



DIOR
PLAZA ATHÉNÉE
PARIS



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THE PARISIAN WELLNESS SANCTUARY

HÔTEL PLAZA ATHÉNÉE AND THE HOUSE OF DIOR
THE DIOR SPA PHILOSOPHY
THE DIOR LIGHT SUITE

HÔTEL

PLAZA ATHÉNÉE

AND THE HOUSE OF

DIOR

For over 110 years, Hôtel Plaza Athénée at 25 avenue Montaigne has symbolised a unique style of art de vivre that is imbued with true Parisian chic.

In 1946, the House of Dior was established just a few steps away at number 30, becoming a close neighbour of the luxury hotel. The iconic Bar suit designed by Monsieur Dior is testament to the close relationship that subsequently developed.

The legendary designer took inspiration from the bar at Le Relais Plaza to create something women would feel comfortable in when enjoying an evening there – and both the couture house and the luxury hotel have been a key feature of life on avenue Montaigne ever since. These two vibrant locations simultaneously spring to life as celebrities staying at the hotel enjoy making their regular visit across the avenue to shop at Dior, as Marlene Dietrich, Rita Hayworth, Ava Gardner, Lauren Bacall, Jackie Kennedy, Elizabeth Taylor and Sophia Loren, among many others, have done before them.

In what has become an enduring ritual, when movie stars and celebrities from the world of fashion are staying in Paris or attending Fashion Week, they make sure not to miss that special visit to the iconic boutique, and to the Dior haute couture salons.

“Elegance is a quality that captures every aspect of a person. Its invisible details count just as much as the visible ones.”

CHRISTIAN DIOR

Image copyright: Mark Shaw





THE DIOR SPA PHILOSOPHY

Sharing the iconic hotel's vision of luxury and elegance, the House of Dior chose to open an exceptional space here over ten years ago: the Dior Spa Plaza Athénée.

As you are welcomed into the spa, you feel as if you are entering a luxurious wellness retreat, that takes wellbeing to new heights. Within this peaceful haven, you will enjoy the ultimate in relaxation, through our unique, personalised sensorial experiences.

The Dior skincare philosophy is based on the alignment of the skin and the senses, and considers each guest holistically, from a physical, emotional and psychological point of view. Designed with the vision of being the most exclusive holistic urban oasis in the capital, the Dior Spa Plaza Athénée experience is based on a very real promise: that of an instant, lasting transformation of the skin and the senses.

Famous for its high-tech treatments and expert techniques, it has become known as the ultimate Parisian wellness retreat.



THE DIOR LIGHT SUITE



Also nestled within the Dior Spa Plaza Athénée is a truly unique space: the Dior Light Suite.

The first of its kind within a Parisian luxury hotel, it is the best kept secret at Hôtel Plaza Athénée. This treatment room inspired by light therapy features a unique ceiling that perfectly mimics the light produced by the sun. It provides you with the ideal daily amount of sunlight, essential for rebalancing your energy and sleep cycle, as well as erasing signs of fatigue and beautifying the skin. This LED-studded sky diffuses a natural light, with three levels of intensity: energising, relaxing and regenerating.

The result is resynchronised circadian and chronobiological rhythms, which are so important to our day-to-day wellbeing.

Drawing on the benefits of light therapy and the skilful treatment techniques of our Wellbeing Experts, Dior has created the ultimate high-tech solution to leave you feeling restored and replenished.



Dior has distilled its expertise into three new, unprecedented treatments. These tailor-made therapies have been designed to meet each individual's skincare needs, and are inspired by the path of the sun. They include expert treatment techniques, which are adapted according to the level of light intensity. You will be bathed in light during this treatment, which is recommended to recover from jet lag, re-energise the body, prepare for or recover from a long day at work, or simply to strengthen the skin to help it withstand everyday aggressions (such as pollution, city air and stress).

