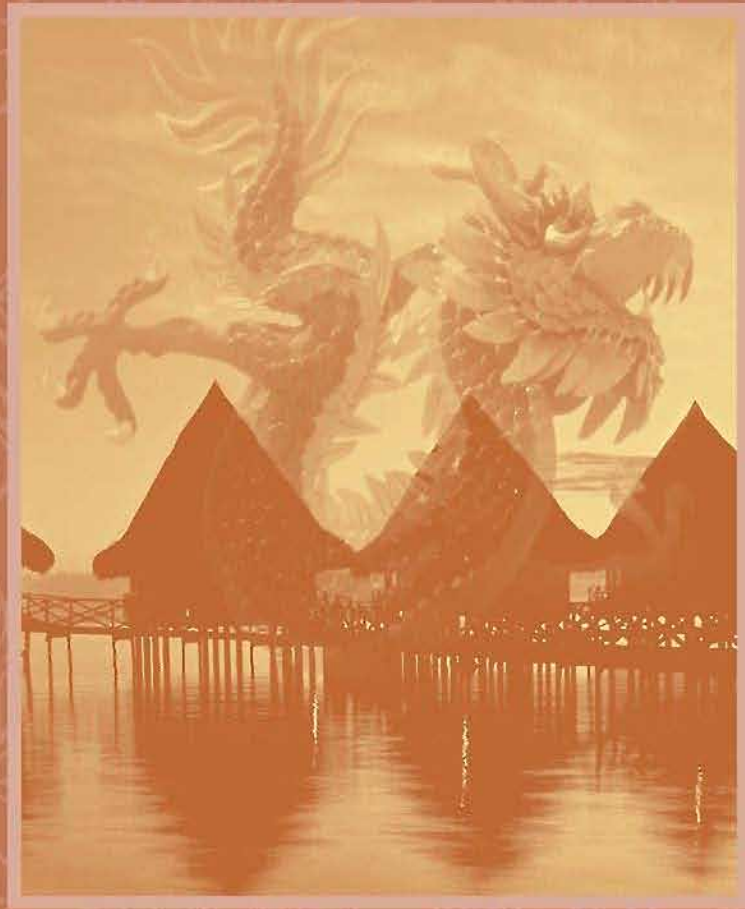
Refresh your body in this gentle cloud of steam, infused with herbal aromas. Perfect before a massage or treatment to cleanse the skin, refresh the lungs, promote circulation and invigorate the body.

20 minutes

WATER THERAPY

Enjoy a private, leisurely soak in our sunken tubs in warm water infused with natural mountain salts. Perfect before a massage or treatment to relax mind and body.

20 minutes



CHI SIGNATURE SPA JOURNEYS

THE INDULGENCE OF TIME

Create a sense of timelessness and rejuvenation with CHI Balance and CHI Harmonising Facial. The synergy of pure aromatherapy botanical and herbal extracts together with a focused touch awakens the energetic and physical channels of the mind and body.

3 hours

SERENITY RITUAL

Awaken and enliven your body with Villingili's Mother of Pearl Polish and relax in a warm bath followed by an intuitive massage specific to your needs with our virgin coconut oil. Complete the treatment with a Bespoke Facial that will replenish, revitalise and regenerate, leaving your skin refreshed.

4 hours

TSAMPA JOURNEY FOR COUPLES

Begin your journey with the Mountain Tsampa Rub, then soak your cares away in the lapis lazuli waters of our Blue Moon bath, after which the Yin Yang Harmonising Massage will balance the flow of relationship chi.

3 hours and 30 minutes

HIMALAYAN BLUE MOON RITUAL

Begin your ritual by soaking your cares away in the lapis lazuli waters of our Blue Moon bath infused with oils, followed by a Tethys Sea Salt Scrub to refresh the body for the Red Mountain Mud Body Mask. The Himalayan Healing Stone Massage completes the experience, leaving you relaxed and revitalised.

