



Dior
PLAZA ATHÉNÉE
PARIS

HÔTEL PLAZA ATHÉNÉE

Since it opened on avenue Montaigne in 1913, Hôtel Plaza Athénée has become the symbol of a unique art of living. Just a few steps away, at number 30 on that same avenue, the House of Christian Dior has embodied haute couture excellence since 1947. Sharing the iconic hotel's vision of luxury and elegance, the House of Dior chose to open an exceptional space there over ten years ago: the Dior Spa Plaza Athénée, a haven of innovative skincare treatments. These exceptional sensory experiences and thoughtful touches express the very quintessence of Dior skincare, brought together in an exquisitely diverse selection of treatments.





THE DIOR PHILOSOPHY THE ESSENCE OF HAPPINESS

Based on the alignment of the skin and the senses, the Dior skincare philosophy considers each guest holistically from a physical, emotional, and psychological point of view. Striving to offer a most intimate and inspiring experience of wellness, Dior know-how and expertise are based on the reality of a promise: an immediate and lasting transformation of the skin and senses through an exclusive combination of professional formulas, hands-on techniques and innovative technologies. The very essence of happiness.



DIOR TISSUE MASSAGE

Dior Spa tissue massage was conceived based on comprehensive knowledge of the skin, which Dior has continually developed and enriched. Inspired by traditional Western and Asian hands-on techniques and combined with deep, precise motions, they follow sophisticated protocols that are exclusive to Dior, each designed to meet a specific need and adapt to every rhythm.

These massages reinterpreted by Dior Spa act on all skin tissues, from the deepest to the most superficial, with a ballet of light or more powerful touches, in order to meet every expectation. They oxygenate and regenerate the skin, helping restore youthfulness, dissipate toxins, sculpt the silhouette, relax muscles, reduce fatigue, improve blood circulation, refocus vital energy and relieve stress.

In keeping with a global approach to beauty and wellbeing, all Dior Spa massages complement Dior skincare lines: products with natural-origin ingredients that have been systematically proven to be effective and textures with unique sensory appeal. For over forty years, Dior science researchers have been observing how the skin functions to understand its complex mechanisms. They are investigating pioneering scientific areas such as stem cells, skin inflammation and cellular detoxification, while also leveraging the benefits of precious floral ingredients from the Dior gardens that boast exceptional qualities. Located in several regions of the world with diverse climates, these ingredients guarantee efficacy and traceability, such as the Rose de Granville and Longoza from Madagascar.

In a perfect balance between unique sensory pleasure and the spectacular effectiveness of the techniques used and the skincare applied, relaxation is immediate and skin glows with perfection. Body and mind are once again in harmony and filled with renewed energy.





NEXT-GENERATION EXFOLIATION AT DIOR

LA MICRO-ABRASION AUX CRISTAUX DE SAPHIRS

An emblematic Dior Spa technique, la Micro-Abrasion Dior aux Cristaux de Saphirs features an exclusive high-tech tool that combines micro-abrasion with photostimulation. Its vibrating, oscillating head is covered with fine sapphire particles that exfoliate the skin while stimulating cellular regeneration. Its intensity is adaptable to meet the needs of every skin type, even the most delicate. Skin features a new radiance and smoother texture from the very first session. Recommended as a treatment of three sessions over three weeks, Dior Micro-Abrasion progressively activates cell renewal, toning and a sensation of tissue density: wrinkles appear erased and the skin is firmer, infused with a new youthfulness.

LE DIOR MICRO-PEELING

Le Dior Micro-Peeling, designed to be perfectly adapted to all skin types and complexions, offers a true radiance boost during an exquisite moment of wellbeing. The skin enjoys an amazing regeneration that enhances the benefits of the Dior skincare routine. Using this high-tech tool, the Beauty Expert begins a gentle ballet of upward movements to exfoliate the skin's surface for even smoothing, draining of tissues and deep cleansing to promote cell regeneration. Scientifically measured, the results of this new exfoliation technique are immediate. Skin is exfoliated, deeply cleansed and purified, as if it were reset. Immediately, skin texture and pores are visibly refined, fine lines and wrinkles look minimised, the complexion is luminous as its radiance is revealed.

