



)( *Dorchester Collection*

DIORA  
PLAZA ATHÉNÉE  
PARIS



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# THE PARISIAN WELLNESS SANCTUARY

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

HOTEL

PLAZA  
ATHÉNÉE

AND THE HOUSE OF

DIOR

For over 110 years, Hôtel Plaza Athénée at 25 Avenue Montaigne has symbolized 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 neighbor 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 the Relais Plaza to create something women would feel more comfortable in when enjoying an evening there. The couture house and the luxury hotel have been a key feature of life on Avenue Montaigne ever since. These two vibrant celebrity hotspots 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.

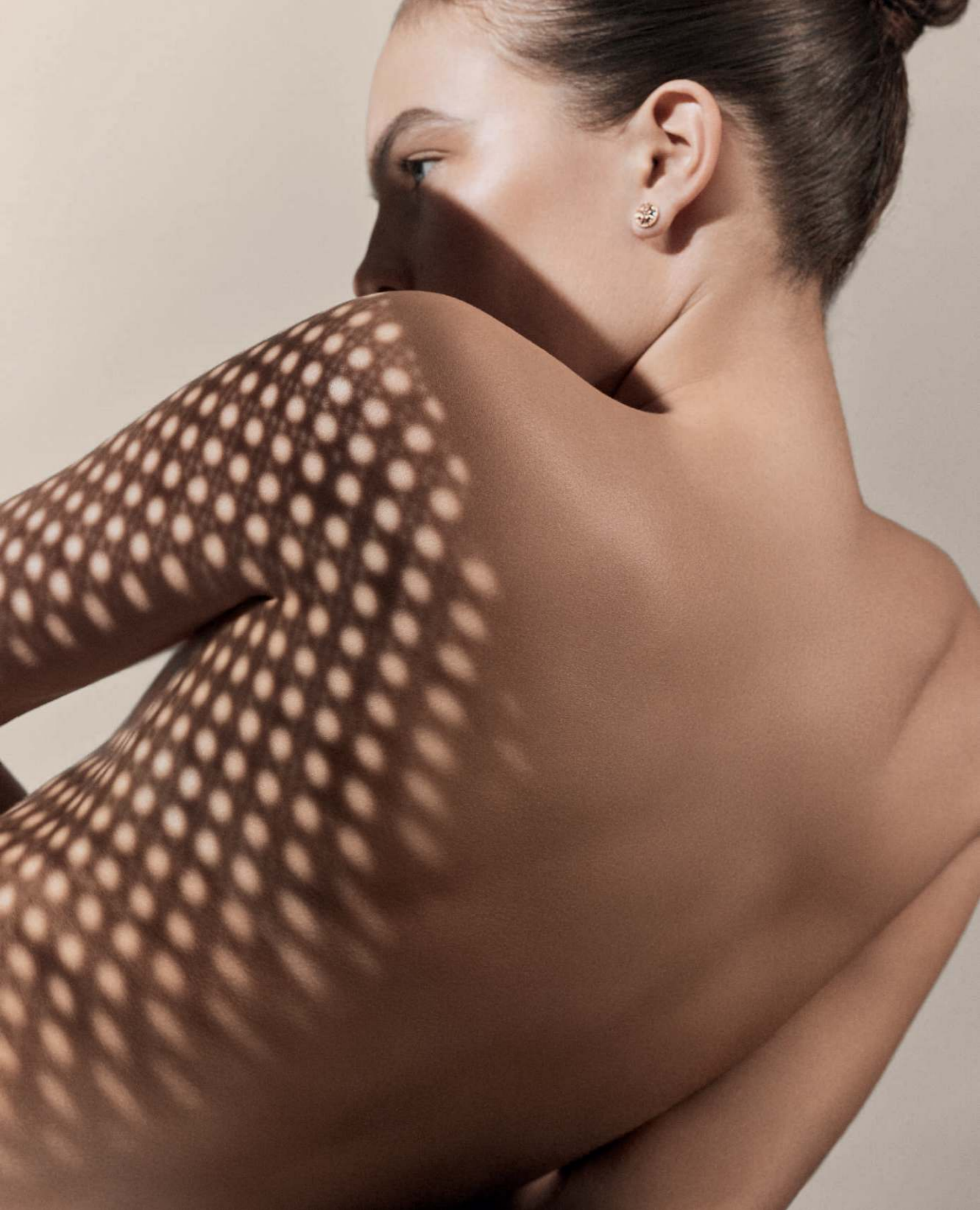
In what has become an enduring ritual, when movie stars and celebrities from the world of fashion are staying in Paris or attending Fashion Week, they make sure not to miss that special visit to the iconic boutique, and to the Dior haute couture salons.

« 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 PARISIAN WELLNESS SANCTUARY

# THE DIOR SPA PHILOSOPHY

At Dior Spa Plaza Athénée, beauty arises from balance: a delicate fusion of mind and body, inspired by Christian Dior's timeless vision: "I wanted to make women not only more beautiful, but also happier." Dior Haute-Wellness embodies this philosophy, uniting expert craftsmanship with innovation to immerse each guest in the heritage and spirit of the House.

With a commitment to **High Definition**, each treatment is designed with absolute precision to meet individual needs. A tailored diagnostic ensures a thorough understanding of the skin and body, allowing for highly personalized care that enhances natural radiance.

Blending **High Technologies** and expert techniques, Dior Spa treatments work in perfect synergy to rejuvenate the skin, sculpt the silhouette, and illuminate the face. Advanced devices enhance each ritual, delivering visible and lasting results while promoting deep relaxation of the mind.

