



At the Plaza Athénée



DIOR AT THE PLAZA ATHÉNÉE

Because luxury, elegance and refinement never cease to intertwine and innovate, and because the two establishments bear the essence of the Parisian spirit in

their very identities, it was only natural that Dior and the Plaza Athénée combine their values and know-how to create the most Parisian of day spas.



YOUTH AS AN ATTITUDE

Dior cosmetics have made a name for themselves worldwide with their stunning technological breakthroughs in the field of anti-aging. Innovation, refinement and sensory stimulation become one. This unique philosophy is perfectly embodied by the very concept and methods of the Dior Institut.

In this space where time seems to stand still, the main objective is to reactivate youthfulness with a global approach that combines the best treatments and techniques.



YOUTH AS A METHOD

Initiated by an exclusive diagnosis, the Dior Institut Method involves three harmonious principles to provide the quintessence of anti-aging expertise:

Based on a precise understanding of the muscle fibers and energy channels, **the 3D Lifting**, a sophisticated back massage, helps awaken vital flows and “reshape” the structure of the body. A deep transformation that is reflected in the attitude, bearing and features of the face.

A high-tech advantage of the Dior Institut method, **Micro-Abrasion** takes over to offer intense re-

talization to the tissues. Gentle exfoliation, photostimulation and lymph-draining... This unprecedented concept unites the actions of several of the most high-performance devices.

Stimulated, reoxygenated and drained, the skin is now ready to fully benefit from the **Dior Anti-Aging Active Concentrates** that are applied throughout the treatments.

Spectacular renewal... The skin is radiant, the face refreshed and the general appearance is toned. Youthfulness awakens and reveals itself.



DIOR INSTITUT PROGRAMS

Depending on lifestyles, needs and momentary desires, the Dior Institut at the Plaza Athénée offers women and men a selection of innovative programs adapted to all time schedules.

The indicated duration of each program is entirely dedicated to the treatment procedures themselves. The Dior Institut features five treatment rooms, including a double VIP treatment room.

WOMEN'S TREATMENTS

REJUVENATING FACE PROGRAMS*

JUST IN TIME – Prevention

This preventive treatment targets the biological mechanisms responsible for the formation of first wrinkles.

TIME FIGHTER – Wrinkles

This corrective treatment effectively and spectacularly reduces the appearance of wrinkles.

TIME FIGHTER – Firmness

This corrective treatment redefines the face for an immediately visible “lifting” effect.

TIMELESS – Global Anti-Aging

This total treatment corrects all visible signs of aging.

*These Programs are available in four formats:

Youthfulness _____ 60 minutes

Intense Youthfulness _____ 120 minutes (*with Micro-Abrasion*)

Youthfulness Extensive Treatment _____ 60 minutes x 3

Intense Youthfulness Extensive Treatment — 120 minutes x 3 (*with Micro-Abrasion*)



THE MIRACLE TREATMENT

L'OR DE VIE

120 Minutes

This exceptional revitalizing treatment revolves around a miracle concentrate created from a partnership between the Dior Innovation Center and Château d'Yquem.

The rareness of the ingredients derived from Yquem vines, which boast some of the most powerful antioxidant properties in the world, combined with a unique technique make this singular treatment a unique experience.

The skin becomes more and more beautiful... its beauty dazzles.

It regains its density and firmness.

It is intensely nourished and infinitely comfortable.

Its texture is refined and even.

Wrinkles and fine lines are smoothed.

The face glows with new luminosity.

*« L'Or de Vie...
when the miracle takes place... »*



FACE TREATMENTS

« Active Lifestyle »

75'^{*} - Anti-jet lag - 75 minutes

75 minutes to restore radiant, rested beauty after a tiring voyage. As the massage works its magic, the back straightens, the face lights up and the eyes sparkle with freshness.

STRESS-FREE^{*} - Absolute relaxation - 60 minutes

Every bit of tension is eased away in one hour by this treatment that de-stresses the muscles of the face. Three options adapted to each stress level.

REJUVENATING EYE TREATMENT^{*} - 75 minutes

This targeted treatment features a massage that acts on the face, head, nape of the neck and shoulders for twinkling, rested eyes and the sparkle of renewed youthfulness.

TOTAL RADIANCE^{*} - 45 minutes

Maximum radiance in record time before an evening out, after a short night's sleep or at any time. Ideal to fit into a busy schedule.

PURIFYING INTERLUDE - 60 minutes

The magic of intense cleansing that rids the skin of all impurities and refines its texture for a deep beauty makeover.



REJUVENATING BODY PROGRAMS*

Three localized treatments, targeted per zone for immediate and lasting visible results. Simply spectacular.

FIRM LINE TREATMENT – Bust and Décolleté

To tone and reshape the bust, beautify the décolleté and improve skin elasticity.

ANTI-CELLULITE OFFENSIVE – Defining Treatment Waist and Stomach

To redefine the waist, drain the stomach and reduce the appearance of dimpled skin.

