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# A Day Off

Edsa Shangri-La, Manila celebrated International Women's Day by preparing an afternoon of rest, play, and pampering for the ladies

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In celebration of the annual International Women’s Day, Edsa Shangri-La, Manila invited ladies to Come Away with Chi for an afternoon of wellness, relaxation, learning, and female bonding at Chi, The Spa and Health Club and the hotel poolside.

The intimate event began with a warm welcome by the hotel’s general manager, Amit Oberoi, followed by Chi Talks, where the women listened to ideas on how to take care of themselves, inside and out. The talks were led by successful professionals from different industries, such as Summit Media group editorial director Myrza Sison, Philippine- and US-registered dietitian and nutritionist Cheshire Que, yoga instructor and triathlete Bubbles Paraiso, and Chi, The Spa and Health Club’s director Angel Pangilinan.

During the talks, Myrza emphasized how important it is to be confident in yourself and not be afraid to go after what you want. More than being physically fit, she said that wellness is also about knowing that makes you happy. Cheshire agreed, saying how vital it is to find inner peace and joy in our day-to-day living. As a nutritionist and dietician, she knows people who binge on food because of stress. She said we need to find that equilibrium in our mental state that allows us to focus on what really matters.



Bubbles explained how important it is to be active and to eat clean, and cited tips on how to keep the pounds off, like substituting sugar with cinnamon in your coffee. As for Angel, she talked about wellness as an ongoing journey rather than a destination. In this day and age, we women not only think about taking care of our family and children, but we also run businesses or work hard in our respective careers. But it’s important that we still prioritize overall wellness to “make the world a much better place to live in.”

After the talks, we were led to Chi, The Spa where their many massages and treatments were introduced. Some of the highlights were the Ayurveda treatment, which pours warm oil over the forehead to clear away toxins, promote intuition, relieve pain, and open one’s third eye; and the Turkish Hammam, which involves the use of a heated marble-topped bathing slab, a reviving body scrub, and a foam massage to soften muscles while refreshing the mind and body. The tour ended with everyone hanging out at Inner Sanctum, where we were treated to a 10-minute back and hand massage using products like Kerstin Florian and Biologique Recherche essential oils.

The day didn’t end there as we headed to the poolside where teepees and daybeds were set up, servers delighted us with healthy hors d’oeuvres and refreshments, and Manila Sky played live ethnic music. Some guests participated in the candlelight yoga led by Bubbles Paraiso.

All in all, Edsa Shangri-La, Manila reminded us women that no matter how busy we are in our lives, we also need to take a break, breathe, and pamper ourselves.

Chi, The Spa at Edsa Shangri-La Manila, is open daily 9am-12mn. For reservations, call (2) 633-8888 ext. 777 or email [chi.esl@shangri-la.com](mailto:chi.esl@shangri-la.com). For more info, go to [shangri-la.com/manila/edsashangrila](http://shangri-la.com/manila/edsashangrila), like [chimanila](#) on Facebook, follow [@chimanila](#) on Instagram

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