

Dior
institut

Au Plaza Athénée

Dior



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)(*Dorchester Collection*

*'Women, with their intuitive instinct, understood that I dreamed
not only of making them more beautiful, but happier too.'*

Christian Dior

Since 1947, Christian Dior and Hôtel Plaza Athénée have held a very special relationship, each located just steps apart on the prestigious avenue Montaigne in Paris.

These two legendary addresses, themselves icons in their own right, came together ten years ago to form Dior Institut au Plaza Athénée, marking the beginning of a new chapter in Parisian luxury.

The Dior Institut offers a unique sensorial experience from the moment you arrive, where elegant surroundings, exceptional facilities and advanced skincare expertise come together to offer a spa experience like no other.

Today, the spa offers an entirely revisited space with a range of new massages, facials and body treatments to help you escape from the everyday. Discover a sense of serenity, self-confidence and renewed energy.

We look forward to welcoming you to Dior Institut au Plaza Athénée.

DIOR INSTITUT TISSUE MESSAGES

Dior Institut tissue massages follow sophisticated protocols exclusive to Dior. They were developed according to traditional Western and Asian manual massage techniques. These massage techniques, revisited by Dior Institut, have an effect on all the body's tissues, from the deepest to the highest.

All Dior Institut massages work in total synergy with the Dior skincare product lines. These treatments offer a unique sensory experience, and all their natural active ingredients have been proven to be effective.

For more than forty years, the Dior Science researchers have been examining the skin's reactions to better understand its complex mechanisms. They investigate new scientific avenues including stem cells, cutaneous inflammation and cellular detoxification, and develop their work on the benefits of precious floral active ingredients. Grown in the Dior Gardens in different climates around the world, ingredients such as the Rose de Granville and the Madagascar Longoza offer unique natural qualities for exceptional results.

Discover the perfect balance between unique sensory indulgence and spectacular effectiveness. Your tensions are immediately released, and your skin radiates perfection.

DIOR INSTITUT EXCEPTIONAL CARE

As a prelude to each treatment, the Dior Institut Beauty Experts precisely identify the needs and expectations of each individual through a thorough examination of the skin and an understanding of his or her lifestyle.

The massage always begins with expert techniques administered to the lower back, shoulders and neck to stimulate the circulation of energies and vitality. The benefits of the ensuing deep relaxation extend to the facial features.

The vitality is restored to the skin, and it is perfectly prepared to receive the exceptional treatments of Dior Institut.

THE DIOR INSTITUT BEAUTY EXPERTS

The Beauty Experts understand how to 'listen' to the body to provide each individual with the optimal massage: one that will restore perfect harmony to the body and mind through a sensation of infinite wellbeing and beauty.

They have a profound understanding of the skin's biology, tissue structures and vital energy circulation, which enables them to perfectly master all the Dior Institut tissue massage techniques.

From beginning to end their gentle touch and close attention to your specific needs provide you with an incomparable, entirely personalized luxury experience.

The Beauty Experts also master the Dior technique of Tissue Revitalization through microdermabrasion and photostimulation using a high-tech tool, which, combined with manual sculpting techniques, deeply regenerates the tissues, redefines the contours of the face and smooths wrinkles and fine lines.

The skill and dexterity of their expert hands bring out the true benefits of Dior treatments so that over time, exceptional active ingredients penetrate the skin for spectacular results.

High performance and exquisite pleasure are key to each Dior Institut treatment.

DIOR MICROABRASION WITH SAPPHIRE CRYSTALS

An emblematic technique of the Dior Institut, the Dior Microabrasion with Sapphire Crystals involves an exclusive high-tech tool combining microabrasion and photostimulation. Its vibrating, oscillating head, set with fine sapphire particles, exfoliates the skin while stimulating cellular regeneration.

Its intensity is adjustable to the needs of all skin types, even delicate skin. It offers a gentle massage sensation with spectacular results.

After the first session, the skin reveals new radiance, and the smoothing effect is exceptional. In the days that follow, the skin's responsiveness to applied skincare is boosted.

After one month, results are enhanced with maximized cellular renewal and toned skin tissue. Wrinkles are smoothed and the skin is firmer.

INSTANT TREATMENT

1H

This treatment is recommended for an instant radiance boost or to revitalize the benefits of a previous intensive treatment.