ANTI-CELLULITE OFFENSIVE – Defining Treatment Legs and Bottom

To firm, combat cellulite, regain lovely curves and enhance sensual shapes.

ME TIME – Global Harmonizing Treatment – 120 minutes

This re-harmonizing program is based on a ritual of luxurious and complete zone-per-zone massages that sculpt and embellish the figure. A sumptuous treatment to pamper yourself with pleasure, ideal before or after the extensive treatments.

The figure is visibly more beautiful.

* These Programs are available in six formats:

Youthfulness	90 minutes
Intense Youthfulness	120 minutes (with Micro-Abrasion)
Youthfulness Extensive Treatment x3	90 minutes x3
Intense Youthfulness Extensive Treatment x3	120 minutes x3 (with Micro-Abrasion)
Youthfulness Extensive Treatment x6	90 minutes x6
Intense Youthfulness Extensive Treatment x6	120 minutes x6 (with Micro-Abrasion)



BODY TREATMENTS

« Active Lifestyle »

75'* - Anti-jet lag - 75 minutes

75 minutes to counteract the effects of jet lag on the body and relax the face.

REVIVING LEG TREATMENT* - 75 minutes

Ideal after shopping, this leg treatment eases fatigue so you can start off on the right foot again. Ideal before an evening out or simply to indulge your legs.

SCULPTING BODY TREATMENT* - 105 minutes

Firmness, stimulation of microcirculation and extreme nutrition come together in this total treatment for a reshaped figure and smoothed, densified skin. The body regains its youthful advantages.

SILKEN BODY TREATMENT* - 60 minutes

Exfoliation and emollient soak with a moisturizing balm during a pure moment of happiness for silky, soft, fresh and luminous skin.

BEAUTIFYING HAND TREATMENT - 75 minutes

A complete hand-softening treatment.

The extra touch: a French manicure and application of nail polish.

BEAUTIFYING FOOT TREATMENT - 75 minutes

A complete foot-embellishing treatment.

The extra touch: a French manicure and application of nail polish.

THE RESIDENT PROGRAMS

Depending on the duration of the stay, several high-performance face and body treatment packages are offered for maximum effectiveness:

3 to 5 days – three options in three treatments:

NEW SKIN:

Total Radiance Face – Silken Body Treatment – Me Time Body.

DELUXE:

Intense Youthfulness Face – The Miracle Face Treatment – Me Time Body.

STRESS-FREE*:

Stress-Free Face x3 – Me Time Body.

2 weeks – three options in six treatments:

YOUTHFULNESS:

Intense Youthfulness Face x3 – Intense Youthfulness Body x3.

PERFECT FACE:

Youthfulness Face x3 – Intense Youthfulness Face x3.

ULTIMATE REJUVENATION:

Total Radiance Face – Intense Youthfulness Face – Silken Body Treatment – Youthfulness Body – Me Time Body – Intense Youthfulness Body.



MEN'S TREATMENTS

REJUVENATING FACE PROGRAMS

DIOR HOMME DERMO SYSTEM

This treatment is based on the effective synergy between the DIOR INSTITUT method and the DIOR HOMME DERMO-SYSTEM formulas, derived from the latest innovations in dermatological technology. Rigorous and optimum effectiveness on the skin's youthfulness.

This treatment is available in four formats:

Dior Homme Dermo-System Treatment	_____	60 minutes
Dior Homme Dermo-System Treatment with back massage	_____	90 minutes
Dior Homme Dermo-System Extensive Treatment	_____	60 minutes x3
Dior Homme Dermo-System Extensive Treatment with back massage	—	90 minutes x3

FACE TREATMENTS

« Active Lifestyle »

75'* - Anti-jet lag - 75 minutes

75 minutes to counteract the effects of jet lag by acting on all areas affected: face, back, eye contours, head.

STRESS-FREE* - Absolute relaxation - 60 minutes

Every bit of tension is eased away in one hour by this massage treatment that de-stresses the muscles of the face. Three options adapted to each stress level.

REJUVENATING EYE TREATMENT* - 75 minutes

This targeted treatment features a massage that acts on the face, head, nape of the neck and shoulders for twinkling, rested eyes and the sparkle of renewed youthfulness.

BODY TREATMENTS

« Active Lifestyle »

75'* - Anti-jet lag - 75 minutes

75 minutes to counteract the effects of jet lag and boost energy by acting on the entire body: from the back and legs up to the face.

DETOX ENERGY TREATMENT* - 60 minutes

1 hour, ideal between two meetings, to chase away toxins, oxygenate the skin, regularize circulation and renew the body from the tips of the toes to the top of the head.

IN-DEPTH RELAXING TREATMENT* - 60 minutes

1 hour, ideal before an evening out, to take a time-out from active life, unwind and start off on the right foot again.

To stay fit, the Plaza Athénée also features a Fitness Center complete with the latest equipment, as well as Sauna and Hammam areas.

Upon appointment, a personal coach offers tailor-made workout sessions: muscular reinforcement, stretching, kickboxing, etc.