

Dior
institut

Au Plaza Athénée

Dior



)(Dorchester Collection

“My desire is to make women
more beautiful but also happier.”

Xian Mon

Christian Dior always maintained excellent relations with Le Plaza Athénée, 25 Avenue Montaigne, just two hundred meters from the designer's fashion house. These two legendary addresses, emblems of French luxury, face each other from either side of what was in 1947, and what remains today, the most elegant avenue in Paris.

Ten years ago, the House of Dior chose this exceptional place as a haven where avant-garde care could be lavished in a soft, refined atmosphere.

Dior Institut offers a unique sensory experience where well-being and effectiveness come together to sublimely transform your skin.

Today, Dior Institut is writing a new page in its story with an entirely revisited space and new Dior tissue massage technique with proven effectiveness.

The benefits can be seen and felt.

This singular experience at the Dior Institut brings you serenity, self-confidence and renewed energy.

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, their work on the benefits of precious floral active ingredients with exceptional qualities. Grown in the Dior Gardens in different climates around the world, ingredients such as the rose de Granville and the Madagascar longoza offer absolute effectiveness and traceability.

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 well-being 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 smoothes 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.

DIOR INSTITUT FACIAL TREATMENTS

DIOR INSTITUT EXCEPTIONAL MASSAGES

DIOR PRESTIGE AWAKENING OF THE SENSES,
AN INVITATION TO AN EXCEPTIONAL EXPERIENCE
THE SIGNATURE DIOR INSTITUT MASSAGE

2H

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

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

FACIAL CONTOUR MASSAGE

Gentle strokes reactivate vital circulation as kneading movements smooth and refine the contour of the face, relieving the effects of fatigue that weigh it down. The shape of the face is redefined and cheekbones are replumped.

DIOR PRESTIGE LUMINOUS EYE TREATMENT

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

LIP MASSAGE

Deep, kneading and smoothing strokes act on the nasolabial folds and zygomatic muscles 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.

1H¹

2H

THE L'OR DE VIE MIRACLE

THE DIOR SKINCARE MASTERPIECE

The ultimate holistic treatment for total harmony. Mild exfoliation and stimulating pinching 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, resplendent: it reveals a spectacular glow.

¹For this treatment lasting 1h, the length of the first treatment is 1h15.

DIOR INSTITUT EXPERT TREATMENTS

CLEANSING AND BALANCING TREATMENT

1H30

This meticulous sculpting massage, administered with steam is applied, 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 ENERGIZING 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 REFRESHING TREATMENT

1H30

This invigorating massage boosts the skin's moisture flow and restores its natural plumpness. The features are filled out. The skin is stimulated and softened, as it regains all its sensations.

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.

YOUTH AND PERFECTION TREATMENT

1H30 OR 2H¹

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.

¹TISSUE REVITALIZATION

For two-hour treatments, the Dior Beauty Experts employ a high-tech tool, which uses microdermabrasion and photostimulation to produce remarkable regenerative effects. This instrument, equipped with a vibrating head coated in fine sapphire particles, exfoliates the skin as it stimulates the epidermis. Cell regeneration is boosted, the skin is replumped, the contours of the face are redefined, and wrinkles and fine lines are smoothed.

DIOR INSTITUT TREATMENTS FOR MEN

CLEANSING AND STRESS-RELIEVING TREATMENT IH30

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.

EXTREME EYE TREATMENT IH30

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.

ANTI-AGING AND STRENGHTENING TREATMENT IH30 OR 2H¹

This toning massage smooths the features and illuminates the complexion. Strength and energy are restored to a man's face as the signs of age disappear.

DIOR INSTITUT BODY TREATMENTS

¹TISSUE REVITALIZATION

For two-hour treatments, the Dior Beauty Experts employ a high-tech tool, which uses microdermabrasion and photostimulation to produce remarkable regenerative effects. This instrument, equipped with a vibrating head coated in fine sapphire particles, exfoliates the skin as it stimulates the epidermis. Cell regeneration is boosted, the skin is replumped, the contours of the face are redefined, and wrinkles and fine lines are smoothed.

DIOR INSTITUT EXCEPTIONAL MASSAGES

ABSOLUTE RELAXATION

IH OR IH30

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 well-being and harmony.

REVITALIZING ESCAPE

IH30

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 INSTITUT EXPERT TREATMENTS

DEEP TISSUE

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, filled with extraordinary vitality.

SERENE RENAISSANCE

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.

IH OR IH30

2H

FIGURE-FIRMING TREATMENT

IH15

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

IH30

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.

REFINED CONTOUR TREATMENT

IH30 OR 2H¹

This deep back massage, followed by a series of kneading, smoothing and sweeping movements, slims a targeted zone of the body (bust, waist or abdomen) and revives energy through a stimulation of the muscles and skin. The allure is more slender and the body's movements are more supple and fluid.

¹TISSUE REVITALIZATION

For two-hour treatments, the Dior Beauty Experts employ a high-tech tool, which uses microdermabrasion and photostimulation to produce remarkable regenerative effects. This instrument, equipped with a vibrating head coated in fine sapphire particles, exfoliates the skin as it stimulates the epidermis. Cell regeneration and the circulation of healthful flows are renewed, and the skin is more receptive to the treatment to follow.

SCULPTING BODY TREATMENT

2H

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.

DELICATE EXFOLIATING TREATMENT

1H15

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.

HAND AND FOOT BEAUTY

HAND BEAUTY

BEAUTIFYING NAIL TREATMENT

IH

After harmonizing the nails, the Beauty Expert will offer to apply nude or coloured Dior nail lacquer.

