



Chi

THE SPA AT SHANGRI-LA



CHI, THE SPA

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.

CHI, The Spa massages and treatments are based on authentic natural healing methods found in traditional well being practices shared by many Asian cultures.

CHI, The Spa at Shangri-La's Villingili Resort and Spa, Maldives features a selection of treatments that showcase the island's natural botanical and herbal products with their therapeutic properties.

Surrender to the intuitive touch of our skilled therapists within the restorative luxury of CHI, The Spa to revitalise the body and soothe the senses.

DEFINING "CHI"

In traditional Chinese philosophy, "chi" or "qi" 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.

CHI PHILOSOPHY

Body massage, exercise, stretching, movement of the mind through relaxation and meditation combine to form the basis of CHI spa philosophy.

"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



CHI SIGNATURE MASSAGE

Massage has been taught from generation to generation, and this therapeutic method of care remains an important and viable means of restoring and maintaining vitality.

CHI BALANCE

A gentle palm massage, CHI Balance promotes energising massage for yang stimulation and relaxing massage for yin.

1 hour and 15 minutes

HOT STONE THERAPY

This massage combines all the benefits of thermotherapy with gliding massage strokes following the body's meridian lines to ease muscles and restore the body's energy and vitality.

2 hours

AROMA VITALITY

This treatment is deeply soothing, using Chinese deep tissue, acupressure and pressure point techniques to release muscular tension.

1 hour and 30 minutes

RESCUE RELEASE

Using a blend of Asian techniques for express relief of muscle tension and stress, this relaxing massage focuses either on the scalp, neck and shoulder or solely on the upper and lower back area.

30 minutes / 1 hour

CHI REFLEXOLOGY

The reflexology massage techniques of this holistic relaxation massage helps to increase vital energy and total relaxation.

30 minutes / 1 hour

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

INDULGENCE OF TIME

Create a sense of timelessness and rejuvenation. 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.

- CHI Balance
- CHI Harmonising Facial
- Refreshing Eye Treatment

2 hours and 30 minutes

HARMONISING CHI

Harmonise the positive energy flow and release all negative energy through this journey.

- Villingili Skin Polish
- Nourishing Hair Treatment
- Yin Yang Harmonising Massage

2 hours and 30 minutes

SENSE OF PLACE

Indigenous treatments inspired by the history of 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 pure coconut oil made by a local community from Fuvahmulah.

Nurturing to the soul, relaxing to the body and calming to the mind ...
Surrender to Villingili’s experience ...

KANDU BOLI RITUAL

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

1 hour and 30 minutes

KANDU BOLI OCEAN SENSATION

A must-do perfect starter for a sun, sand and sea experience. Specially designed for those looking for healthy sun-kissed skin, it includes:

- Shimmering Sea Salt Scrub
- Cowrie Shell Massage with Sea Breeze Oil

2 hours

MALDIVIAN HUVEFEN

Awaken and enliven your body with a nourishing Maldivian Coconut Scrub and relax in a warm bath followed by a herbal foot pounding and aroma vitality massage.

- Maldivian Coconut Scrub
- Nourishing Hair Treatment
- Coconut Milk Bath
- Herbal Foot Pounding
- Aroma Vitality

3 hours

EXOTIC FRESH FRUIT BODY POLISH

Offered from our chef’s garden to give your skin a supple and glowing look. Award yourself downtime and let nature do the work with papaya’s natural enzyme papain, which gently sloughs away dead skin cells and prepares your skin for healthy sun tanning.

45 minutes

ASIAN WELLNESS

Speciality treatments from their originating countries; pamper yourself with a rejuvenating wellness massage that will soothe the stress of your day away

PHILIPPINE HILOT

An authentic massage that focuses on ancient diagnostic methods passed down through the generations of Philippine culture. Using warm coconut oil for massage and banana leaves placed over the body to detect areas of energy imbalance and blockage in your body.