At the heart of this transformation lies the **High-Precision** expertise of the Wellness Experts, who perform meticulously choreographed rituals designed to awaken the senses and restore harmony. The mastery of the "Dior Hands," enhanced by modern innovation, creates an immersive and multi-sensory journey that elevates both beauty and well-being.

A haven of serenity and refinement, Dior Spa redefines self-care: it is an invitation to transcend the ordinary, enveloping each guest in an exceptional, couture-inspired experience where luxury meets performance and well-being becomes an art.



# THE DIOR LIGHT SUITE





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 Plaza Athénée. Co-developed with a sports and sleep medicine specialist, this treatment room inspired 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: energizing, relaxing and regenerating.

**RECHARGE**  
90 MIN  
JET LAG RECOVERY

**RECOVER**  
90 MIN  
PHYSICAL AND MENTAL RECOVERY

**REST**  
90 MIN  
SLEEP MANAGEMENT

The Dior Light Suite can be booked for any 90-minute facial and/or body treatment to fully benefit from the power of light therapy.

A supplement of 170€ will be applied for all treatments booked in the Dior Light Suite.  
Each session begins with a 15-minute questionnaire to determine the program best suited to your current needs.



# LE SOIN COLLECTION

LE SOIN DIOR PRIVÉ SUR-DEMANDE

**LE SOIN DIOR PRIVE SUR-DEMANDE**

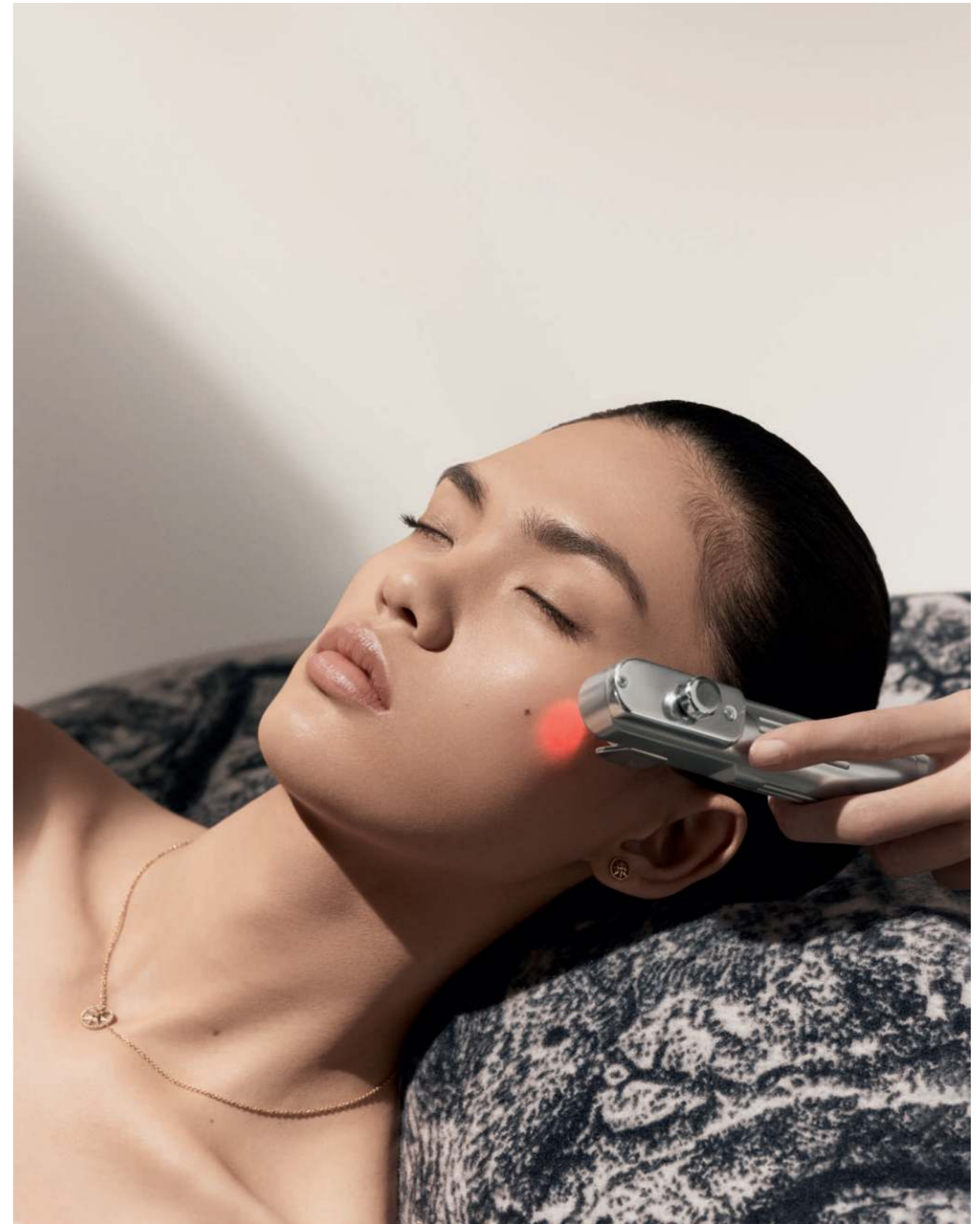
FACE AND/OR BODY

90 MIN OU 120 MIN – € 560 / € 710

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 Dior Wellness Experts techniques.