4 hours

CHI SIGNATURE MESSAGES

CHI BALANCE

A unique blend of Asian techniques personalised to suit your current yin/yang status, focusing on the earth element (building chi), wood element (moving chi), and fire element (clarity and peace of mind). Techniques include acupressure, energising massage for yang stimulation and a relaxing massage for yin calm. Pure oriental element oils are used to harmonise chi flow.

1 hour and 30 minutes

ELEMENT VITALITY

A gentle and soothing massage bringing together elements of Swedish, shiatsu and reflexology combined with the therapeutic qualities of oriental aromatic essential oils. Designed to strengthen the body's vital energy so you emerge with renewed spirit.

2 hours

YIN YANG HARMONISING MASSAGE

Especially created for couples to harmonise and pleasantly balance the flow of relationship chi between two people. A couple will experience this massage, in the same room, with two therapists coordinating deep rhythmical strokes. Focus is given to specific meridians, releasing tension and restoring peace and harmony using Himalayan oils.

2 hours

HIMALAYAN HEALING STONE MASSAGE

Inspired by the healing rituals of Lake Kokonar in Tibet, this ancient massage technique uses a combination of hot stones heated in traditional Tibetan Copper Momo Steamers and cool stones to balance stress, ground the body and restore vitality.

2 hours and 30 minutes

SENSE OF PLACE

From early times, the Maldives have been famous for the treasures found in their ocean. As these islands were located along the ancient marine trade routes, they became an important stop for Arab traders on their way to the Far East. The Arab travellers were known to identify the country as the “Cowrie Islands” and at that time the Maldives were known as ‘the mint of the region’.

The Maldives first became known to the outside world because they were the sole source of the money cowrie, *Cypraea Moneta*. The money cowrie was cherished as the shells were recognized as a form of currency of exchange for rice, spices and luxury items and often used in personal adornments, jewellery and for other decorative and ceremonial purposes.

Today, various types of cowries are still abundant in the Indian Ocean, particularly in the Maldives.

VILLINGILI'S COWRIE SHELL EXPERIENCES

Indigenous treatments inspired by the history of the treasures found in the Maldives Ocean, the name *Kandu Boli*, meaning “sea shell”, draws its energy from the ocean. Experience the touch of the unique Cowrie Shell Massage of the body, face and scalp combined with our Maldivian Coconut Oil made by a local community.

Nurturing to the soul, relaxing to the body and calming to the mind...
Surrender to Villingili's Cowrie Shell Experiences...

KANDU BOLI RITUAL

A Cowrie Shell Massage of your body and face with warm coconut oil drizzled through your hair and a heavenly scalp massage.