NOURISHING HAND BEAUTY TREATMENT

IH30

This treatment combines beneficial hand wraps and manual massages. The skin is revitalized and the hands are incredibly silky. Nail lacquer is applied to personalize the beauty makeover.

AGE-DEFYING HAND BEAUTY TREATMENT

IH30 OR 2H¹

This specific treatment begins with a mild microdermabrasion and photostimulation exfoliation and continues with a massage and wrap. The hands enjoy a genuine rejuvenation. Nail lacquer is applied to personalize the beauty makeover.

¹TISSUE REVITALIZATION

For two-hour treatments, the Dior Beauty Experts employ a high-tech tool, which uses microdermabrasion and photostimulation to produce remarkable regenerative effects. This instrument, equipped with a vibrating head coated in fine sapphire particles, exfoliates the skin as it stimulates the epidermis. Cell renewal is boosted. Any age spots on the hands are diminished.

FOOT 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. A new-found vitality.

BEAUTIFYING FOOT TREATMENT

1H

After harmonizing the nails, the Beauty Expert will offer to apply nude or coloured Dior nail lacquer.

GENTLE FOOT BEAUTY TREATMENT

1H30 OR 2H

This very thorough treatment relieves fatigue and provides soothing comfort. The Dior microdermabrasion technique smoothes and softens the skin. You'll enjoy an infinite sensation of lightness, which lasts over time. Nail lacquer is applied to personalize the beauty makeover.

DIOR MAKEUP BACKSTAGE SERVICES

'TISSUE REVITALIZATION

For two-hour treatments, the Dior Beauty Experts employ a high-tech tool, which uses microdermabrasion and photostimulation to produce remarkable regenerative effects. This instrument, equipped with a vibrating head coated in fine sapphire particles, exfoliates the skin as it stimulates the epidermis. Cell renewal is boosted. The feet are gently polished.

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

FROM 9AM TO 9PM FROM APRIL 1 TO OCTOBER 31,
AND FROM 10AM TO 8PM FROM NOVEMBER 1 TO MARCH 31.

To avoid disappointment, we recommend to booking via email at:

institutDior.HPA@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. If you wish to indulge in the Sauna or Hammam, we suggest you arrive 1 hour before your appointment.

If for any reason you are unable to make your appointment or would like to change it, we would be grateful if you could inform us at least 24 hours before the scheduled time to avoid any cancellation fees (hotel guests should inform us 4 hours ahead of time).

Please note, access to our Fitness Center is only permitted for persons 18+.

No pets allowed.

Payment by check is not accepted in our establishment.

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	
THE SIGNATURE DIOR INSTITUT MASSAGE	2H - €420
DIOR PRESTIGE GRAND FACIAL TREATMENT	
THE MADE-TO-MEASURE DIOR INSTITUT MASSAGE	
1 ZONE	IH ¹ - €220
2 ZONES	IH15 - €280
3 ZONES	IH30 - €330
THE L'OR DE VIE MIRACLE	
THE DIOR SKINCARE MASTERPIECE	2H - €520

DIOR INSTITUT EXPERT TREATMENTS

CLEANSING AND BALANCING TREATMENT	IH30 - €240
DETOXIFYING AND ENERGIZING TREATMENT	IH30 - €240
MOISTURIZING AND REFRESHING TREATMENT	IH30 - €240
DAZZLING EYE TREATMENT	IH30 - €240
YOUTH AND PERFECTION TREATMENT	IH30 OR 2H - €240 OR €330

DIOR INSTITUT TREATMENTS FOR MEN

CLEANSING AND STRESS-RELIEVING TREATMENT	IH30 - €240
EXTREME EYE TREATMENT	IH30 - €240
ANTI-AGING AND STRENGHTENING TREATMENT	IH30 OR 2H - €240 OR €330

DIOR INSTITUT BODY TREATMENTS

DIOR INSTITUT EXCEPTIONAL MASSAGES

ABSOLUTE RELAXATION	
DEEP RELAXING MASSAGE	IH OR IH30 - €240 OR €300
REVITALIZING ESCAPE	
ANTI JET-LAG FACE AND BODY MASSAGE	IH30 - €300
DEEP TISSUE MASSAGE	
TECHNICAL MUSCLE MASSAGE	IH OR IH30 - €240 OR €300
SERENE RENAISSANCE	
HOLISTIC MASSAGE	2H - €380

DIOR INSTITUT EXPERT TREATMENTS

FIGURE-FIRMING TREATMENT	IH15 - €280
LIGHT LEGS TREATMENT	IH30 - €230
REFINED CONTOUR TREATMENT	IH30 OR 2H - €300 OR €380
SCULPTING BODY TREATMENT	2H - €380
DELICATE EXFOLIATING TREATMENT	IH15 - €220

¹For this treatment lasting 1 h, the length of the first treatment is 1 h / 5.

HAND AND FOOT BEAUTY

HAND BEAUTY

BEAUTIFYING NAIL TREATMENT	1H - €110
NOURISHING HAND BEAUTY TREATMENT	1H30 - €150
AGE-DEFYING HAND BEAUTY TREATMENT	1H30 OR 2H - €180 OR €220

FOOT BEAUTY

FOOT REFLEXOLOGY	30MIN - €110
BEAUTIFYING FOOT TREATMENT	1H - €120
GENTLE FOOT BEAUTY TREATMENT	1H30 OR 2H - €180 OR €220

DIOR MAKEUP BACKSTAGE SERVICES

THE DIOR SEASON LOOKS	30MIN - €80
YOUR MADE-TO-MEASURE MAKEOVER	1H - €150

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