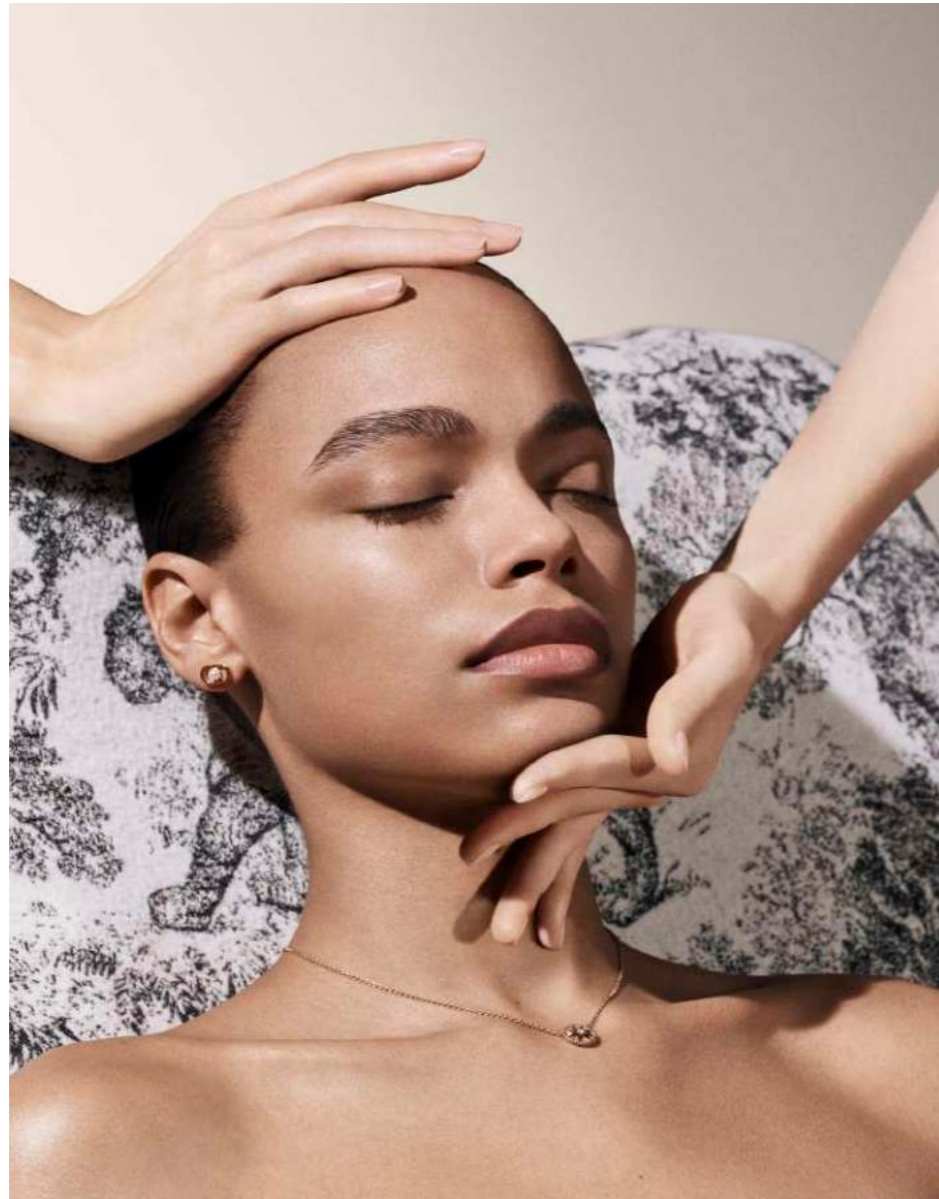
The body treatment, meanwhile, targets the organs involved in detoxification. To extend this purification process, a carefully choreographed series of draining movements is lavished on the skin. This holistic treatment provides a true "reset" for body and mind.





# THE FACE

# THE FACE



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

## GOLDEN AURA

FACE

90 MIN – € 530

Dior redefines facial radiance with a luxurious and rejuvenating treatment that gently stimulates the skin, enhancing blood circulation and promoting lymphatic drainage. Rhythmic motions work to release tension, reduce puffiness, and encourage the flow of oxygen rich blood to the skin's surface. This process revitalizes the complexion, revealing a radiant, glowing face. The skin appears naturally luminous, with a healthy, youthful glow from this indulgent self-care ritual.

## KOBI DIOR

VISAGE

60 MIN – € 290

Kobi-Dior is a high-performance anti-aging treatment inspired by Kobido techniques. These techniques have been reinterpreted by Dior, harnessing their power through a lifting muscle massage with rejuvenating effects. These deep and precise massage movements reshape and plump the entire face. All signs of aging are diminished. Wrinkles are smoothed, and contours are resculpted.

## WELLNESS ADD-ONS\*

### DIOR LIGHT SUITE\*\*

90 MIN – € 170

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.

### MICRO-ABRASION BOOSTER

FACE

30 MIN – € 160

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.

### BACK RELEASE

BACK

30 MIN – € 130

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 – € 130

Inspired by reflexology of the feet, this energizing 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 – € 90

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 add-on is only available for treatments lasting 90 minutes or more. Each session begins with a 15-minute questionnaire to identify the program best suited to your current needs.



THE FACE

### DIOR POWERED BY HYDRAFACIAL

FACE

60 MIN OR 90 MIN – € 370 / € 550

Dior combines its Floral Science with cutting-edge Hydrafacial™ hydra dermabrasion technology.

After a two-step detox prelude, to activate the lymph nodes to drain fluids, an invigorating massage is performed to improve tissue suppleness, activate microcirculation, and cell oxygenation. The skin is now ready to be cleansed and exfoliated, to purify the epidermis in depth, enhanced by Dior Floral Peeling Lotion. As a final touch, a boost of LED light is diffused to repair, tone, reduce fine lines and soothe any redness. At the end of the treatment, the skin is left deoxidized, moisturized, and healthy.

### DIOR MICRO-ABRASION

FACE

60 MIN OR 90 MIN – € 270 / € 380

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.