1 hour and 30 minutes

KANDU BOLI JOURNEY

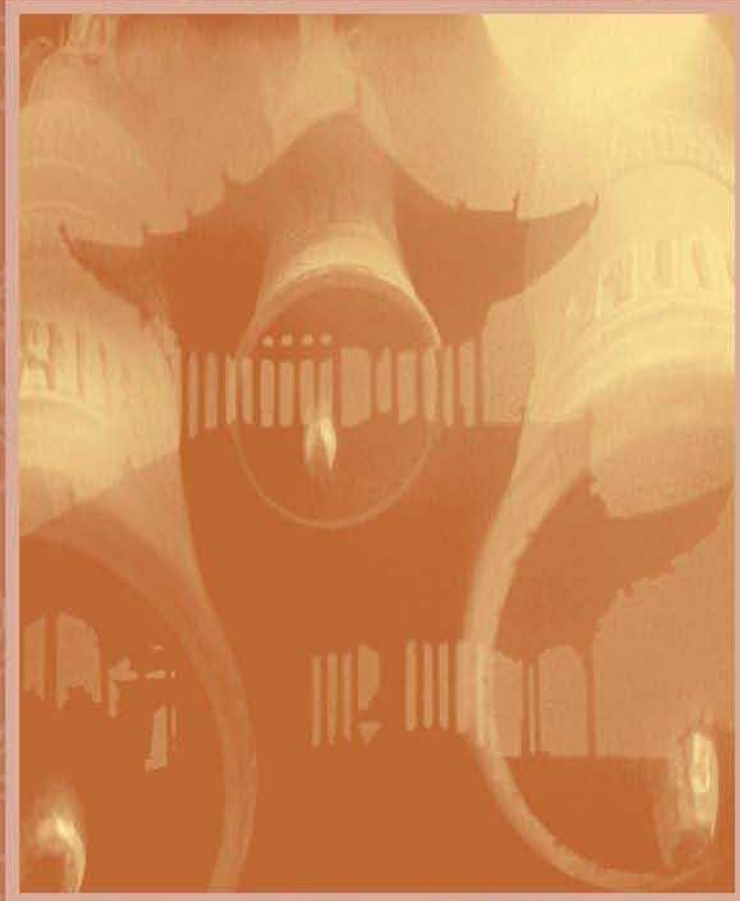
As a precursor to the *Kandu Boli* Ritual, invigorate your body with our Mother of Pearl Polish, followed by a relaxing soak in a warm aromatic bath.

2 hours and 30 minutes

KANDU BOLI EXPERIENCE

Relish in the ultimate Villingili Cowrie Shell Experience. Invigorate your body with a Mother of Pearl Polish, then soak and relax in a warm aromatic bath, followed by a Cowrie Shell Massage. Rejuvenate and replenish your skin with a facial, concluding your treatment with warm coconut oil drizzled through your hair and a heavenly scalp massage.

4 hours



WELLNESS PROGRAMMES

Experience a unique blend of treatments and immerse yourself in a lifestyle rich in culture and beauty that leads to longevity and a state of inner happiness.

Appreciate an increase in your peace of mind and happiness with specialised treatments, workshops and holistic experiences. Our Wellness Programmes give you time and space away from your usual activities to achieve a deeper and more stable perception and inner peace.

ONE-DAY WELLNESS PROGRAMME

Morning Group Yoga ✿ Morning Group Fitness ✿ Workshop in Ayurveda/Yoga/Meditation
Kandu Boli Journey ✿ Afternoon Group Fitness ✿ Afternoon Group Meditation/Yoga-Nidra

THREE-DAY WELLNESS PROGRAMME

Day 1:

Morning Group Yoga ✿ Morning Group Fitness ✿ Workshop in Ayurveda/Yoga/Meditation
✿ Kandu Boli Journey ✿ Afternoon Group Fitness ✿ Afternoon Group Meditation/Yoga-Nidra

Day 2:

Morning Group Yoga ✿ Morning Group Fitness ✿ Workshop in Ayurveda/Yoga/Meditation
✿ CHI Harmonising Facial ✿ Afternoon Group Fitness ✿ Afternoon Group Meditation/Yoga-Nidra

Day 3:

Morning Group Yoga ✿ Morning Group Fitness ✿ Workshop in Ayurveda/Yoga/Meditation
✿ Herbal Foot Pounding, Reflexology, Himalayan Head and Shoulder Massage
✿ Afternoon Group Fitness ✿ Afternoon Group Meditation/Yoga-Nidra

FIVE-DAY WELLNESS PROGRAMME

Day 1:

Morning Group Yoga ✿ Morning Group Fitness ✿ Kandu Boli Journey
✿ Afternoon Group Fitness ✿ Afternoon Group Meditation/Yoga-Nidra

Day 2:

Morning Group Yoga ✿ Morning Group Fitness ✿ Workshop in Ayurveda/Yoga/Meditation
✿ CHI Harmonising Facial ✿ Afternoon Group Fitness ✿ Afternoon Group Meditation/Yoga-Nidra

Day 3:

Morning Group Yoga ✿ Morning Group Fitness ✿ Workshop in Ayurveda/Yoga/Meditation
✿ Herbal Foot Pounding, Reflexology, Himalayan Head and Shoulder Massage
✿ Afternoon Group Fitness ✿ Afternoon Group Meditation/Yoga-Nidra

Day 4:

Morning Group Yoga ✿ Morning Group Fitness ✿ Workshop in Ayurveda/Yoga/Meditation
✿ CHI Balance ✿ Afternoon Group Fitness ✿ Afternoon Group Meditation/Yoga-Nidra

Day 5:

Private Yoga/Meditation ✿ Morning Group Fitness ✿ Himalayan Healing Stone Massage
✿ Afternoon Group Fitness ✿ Afternoon Group Meditation/Yoga-Nidra

AYURVEDIC THERAPIES

Ayurveda, “the science of life and longevity”, is an ancient Indian healing tradition that has been 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. Ayurvedic treatments aim to nurture, balance and harmonise the body, mind and soul.

AYURVEDIC LIFESTYLE CONSULTATION

Discover your dosha with an Ayurvedic Lifestyle Consultation and understand how to balance Vata, Pitta and Kapha in your life. Our Ayurvedic specialist will help guide you through treatments, home care and nutritional advice. Enrich your life and experience the Ayurvedic lifestyle to improve your metabolism, sleep soundly, achieve mental peace and tranquillity, and get a zest for life.

45 minutes

INDIAN HEAD MASSAGE

Ayurvedic herbs are blended with sesame oil in preparation for Shiroabhyanga, an Indian Head Massage. The head and shoulders are massaged with herbal oil, which improves blood circulation and lymphatic flow, balances the sense organs, and rejuvenates and energises the body.

45 minutes

UDWARTHANAM

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

1 hour and 30 minutes

PATRA PINDA SWEDA

Herbal powders are made into a poultice and soaked in warm medicated oil that is smoothed over the entire body focusing on the muscle tissue and joints. Patra Pinda Sweda helps with rheumatic arthritis, stiff joints and back ache.

1 hour and 30 minutes

AYURVEDIC FACIAL

This gentle facial is cleansing and nourishing to the skin and includes an Indian Head Massage. Using a combination of plant based and Ayurvedic ingredients, it allows your skin and emotions to be exposed to the scents of ancient healing tonics and herbs.

1 hour and 30 minutes

AYURVEDIC MASSAGE

Experience a warm oil body massage using Ayurvedic herbs and oils to pacify your dosha. This Ayurvedic Massage will relieve fatigue by aiding perfect sleep and enhances the complexion and the lustre of skin.

1 hour and 30 minutes

SYNCHRONISED MASSAGE

A continuous stream of warm herbal oil is poured over the entire body as two therapists perform a gentle massage. A rejuvenating and unique Ayurvedic massage for the promotion of positive health and well-being, this massage increases the blood and lymphatic circulation and relaxes the body and mind.

