



Langham Place Hotel, Mongkok, Hong Kong

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www.chuanspa.com

H O N G K O N G • M E L B O U R N E



Menu of Services



Chuan Spa - The journey begins.....

Water is the basis of life and the foundation of our wellbeing and vitality. In Chinese 'Chuan' means flowing water and Chuan Spa is your spring from which to journey to wellness with treatments and surroundings that restore the mind, body and soul.

Our Feng Shui inspired, contemporary Chinese design delivers the sensual harmony of an ancient Chinese garden. Step through the moon gate to the fragrant aroma of Chuan Spa where streams of water and beautiful works of art greet you at every turn.

Begin your journey by enjoying the Chuan Tri-bathing Ritual featuring sauna, steam and Oriental hot tub. Then transcend a candle lit staircase beside a gently flowing water wall to one of the sixty holistic treatments designed to restore peace and harmony. Complete your journey to wellness with one of our Chinese five-element teas while resting in one of our exquisite relaxation rooms.

Rediscover your source.



Chuan Tri-bathing Ritual

Before your treatment, embark on a natural water journey - the Chuan Tri-bathing Ritual.

The complimentary tri-bathing ritual features an array of wet facilities to exploit the body's reaction to hot and cold stimuli for deeper dimensions of relaxation, health and wellbeing.

The ritual begins with the aromatic steam or sauna allowing the heat to loosen and soothe tightened congested muscles. As an interlude, take a cooling Japanese onsen shower to awaken your spirit. Round off the ritual with a long soak in the Oriental hot tub to prepare you for your spa treatment.

The regime of alternate hot to cold produces rotating sedative and invigorating responses in the body to stimulate and awaken your senses. The hot and cold sensation on the skin penetrates deep into the body where it is instrumental in balancing the energies, stimulating the immune system, enhancing blood circulation, promoting detoxification, and restoring the body to a state of harmony.

The Chuan Tri-bathing Ritual is part of the journey to rejuvenate and soothe your body, mind and soul.





Product Range

Chuan Spa Treatments and the Five Elements

The foundation of our Chuan Spa signature treatments is Traditional Chinese Medicine (TCM) and the five elemental forces of fire, earth, water, metal and wood. These life elements combined with your energy flow and the influence of hot and cold have great influence on your wellbeing.

Spending a moment to complete a five element questionnaire at the beginning of your journey ensures your therapy addresses the imbalances of your life elements. Your selected element may change on a daily basis and is affected by what you eat, the seasons of the year as well as your bio-rhythms.

Our range of five-element essential oils, incense, candles, teas and juices have been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.



Thalgo Treatments

Blending the best from the east and west, we are delighted to also offer Thalgo treatments.

French experts in marine beauty for over 40 years, Thalgo has drawn on the riches of the ocean to find the essential elements for authentic and effective cosmetology. Thalgo makes the most of the extraordinary potential of the sea to develop its professional treatments and beauty products. The sea is the support of life on earth and constitutes an immense reservoir of substances that are only just beginning to be exploited scientifically. It contains over 500,000 aquatic species and 25,000 algae, of which less than 30 species are used today. Algae are the basis of marine spa treatments. Their active potential is immense: for example, one algae contains a thousand times more iodine, one hundred times more calcium, and ten times more magnesium and copper than a terrestrial plant.

Drawing their power from the marine universe, Thalgo products and treatments perfectly complement our flowing water theme – 'Chuan'.

Chuan Escapes

Our Chuan Escape packages combine unique elements from both our Chuan Signature and Thalgo treatment range, to provide timeless Chuan experiences.

Body Elements

1 hr 30 min

Start by restoring balance and reducing tension with our signature Chuan Harmony massage. Then nourish the skin with the hydrating benefits of our aromatic bliss facial care. A perfect escape to soothe the soul and restore vitality.

Tao Of Detox

2 hr 30 min

Enjoy a luxurious full body exfoliation to stimulate blood and lymph circulation before you are enveloped in a warm marine algae wrap infused with aromatherapy oils, intensifying the detox process. Then the body is rejuvenated as we ease tension in your back, neck and shoulders using an acupressure massage to release energy blocks. To finish, enjoy a radiant revival facial which infuses an intensive oxygen booster to restore dehydrated skin leaving it deeply nourished.

