

Chi

AYURVEDA SPA

Shangri-La, Hambantota



TREATMENT MENU

100% PURE ESSENCE OF NATURE

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Welcome to CHI Ayurveda Spa at Shangri-La's Hambantota GOLF Resort & Spa, Sri Lanka. Inspired by the mystical Shangri-La legend, the Spa is a place of personal peace, enchantment and wellbeing.

The CHI Ayurveda Spa at Shangri-La Hambantota has partnered with South East Asia's most famous Ayurveda healing centres, the Siddhalepa Group. The owners, the Hettigoda family, offer traditional and authentic Ayurveda treatments using remedies and therapies handed down unchanged through generations of practitioners. We are proud to be working exclusively with them as they have developed award-winning Ayurveda programmes at some of the world's most famous resorts and locations. To understand the specific healing needs of each individual, rituals begin with a consultation with an expert Ayurveda Physician who will handpick the perfect treatment for you. Authentic Ayurveda treatments penetrate and cleanse the entire body and remove deeply embedded toxins while bringing balance to the whole body. Benefits include detoxification, de-stressing, weight control, deep relaxation and general well-being. A comprehensive treatment from a genuine Ayurveda spa such as ours, can literally add years to your life. The spa also offers traditional massages and body treatments.


A SENSE OF PLACE

Ayurveda, "the science of life and longevity", is an ancient Indian system of natural healing that revolves around the balanced and dynamic integration of our environment, body, mind and spirit.

Indulge in specialised Sri Lankan Ayurveda treatments and holistic experiences designed to provide physical rejuvenation, help you achieve a deeper sense of inner peace and improve your happiness.

The key principle of Ayurveda is that each person is unique. Your Ayurveda journey to wellness and relaxation begins with a consultation with our expert Ayurveda Physician, who will help you discover more about your personal physical, mental and spiritual wellbeing, and select the appropriate treatment for you. This consultation time is not included in the duration of the treatment.

In keeping with the healing principles of Ayurveda, a same gender therapist will perform your treatment.





AYUR PUNARJEEWA (Full Day Spa Ritual) | 6 hours | LKR 72,500

Our ultimate spa indulgence – a six-hour, head to toe spa experience will rejuvenate mind, body and soul and leave you feeling refreshed and rested like never before.

Your day of pampering begins with a specially-blended Ayurveda tea and a personal consultation with our resident Ayurveda Physician. Relax and enjoy comforting scents of a full body scrub, which rejuvenates and hydrates your skin, followed by an aromatic deep cleansing and softening body mask. You will then be treated to a fragrant steam bath in a traditional Ayurveda steam chamber to revive your skin, complete with a therapeutic facial pressure point massage to cleanse and hydrate, giving you a healthy glowing complexion.

Your enchanting full body ritual concludes with a stimulating scalp massage and an acupressure foot massage to stimulate circulation and relieve stress and tension.

AYUR HALF-DAY SPA RITUAL | 3 hours | LKR 43,500

A magical three-hour escape to inner peace, this heavenly and holistic Ayurveda spa ritual begins with an exhilarating deep tissue massage to flush out toxins, encourage circulation and refresh the skin. This is followed by a special Ayurveda body wrap using banana leaves to firm and tone, while a soothing balancing facial will renew your skin's radiance and give you a 'natural face lift'.

To complete your voyage to rejuvenated bliss, boost your circulation and cleanse your body in a reviving steam bath in a traditional Ayurveda steam chamber infused with unique Ayurveda ingredients.

PICHICHILL | 60 minutes | LKR 14,500

Experience total relaxation and treat yourself to a spiritual journey of indulgence. As special scented oils are gently drizzled on to your body, one of our experienced therapists gently massages them into your skin with soft, soothing strokes.

AYUR KAYA LAGUTHWAYA (Slimming Treatment) | 90 minutes | LKR 17,400

Indulge in this exceptional Ayurveda treatment that helps you completely unwind, as well as slim and tone your body. The first step to a rejuvenated, sleeker you is a 60-minute massage with a unique natural powder to help boost your body's own fat-burning mechanism. You will then enjoy a relaxing steam bath in a traditional Ayurveda steam chamber, enriched with Ayurveda herbs which detoxify the skin, promote firming and toning and leave you invigorated with a new zest for life.