RECHARGE
BODY – 105 MIN

The Recharge energising ritual awakens the body and mind, brings your body clock and emotions into balance. It draws its energy from the first light of dawn as it gradually develops into the bright rays of the sun at its zenith, infused with the blue of the sky. Massage movements reactivate the production of melatonin which plays a vital role in maintaining the circadian rhythm, flooding the body with natural energy, in order to re-energise the body. This face and body treatment follows the variations in light and begins with relaxing massage movements, before gradually intensifying to give a boost of energy to body and mind. It is the ideal treatment for resynchronising your body clock.

RECOVER
BODY – 105 MIN

The Recover ritual envelops the body and mind in the light of the day, ending with a gentle amber dusk, to promote recovery and restore high-quality sleep. It promises a deep sensation of letting go, and combines a relaxing massage with a restorative rest phase, followed by stimulating massage movements to help you gently reawaken. It is the ideal massage for the afternoon, to help you make up for lost sleep, or for the early evening before a long journey.

REST
BODY – 105 MIN

The Rest ritual is like a sunset sinking into the gentle evening, inviting you to relax. It is the perfect prelude to peaceful and serene sleep. Like a decompression chamber to help prepare you for sleep, this ritual incorporates different kinds of sensory stimulation through the use of light and massage, to release muscular tension, with relaxation phases that alleviate physical and psychological tension. The ultimate anti-stress ritual.

To experience the benefits of light therapy, you can book the Dior Light Suite for any other 90 minute facial and/or body treatment. A supplement of €150 will be applied for all treatments booked in this suite.