THE PRELUDE TO SKINCARE, AN EXCEPTIONAL DIOR SPA RITUAL

Attentive listening and meticulous observation are fundamental to the Dior Spa philosophy. Prior to each session, the Dior Spa Beauty Experts talk to each guest to perfectly identify their needs and expectations and understand their lifestyle. This conversation ends with a thorough examination of the skin before the diagnosis is made and the treatment begins.

DIOR SPA BEAUTY EXPERTS

They are unique confidants who truly know how to listen to the body. This special sensitivity helps the Dior Spa Beauty Experts provide each guest with the ideal ritual, treatment and massage, the one that will restore the perfect harmony of body and mind with a feeling of wellbeing and infinite beauty. Their proficiency in all Dior Spa massage techniques is reinforced by thorough knowledge of skin biology, tissue structures and the circulation of flows and energies.

The dexterity and precision of their gifted hands enhance Dior skincare; the treatments act extremely efficiently over time, continuing to deliver their exceptional ingredients to the heart of the skin long after the ritual has ended, further amplifying its benefits.





LES SOLUTIONS PROFESSIONNELLES

Specially designed and developed by Dior science to be used by our Beauty Experts, Les Solutions Professionnelles are used exclusively in Dior Spas, in combination with the Dior skincare lines. These high-performance professional formulas are inspired by Dior science, which has concentrated the extraordinary power of flowers into the heart of Dior skincare for the past forty years. All of them contain a high concentration of floral ingredients infused into textures with incomparable sensory appeal. Their remarkable effectiveness is amplified by the precision of Dior's expert protocols and the Beauty Experts' know-how.

SIGNATURE TREATMENTS

DIOR SPA PLAZA ATHENEE

ESCALE REVITALISANTE

FACE AND BODY - 90 MINUTES

A luxurious, timeless interlude, this ultra-complete treatment is ideal for recovering from a long trip, jet lag or a period of intense activity. The Escale Revitalisante invites guests to experience deep regeneration of the body and mind. This voluptuous routine opens with a back and leg massage that projects the senses into a world of lightness. The Japanese-inspired technique relaxes every muscle knot and dissipates toxins and fatigue. Blood circulation is boosted, and the silhouette is sculpted. Cradled by the manual and mechanical motions of the Dior Micro-Peeling, the face is infused with new vitality under the draining pressure of an intense toning massage. The face is lifted and revitalised, its tone restored. To fully savor the moment, the session ends with l'Éveil Sensoriel de la Tête. A magnificent epilogue, it frees the way the head is carried, soothes the nervous system and opens the doors to welcome serenity. The face blossoms. The body and mind are in total harmony, recovering their fundamental energy.