AYUR SHIRODARA | 60 minutes | LKR 21,800

A relaxing treatment that frees the body's energies to help calm and clear the mind. A fine stream of warm Ayurveda oil is gently drizzled on the "third eye" area of the forehead to encourage the release of natural serotonin, a chemical that gives us the feeling of pleasure and relaxation. For optimal results, it is suggested to have this treatment once a day for a period of 3 to 7 days.

HERBAL POULTICES (Upanaha Sweda) | 30 minutes | LKR 8,700

Lose yourself in the perfect fusion of rich ancient healing traditions with a gentle massage. Using special heated Upanaha Sweda (poultices) that contain soothing herbal aromas, muscle tension, pain and swelling will be reduced.

GOLF BOOSTER | 90 minutes | LKR 17,400

A rejuvenating and healing treatment for a variety of golf injuries. This restorative and relaxing massage not only soothes tired muscles using traditional Ayurveda methods but also includes therapies to balance energy and create the right frame of mind to improve your game.

PICHU | 60 minutes | LKR 14,500

Feel the tension and stresses of daily life evaporate as the gentle kneading pressure of our skilled therapists ease tightness in the neck muscles and alleviate aching cranial nerves.

FOMENTATION | 60 minutes | LKR 14,500

Immerse yourself in a private inner sanctuary of calm and relaxation as you enjoy the healing benefits of this traditional rejuvenating Ayurveda treatment, which utilises heated compresses filled with aromatic fresh and dried herbs, seeds and other therapeutic ingredients.

NAVARAKIZHI | 90 minutes | LKR 17,400

Eliminate the stresses and strains of a busy lifestyle and improve the overall appearance of your skin. Beginning with a gentle massage applying aromatic oil over the body, boluses of milk rice and a fragrant herbal concoction are dipped into herbal oil and applied to specific areas to help nourish and strengthen the body.

SHIROVASTI | 60 minutes | LKR 14,500

Embrace tranquility and restore your body's natural harmony with an Ayurveda cleanse involving oleation and sudation to help expel toxins. This is followed by a gentle, restorative massage that focuses on soothing the neck region.

KATIVASTI | 60 minutes | LKR 14,500

Let worldly cares slip away and embrace total relaxation as you are gently massaged with special oil using techniques to alleviate pain and reduce stiffness in the lower back, leaving you in a state of tranquil bliss. *

*Following kativasti, the guest is advised to rest for a short period before continuing on with their day.

AYUR KAYA BALA (Wine Ritual) | 90 minutes | LKR 17,400

An exhilarating treatment that will do wonders for your wellbeing as you experience the unique benefits of Ayurveda herbal wine in a truly indulgent way. Using special oils and scrubs made from healing herbal wines, this wonderfully revitalising, deep cleansing Ayurveda massage is designed to stimulate and improve circulation, giving you a real energy boost.





Massages

RELAXING AROMATHERAPY MASSAGE | 60/90 minutes | LKR 12,000 / 15,500

This massage combines light to medium pressure using Swedish massage techniques to reduce tension, soothe sore muscles and increase circulation. Aromatic essential oils used in this massage respond to each individual's needs.

DEEP TISSUE SPORTS MASSAGE | 60/90 minutes | LKR 12,000 / 15,500

This deep tissue massage which works into the layers of the muscles, will naturally help to release muscle tension, stiffness and pain from the body.

SIGNATURE Chi Balance Massage | 60/90 minutes | LKR 12,000 / 15,500

Release yourself to the complete revitalization of mind and body with a gentle yet penetrative palm massage, using acupressure techniques that focuses on vitality, clarity and peace of mind.

HEALING HOT STONE MASSAGE | 90 minutes | LKR 16,500

Lift your senses and feel your body being invigorated as specially heated basalt stones, with thermotherapy benefits, are used in gliding massage strokes along the energy channels of your body to help ease aching muscles and restore the body's vitality.

THAI MASSAGE | 60/90 minutes | LKR 13,500 / 16,500

Indulge in a truly invigorating massage that will help improve your flexibility and leave you feeling re-energised. Incorporating a combination of gentle rocking, deep stretching movements and compression of the spine, this massage improves circulation and suppleness.

STRESS-RELIEVING NECK & BACK MASSAGE | 30/45 minutes | LKR 8,000 / 10,000

After a long day of travel or just short on time, this is the perfect solution to unwind and ensure a peaceful night's sleep.

