

**WELCOME TO SHANGRI-LA**

Shangri-La Paradise is located on 1.5 acres in the beautiful Ojai Valley, California.



Immerse yourself in the lush tropical gardens of bamboo, birds of paradise, lily ponds, jasmine and other exotic plants. Relax in whirlpools and waterfalls, enjoy aromatherapy and massage.

**GROUP RETREATS**

We offer tailored retreat programs and getaways unparalleled in privacy and rejuvenation. We can accommodate groups from 2-200 people. Catered organic meals available. *Retreat services available year round.*



**DAY USE**

Whether you are wanting a solitary spa experience or want to enjoy it with a few friends, the day is yours to create magic for your mind, body and soul.

Day spa services available:  
Monday - Thursday: 8am - 8pm  
Friday-Sunday 8am - 9pm

**OVERNIGHT**

Our private Spa Cottage is available for overnight stays and includes 100% Egyptian cotton linens and organic teas. Or stay in our outdoor Tea House, set amidst our tropical garden spa. Guests receive a 10% discount on all spa treatments.



*Call for an appointment to book your spa treatment or to plan your group retreat.*

805.646.9953  
www.shangrilaparadise.com



*Spiritual Enrichment of the Mind, Body & Soul*

**Shangri-La Paradise**  
private club & spa retreats  
P.O. Box 633  
Ojai, California 93024  
www.shangrilaparadise.com



*Spiritual Enrichment  
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## SPA TREATMENTS

All spa treatments include personal and exclusive access to Shangri-La's spa amenities.

### *Healing Massage*

Choose from therapeutic techniques including shiatsu, deep tissue and Lomi Lomi massage. Sessions geared to specific goals and assessments. *Tailor made sessions upon request.*  
*One hour, fifteen minutes.*

### *Hot & Cold Stone Therapy*

A powerful and intensive healing method where alternating hot and cold stones are applied during massage sessions.  
*One hour, thirty minutes*

### *Couples Massage*

A unique therapeutic experience where couples receive massages side by side in a private outdoor tropical setting.  
*One hour, fifteen minutes.*



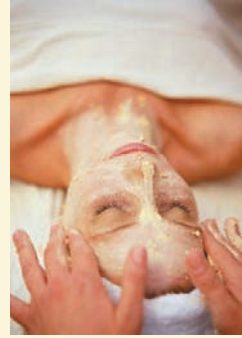
### *Body Wraps*

Skin rejuvenating wraps are cooling and moisturizing thanks to the wonders of Aloe Vera plant and the Nonie plant from the South Pacific. We also feature skin products from France. Treatments include mini-reflexology, hand and scalp massage.  
*Aloe Vera Body Wrap - One hour*  
*Noni Body Wrap - One hour*

### *Facials, Manicures, Pedicures*

From the tip of the nose to the tip of the toes, all facial products are organic and seaweed based. Facials include a mini-hand, scalp and foot massage.

*Seaweed Facial*  
*Shangri-La Facial*  
*Mini-Facial*  
*Manicure*  
*Pedicure*  
*Mani & Pedi Combo*



### *Floral Baths*

Feel like Cleopatra for a day, envelop yourself in a refreshing pool of exotic flowers and essential herbs. This cool floral bath invigorates the senses and refreshes the soul.

### *Watsu*

Experience the unique feeling of water massage. This ancient technique allows the body to completely relax in a near weightless environment.

### *Spa Tea*

Relax in our beautiful surroundings with your friends and enjoy our "spa style" tea.  
*call for quote*



### *Spa Deli*

Enjoy organic fruits, vegetables, juices, exotic herbal teas, chai lattes or hormone free beef, lamb, chicken and fresh seafood from our delicious spa deli. Menu's change daily, please check with proprietor for menu options or requests before you arrive.



*Quality service is  
customarily rewarded  
with a minimum  
15% gratuity.*

## SPA AMENITIES

*Spa amenities are included with all spa treatments or \$75 per session without treatments.*

### *Hydrotherapy*

An intense jetted whirlpool set to your desired temperature. Lying or sitting you will find this tub hits all the right spots. Recommended hydrotherapy prior to your massage treatment.



### *Finlandi Dry Sauna*

Wind down your treatments with a therapeutic dry sauna. Let your mind, body and soul rest in our private sauna.

### *Private Tropical Gardens*

Relax amidst the completely private setting of lush bamboo, birds of paradise, jasmine and other exotic plants. Includes a private sundeck, outdoor shower, cold pool and tea house.

## OVERNIGHT ACCOMMODATIONS

*Overnight stay includes use of all spa amenities.  
Guests receive a 10% discount on all spa treatments.*

### *Spa Cottage Standard Package*

Includes a fresh organic continental breakfast and private access to Shangri-La's Spa amenities.



### *Spa Cottage Deluxe Package*

Includes a continental breakfast, light spa lunch and a private candlelight three-course dinner for two with an organic bottle of wine.

Check-in: 3 p.m. / Checkout: 11:am  
48-hour cancellation policy.

*Call about our special spa packages*