1 hour / 1 hour and 30 minutes

THAI MASSAGE

The combination of gently rocking, deep stretching movements and gentle stretching of the spine makes this a truly invigorating massage. A Thai massage can help improve your flexibility and stimulates blood circulation.

1 hour / 1 hour and 30 minutes

ACUPRESSURE TUINA

The Chinese have utilised the benefits of massage for thousands of the years. Tuina is one of the traditional Chinese deep tissue massages that use deep pressure, tapping and various stretches to stimulate energy flow.

1 hour / 1 hour and 30 minutes

SHIATSU

Shiatsu is a holistic Japanese therapy that stimulates energy channels and meridian points by applying thumb and palm pressure that helps release physical and emotional stress, bringing balance and well-being for the entire body.

1 hour / 1 hour and 30 minutes

YIN YANG HARMONISING MASSAGE

Especially created to harmonise and pleasantly balance the flow of chi from within. The therapist uses deep rhythmical strokes and focus is given to specific meridians, releasing tension and restoring peace and harmony.

1 hour and 45 minutes

HERBAL HARMONY MASSAGE

A blend of traditional Asian herbs wrapped in a heated linen pouch is quickly and firmly tapped, gently pressed and rolled to soothe those aching muscles. It is both soothing and detoxifying for the muscles and skin.

1 hour and 30 minutes



AYURVEDIC THERAPY

Ayurveda, "the science of life and longevity," is an ancient Indian healing tradition that has been 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.

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

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 the skin.

1 hour and 30 minutes

UDWARTHANAM

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

1 hour 30 minutes

SHIRODHARA AND AYURVEDIC MASSAGE

Emerge relaxed in both body and mind: this treatment is beneficial for sleeplessness, stress and anxiety. An ancient therapy of pouring warm oil on the forehead, continuously and rhythmically letting it flow through the scalp and into the hair, is followed with an Ayurvedic Massage using herbs and oils to pacify your dosha.

2 hours

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

SHIRODHARA

Continuous pouring lukewarm oil on your forehead induce deep relaxation. Good for jet-lag, insomnia, stress and headache.

30 minutes

BODY THERAPIES

LUXURY FIRING BODY TREATMENT

A body sculpting regimen that begins with a Deluxe Scrub and Rehydrating Wrap. Firming gels are applied on targeted areas to lift tone and improve the skin elasticity. This indulgent treatment includes a head or foot massage.

1 hour and 30 minutes

COCONUT MILK AND HONEY WRAP

Exfoliation with fresh coconut will leave your skin smoother and softer. Your body is then enveloped in a 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

MINERALISING WHITE CLAY WRAP

A rich smooth and gentle clay mask rich in minerals helps to detoxify, purify, tone and nourish the skin. Good for all skin types.

45 minutes

SOOTHING AFTER SUN WRAP

A soothing and nourishing body wrap with freshly crushed cucumber, honey and yogurt is completed with a restorative scalp massage, a must for ardent sunbathers or anyone who wants to maintain that glowing tan. The wrap helps hydrate and calm dehydrated skin.

1 hour

FACIALS

CHI HARMONISING FACIAL

Using a synergy of pure aromatherapy herbs and oils, this facial is designed to suit the skin's needs. A focused touch awakens the energetic channels of the mind and body, creating inner serenity.

1 hour and 15 minutes

MEN'S TOTAL REVITALIZER

The synergy of pure aromatic herbs and oils with a back and facial massage combines to make this a truly relaxing experience. The treatment rehydrates and brightens dull and tired skin whilst refreshing the mind.

1 hour and 30 minutes

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.

2 hours

OXYGENATING FACIAL WITH EYE TREATMENT

This eye zone treatment restores vitality to the delicate skin around the eyes, minimising fine lines, dark circles and puffiness.

1 hour and 30 minutes

CHI REFRESHER

Add a CHI Refresher to any treatment for the complete spa experience.

HAND/FOOT TREATMENT

Treat your hand or foot to an express scrub and mask treatment.