## WELLNESS ADD-ONS\*

### DIOR LIGHT SUITE\*\*

90 MIN – € 170

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# THE BODY

# THE BODY



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 Wellness Experts' knowledge, for an even more beautiful result. Each guest will experience true delight in body and mind.

## CONSTELLATION

BODY

60 MIN OR 90 MIN – € 280 / € 340

Deep relaxation and a complete sense of letting go. That is the promise of this multi-sensory journey.

A holistic massage, combined with slow and enveloping movements over the entire body, to release muscular tensions one by one. Deeply relaxed, the body becomes a haven of restored inner peace.

## D-TISSUE

BODY

60 MIN OR 90 MIN – € 280 / € 340

This slow and deep massage is aimed at releasing tensions and reoxygenating muscles, through precise treatment techniques. To enable the body to feel free once again, meticulous massage movements combine strength with a gentle touch, helping to eliminate toxins and relieve aching muscles. It is the ultimate high-performance treatment, ideal for recovering after sports or a workout, and for delivering instant relaxation.

## D-WAVES

BODY

60 MIN – € 280 / € 340

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.

## WELLNESS ADD-ONS\*

### DIOR LIGHT SUITE\*\*

90 MIN – € 170

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### CRYO DIOR

BODY

30 MIN – € 160

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

### FOOT RELIEF

FEET

30 MIN – € 130

Inspired by reflexology of the feet, this energizing 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 – € 130

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.

### DIOR SKIN LIGHT LED THERAPY

FACE

15 MIN – € 90

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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THE BODY

### NEW LOOK

BODY

60 MIN OR 90 MIN – € 280

This lymphatic drainage treatment refines the silhouette, sculpts the contours, and provides an immediate sensation of lightness. With its precise, toning gestures and draining movements, this treatment detoxifies the body while targeting localized fat deposits for remarkable anti-cellulite benefits. Working deeply, it tones the skin and smooths out irregularities. The results are immediate: legs are lightened, the silhouette is reshaped, and energy is renewed.

### 9 LUNES

BODY

60 MIN OR 90 MIN – € 280 / € 340

To accompany the unique journey that you experience when expecting a baby, Dior has designed a cocoon where the needs of the body and mind are listened to more than ever. During this relaxing, pampering treatment, a series of slow and gentle movements are delivered with the utmost care, to relieve muscular tension, lighten the legs, and help moms-to-be to experience the unique beauty of this journey. This ritual is offered after the first 3 months of pregnancy.

## WELLNESS ADD-ONS\*

### DIOR LIGHT SUITE\*\*

90 MIN – € 170

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### FOOT RELIEF

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30 MIN – € 130

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# DIOR SPA PLAZA ATHÉNÉE EXPERIENCES

WELLNESS THERAPIES  
LES JEUDIS ÉTOILÉS

# 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 four 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 Dior Wellness Experts to be part of your wellness journey, helping you achieve a healthy body and mind.

Let yourself be guided by these predefined programs or create your own by calling on our Experts for a multiplicity of approaches, treatments and techniques, for truly holistic experiences. And because your inner well-being is just as important, if not more so, than your outer well-being, enjoy a wellness drink for a complete break. Get back on your feet immediately in the capital's most confidential wellness club.



**D-TOX THERAPY**

255 MIN – € 1060

The ultimate “reset” therapy for body and mind. A series of treatments to detoxify parts of the body, realign energies and boost overall well-being.

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

**D-STRESS THERAPY**

240 MIN – € 770

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  
Kobi Dior  
Foot Relief  
Anima Mundi herbal infusion

**D-BLOAT THERAPY**

195 MIN – € 710

The ideal treatment experience to completely disconnect. An energizing massage that uses draining techniques and an expert, targeted facial treatment. 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