LE SOIN COLLECTION

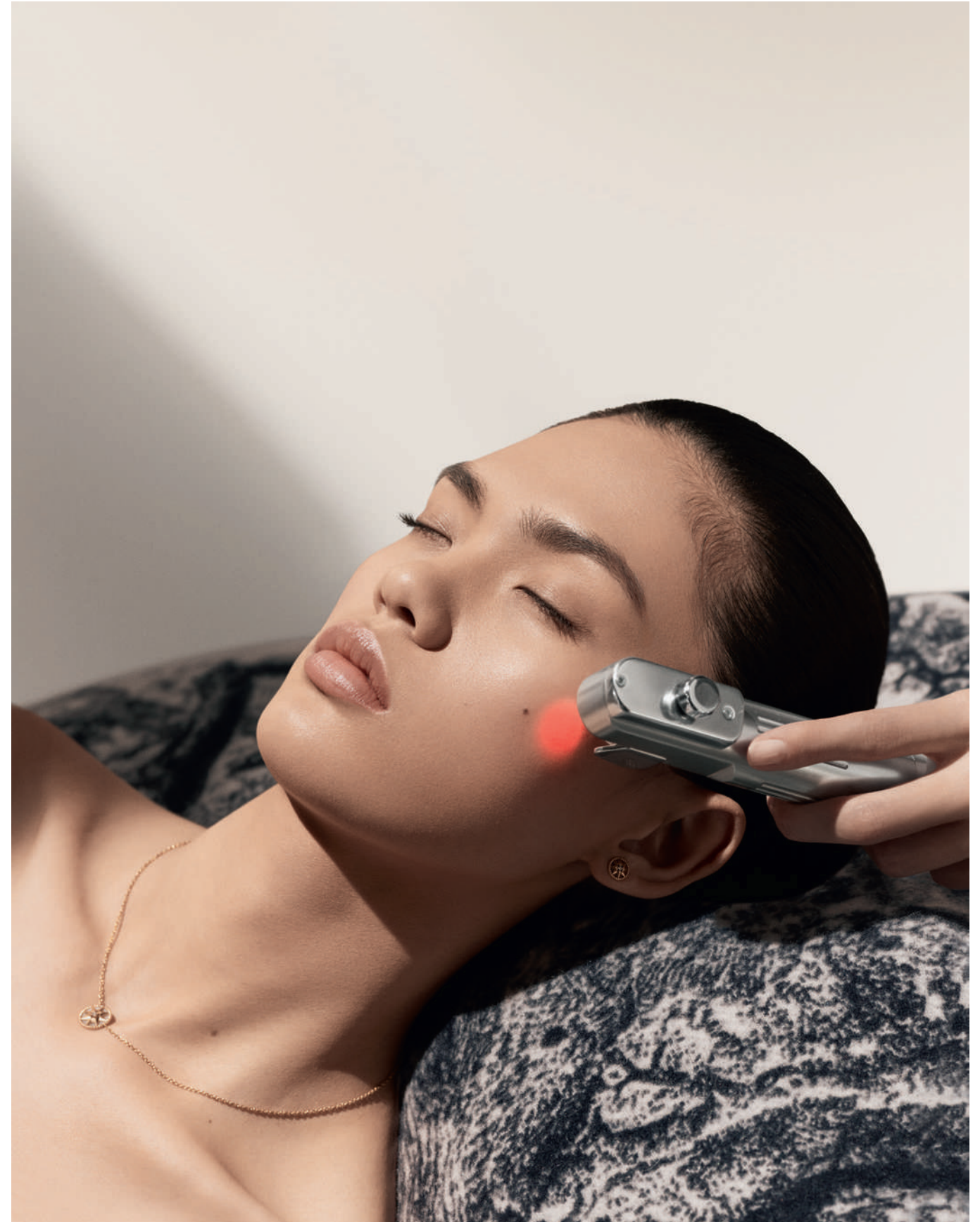
LE SOIN DIOR PRIVÉ SUR-DEMANDE

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FACE AND/OR BODY – 90 MIN OR 120 MIN

This treatment, which is exclusive to Dior Spa Plaza Athénée, can focus on the face or body, according to your preference, and offers an entirely bespoke protocol, bringing together expert techniques which combines electrostimulation and/or cryotherapy.

During the facial treatment, skin is smoothed, plumped, lifted and visibly resculpted, through expert techniques. The body treatment, meanwhile, targets the organs involved in detoxification. To extend this purification process, a carefully choreographed series of movements works to de-puff and revitalise the skin. This holistic treatment provides a true 'reset' for body and mind.





FACE

EXCEPTIONAL TREATMENTS
EXPERT PROTOCOLS
SKIN TECHNOLOGY

EXCEPTIONAL TREATMENTS



Inspired by the expertise behind the leading Dior skincare lines, these four premium treatments offer guests a truly timeless experience. Designed to awaken the senses and help each guest to flourish and thrive in all aspects of themselves, these holistic protocols enhance the skin, for radiant beauty both inside and out.

WELLNESS ADD-ONS*

MICRO-ABRASION BOOSTER

FACE – 30 MIN

An exfoliating interlude with a spectacular anti-aging promise that stimulates deep skin regeneration combined with photostimulation to amplify the results. The face is instantly illuminated.

DIOR LIGHT SUITE**

90 MIN

Boost the results of your facial or body treatment in the Dior Light Suite, by combining it with one of three programmes that have been specially created for Dior Spa Plaza Athénée.

BACK RELEASE

BACK – 30 MIN

A bespoke back massage with an instant wellbeing effect, perfect for eliminating the stress of the day, or simply to relax at any time.

FOOT RELIEF

FEET – 30 MIN

Inspired by reflexology of the feet, this energising massage enhances any body or facial treatment. As well as boosting circulation, it leaves an exquisite feeling of lightness in the legs and feet. The body and mind feel as if they are weightless.

DIOR SKIN LIGHT LED THERAPY

FACE – 15 MIN

Boost your facial or body treatment with the powerful properties of red LED light. At the end of the session, skin is relaxed and repaired, and the skin's metabolism is rebalanced. Under the beneficial effect of light, the mind is soothed and harmony is restored.

* These treatments can be added to any 60 min or more face or body treatment.