30 minutes

PURIFYING BACK TREATMENT

A soothing back facial treatment can eliminate acne scars and even out skin tone on the back.

45 minutes

REFRESHING EYE TREATMENT

Wonderful treat for tired and puffy eyes.

20 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

LADIES SPECIAL

Ladies zone includes any of following:

- Bikini Wax 20 minutes
- Under Arm Wax 20 minutes
- Eyebrow Wax or Threading 20 minutes
- Upper Lip Wax or Threading 20 minutes
- Full Arm / Half Arm 45 / 30 minutes
- Full Leg / Half Leg 60 / 30 minutes

*Brazilian not available

MEN'S EXPRESS

Male zone includes any of following:

- Eye Reviver 20 minutes
- Eyebrow Tidy 20 minutes
- Express Facial 30 minutes
- Purifying Back 30 minutes
- Back Waxing 30 minutes



HOLISTIC EXPERIENCES

Escape, release and relax. Embark on a group or private session of your choice in Yoga, Meditation and Art of Breathing.

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.

MEDITATION

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

ART OF BREATHING

"When the Breath wanders, the mind is unsteady, but when the Breath is still, so is the mind still."
- Hatha Yoga Pradipika

Breathing is life. It is one of our most vital functions. One of the Five Principles of Yoga is Pranayama or the Art of Breathing, which promotes proper breathing. In a yogic point of view, proper breathing is to bring more oxygen to the blood and to the brain, and to control prana or the vital life energy. Pranayama yoga also goes hand in hand with the asanas. The union of these two yogic principles is considered as the highest form of purification and self discipline, covering both mind and body.

Group Session

Yoga 60 minutes

Art of Breathing and Meditation 30 minutes

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

WELLNESS THROUGH AYURVEDA

7- / 14- / 21-Day Programmes

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.

WHAT YOU NEED TO KNOW:

All wellness programmes are designed to suit each individual's needs and concerns. We require a two-week advance reservation. Prior to commencement of the programme, the guest will be scheduled for a one-to-one consultation with our Ayurveda physician. After the health assessment, our Ayurveda physician will design a programme suited for you.

all packages include the following:

- * An in-depth wellness consultation session with an Ayurvedic doctor to help address your health concerns.
 - * Finding out your dosha (Ayurvedic body type)
 - * Individualised diet and nutrition information
 - * Ayurvedic specialised treatment recommendations
- * Lifestyle recommendation to establish a daily routine to find mind-body-spirit balance
 - * Advice on yoga poses, exercise, meditation and pranayama breathing practices
 - * Stress management skills

7-DAY REJUVENATION PACKAGE (INDIVIDUAL OR GROUP)

This revitalising programme will instil a new zest for life. Package includes our signature massages, reflexology, acupuncture, yoga, meditation, special Ayurvedic treatments for de-stressing, refreshing packs and soothing hydrotherapy treatments.

14/21/DAY WEIGHT LOSS THROUGH AYURVEDA

A practical diet programme combined with special Ayurvedic weight loss treatments, specific yogic exercises and weight reducing hydrotherapy treatments. The package is individually designed to help you lose weight.

HOW TO SPA

MEETING YOUR NEEDS

Upon your arrival at CHI, 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 if you are staying in the hotel for more than one day.

WHAT TO WEAR

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

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 A RESERVATION

Advance booking is recommended. Please either call or visit CHI 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.

LATE ARRIVALS

In the event that you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment might need to be shortened should there be another booking immediately afterwards.

MINIMUM AGE/CHILDREN

Children under age of 16 must have parental consent to receive a spa treatment at CHI. The minimum age is eight years of age.

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, 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 visit or call CHI, The Spa on 6801/6802.

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

Please contact the spa at least 12 hours in advance for any cancellation or to reschedule treatments.