HARMONIE PRÉCIEUSE

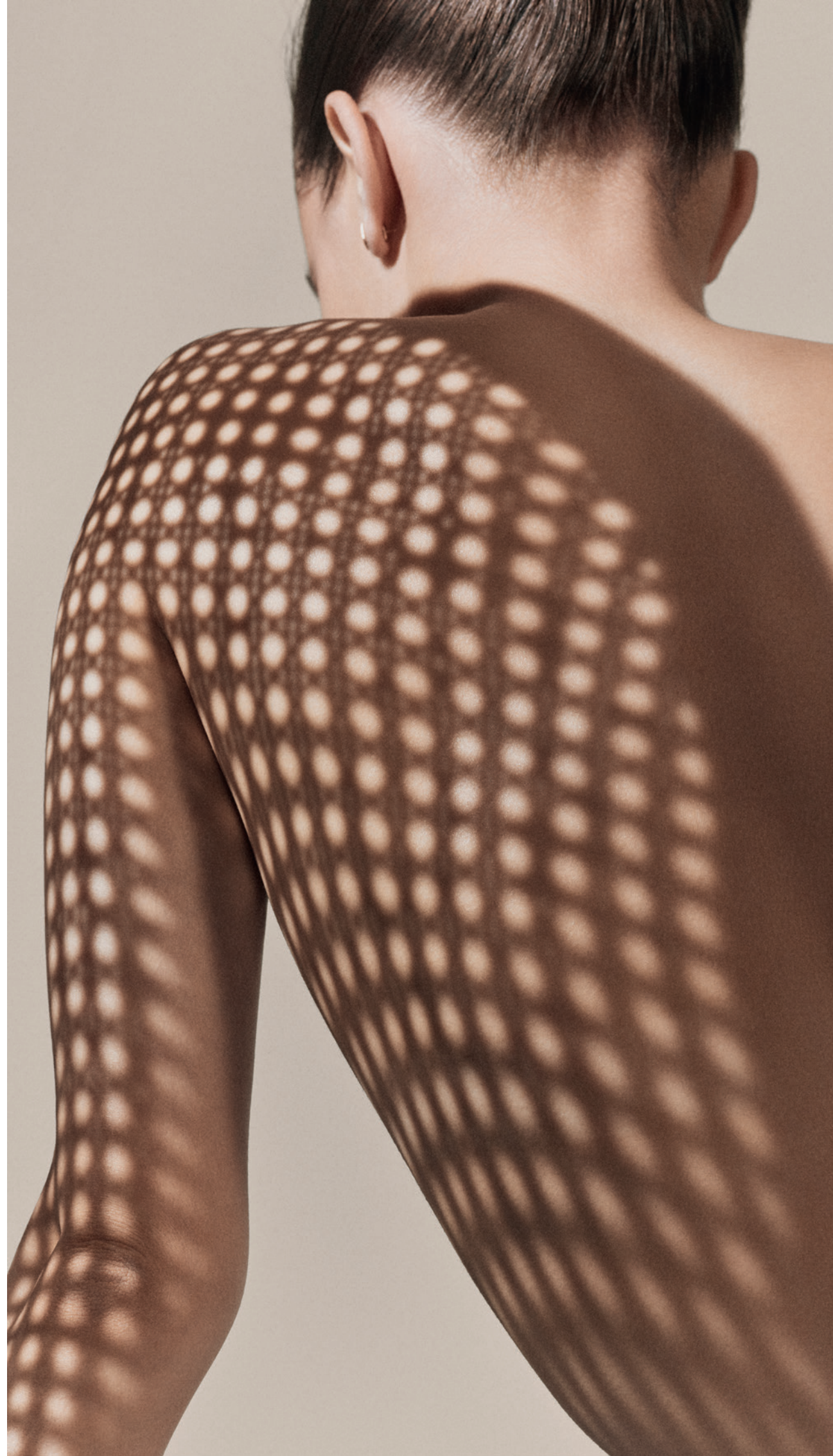
FACE AND BODY - TWO HOURS

Their mysterious powers have fascinated us since the dawn of time. Dior has brought together the virtues and benefits of semi-precious stones in this wonderfully sensory and rejuvenating ritual that combines harmony and ultimate relaxation. Heated and placed on the skin during a slow massage of the back and arms, yellow quartz, labradorite and agate release their powers deep within the being. The body is comforted and utterly relaxed. A veritable 'emotional brain,' the stomach receives special attention: the Beauty Expert gives it a dedicated massage inspired by Asian techniques. It regains its balance through soft, gentle motions. Extending this sensation of a warm cocoon, the face is then wrapped in a thermo-heating mask with a tremendous plumping effect. Soothed by this divine, precious ritual, the body radiates new energy and feels complete inner wellbeing.

SILHOUETTE EN 8

BODY - 90 MINUTES

This energetic ritual makes the invisible visible, restoring and reactivating vital energy and providing renewed momentum. Thanks to precise motions, the sinuous curves of a perfect body will recover their full voluptuousness with this high-performance slimming massage. This exquisitely precise treatment sculpts, shapes and smooths the skin through a combination of deep kneading, tissue lifting and palpate-roll massage. Its anti-cellulite draining action draws a silhouette with perfect curves, like Christian Dior's lucky number eight. A back massage completes the treatment and prolongs its draining action, dissipating induced toxins and stress. Reinforced by repeated sessions on one or more targeted areas, the body rediscovers its lightness and vital energy.