1 hour and 30 minutes

SHIRODHARA AND AYURVEDIC MASSAGE

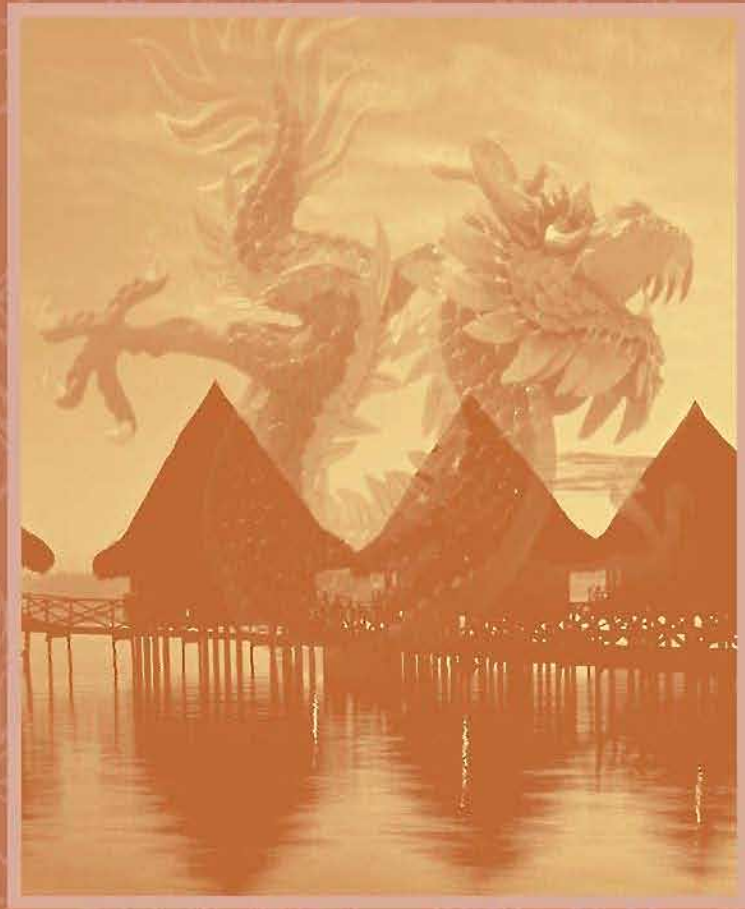
This is an ancient therapy of pouring oil on the forehead, continuously and rhythmically allowing the oil to run through the scalp and into the hair, followed by an Ayurvedic Massage, a warm oil body massage using herbs and oils to pacify your Dosha. Emerge relaxed in both body and mind. This treatment is beneficial for sleeplessness, stress, anxiety and depression.

2 hours

AYURVEDIC JOURNEY

Harmonise and balance the body, mind and soul with this combination of Ayurvedic Therapies. Your Ayurvedic Journey includes Morning Group Yoga, a Workshop in Ayurveda/Yoga/Meditation, an Ayurvedic Lifestyle Consultation, a Shirodhara and Ayurvedic Massage with an Indian Spice Bathing Ritual and concludes with Afternoon Group Meditation/Yoga-Nidra.

5 hours and 30 minutes



AYURVEDIC PROGRAMMES

Enjoy a life of health, balance and longevity. Enhance the harmony in your body with these combinations of ancient healing treatments and Holistic Workshops that provide a balanced approach to healthy living.

Our Ayurvedic Programmes offer everything you need to purify your body and mind. You will emerge with a strengthened immune system, sharpened mental clarity, improved energy and vitality, and a sense of well-being.

THREE-DAY AYURVEDIC PROGRAMME

Day 1:

Morning Group Yoga ✿ Workshop in Ayurveda/Yoga/Meditation ✿ Ayurvedic Lifestyle Consultation
✿ Shirodhara and Ayurvedic Massage ✿ Afternoon Group Meditation/Yoga-Nidra

Day 2 and Day 3:

Morning Group Yoga ✿ Workshop in Ayurveda/Yoga/Meditation ✿ 1 hour and 30 minutes Ayurvedic Therapy
✿ Afternoon Group Meditation/Yoga-Nidra

FIVE-DAY AYURVEDIC PROGRAMME

Day 1:

Morning Group Yoga ✿ Ayurvedic Lifestyle Consultation ✿ Shirodhara and Ayurvedic Massage
✿ Afternoon Group Meditation/Yoga-Nidra

Day 2, Day 3 and Day 4:

Morning Group Yoga ✿ Workshop in Ayurveda/Yoga/Meditation ✿ 1 hour and 30 minutes Ayurvedic Therapy
✿ Afternoon Group Meditation/Yoga-Nidra

Day 5:

Private Yoga or Private Meditation ✿ Q and A Session ✿ 1 hour and 30 minutes Ayurvedic Therapy
✿ Afternoon Group Meditation/Yoga-Nidra

