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.

"Women, with their intuitive instinct, understood that I dreamed not only of making them more beautiful, but happier too."
DIOR INSTITUT TISSUE MASSAGES

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.
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.

¹At Dior. ²Personalized treatment designed by a beauty expert.
DIOR INSTITUT EXCEPTIONAL Massages

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

THE SIGNATURE DIOR INSTITUT MASSAGE

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 MASSAGE

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  1H30/2H
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.

*To combine with the Dior Prestige Grand Facial Treatment
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  1H30/2H
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 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 INSTITUTE 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.

DIOR INTENSE MASSAGE    1H/1H30
Technical muscle massage
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     2H
Holistic massage
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.
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.

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 BEAUTY

BEAUTIFYING NAIL TREATMENT  
1H
After nourishing the nails, the Beauty Expert will offer to apply nude or coloured Dior nail lacquer.

NOURISHING HAND BEAUTY TREATMENT  
1H30
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.
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:

InstitutDiorHPA@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.
Dior Institut
Au Plaza Athénée

RATES
**DIOR INSTITUT FACIAL TREATMENTS**

**DIOR INSTITUT EXCEPTIONAL MASSAGES**

DIOR PRESTIGE EXCEPTIONAL AWAKENING OF THE SENSES, AN INVITATION TO AN EXCEPTIONAL EXPERIENCE 2H - €420

THE SIGNATURE DIOR INSTITUT MASSAGE

DIOR PRESTIGE GRAND FACIAL TREATMENT

THE MADE-TO-MEASURE DIOR INSTITUT MASSAGE

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 MASSAGES**

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

We recommend arriving 15 minutes prior to the start of your treatment 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.

Please note we cannot accept payments by cheque.

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