DIOR EXCEPTIONAL TREATMENTS

LE GRAND SOIN DIOR PRESTIGE

FACE AND BACK – TWO HOURS

The extraordinary regenerating power of the Rose de Granville has inspired this comprehensive holistic treatment, specially designed for all skin types, even the most demanding. A moment of intense indulgence, it combines the precious and powerful ingredients of the Dior Prestige line with a ballet of generous motions. As this luxurious choreography unfolds, the face and back are enveloped in absolute comfort. It offers unparalleled correction of the signs of ageing and exclusive pleasure.

Thanks to an oxygenating mask and a de-stressing massage, the skin is intensely nourished and replenished, recovering its firmness. Its texture becomes finer and more regular. Discover the amazing feeling of smooth and plump rose-petal skin. In a word: perfect.

DIOR PRESTIGE HAUTE PRÉCISION

FACE – 60 OR 90 MINUTES

Inspired by the world of fitness, this treatment combines energetic motions with a massage dedicated to the facial outline, lips or eyes, depending on your needs. First, the skin is thoroughly cleansed and purified to make it more receptive to the regenerative and perfecting powers of the Rose de Granville. High-precision motions then defuse the tensions related to the stresses of daily life. Deep and smoothing, they enhance muscle support and skin regeneration. The skin regains volume, flexibility and comfort.

Specific motions are used for each targeted area: soft or hard strokes, deep manoeuvres or pressure points and smoothing motions transform each part of the face.

To prolong the pleasure and fully discover all the benefits, the three areas are treated simultaneously when the 90-minute version of the Dior Prestige Haute Précision is chosen.

LE MIRACLE L'OR DE VIE

FACE AND BACK – 90 MINUTES

Designed around our L'Or de Vie line, this ritual is the embodiment of the ultimate holistic treatment. A relaxing back massage opens the session, stimulating and delighting all the senses. Gentle exfoliation and stimulating pinches prepare the skin to receive the incredible life force of Yquem sap. A facial massage then relaxes micro-tensions. To enhance the end of the treatment, a thermo-heating mask suffuses its precious ingredients deep into the skin. The skin is transformed, its strength and resilience boosted. At the peak of its beauty, the face glows with spectacular radiance.

DIOR FACE CARE SAPPHIRE CRYSTAL MICRO-ABRASION

LE SOIN ANTI-ÂGE INTÉGRAL

FACE - 90 MINUTES

This comprehensive treatment combines la Micro-Abrasion Dior aux Cristaux de Saphirs with a sculpting massage of the décolleté. The ultimate age-defying treatment, it is the only¹ one that offers this synergy between high technology and tissue massage to activate deep skin regeneration.

LE SOIN COUP D'ÉCLAT

FACE - 60 MINUTES

Centered exclusively around la Micro-Abrasion Dior aux Cristaux de Saphirs, this treatment is recommended for an immediate radiance boost or to revive the benefits of a customised treatment at the Dior Spa Plaza Athénée.

LE SOIN BOOSTER

FACE - 30 MINUTES

This introductory treatment is a pure concentration of pleasure combined with an exfoliating Dior Micro-Abrasion session. It can be added to any expert facial treatment to increase its effectiveness.

LA CURE² SUR MESURE MICRO-ABRASION

FACE THREE SESSIONS OF 60 MINUTES OR 90 MINUTES OVER ONE MONTH

This treatment guarantees an exceptional, progressive, long-lasting result on skin's youthfulness, radiance and tone. With each treatment, the contours are defined, shaped and tightened to perfection.

A spectacular age-defying promise backed by Dior science and its innovative technologies.