SEVEN-DAY AYURVEDIC PROGRAMME

Day 1:

Morning Group Yoga ✿ Ayurvedic Lifestyle Consultation ✿ Shirodhara and Ayurvedic Massage
✿ Afternoon Group Meditation/Yoga-Nidra

Day 2, Day 3 and Day 4:

Morning Group Yoga ✿ Workshop in Ayurveda/Yoga/Meditation ✿ 1 hour and 30 minutes Ayurvedic Therapy
✿ Afternoon Group Meditation/Yoga-Nidra

Day 5:

Morning Group Yoga ✿ Herbal Foot Pounding ✿ 1 hour and 30 minutes Ayurvedic Therapy
✿ Afternoon Group Meditation/Yoga-Nidra

Day 6:

Morning Group Yoga ✿ Indian Head Massage ✿ 1 hour and 30 minutes Ayurvedic Therapy
✿ Afternoon Group Meditation/Yoga-Nidra

Day 7:

Private Yoga or Private Meditation ✿ Q and A Session ✿ 1 hour and 30 minutes Ayurvedic Therapy
✿ Afternoon Group Meditation/Yoga-Nidra

HOLISTIC WORKSHOPS

Holistic Workshops offer an insight into the Philosophy of Ayurveda, Yoga and Meditation. With a group dynamic adding a powerful ingredient, experience workshops and discussions in these ancient sciences.

PHILOSOPHY IN AYURVEDA

An introduction on the principles of the five great elements and the Tri-Dosha theory;
The Ayurveda Workshop covers: An Introduction to Ayurvedic Principles/Philosophy of Health Promotion, Medicinal Plants, Examination Methods and Principles of Treatment

PHILOSOPHY IN YOGA

An introduction to Yoga and stress management;
The Yoga Workshop covers: An Introduction to Yogic Principles/Philosophy, Yogic management of common diseases, History of Yoga and the Vedas.

PHILOSOPHY IN MEDITATION

An introduction to inner awareness of Meditation, the answer to the cry for optimum health;
The Meditation Workshop covers: An Introduction to Meditative Principles/Philosophy and History, the influence of Meditation in cultures, and the Methods of how to eliminate the causes of stress from emotional and mental restlessness.

Group sessions 1 hour and 15 minutes

Please refer to our schedule for group session times, as reservations are required.

HOLISTIC EXPERIENCES

Escape, release and relax. Embark in a group or private session of your choice in Yoga, Yoga-Nidra and Meditation.

YOGA

Allow your inner grace and peace to reveal itself with Yoga, one of India's oldest and most comprehensive philosophical traditions. In order to appreciate the unique contribution of Yoga, this age-old tradition aims at the holistic treatment of various kinds of psychological or somatic dysfunctions.

YOGA-NIDRA

Resting with awareness and embracing the "actively calm and calmly active state of mind", perfect health can be achieved through Yoga-Nidra, a guided meditative technique.

MEDITATION

Calm the mind and enlighten the soul with the ancient healing technique of Meditation. Practised as a calming discipline where one attempts to go beyond the conditioned, "thinking" mind into a deeper state of relaxation or awareness. Meditation often involves turning one's attention inwards with the help of breathing techniques or mantras.

Group sessions 60 minutes

Private session 1 hour and 30 minutes

Please refer to our schedule for group session times, as reservations are required.



HOLISTIC THERAPIES

HERBAL FOOT POUNDING

Heated poultices are filled with herbs and used to gently pummel the muscles and energy lines along the feet and legs while pressure point massage eases muscle spasms and cramps, encouraging lymph and blood flow to the heart.

45 minutes

REFLEXOLOGY

Based on the belief that the body contains constant flowing energy chi, which unites the body with the reflex points on the feet, this specialised treatment assists in the relief of stress and tension and improves circulation, restoring the body's natural balance.

1 hour and 15 minutes

REIKI

Reiki is a technique that allows an energy flow to support the body's powerful abilities. Reiki works on all levels to balance, cleanse and promote a state of pure relaxation.