INTEGRAL ANTI-AGING TREATMENT

2H

This global treatment combines a 1-hour 20-minute Dior Microabrasion with Sapphire Crystals, with a 40-minute sculpting massage. The ultimate anti-aging treatment, it is the only one¹ to offer the skin this powerful dual technique.

CURE²

This treatment guarantees exceptional, progressive and sustainable results for the skin's youthfulness, radiance and tone. Contours are redefined, reshaped and tautened to perfection.

BOOSTING TREATMENT

This enhancing treatment can be combined with any facial massage to boost its effectiveness.

DIOR INSTITUT FACIAL TREATMENTS

DIOR INSTITUT EXCEPTIONAL MASSAGES

DIOR PRESTIGE AWAKENING OF THE SENSES,
AN INVITATION TO AN EXCEPTIONAL EXPERIENCE 2H
THE SIGNATURE DIOR INSTITUT MESSAGE

The regenerative and perfecting power of the Rose de Granville inspired a treatment specially developed for all types of skin, even the most demanding. This luxurious treatment, combined with stress-releasing strokes, lavishes the face and back in absolute comfort. The skin is intensely nourished and replenished, leaving it as soft as a rose petal.

DIOR PRESTIGE GRAND FACIAL TREATMENT 1H
THE MADE-TO-MEASURE DIOR INSTITUT MESSAGE

This treatment combines a 45-minute facial massage with a 15-minute sculpting massage that specifically targets the facial contour, lips or eyes.

To prepare the skin, it is minutely cleansed and purified, making it more receptive to the regenerative and perfecting power of the Rose de Granville. Next, high-precision dynamic strokes release the tensions arising from daily life as they stimulate the skin's regeneration. Plumpness, suppleness and comfort are restored to the skin. The face appears restructured.

DIOR PRESTIGE FACIAL CONTOUR PERFECTION TREATMENT 15MIN*
FACIAL CONTOUR MASSAGE

Gentle strokes reactivate vital circulation as kneading movements smooth and refine the contour of the face, relieving the effects of fatigue. The shape of the face is redefined and cheekbones are replumped.

DIOR PRESTIGE LUMINOUS EYE TREATMENT 15MIN*
EYE MASSAGE

Pressure points and smoothing strokes eliminate any muscular tension from the panoramic eye zone, which is often strained from exposure to artificial light such as screens and smartphones. Effortlessly, the eyes open up and are illuminated.

DIOR PRESTIGE RADIANT SMILE TREATMENT 15MIN*
LIP MASSAGE

Deep kneading and smoothing strokes act on the muscles around the mouth to smooth wrinkles and fine lines, replump the lips and stimulate skin tone. The lip contour is redefined and the smile sparkles, brightening the face.

THE L'OR DE VIE MIRACLE 2H
THE DIOR SKINCARE MASTERPIECE

The ultimate holistic treatment for total harmony. Mild exfoliation and stimulating movements prepare the skin to receive the incredible vital force of Yquem sap essence. Shiatsu techniques, applied to the scalp, face and shoulders, bring the body into a state of deep relaxation. The facial muscles are intensely sculpted to release microtensions. The skin is transformed and resplendent, revealing a spectacular glow.

DIOR INSTITUT EXPERT TREATMENTS

CLEANSING AND BALANCING TREATMENT 1H30

This meticulous sculpting massage, administered with steam, clears the skin of impurities and restores suppleness and balance. A pure glow emanates from the freshly cleared, clarified complexion, and the skin breathes freely.

DETOXIFYING AND PERFECTING TREATMENT 1H30

A harmonious combination of strokes and exquisitely light touches eliminates toxins and liberates the circulation of energy deep within the skin. The complexion is perfectly evened out, and it glows with radiant beauty.

MOISTURIZING AND ENERGIZING TREATMENT 1H30

This invigorating massage boosts the skin's moisture flow and restores its natural plumpness. The features are filled out and the skin is stimulated and softened.

YOUTH AND DENSITY TREATMENT 1H30

This precise, intense massage restructures, plumps and illuminates the skin. Ideal firmness is restored to the face, while all the visible signs of aging – wrinkles, loss of firmness, dullness, pigmentation irregularities – are visibly reduced. The face radiates beauty.

DAZZLING EYE TREATMENT 1H30

This deep, dynamic massage, administered to various parts of the body, including the back, trapezius muscles, neck and head, has an immediate transformational effect on the panoramic eye zone. The eyes sparkle, bringing a spectacular beauty to the full expression of the face.