DIOR EXPERT TREATMENTS

LE GRAND SOIN DÉTOXIFIANT

FACE – 60 MINUTES OR FACE AND BACK – 90 MINUTES

In a bath of steam, a harmony of infinitely light motions and touches gently eliminates toxins. Supported by the application of a thermo-heating mask, this ritual frees energy circulation deep within the skin. The complexion is even and luminous, and the skin glows with vitality. In the 90-minute version, a deep back massage initiates the protocol and helps you relax.

LE SOIN OXYGÉNANT LIFTANT

FACE AND BACK – 90 MINUTES

This essential, high-performance age-defying treatment begins with a deep back massage. True catalysts of youth, powerful and precise muscular massages with spectacular lifting effects are performed in sequence to reshape the entire face. All signs of ageing are diminished: wrinkles are smoothed, contours resculpted, facial volumes visibly shaped.

LE SOIN SUBLIMATEUR DE REGARD

FACE – 60 MINUTES OR FACE AND BACK – 90 MINUTES

Thanks to the action of an exclusive Dior draining cryo-massage followed by an ultra-fresh de-puffing panoramic mask, the signs of fatigue that darken the eyes are erased as if by magic. Dark circles and puffiness are visibly reduced. Since certain parts of the body directly affect the eye area, a deep, dynamic massage of the back, trapezius, neck and head is offered in the 90-minute version of this treatment. The transformation is immediate; the eyes absolutely glow.

DIOR FLASH TREATMENTS

DEEP TISSUE VISAGE

FACE - 30 MINUTES

This treatment combines a deep lifting massage of the facial muscles with a skin-perfecting mask for a plumped, sculpted and revitalised face.

CRYO-REGARD

FACE - 30 MINUTES

This anti-fatigue treatment for the eyes combines sculpting pressure, a de-puffing panoramic mask and exclusive Dior cryo-massage for a fresh, awakened and smoothed eye area.

BODY POLISH

BODY - 30 MINUTES

An ideal prelude to a massage, this express body scrub-peel combines a double mechanical and enzymatic action for new, smoothed and drained skin that is exceptionally soft.

EN APESANTEUR

LEGS - 30 MINUTES

This treatment combines the stimulating virtues of a foot scrub with the lightness of an energising massage inspired by foot reflexology.





HI-SKIN TECH TREATMENTS

LUCIBEL

LIGHT THERAPY LED MASK

An exclusive experience combining the best of Dior's technological expertise. Impressive anti-ageing results leaving the skin enriched with a new radiance.

LUCIBEL BOOSTER LED MASK TREATMENT

FACE - 15 MINUTES

This state-of-the-art treatment, performed in addition to any other facial or body treatment offered at Dior Spa Plaza Athénée, provides a global anti-ageing experience with powerful regenerative powers.

DIOR BODY TREATMENTS

LE GOMMAGE DIOR

FACE – 60 MINUTES OR FACE AND BODY – 90 MINUTES

The skin recovers its softness and radiance thanks to a custom-made sugar scrub followed by a series of enveloping and draining motions. The exfoliated skin is instantly silkier. In its one-and-a-half-hour version, this treatment also focuses on the face, which benefits from meticulous makeup removal, precise exfoliation and the application of a Dior Prestige lifting sheet mask.

LA PARENTHÈSE MONTAIGNE

BODY – 30, 60 OR 90 MINUTES

This holistic oil massage combines slow, enveloping strokes inspired by Californian and Swedish massages. It releases tensions and emotions, helping the body and mind recover their harmony.

ALIGNEMENT ÉNERGÉTIQUE

BODY – 30, 60 OR 90 MINUTES

Through its alternating vigorous and relaxing motions, this massage aims to relieve tension and tone tissues. During the deep, precise manoeuvres, the body becomes blissfully lighter. Free of toxins and incredibly regenerated, it is ready to thrive again, fuelled by a new energy.