** This supplement is only available for treatments of 90 minutes or more.



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EXPERT PROTOCOLS



A carefully chosen selection of essential and ultra-targeted treatments to revitalise all skin types. The skilful beauty techniques of our Dior Wellbeing Experts come together in these extraordinary rituals, to enhance the skin and deliver lasting results.

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SKIN TECHNOLOGY

An expert in high-tech beauty treatments, for the Spa at Plaza Athénée, Dior brings together cutting-edge technologies aimed at beautifying skin that has been damaged by the daily stressors of urban life.

DIOR POWERED BY HYDRAFACIAL

FACE – 45 MIN OR 90 MIN

TREATMENT PROGRAMME : 5 X 45 MIN OR 90 MIN SESSIONS

Dior combines its Floral Science expertise with cutting-edge Hydrafacial technology, to unveil its first ever treatment developed in collaboration with Hydrafacial experts, thanks to a specially designed device and exclusive treatment step. Deep facial cleansing and exfoliation are boosted and complemented by the diffusion of Dior Lotion Peeling Floral. Adding as final step the Dior Skin Light LED mask, the results of the treatment are enhanced, skin is soothed, and redness disappear. As final result, skin is deoxidised, hydrated, plumped and radiant like it has never been before.

DIOR MICRO-ABRASION

FACE: 60 MIN – 90 MIN

TREATMENT PROGRAMME: 3 X 60 MIN OR 90 MIN SESSIONS

An iconic and exclusive Dior Skincare technique, Dior Sapphire Crystal Micro-Abrasion features a high-tech tool that combines micro-abrasion with photostimulation. A relaxing exfoliation treatment that promises spectacular anti-aging results, and stimulates regeneration deep within the skin. Dior Micro-Abrasion protocols give the skin a radiance boost, with an extraordinary smoothing effect. Skin is toned and instantly brightened. Over the next few days, the skin's receptiveness to skincare products is increased. This treatment is suitable for all skin types, even the most sensitive.

DIOR SKIN LIGHT LED THERAPY

FACE – 45 MIN

TREATMENT PROGRAMME: 8 X 45 MIN SESSIONS

Each cell within the skin has the incredible ability to absorb light and convert it into energy. To let this inner light shine through, Dior draws on the technology of light therapy with the Dior Skin Light LED Mask. A real marvel of design, this high-tech tool follows the facial contours and acts as a natural source of energy, to boost cellular respiration. At the end of the session, skin is relaxed and repaired, and the skin's metabolism is rebalanced. Under the beneficial effect of light, the mind is soothed and harmony is restored. With one session, the skin quality is refined with reduction of sebum, tighter pores and instant plump. For long-lasting and anti-aging results, and with a twice-weekly treatment programme, the 8 sessions cure, regenerates entirely the skin and provides elasticity and density. To enhance the results, all sessions end with an application of adapted Dior products.





BODY

MASSAGE THERAPIES
BODY TECHNOLOGY

MASSAGE THERAPIES



These massages are the embodiment of Dior expertise, and treat the body like the temple that it is. Each meticulously choreographed beauty technique is complemented by all of our Dior Wellbeing Experts’ knowledge, for an even more beautiful result. Each guest will experience true delight in body and mind.

WELLNESS ADD-ONS*

CRYO DIOR

BODY – 30 MIN

Leave with a feeling of ultimate lightness thanks to a tailor-made Dior cryotherapy experience. Wellbeing Experts carefully work on the body while reducing the temperature to as low as -15°C.

DIOR LIGHT SUITE**

90 MIN

Boost the results of your facial or body treatment in the Dior Light Suite, by combining it with one of three programmes that have been specially created for Dior Spa Plaza Athénée.

FOOT RELIEF

FEET – 30 MIN

Inspired by reflexology of the feet, this energising massage enhances any body or facial treatment. As well as boosting circulation, it leaves an exquisite feeling of lightness in the legs and feet. The body and mind feel as if they are weightless.