SOOTHING FOOT MASSAGE | 30/45 minutes | LKR 8,000 / 10,000

Enjoy a wonderful treat for your feet. Utilizing deep reflex points to soothe and revive, this acupressure foot massage stimulates blood circulation and relieves stress leaving you energized and full of life.

Body Therapies

SCRUBS 60 minutes | LKR 11,000

SRI LANKAN COCONUT BODY POLISH

Give your skin a radiant glow and benefit from the moisturising effects of natural Sri Lankan coconut, rich in vitamin E.

NATURAL BROWN SUGAR AND MILK BODY POLISH

Invigorate and energise with this hydrating scrub that helps reduce skin irritation and lighten skin tone.

CARROT AND FRESH GINGER BODY POLISH

Put a fresh shine on your day and revitalise your skin through the natural benefits of rich carrot and warm ginger, which will rehydrate and strengthen the skin.

HONEY BARLEY BODY POLISH

Revive your skin's radiance with a gentle exfoliating and cleansing scrub, leaving your skin smooth and soft. *Recommended for sensitive skin.*

WRAPS 60 minutes | LKR 11,000

AFTER SUN ALOE SKIN REPAIR WRAP

After a day in the sun, treat yourself to a wonderfully soothing wrap that will stimulate new cell growth and moisturise sunburned skin.

HYDRATING & HEALING HONEY WRAP

Feel waves of relaxation wash over you with a moisturising and nourishing natural antibacterial and antimicrobial body wrap that will leave your skin refreshed and looking younger.

REJUVENATING SRI LANKAN TEA WRAP

The perfect way to reinvigorate and refresh your skin, this unique rejuvenating wrap leaves your body feeling fantastic.

BODY SCRUB AND WRAP COMBINATION

90 minutes | LKR 17,500

Pick one scrub and one wrap of your choice to experience together, creating your own perfect recipe of pleasure. We begin with a deep cleansing body scrub to remove dead skin cells and prepare it to absorb the nutrients of the wrap, leaving your skin brighter and more youthful-looking.



Facials 60 minutes | LKR 8,500

CLASSIC FACIAL

This deep clean facial includes cleansing, exfoliation and mask to nourish skin. Recommended for all skin types.

BRIGHTENING FACIAL

Hydrating facial utilizing relaxing massage techniques for optimum effectiveness. This soothing treatment for the face and neck will leave your skin brighter, smoother and revitalized.

CHI Journey

JOURNEY TO HAMBANTOTA | 2.5 hours | LKR 25,500

Unlike the winding roads you took to get to our resort, this journey is designed to let you unwind. Experience this enchanting voyage to relaxation and rebalance your inner 'chi' as we refresh and invigorate all your senses. Using only naturally-sourced ingredients from the beautiful countryside of Sri Lanka, your luxurious spa ritual begins with a refreshing foot bath, followed by a cleansing and rejuvenating Coconut Body Polish and Natural Tea Leaf Body Wrap. To complete your special spa experience, a relaxing Coconut Oil Massage will soothe all the tension from your muscles and leave your skin looking and feeling nourished and hydrated.

SPA ETIQUETTE

RESERVATIONS

Advance booking prior to your intended treatment time is essential. Please call extension 6625 or visit CHI Ayurveda Spa should you wish to discuss your personalised treatment.

MINIMUM AGE

To maintain a peaceful environment, children under 18 years are not permitted in the spa.

CANCELLATIONS

In consideration of other spa guests, as your treatment requires that facilities be reserved, we request a minimum of 6 hours' notice if you are unable to keep your appointment. No-shows or appointments cancelled within 6 hours will incur a 100 per cent cancellation fee.

MOBILE PHONES AND ELECTRONIC DEVICES

For the comfort of other spa guests, please ensure your electronic devices are switched off upon entry to CHI Ayurveda Spa.

WHAT TO WEAR

Spa robes and slippers are provided.

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.

PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary. For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin.

ARRIVING ON TIME

To make the most of your spa experience, please arrive at CHI Ayurveda Spa at least 30 minutes before your appointment. All Ayurveda treatment appointments will begin with a consultation with an Ayurveda Physician, the time for which is excluded from the duration of the treatment. Please advise the therapist if you are pregnant or experiencing any health issues.

OPEN DAILY FROM 9 A.M. TO 9 P.M.



Shangri-La's Hambantota Golf Resort & Spa
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