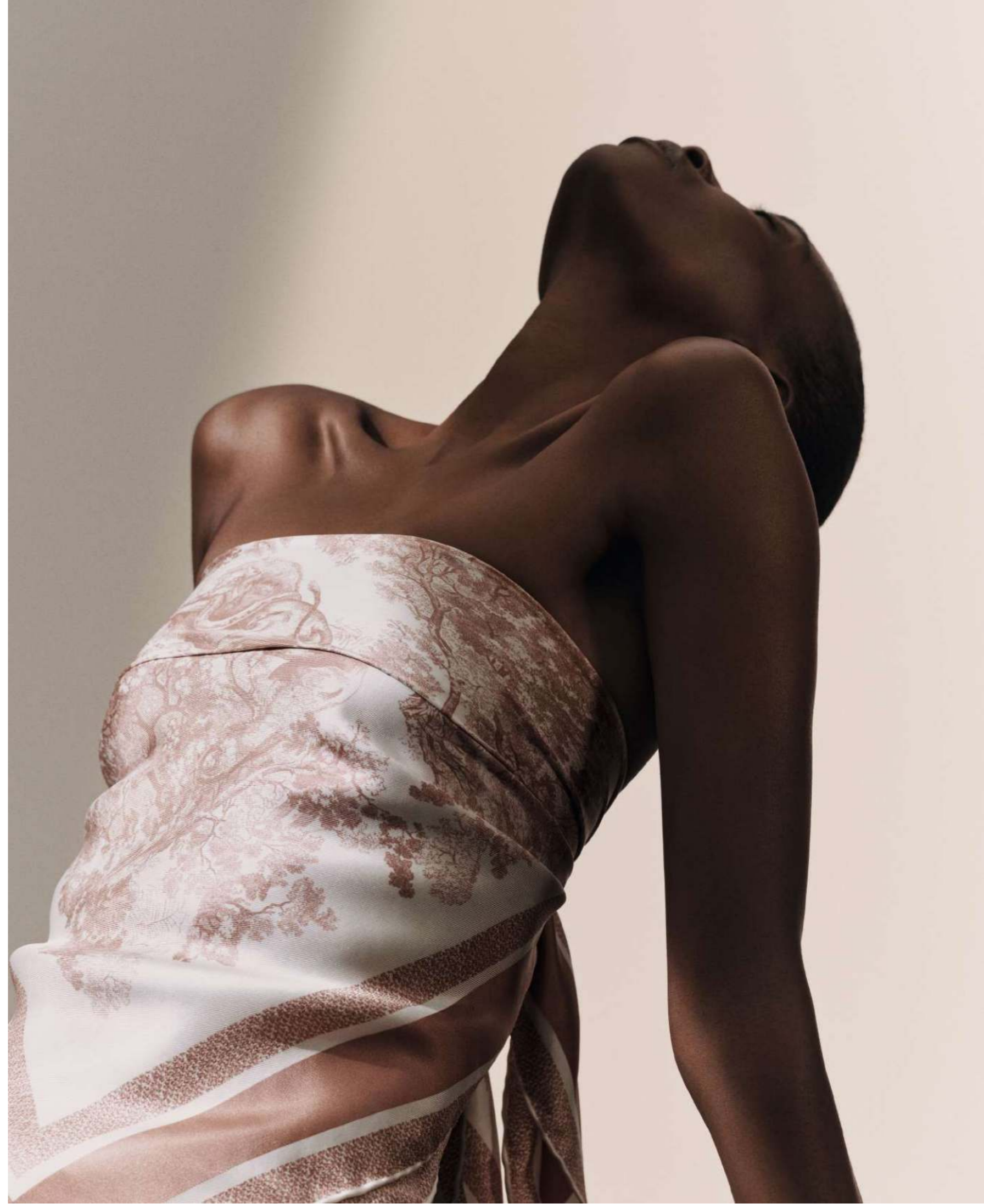
# LES JEUDIS ÉTOILÉS

EVERY THURSDAY UNTIL 10 PM

Imagine a sensory journey where time slows down and each moment becomes a treasure. "Les Jeudis Étoilés" extend the Dior Spa experience into the evening, offering our guests a magical escape after a busy day. In the soft, luminous ambiance of the night, every instant is elevated—turning twilight hours into a haven of serenity for ultimate well-being.

These extended evenings are inspired by Dior's philosophy of wellness—one that goes beyond aesthetics to celebrate both inner and outer beauty.

For this special occasion, the Dior Spa Plaza Athénée unveils two exceptional rituals: one designed to prepare the body and skin for a restful night's sleep by resynchronizing the circadian rhythm, and another to enhance your radiance before a glamorous evening event.



**LE RITUEL ÉTOILÉ**

90 MIN – € 510

Sleep is one of the fundamental pillars of longevity. Resynchronize your circadian rhythms and surrender to a state of perfect rest—for both skin and body.

Golden Aura or Constellation  
Dior Light Suite\*  
Anima Mundi Relaxing Infusion