DEEP TISSUE DIOR

BODY – 30, 60 OR 90 MINUTES

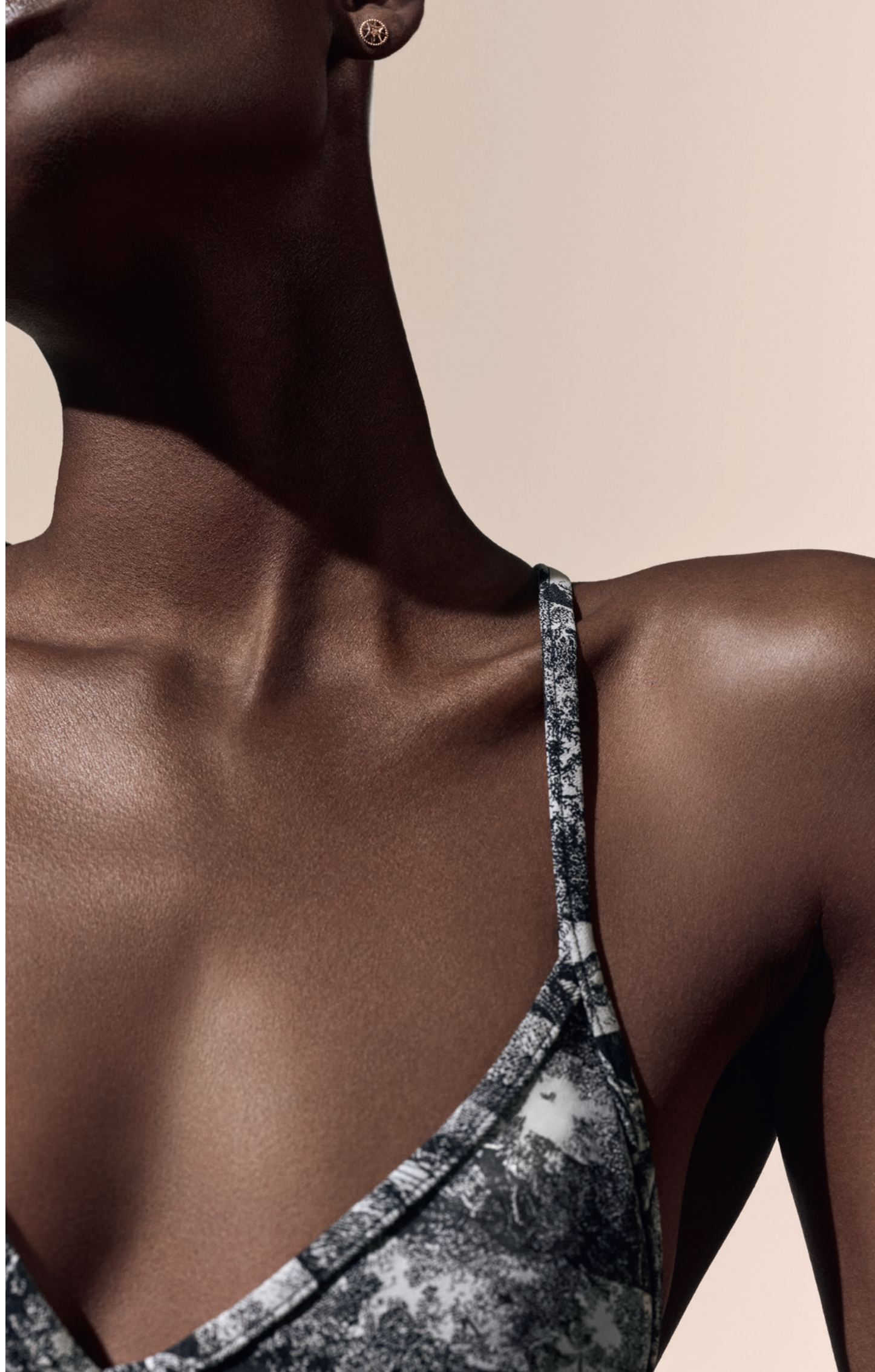
This deep, extremely invigorating massage is designed to relieve muscle tensions and pains one by one. Its powerful protocol drains the tissues and restores the body's full freedom of movement. Erasing physical stress, it is also ideal before or after a workout.