BODY SCRUB

BODY – 30 MIN

Ideal as a preparation for a body treatment, or to simply enjoy a radiance boost for the skin, this express scrub-peel treatment has a double action that combines both mechanical and enzyme exfoliation. A new energy is diffused into the mind and skin, which is illuminated and incredibly soft.

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FACE – 15 MIN

Boost your facial or body treatment with the powerful properties of red LED light. At the end of the session, skin is relaxed and repaired, and the skin's metabolism is rebalanced. Under the beneficial effect of light, the mind is soothed and harmony is restored.

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BODY TECHNOLOGY

Since its inception, the House of Dior has combined its scientific expertise in beauty with manual techniques and cutting-edge technologies. The complementary nature of these two areas of expertise results in treatments that are extremely effective. Without compromising on sensory feeling, they offer the ultimate beauty and wellbeing experience.

D-WAVES

BODY - 60 MIN

TREATMENT PROGRAMME: 5 X 60 MIN SESSIONS

By combining electrostimulation of the metamers with cryotherapy, this technology intensely detoxifies tissues, and reduces subcutaneous and visceral fatty deposits. It tackles cellulite, to firm the skin with instantly visible results. Several programs are available, from the detox to the visceral fat and to blood circulation, the personalisation options are infinite and can be tailored depending on individual needs of today but also of tomorrow. The treatment always starts with a private consultation in order to define the right program for your needs.





DIOR SPA PLAZA ATHÉNÉE EXPERIENCES

WELLNESS THERAPIES

Make the most of your trip to Paris – or, for the Parisians, simply your weekend – without disrupting your wellness routine.

This is the idea behind the three Wellness Therapies that have been created exclusively for Dior Spa Plaza Athénée. These extended experiences include the perfect combination of treatments, which have been carefully selected by our Wellbeing Experts to be part of your wellness journey, helping you achieve a healthy body and mind.

Let yourself be guided by these pre-defined programmes, or create your own by asking our experts. The many different approaches, treatments and techniques on offer mean that we can create a truly holistic experience for you. And because inner wellbeing is as important as outer wellness, if not more so, why not try our Wild & The Moon vegetable juices to complete your wellness experience. You will feel instantly restored, as you enjoy the most secluded and tranquil wellness retreat in Paris.



D-TOX THERAPY

255 MIN

The ultimate ‘reset’ therapy for body and mind. A series of treatments to detoxify parts of the body, realign energies and boost overall wellbeing.

- Private fitness session
- Relaxing hammam
- Body scrub
- Personalised D-Waves treatment
- Dior Powered by Hydrafacial
- Agent Nateur collagen latte

D-STRESS THERAPY

240 MIN

Escape from the hustle and bustle of the city with a unique, holistic treatment experience that combines a relaxing massage with a facial like no other, helping you instantly unwind.

- Sound bath & Meditation session
- Sauna
- Constellation
- D-Calm
- Foot Relief
- Anima Mundi herbal infusion

D-BLOAT THERAPY

195 MIN

The ideal treatment experience to completely disconnect. A pilates session followed by an energising massage that uses draining techniques for a completely new silhouette. The mind can relax and you will leave with a new lease of life, ready to face the world afresh.

- Pilates session
- Sauna
- Personalised D-Waves treatment
- New Look
- Arrae bloat latte