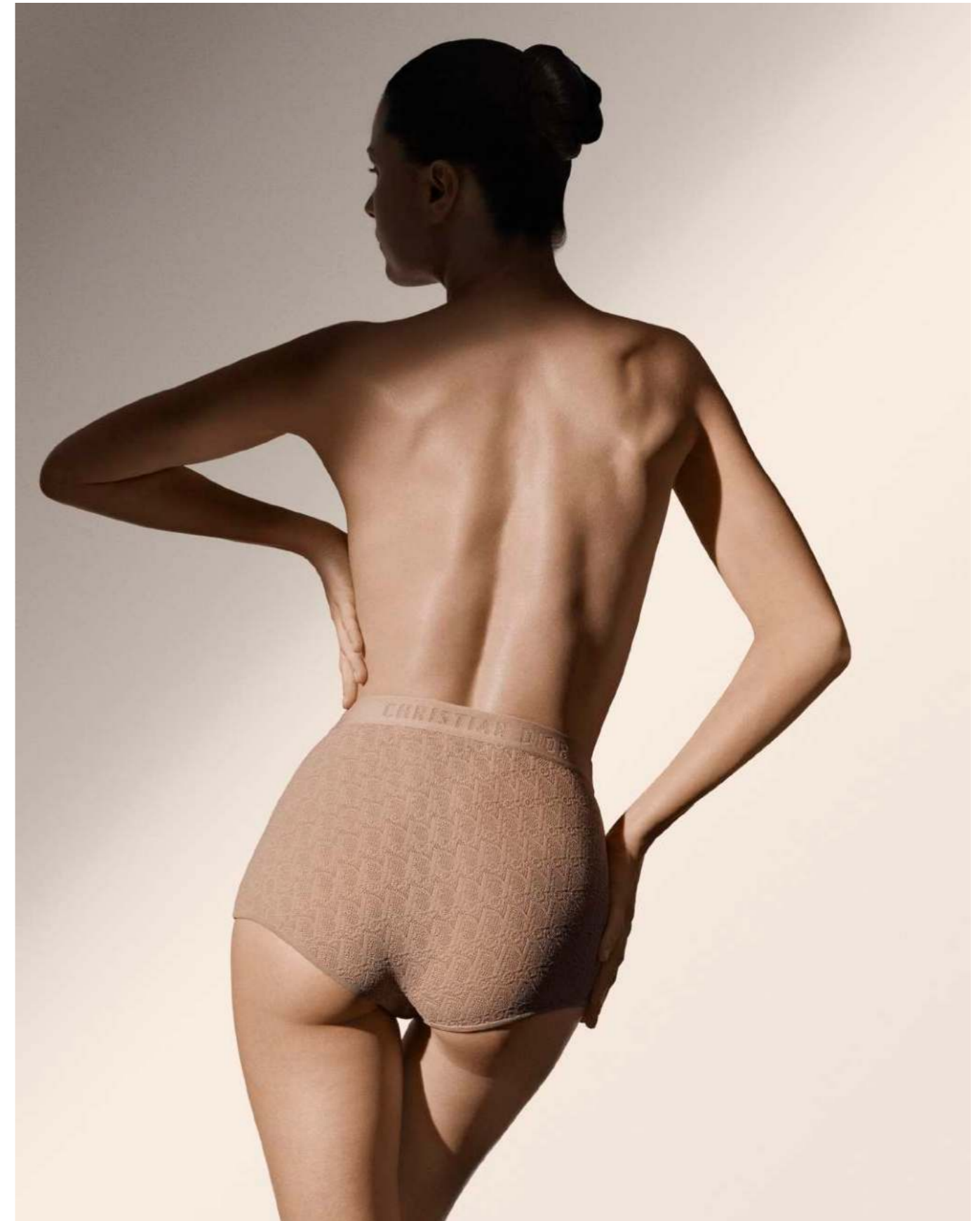
**BELLE DE NUIT**

90 MIN – € 460

A ritual designed to enhance your allure, targeting tension points to refine and reactivate your body's natural energy flow—elevated by a touch of makeup or an eye care treatment.

Kobi-Dior or New Look  
Bespoke Makeup or Cryo Regard  
Arrae Bloat Latte

\* Each session begins with a 15-minute questionnaire to identify the program best suited to your current needs.





# BEAUTY

BESPOKE MAKEUP  
HAIR STYLING

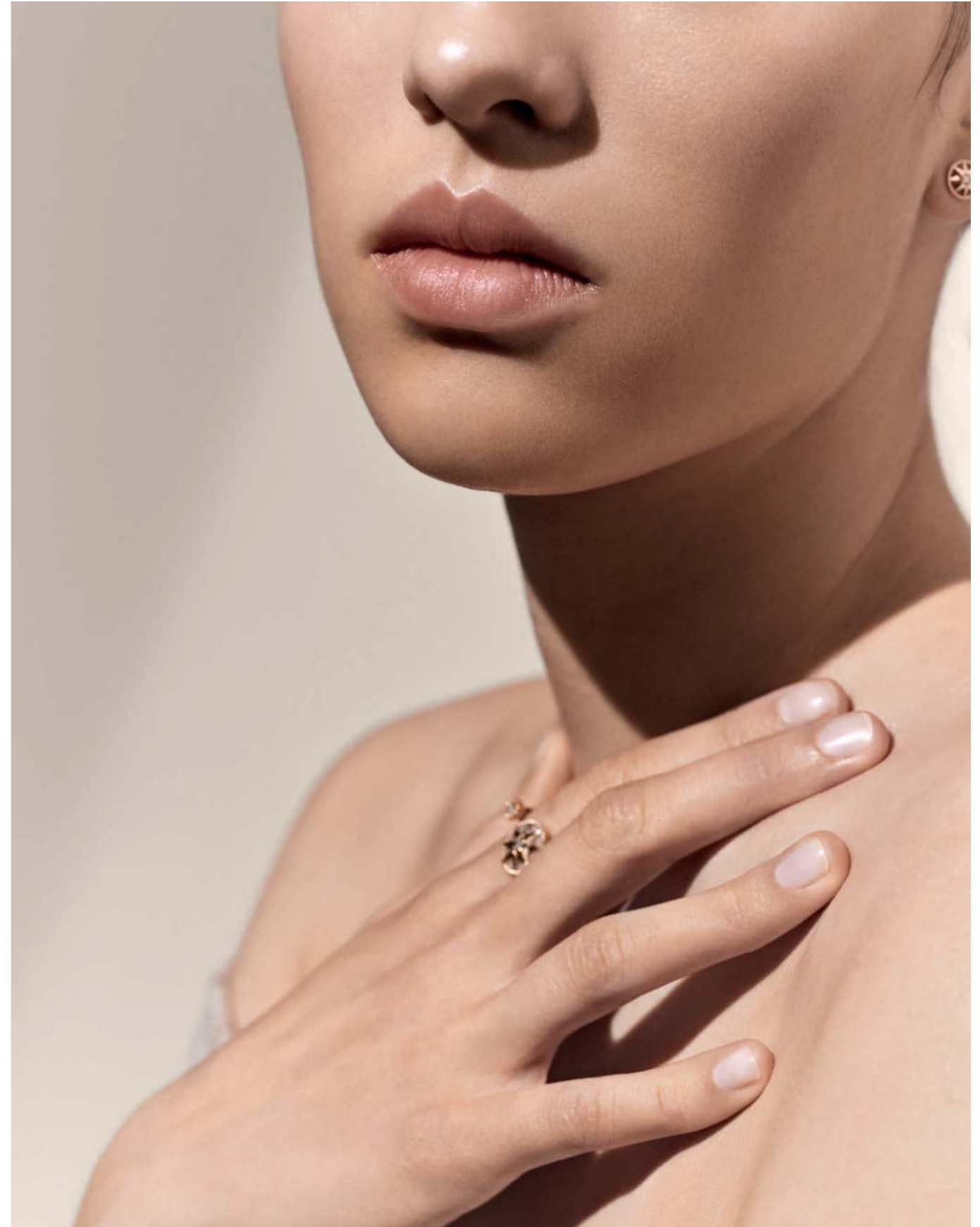
### BESPOKE MAKEUP

FROM € 170

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





# 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 personal trainers.





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### 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.

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### 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.

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### 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.

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## 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.