CHI JOURNEY

INDULGENCE OF TIME	2 hours 30 minutes	299
HARMONISING CHI	2 hours 30 minutes	260

CHI SIGNATURE MASSAGE

CHI BALANCE	1 hour 15 minutes	160
AROMA VITALITY	1 hour 30 minutes	180
CHI STONE THERAPY	2 hours	255
RESCUE RELEASE	30 minutes	70
RESCUE RELEASE	1 hour	130
CHI REFLEXOLOGY	30 minutes	70
CHI REFLEXOLOGY	1 hour	130

SENSE OF PLACE

KANDU BOLI RITUAL	1 hour 30 minutes	180
KANDU BOLI OCEAN SENSATION	2 hours	240
MALDIVIAN HUVAFEN	3 hours	375
EXOTIC FRESH FRUIT BODY POLISH	45 minutes	95

ASIAN WELLNESS

PHILIPPINE HILOT	1 hour	130
PHILIPPINE HILOT	1 hour 30 minutes	180
THAI MASSAGE	1 hour	130
THAI MASSAGE	1 hour 30 minutes	180
ACUPRESSURE TUI NA	1 hour	130
ACUPRESSURE TUI NA	1 hour 30 minutes	180
SHIATSU	1 hour	130
SHIATSU	1 hour 30 minutes	180
YIN YANG HARMONIZING MASSAGE	1 hour 45 minutes	225
HERBAL HARMONY	1 hour 30 minutes	180

BODY THERAPIES

MINERALIZING WHITE CLAY WRAP	45 minutes	95
SOOTHING AFTER SUN WRAP	1 hour	140
COCONUT, MILK AND HONEY WRAP	1 hour 15 minutes	180
LUXURY FIRING BODY TREATMENT	1 hour 30 minutes	250

FACIALS

CHI HARMONISING FACIAL	1 hour 15 minutes	160
MEN'S TOTAL REVITALIZER	1 hour 30 minutes	199
OXYGENATING FACIAL WITH EYE TREATMENT	1 hour 30 minutes	210
ANTI-AGEING CAVIAR TREATMENT	2 hours	270

CHI REFRESHER

REFRESHING EYE TREATMENT	20 minutes	50
HAND /FOOT TREATMENT	30 minutes	70
PURIFYING BACK TREATMENT	45 minutes	95
EAR CANDLING	1 hour	130

AYURVEDIC TREATMENTS

SHIRODHARA	30 minutes	75
INDIAN HEAD MASSAGE	45 minutes	95
UDWARTHANAM	1 hour 30 minutes	215
PATRA PINDA SWEDA	1 hour 30 minutes	215
AYURVEDIC MASSAGE	1 hour 30 minutes	215
SHIRODHARA & AYURVEDIC MASSAGE	2 hours	260

HOLISTIC EXPERIENCES

GROUP YOGA	1 hour	40
GROUP MEDITATION/ ART OF BREATHING	30 minutes	25
PRIVATE YOGA	1 hour	75
PRIVATE YOGA	1 hour 30 minutes	110
MEDITATION	30 minutes	40
ART OF BREATHING	45 minutes	60

LADIES SPECIAL

BIKINI WAX	20 minutes	30
UNDER ARM WAX	20 minutes	30
EYE BROW WAX OR THREADING	20 minutes	30
UPPER LIP WAX OR THREADING	20 minutes	30
HALF ARM WAX	30 minutes	40
FULL ARM WAX	45 minutes	55
HALF LEG WAX	45 minutes	50
FULL LEG WAX	60 minutes	75

MEN'S EXPRESS

EYE REVIVER	20 minutes	50
EYE BROW TIDY	20 minutes	30
EXPRESS FACIAL	30 minutes	70
PURIFYING BACK	30 minutes	70
BACK WAXING	45 minutes	75

All prices are in US Dollars and are subject to 10% service charge and 8% 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 in advance for any cancellation or to reschedule the treatment.



Chi

THE SPA AT SHANGRI-LA

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

To book an appointment, please visit or call CHI, The Spa on 6801/6802.
We are open daily from 9 a.m. to 10 p.m