BEAUTY

BESPOKE MAKEUP
HAIR SERVICES

BESPOKE MAKEUP

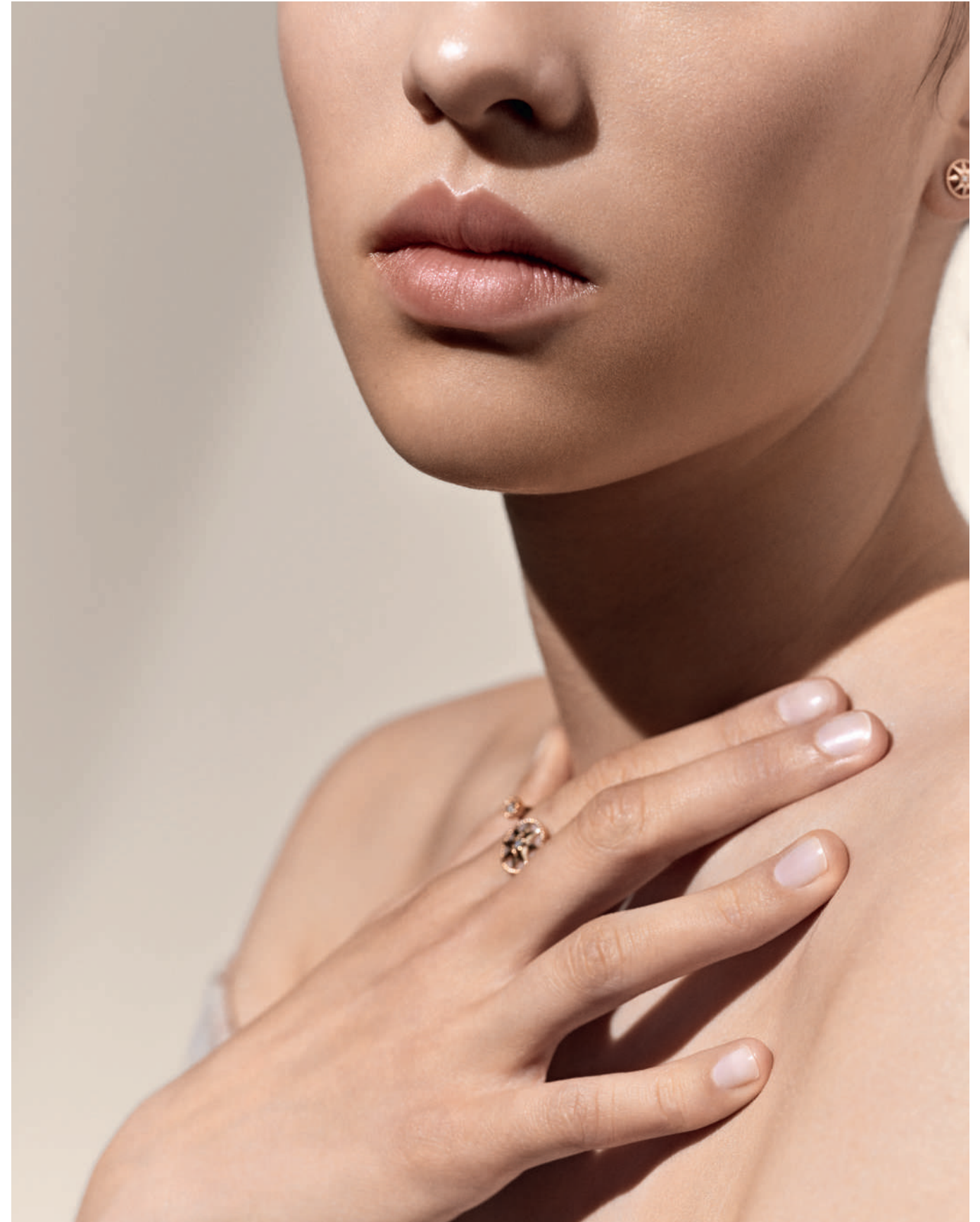
SERVICE AVAILABLE UPON REQUEST

Discover the secrets behind the Dior look with a makeup artist from the House of Dior. For a natural and elegant makeup look, a fresh-looking and radiant complexion, couture lips, and graphic eye makeup that reflects your personality.

HAIR STYLING

SERVICE AVAILABLE UPON REQUEST

In partnership with Flora Lab Paris - Molecular Skin Therapy Hair.





FITNESS STUDIO

DIOR SPA PLAZA ATHÉNÉE FITNESS STUDIO
SUBSCRIPTIONS

DIOR SPA PLAZA ATHÉNÉE FITNESS STUDIO

Located within the luxurious Dior Spa, our fitness studio is a space dedicated to your physical and mental wellbeing. Equipped with state-of-the-art facilities, it's designed with careful attention to detail, combining elegance and performance – an ideal environment for individual sessions with Gymate's personal trainers.