DIOR INSTITUT TREATMENTS FOR MEN

CLEANSING AND ANTI-FATIGUE TREATMENT 1H30

This deep massage, administered with steam, clears the skin of impurities. The skin is reoxygenated and its suppleness is restored. The visible signs of fatigue disappear.

ANTI-AGING AND STRENGTHENING TREATMENT 1H30

This toning massage smooths the features and illuminates the complexion. Strength and energy are restored to the face as the signs of age disappear.

EXTREME EYE TREATMENT 1H30

This deep, dynamic massage, administered to various parts of the body, including the back, trapezius muscles, neck and head, has an immediate transformational effect on the panoramic eye zone. The eyes reveal a new vivacity. The character of the face is improved.

DIOR INSTITUT BODY TREATMENTS

DIOR INSTITUT EXCEPTIONAL MASSAGES

ABSOLUTE RELAXATION

1H/1H30

DEEP RELAXING MASSAGE

Enveloping strokes bring harmony to the figure and deep relaxation to the entire body. Expansive movements and flowing transitions transform the posture and release tension. Enjoy immediate release and an exceptional experience of wellbeing and harmony.

REVITALIZING ESCAPE

1H30

ANTI-JET LAG FACE AND BODY MASSAGE

From legs to back to face, this thorough massage relaxes all the muscles and stimulates the body's vital flow. A facial treatment completes this energizing ritual. Fatigue is forgotten and the body feels lighter and profoundly revitalized.

DIOR INTENSE MASSAGE
TECHNICAL MUSCLE MASSAGE

1H/1H30

An ideal way for athletic individuals to prepare for a sports performance or to improve their muscular recovery, this powerful deep tissue massage eliminates the body's tensions. Precise strokes release any contractions in the muscles and joints. The body and mind are energized and filled with extraordinary vitality.

SERENE RENAISSANCE
HOLISTIC MASSAGE

2H

This deep sculpting massage eases tensions with a combination of synchronized strokes, movements that affect the reflex zones, and breathing exercises. The Dior photostimulation technique stimulates the energy centers to bring a new vitality to the entire body. The figure is reshaped and visibly dynamized for a unique sensation of fulfillment.

DIOR INSTITUT EXPERT TREATMENTS

FIGURE-FIRMING TREATMENT

1H15

This manual sculpting massage, applied with the Dior photostimulation technique, deeply stimulates the muscles to bring them back to their natural position and restore their density. The body's movements are reset, and a firm, flexible support system is restored.

LIGHT LEGS TREATMENT

1H30

This manual sculpting massage applied with foot reflexology techniques and concluding with a refreshing leg wrap, soothes tired legs, reshapes their tapered curves and rectifies the body's posture. The entire body feels lighter.

SCULPTING BODY TREATMENT

2H

This powerful, energizing massage sculpts the body and redefines its curves. Lively, precise, meticulous strokes stimulate the firmness of the tissues in the zones identified as deficient during the diagnosis phase. The body is firmed and more toned.

DELICATE EXFOLIATING TREATMENT

1H15

This warm cream massage, followed by a deep exfoliation, promotes the skin's renewal. Skin is smoothed and profoundly moisturized for an incomparable silky softness.

HANDS AND
FEET BEAUTY

HANDS BEAUTY

BEAUTIFYING NAIL TREATMENT

IH

After nourishing the nails, the Beauty Expert will offer to apply nude or coloured Dior nail lacquer.

NOURISHING HAND BEAUTY TREATMENT

IH30

This treatment combines beneficial hand wraps and manual massages. The skin is revitalized and the hands are left feeling incredibly silky. Nail lacquer is applied to personalize the beauty makeover.

FEET BEAUTY

FOOT REFLEXOLOGY

30MIN

Powerful, localized massaging motions, deep pressure movements applied with the fingers to foot reflex areas and massaging of the lower legs harmonize vital functions, release stress and nervous tensions, and infuse the entire body with an anti-fatigue effect. Enjoy a feeling of newfound vitality.

BEAUTIFYING FOOT TREATMENT

1H

After nourishing the nails, the Beauty Expert will offer to apply nude or coloured Dior nail lacquer.

DIOR MAKEUP BACKSTAGE SERVICES

THE DIOR SEASON LOOKS

30MIN

The Dior Backstage Beauty Experts provide you with their full expertise for a complete, personalized beauty session.

YOUR MADE-TO-MEASURE MAKEOVER

1H

The secrets of personalized makeup: each zone of the face receives special attention. The essential Dior touch to complete a style or bring a signature look to an outfit.