1 hour and 15 minutes

EAR CANDLING

Experience the gentle art of ear candling, the ultimate in decongestion. This ancient traditional treatment includes a scalp and facial massage to assist the process.

1 hour and 15 minutes

HOLISTIC JOURNEY

A holistic experience for the body, mind and soul... Balance the flow of energies in your body with this combination of holistic experiences. Begin your journey with a private yoga session followed by Herbal Foot Pounding and Reflexology and complete your holistic journey with Reiki to promote a state of pure relaxation.

4 hours and 15 minutes

TRADITIONAL BODY MASSAGE

HIMALAYAN HEAD AND SHOULDER MASSAGE

This ancient face, scalp, shoulder and upper back massage technique helps to stimulate the body's own natural healing mechanism – physically, mentally and spiritually.

45 minutes

THAI

The combination of gentle rocking, deep stretching movements and compression of the spine makes this a truly invigorating massage performed on a traditional Thai mattress. A Thai massage will help improve your flexibility and stimulate blood circulation.

1 hour, or 1 hour and 30 minutes

PHILIPPINE HILOT

An authentic massage that focuses on ancient diagnostic methods passed down through the generations of Philippine culture. Warmed coconut oil and banana leaves are placed over the body and allow the healing hands of the Hilot to detect areas of energy imbalance and blockages in your body. Hilots are guided by a deep inner knowing of how to release these areas for your emotional, physical and spiritual well-being.

1 hour, or 1 hour and 30 minutes

MOTHER TO BE

A nurturing massage to help alleviate fatigue and lower back pain, shoulder strain and muscle cramps in the legs. Our therapists use pillows and soft blankets for your comfort and care. Suitable for second and third trimester of pregnancy.

1 hour

SHIATSU

This traditional Japanese massage aims to balance the flow of chi through the meridians using pressure at specific trigger points. Shiatsu is a holistic therapy that aims to release physical and emotional stress, promoting balance and well-being for the entire body.

1 hour, or 1 hour and 30 minutes

ACUPRESSURE TUI NA

The Chinese have utilised the benefits of massage for thousands of years and Tui Na uses deep digit pressure, tapping and various stretches to stimulate energy channels and acupressure points. This ancient massage art combines both invigorating techniques that expels stagnant chi and activates energy flow, with sedative techniques to calm and relax, restoring the proper balance of yin and yang to the body.

1 hour, or 1 hour and 30 minutes



BODY THERAPIES

MOUNTAIN TSAMPA RUB

Softer than salt, this barley rub is the ideal postscript to a relaxing massage, absorbing the oils and leaving the skin exfoliated and fresh. The use of Tsampa, from high on the Himalayan Plateau, encourages skin rejuvenation whilst the barley grain gently removes dead cells. Skin tone and texture are revitalised and refreshed.

1 hour

SOOTHING AFTER SUN WRAP

Perfect after long lazy days in the Villingili sunshine, we blend cucumbers and yogurt with aloe vera and apply as a body mask to heal and calm skin. Following a scalp massage with nourishing coconut oil, moisture is replenished with a nourishing lotion applied to the skin to assist with counteracting the effects of sun damage.

1 hour

VILLINGILI'S MOTHER OF PEARL POLISH

Our Mother of Pearl Polish is a luxurious exfoliant applied to the skin to smooth and brighten, a calcium rich granule that also has a firming effect on the skin. Relax in a warm bath and complete your treatment with an application of a nourishing balm of shea and cocoa butters infused with vanilla.

1 hour and 15 minutes

COCONUT MILK AND HONEY WRAP

This treatment will leave your skin smoother and softer with your skin exfoliated with fresh coconut. Your body is then enveloped in this deliciously aromatic blend of coconut, milk and honey, allowing the skin cells to absorb the super hydrating properties of the ingredients.