GYMATE

Synonymous with excellence, Gymate offers a unique personal training experience. Expect highly qualified professionals, selected from the best talent in Paris, dedicated to helping you achieve your goals.

Each Gymate trainer or teacher offers their own unique, tailor-made approach to meet your specific needs and transform your training or wellness experience.





PERSONAL TRAINING

Our coaches are driven by excellence and fuelled by passion to give you the coaching and results you're looking for. Each coach specialises in a variety of individual training methods designed to optimise your body's appearance and performance, helping you create powerful change in your body and mind.

MOBILITY

Focus on improving joint mobility and preventing injury. Our trainers will guide you through targeted exercises to enhance flexibility, functional strength and joint stability, essential for maintaining optimal health and preventing muscular imbalances.

RUN

Develop your endurance, cardiovascular capacity and running technique with our outdoor running sessions. Whatever your level, our athletes will guide you through carefully chosen courses, ensuring a challenging and enjoyable outdoor training experience.



YOGA

AVAILABLE AT THE FITNESS STUDIO AND IN YOUR SUITE

Experience a unique mind-body connection, either in the fitness studio or in your room. Our teachers guide you through personalised sessions, helping you improve your flexibility, strength and balance – as well as reducing stress, promoting relaxation and helping you achieve a state of holistic well-being.

SOUND BATH & MEDITATION

AVAILABLE AT THE FITNESS STUDIO AND IN YOUR SUITE

Plunge into a state of deep relaxation with our Sound Bath and Meditation sessions. Our therapists will guide you through an immersive experience where soothing vibrations calm the mind and harmonise the body. Each session promotes stress release and stimulates creativity, and is tailored to your needs for a personalised experience.

PILATES

AVAILABLE AT THE FITNESS STUDIO AND IN YOUR SUITE

Focus on strengthening the body, improving posture and increasing flexibility through control and fluidity exercises. Our instructors guide you through personalised sessions in the fitness studio or in your room, focusing on developing your abdominal strength, stability and balance. You'll finish each session feeling stronger and more connected to your body.





SUBSCRIPTIONS

MONTHLY

- Access to facilities from 8am to 9pm
- Access to sauna and steam room
- 2 guest passes
- 1 one-hour private session

WELLNESS

- Access to facilities from 8am to 9pm
- Access to sauna and steam room
- 6 guest passes
- 1 30-minute sports assessment per person
- 2 one-hour private sessions per person
- 1 Dior Expert Protocol per person*
- 1 Dior Massage Therapy per person**

EXCLUSIVE

- Access to facilities from 7am to 10am
- Access to sauna and steam room
- 12 guest passes
- 1 30-minute sports assessment per person
- 4 one-hour private sessions per person
- 1 Dior Expert Protocol per person*
- 1 Dior Massage Therapy per person**
- 1 night in a Deluxe Room (including breakfast)

* Choose from our Expert Protocols

** Choose from our Massage Therapies

PRIVATE SESSIONS

- 1 session – €150
- 10 sessions – €1,400
- 20 sessions – €2,600
- 30 sessions – €3,600

SUBSCRIPTIONS

- MONTHLY – Individual – €650
- WELLNESS – Annual subscription – Individual or Duo – €5,000/€8,500
- EXCLUSIVE* – Annual subscription – Individual or Duo – €6,500/€9,500

* Subscription can be suspended once for a maximum of 30 consecutive days.