The Dior Institut is open every day.

To avoid disappointment, we recommend booking via email at:

InstitutDior.HPA@dorchestercollection.com
or by phone: +33 (0)1 53 67 65 35

We recommend arriving 15 minutes prior to the start of your treatment in order to personalize your welcoming ritual.

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.

If for any reason you need to cancel or reschedule your appointment, we kindly ask that you inform us at least 24 hours before the scheduled time to avoid cancellation fees. We ask that hotel guests provide four hours' notice.

Please note we cannot accept payments by cheque.

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RATES

DIOR INSTITUT FACIAL TREATMENTS

DIOR INSTITUT EXCEPTIONAL MESSAGES

DIOR PRESTIGE EXCEPTIONAL AWAKENING OF THE SENSES, AN INVITATION TO AN EXCEPTIONAL EXPERIENCE	2H - €420
THE SIGNATURE DIOR INSTITUT MESSAGE	
DIOR PRESTIGE GRAND FACIAL TREATMENT	
THE MADE-TO-MEASURE DIOR INSTITUT MESSAGE	
1 ZONE	1H - €220
2 ZONES	1H15 - €280
3 ZONES	1H30 - €330
THE L'OR DE VIE MIRACLE	2H - €520
THE DIOR SKINCARE MASTERPIECE	

DIOR INSTITUT EXPERT TREATMENTS

CLEANSING AND BALANCING TREATMENT	1H30 - €240
DETOXIFYING AND PERFECTING TREATMENT	1H30 - €240
MOISTURIZING AND ENERGIZING TREATMENT	1H30 - €240
YOUTH AND DENSITY TREATMENT	1H30 - €240
DAZZLING EYE TREATMENT	1H30 - €240

DIOR INSTITUT TREATMENTS FOR MEN

CLEANSING AND ANTI-FATIGUE TREATMENT	1H30 - €240
ANTI-AGING AND STRENGTHENING TREATMENT	1H30 - €240
EXTREME EYE TREATMENT	1H30 - €240

DIOR MICROABRASION WITH SAPPHIRE CRYSTALS

INSTANT TREATMENT	1H - €220
INSTANT RADIANCE BOOST	
INTEGRAL ANTI-AGING TREATMENT	2H - €380
THE ULTIMATE AGE-DEFYING TREATMENT	
CURE	PRICE UPON REQUEST
PERSONALIZED TREATMENT DESIGNED BY A BEAUTY EXPERT	
BOOSTING TREATMENT	+€60
COMBINE WITH ANY EXPERT SKINCARE TREATMENT	

DIOR INSTITUT BODY TREATMENTS

DIOR INSTITUT EXCEPTIONAL MESSAGES

ABSOLUTE RELAXATION	1H/1H30 - €240/€300
DEEP RELAXING MASSAGE	
REVITALIZING ESCAPE	1H30 - €300
ANTI JET-LAG FACE AND BODY MASSAGE	
DIOR INTENSE MASSAGE	1H/1H30 - €240/€300
TECHNICAL MUSCLE MASSAGE	
SERENE RENAISSANCE	2H - €380
HOLISTIC MASSAGE	

DIOR INSTITUT EXPERT TREATMENTS

FIGURE-FIRMING TREATMENT	1H15 - €280
LIGHT LEGS TREATMENT	1H30 - €230
SCULPTING BODY TREATMENT	2H - €380
DELICATE EXFOLIATING TREATMENT	1H15 - €220

HANDS AND FEET BEAUTY

HANDS BEAUTY

BEAUTIFYING NAIL TREATMENT	1H - €110
NOURISHING HAND BEAUTY TREATMENT	1H30 - €150

FEET BEAUTY

FOOT REFLEXOLOGY	30MIN - €110
BEAUTIFYING FOOT TREATMENT	1H - €120

DIOR MAKEUP BACKSTAGE SERVICES

THE DIOR NOW LOOKS	30MIN - €80
YOUR MADE-TO-MEASURE MAKEOVER	1H - €150

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we recommend making a reservation via email at:

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in order to enjoy a bespoke consultation.

Late arrivals may result in lost treatment time unless our
schedule enables us to offer you the full service.

If for any reason you need to cancel or reschedule your appointment, we kindly
ask that you inform us at least 24 hours before the scheduled time to avoid any
cancellation fees. We ask that hotel guests provide four hours' notice.

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