1 hour and 15 minutes

TSANGPO RITUAL

The Tsangpo Ritual re-creates the sacred healing knowledge from the Himalayas with the ancient secret to longevity. Tethys Sea Salt Scrub refreshes the body for the application of the remineralising Red Mountain Mud, leaving it soft and supple. Soak in a warm bath to complete your ritual.

1 hour and 30 minutes

LUXURY FIRMING BODY TREATMENT

This full body treatment tones and firms while re-hydrating and strengthening the skin's natural defence functions. A body scrub and firming body concentrates and gels restore and rebalance even the most sensitive areas. Firms and contours the body and the treatment includes a scalp, foot and body massage.

2 hours

FACIAL THERAPIES

CHI HARMONISING FACIAL

The synergy of pure aromatherapy botanical and herbal extracts, together with a focused touch awakens the energetic and physical channels of the mind and body for inner serenity and outer beauty, leaving the most delicate skin on the face regenerated.

1 hour and 15 minutes

MEN'S CHI VITALITY FACIAL

Especially created for men's skin, the synergy of pure aromatic herbs and plant botanicals helps to re-hydrate dry areas of the face, while balancing excessive oil production, leaving your face deeply cleansed, fresh and healthy.

1 hour and 15 minutes

BESPOKE FACIAL

Allow your therapist to define the most appropriate facial prescription for your specific needs. The therapist will choose between Vitamin Honey, Basic Moisture, Purifying or Firming Effect Facial, leaving your skin refreshed and rejuvenated.

1 hour and 30 minutes

MEN'S EXECUTIVE FACIAL

An instant boost for skin in need of a quick fix. Gives a visible glow to tired skin by improving cell respiration and strengthening natural defences. Results in a clear and even skin tone. The ultimate facial experience for men.

1 hour and 30 minutes

OXYGENATING FACIAL WITH EYE ZONE

This intensive facial oxygenates the skin cells, fighting free radical damage that is the primary cause of premature ageing. This facial combats photo ageing or skin damage from overexposure to the sun, and the added eye zone treatment restores vitality to the delicate skin around the eyes, minimising fine lines, dark circles and puffiness.

2 hours

ANTI-AGEING CAVIAR TREATMENT

The use of high performance Lotus Pink Caviar sheets, Lotus Regeneration Pearls, luxurious eye creams and firming and toning complexes achieve maximum results for the face, neck and décolleté. A neck and back massage is included, with an aroma foot scrub and hand massage to complete this experience. Replenishes minerals and moisture and reduces fine lines.

2 hours

HOW TO SPA

MEETING YOUR NEEDS

Upon your arrival at CHI, our receptionist will conduct a brief consultation to determine your Five Element sign and 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 in the resort.

PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary; simply turn up and enjoy. For men, we recommend 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. Facial gowns are provided for facials, as are Thai pyjamas for Thai massage. Underwear is provided for all other body treatments and massages if you require.

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. Ladies will be given the option of including the bust area in all body treatments.

MAKING RESERVATIONS

Advance booking prior to intended treatment time is recommended. Please either call or visit 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 30 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.

SPA ETIQUETTE

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

MINIMUM AGE

To maintain a peaceful environment, children under 16 years are not permitted in the spa.

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, who will be happy to reschedule. No-shows or appointments cancelled within 12 hours will incur a 100 per cent cancellation fee.

YOUR COMFORT – DO LET US KNOW YOUR NEEDS!

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, heavier or lighter massage pressure, an extra towel, sound or lighting levels, etc. We appreciate your feedback and encourage you to kindly fill in a Guest Questionnaire following your treatment.

**ENJOY YOUR CHI, THE SPA EXPERIENCE!
WE LOOK FORWARD TO SEEING YOU SOON**

To book an appointment, please call or visit CHI, The Spa, where we can discuss your priorities and guide you through the menu and recommended experiences.

We are open daily from 9 a.m. to 10 p.m.