DIOR LIGHT SUITE

RECHARGE – BODY	105 min	€450
RECOVER – BODY	105 min	€450
REST – BODY	105 min	€450

LE SOIN COLLECTION

LE SOIN DIOR PRIVÉ SUR-DEMANDE – FACE AND/OR BODY	90 or 120 min	€550 / €700
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EXCEPTIONAL TREATMENTS

MIRACLE L'OR DE VIE – FACE AND BACK	90 min	€420
LE SOIN PREMIER – FACE	90 min	€380
THE MIDNIGHT TREATMENT – FACE	90 min	€380
DIOR CRYO 360° EYES – FACE AND BACK	90 min	€360

EXPERT PROTOCOLS

KOBI-DIOR – FACE	60 min	€260
GLOW D-TOX – FACE	60 min	€260
D-CALM – FACE	60 min	€230

SKIN TECHNOLOGY

DIOR POWERED BY HYDRAFACIAL TREATMENT PROGRAMME – FACE	5 x 45 min or 90 min sessions	€1,300 / €2,500
DIOR MICRO-ABRASION TREATMENT PROGRAMME – FACE	3 x 60 min or 90 min sessions over 3 weeks	€690 € / €950
DIOR SKIN LIGHT LED THERAPY TREATMENT PROGRAMME – FACE	8 x 45 min sessions	€900
DIOR POWERED BY HYDRAFACIAL – FACE	45 min or 90 min	€300 / €540
DIOR MICRO-ABRASION – FACE	60 min or 90 min	€260 € / €360
DIOR SKIN LIGHT LED THERAPY – FACE	45 min	€150

MASSAGE THERAPIES

NEW LOOK – BODY	60 min	€270
D-TISSUE – BODY	60 min or 90 min	€250 / €320
D-BALANCE – BODY	60 min or 90 min	€250 / €320
CONSTELLATION – BODY	60 min or 90 min	€240 / €310
9 LUNES – BODY	60 min or 90 min	€240 / €310

BODY TECHNOLOGY

D-WAVES TREATMENT PROGRAMME – BODY	5 x 60 min sessions	€1,200
D-WAVES – BODY	60 min	€270

WELLNESS ADD-ONS

MICRO-ABRASION BOOSTER – FACE	30 min	€160
CRYO DIOR – BODY	30 min	€160
DIOR LIGHT SUITE	90 min	€150
BACK RELEASE – BACK	30 min	€130
FOOT RELIEF – FEET	30 min	€130
BODY SCRUB – BODY	30 min	€130
DIOR SKIN LIGHT LED THERAPY – FACE	15 min	€85

DIOR SPA PLAZA ATHÉNÉE EXPERIENCES

D-TOX THERAPY – FACE AND BODY	255 min	€1,050
D-STRESS THERAPY – FACE AND BODY	240 min	€760
D-BLOAT THERAPY – BODY	195 min	€700

BEAUTY

BESPOKE MAKEUP	From €160
HAIR STYLING	Service available upon request

TERMS & CONDITIONS

RESERVATIONS AND CANCELLATIONS

To make a reservation, please contact the Dior Spa team via e-mail or phone:

diorspa.hpa@dorchestercollection.com

+33 (0)1 53 67 65 35

Should you need to cancel or change your appointment, please let us know at least 24 hours before the scheduled time to avoid being charged the full cost of your treatment. Payment by cheque is not accepted in our establishment; thank you for your understanding. In the case of a late arrival,

we will do our best to offer you the same service, if our schedule allows it.

However, if this is not possible, we will shorten your treatment accordingly.

Prices are shown in euros, including 20% VAT and a 5% employee contribution.

TREATMENT TIME

In order to offer you an ideal welcome, we recommend that you arrive 15 minutes before your scheduled treatment time. This will allow our Wellbeing Experts to provide you with a personalised consultation if you wish.

SPA GUIDELINES

If you would like to refresh yourself before your treatment, we invite you to do so before you arrive at the Dior Spa Plaza Athénée. Please inform our Wellbeing Experts of any illness or ongoing regimen. To ensure a soothing experience and to show respect for our guests, we request that you turn off your cell phones during your stay at the Dior Spa.

Dior Spa Plaza Athénée and the Fitness Studio are open every day.



)(*Dorchester Collection*