9 LUNES

BODY – 60 MINUTES OR FACE AND BODY – 90 MINUTES

This ritual is recommended for after the first three months of pregnancy

The body is comforted, muscle tensions are eliminated, legs are lightened: slow, gentle motions follow one by one to help you await the arrival of your baby in total serenity. Since this treatment is designed to be performed while the guest is lying on their back or side, it is also perfect for people who cannot lie on their stomach. In the 90-minute version, this enveloping cocoon also pampers the face: the skin is perfectly cleansed and delicately exfoliated before enjoying the comfort of a Dior Prestige lifting sheet mask.



DIOR SIGNATURE TREATMENTS

ESCALE REVITALISANTE
Face & Body 90 minutes 330 €

HARMONIE PRÉCIEUSE
Face & Body Two hours 450 €

SILHOUETTE EN 8
Body 90 minutes 300 €

DIOR EXCEPTIONAL TREATMENTS

LE GRAND SOIN DIOR PRESTIGE
Face & Back 2 hours 440 €

DIOR PRESTIGE HAUTE PRÉCISION
Face 60 or 90 minutes 230 € / 340 €

LE MIRACLE L'OR DE VIE
Face & Back 90 minutes 370 €

DIOR FACE CARE

LE SOIN ANTI-ÂGE INTÉGRAL
Face 90 minutes 350 €

LE SOIN COUP D'ÉCLAT
Face 60 minutes 250 €

LE SOIN BOOSTER
Face 30 minutes 140 €

LA CURE² SUR MESURE
MICRO-ABRASION
Face 3 sessions of 60 minutes
or 90 minutes over 1 month 210 € / 230 €

DIOR EXPERT TREATMENTS

LE GRAND SOIN DÉTOXIFIANT
Face or Face & Back 60 or 90 minutes 210 € / 310 €

LE SOIN OXYGÉNANT LIFTANT
Face & Back 90 minutes 320 €

LE SOIN SUBLIMATEUR DE REGARD
Face or Face & Back 60 or 90 minutes 220 € / 330 €

LUCIBEL

LUCIBEL BOOSTER LED MASK TREATMENT
Face 15 minutes 80 €

DIOR FLASH TREATMENTS

DEEP TISSUE VISAGE
Face 30 minutes 120 €

CRYO-REGARD
Face 30 minutes 130 €

BODY POLISH
Body 30 minutes 110 €

EN APESANTEUR
Legs 30 minutes 110 €

DIOR BODY TREATMENTS

LE GOMMAGE DIOR

Body or Face & Body 60 or 90 minutes 220 € / 290 €

LA PARENTHÈSE MONTAIGNE

Body 30, 60 or 90 minutes 110 / 220 / 280 €

ALIGNEMENT ÉNERGÉTIQUE

Body 30, 60 or 90 minutes 120 / 220 / 280 €

DEEP TISSUE DIOR

Body 30, 60 or 90 minutes 120 / 220 / 280 €

9 LUNES

Body or Face & Body 60 or 90 minutes 210 € / 280 €

TERMS & CONDITIONS

RESERVATIONS AND CANCELLATIONS

To make a reservation, please contact:

diorspa.HPA@dorchestercollection.com
+33 (0)1 53 67 65 35

We understand that plans can change. If you need to cancel your appointment, please let us know at least 24 hours in advance to avoid being charged the full cost of your treatment. In the case of late arrival, we'll do our best to offer the same service, but if not possible, your treatment will be shortened accordingly. Payment by check is not accepted in our establishment; thank you for your understanding.

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 Beauty Experts to provide you with a personalised consultation if you wish.

SPA GUIDELINES

If you would like to freshen up before your treatment, we invite you to do so before you arrive at the Dior Spa Plaza Athénée.

If you have any allergies or concerns that may affect your treatment, please inform your Beauty Expert.

For the comfort of all our guests, we kindly request that you turn off your mobile phone while in the spa.

Dior Spa Plaza Athénée is open every day, 11am to 7pm.

) (*Dorchester Collection*

