



Chi

THE SPA AT SHANGRI-LA

CHI SIGNATURE SPA JOURNEYS

Includes CHI Ritual with your choice of Herbal Steam or Water Therapy, prior to commencement of the treatment.

THE INDULGENCE OF TIME	3 hours	340
TSAMPA JOURNEY FOR COUPLES	3 hours 30 minutes	405
SERENITY RITUAL	4 hours	475
HIMALAYAN BLUE MOON RITUAL	4 hours	475

CHI SIGNATURE MASSAGES

CHI BALANCE	1 hour 30 minutes	180
YIN YANG HARMONISING MASSAGE	2 hours	240
ELEMENT VITALITY	2 hours	240
HIMALAYAN HEALING STONE MASSAGE	2 hours 30 minutes	300

SENSE OF PLACE - VILLINGILI'S COWRIE SHELL EXPERIENCES

KANDU BOLI RITUAL	1 hour 30 minutes	180
KANDU BOLI JOURNEY	2 hours 30 minutes	375
KANDU BOLI EXPERIENCE	4 hours	490

WELLNESS PROGRAMMES

ONE-DAY WELLNESS PROGRAMME	7 hours	440
THREE-DAY WELLNESS PROGRAMME	20 hours	1155
FIVE-DAY WELLNESS PROGRAMME	32 hours 15 minutes	1760

AYURVEDIC THERAPIES

AYURVEDIC LIFESTYLE CONSULTATION	45 minutes	50
INDIAN HEAD MASSAGE	45 minutes	115
UDWARTHANAM	1 hour 30 minutes	225
PATRA PINDA SWEDA	1 hour 30 minutes	225
AYURVEDIC FACIAL	1 hour 30 minutes	225
AYURVEDIC MASSAGE	1 hour 30 minutes	225
SYNCHRONISED MASSAGE	1 hour 30 minutes	325
SHIRODHARA AND AYURVEDIC MASSAGE	2 hours	300
AYURVEDIC JOURNEY	5 hours 30 minutes	520

AYURVEDIC PROGRAMMES

THREE-DAY AYURVEDIC PROGRAMME	15 hours 30 minutes	1030
FIVE-DAY AYURVEDIC PROGRAMME	24 hours 15 minutes	1640
SEVEN-DAY AYURVEDIC PROGRAMME	32 hours 30 minutes	2170

HOLISTIC WORKSHOPS

PHILOSOPHY IN AYURVEDA	1 hour 15 minutes	50
PHILOSOPHY IN YOGA	1 hour 15 minutes	50
PHILOSOPHY IN MEDITATION	1 hour 15 minutes	50

HOLISTIC EXPERIENCES

GROUP YOGA, YOGA-NIDRA OR MEDITATION	1 hour	40
PRIVATE YOGA, YOGA-NIDRA OR MEDITATION	1 hour 30 minutes	90

HOLISTIC THERAPIES

HERBAL FOOT POUNDING	45 minutes	115
REFLEXOLOGY	1 hour 15 minutes	150
REIKI	1 hour 15 minutes	150
EAR CANDLING	1 hour 15 minutes	170
HOLISTIC JOURNEY	4 hours 15 minutes	455

TRADITIONAL BODY MASSAGE

HIMALAYAN HEAD AND SHOULDER MASSAGE	45 minutes	115
MOTHER TO BE	1 hour	135
THAI	1 hour / 1 hour 30 minutes	135/180
SHIATSU	1 hour / 1 hour 30 minutes	135/180
PHILIPPINE HILOT	1 hour / 1 hour 30 minutes	135/180
ACUPRESSURE TUI NA	1 hour / 1 hour 30 minutes	135/180

BODY THERAPIES

MOUNTAIN TSAMPA RUB	1 hour	150
SOOTHING AFTER SUN WRAP	1 hour	150
VILLINGILI'S MOTHER OF PEARL POLISH	1 hour 15 minutes	190
COCONUT, MILK AND HONEY WRAP	1 hour 15 minutes	190
TSANGPO RITUAL	1 hour 30 minutes	225
LUXURY FIRING BODY TREATMENT	2 hours	300

FACIAL THERAPIES

CHI HARMONISING FACIAL	1 hour 15 minutes	190
MEN'S CHI VITALITY FACIAL	1 hour 15 minutes	190
BESPOKE FACIAL	1 hour 30 minutes	225
MEN'S EXECUTIVE FACIAL	1 hour 30 minutes	225
OXYGENATING FACIAL WITH EYE ZONE	2 hours	330
ANTI-AGEING CAVIAR TREATMENT	2 hours	330

All prices are in US Dollars and are subject to 10% service charge and 3.5% GST • Prices are subject to change without notice
In order to avoid incurring a 100 per cent cancellation fee, please contact the spa at least 12 hours prior to the treatment so that we may reschedule.