



## Tibet in Tropical Cebu...The Chi Spa Village

"Which color do you prefer most? What is your favorite taste? Which of the weather conditions do you dislike the most? What is your favorite time of day?"

**WELCOME TO THE** Chi Spa at Shangri-la Mactan resort in Cebu where the first order of your spa visit begins with an interview to determine what element your personality is. It works like this. There are five elements: metal, water, wood, fire, and earth. By knowing which element you belong to, the spa consultant would be able to suggest which treatments would be most suited to your element that will restore your balance. For balance to be achieved, the harmony of "yin" (negative) and "yang" (positive) must be restored so that "chi" (the universal life force and energy) can flow freely within the body. When blocked, one becomes easy prey to diseases, illnesses, and negative vibrations. Spa treatments and therapies, including exercise and meditation, are all meant to remove these energy blockages. The search for ancient cures, therapies, and something exotic, has brought the Shangri-la hotel and resort chain all the way to Tibet and has led to the creation of this Chi Spa Village—the first destination spa of the Shangri-la chain.