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## 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 harmonize the body. Each session promotes stress release and stimulates creativity and is tailored to your needs for a personalised experience.

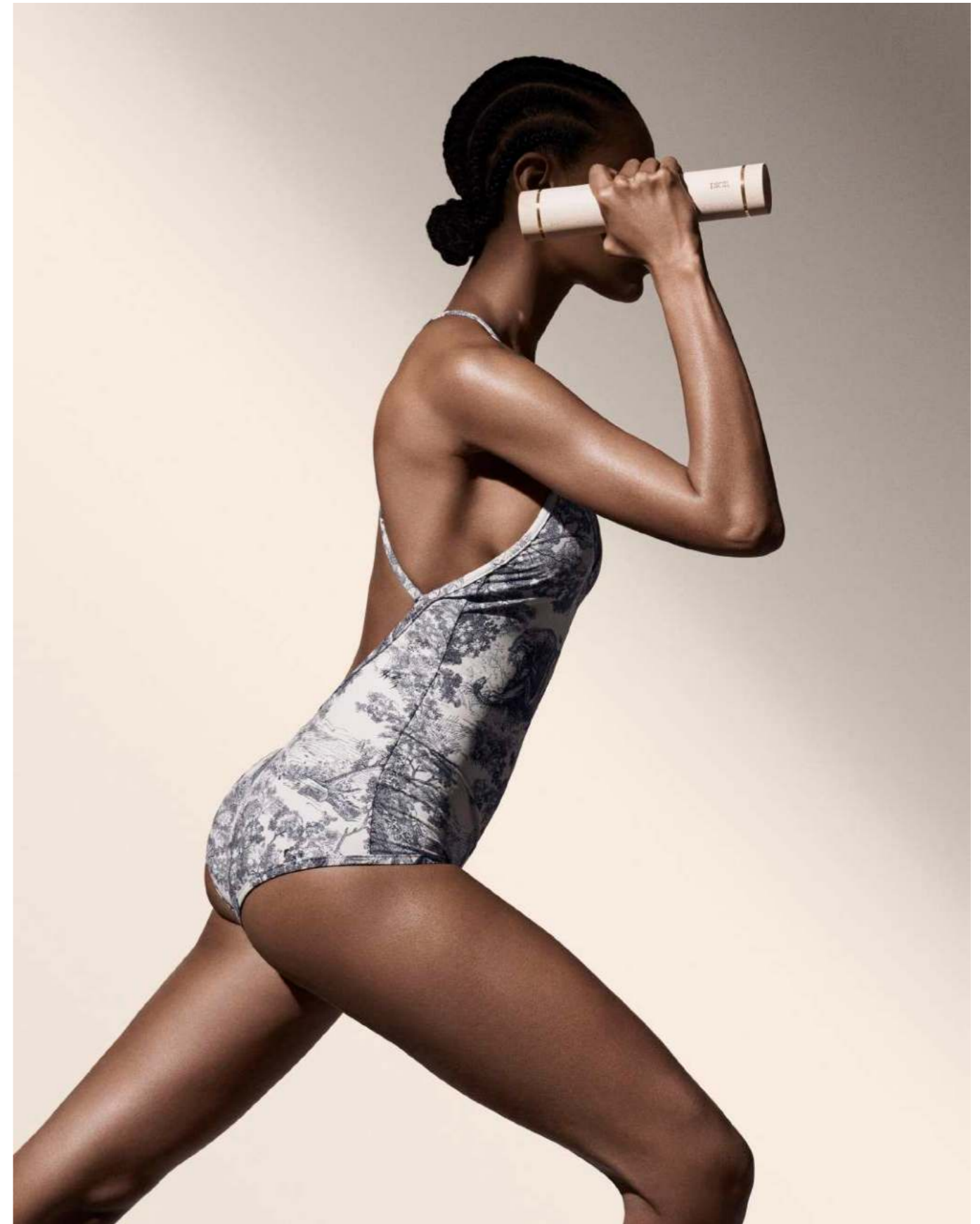
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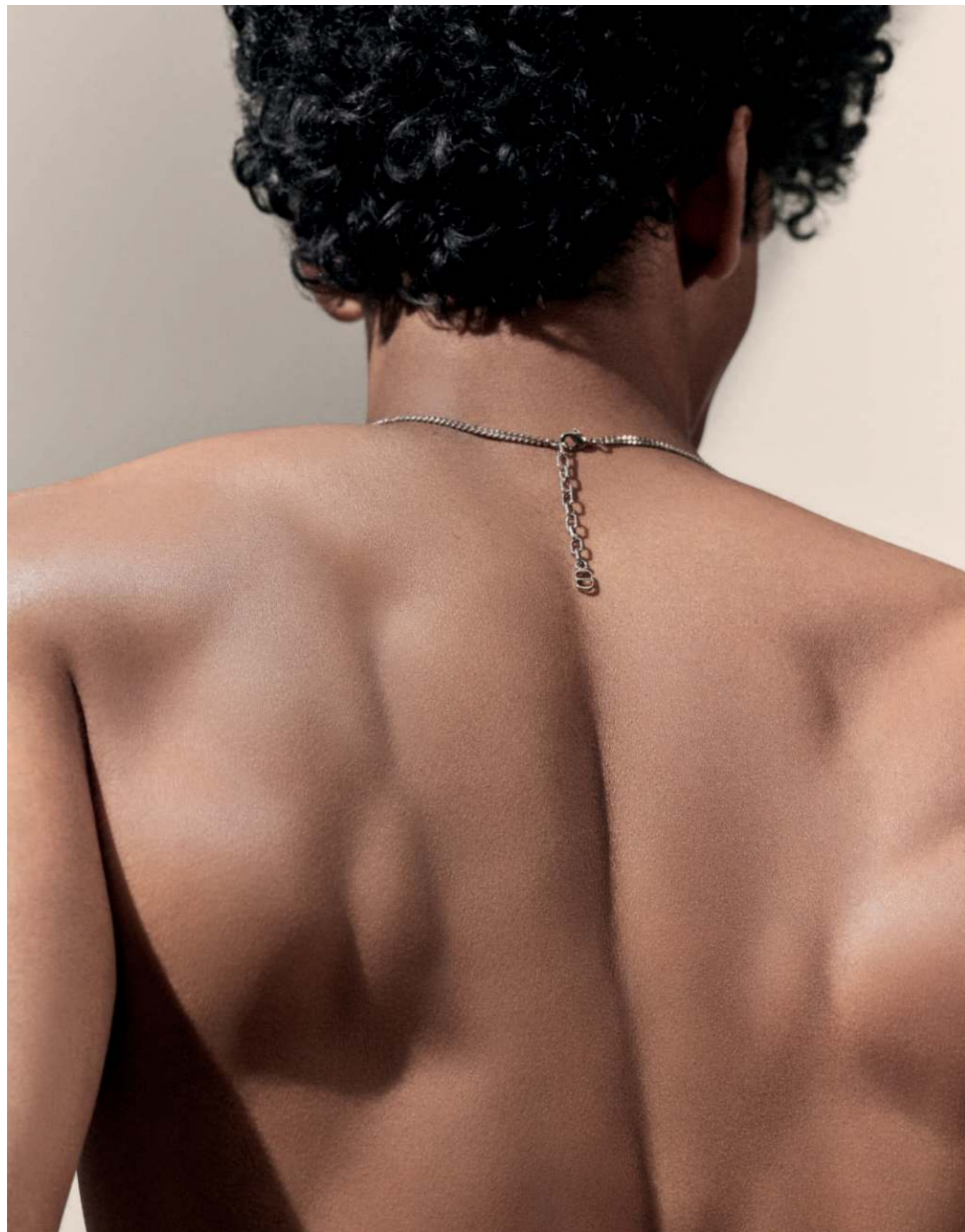
## PILATES

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.

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# SUBSCRIPTIONS

## MONTHLY

Access to facilities from 7am to 10pm  
Access to sauna and steam room

## WELLNESS

Access to facilities from 7am to 10pm  
Access to sauna and steam room  
2 guest passes  
1 Dior Facial per person\*  
or 1 Dior Massage per person\*\*

## EXCLUSIVE

Access to facilities from 7am to 10pm  
Access to sauna and steam room  
4 guest passes  
1 Dior Facial per person\*  
1 Dior Massage per person\*\*

\* Choose from our Face Treatments  
\*\* Choose from our Body Treatments

### PRIVATE SESSIONS

- 1 session – € 160
- 10 sessions – € 1,500
- 20 sessions – € 2,600
- 30 sessions – € 3,600

### SUBSCRIPTIONS

MONTHLY – INDIVIDUAL – € 450

WELLNESS – Annual subscription – Individual or Duo – € 3,500 € / € 5,500

EXCLUSIVE\* – Annual subscription – Individual or Duo – € 4,500 € / € 7,500

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



## LE SOIN COLLECTION

<b>LE SOIN DIOR PRIVÉ SUR-DEMANDE</b> – FACE AND/OR BODY	90 min or 120 min	€ 560 / € 710
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## THE FACE

<b>GOLDEN AURA</b> – FACE	90 min	€ 530
<b>KOBI-DIOR</b> – FACE	60 min	€ 290
<b>DIOR POWERED BY HYDRAFACIAL</b> – FACE	60 min or 90 min	€ 370 / € 550
<b>DIOR MICRO-ABRASION</b> – FACE	60 min or 90 min	€ 270 / € 380

## THE BODY

<b>CONSTELLATION</b> – BODY	60 min or 90 min	€ 280 / € 340
<b>D-TISSUE</b> – BODY	60 min or 90 min	€ 280 / € 340
<b>D-WAVES</b> – BODY	60 min	€ 280
<b>NEW LOOK</b> – BODY	60 min or 90 min	€ 280 / € 340
<b>9 LUNES</b> – BODY	60 min or 90 min	€ 280 / € 340

## LES WELLNESS ADD-ONS

<b>DIOR LIGHT SUITE</b>	90 min	€ 170
<b>MICRO-ABRASION BOOSTER</b> – FACE	30 min	€ 160
<b>CRYO DIOR</b> – BODY	30 min	€ 160
<b>BACK RELEASE</b> – BACK	30 min	€ 130
<b>FOOT RELIEF</b> – FEET	30 min	€ 130
<b>BODY SCRUB</b> – BODY	30 min	€ 130
<b>DIOR SKIN LIGHT LED THERAPY</b> - FACE	15 min	€ 90

## WELLNESS THERAPIES

<b>D-TOX THERAPY</b> – FACE AND BODY	255 min	€ 1060
<b>D-STRESS THERAPY</b> – FACE AND BODY	240 min	€ 770
<b>D-BLOAT THERAPY</b> – BODY	195 min	€ 710

## LES JEUDIS ÉTOILÉS

EVERY THURSDAY UNTIL 10 PM

<b>LE RITUEL ÉTOILÉ</b> – FACE OR BODY	90 min	€ 510
<b>BELLE DE NUIT</b> – FACE OR BODY	90 min	€ 460

## BEAUTY

<b>BESPOKE MAKEUP</b>	From € 170
<b>HAIR STYLING</b>	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.

Access to the spa is forbidden to minors under 18.

## 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 Dior Wellness 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 Dior Wellness 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*