Jet-Lag Travel Recovery

2 hr

Combat jet-lag, fatigue and mental exhaustion. Sink deep into our hydrotherapy bath while underwater jets massage you to stimulate circulation and aid the release of fluid retention. Unwind as your stress and tension float away with this invigorating treatment to relieve heavy and tired legs. Jet-Lag Travel Recovery is complete with the absolute rehydration facial to replenish and nourish the face leaving it refreshed and alive.

Chuan Escape

2 hr 30 min

Begin with a gentle Evening Primrose Oil body polish to exfoliate and cleanse, then an application of our unique elemental Chuan body mask follows. Cocooned in comfort, a Chinese acupressure scalp massage will follow to promote meridian harmony before warm water cascades over your body from our vichy shower. This journey concludes with a full body aromatherapy massage leaving you completely relaxed and pampered and your skin feeling smooth and radiant.

Chuan Awakenings

2 hr 30 min

Your senses are awakened by the massage application of a warm aromatic hair mask, infused with jasmine, clary sage and sandalwood. Now you can deeply relax and release all your tension with our signature Chuan balancing massage. Next, we awaken your extremities with a complete hand and foot indulgence, to leave you with a renewed sense of wellbeing.

Chuan Senses

2 hr 30 min

Let the elements of the ocean and marine minerals awaken you with our aromaceane body wrap and vichy shower body therapy. Whilst cocooned in the essence of natural algae, enjoy a stress relieving scalp massage with the application of our signature Chuan hydrating hair mask, infused with jasmine, clary sage and sandalwood. To finish, a calming aromatherapy facial completes your journey of the senses.

Serenity Shen

3 hr

Your journey begins with our signature stone therapy massage. Next, the ultimate facial indulgence awaits, with blended essential oils and a revitalizing cool marine algae mask. The serenity is completed with a refreshing foot treatment in our Touch room. This total body indulgence will transport you to a dreamy state of relaxation, nourishing the skin, soothing the soul and calming the mind.



Chuan Eternity

4 hr

Treat yourself to the ultimate pampering whole body experience. First, an evening primrose oil body exfoliation to soften the skin and restore natural glow before we massage all the tension and stress away leaving you feeling totally relaxed. Your pampering continues with a scalp massage and application of a deeply hydrating aromatic hair mask that will restore shine and luster. Then experience the indulgent calm collagen facial designed to replenish and revitalize your complexion complete with eyebrow shaping. We conclude with a healing hands or feet retreat including nail and cuticle work.

For That Extra Luxury

30 min

Our Chuan Spirit VIP suite is available for you and can be booked in advance for any package or treatment both single and couples. Inside the luxury suite, you will find a personal jacuzzi and enlarged relaxation and wet facilities.

Chuan Element Massages

At Chuan, our massage therapies combine Traditional Chinese Massage techniques and our own private label blended element oils to restore balance and harmony.

Chuan Balancing

60 min & 1 hr 30 min

This massage incorporates acupressure techniques which are well-known for their ability to release muscular tension and promote the circulation of the body's life force (chi) to aid healing. Acupressure is an ancient art that uses mild pressure to stimulate the body's natural self-curative abilities.

Chuan Harmony

60 min & 1 hr 30 min

Designed to stimulate meridian harmony, this unique mind, body and soul experience combines the therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm. This full body oil massage stimulates a sense of wellbeing and relaxation.

Chuan Stone Therapy

1 hr 30 min

Balance the yin and yang energies through the use of hot (yang) and cold (yin) stones. Let your body unwind as the hot stones increase body circulation and assist immune function by removing waste products. The cold stones calm internal heat, assist acute injury recovery and increase mental alertness. The use of hot and cold stone is integrated in a therapeutic massage.

Chuan Back, Neck and Shoulder Massage

30min

Ideal for those who have limited time. A deep acupressure oil massage focusing on the back, neck and shoulders.

Traditional Chinese Massage

60 min & 1 hr 30 min

Through the application of deep tissue massage and manipulation techniques, this treatment will establish a more harmonious flow of Qi through the stimulation of meridians, allowing the body to naturally heal itself. Methods include the use of hand techniques to massage the soft tissue (muscles and tendons) of the body, acupressure techniques to directly enhance the flow of Qi, and manipulation techniques to realign the muscles and ligament relationships.

Deep Tissue Massage

60 min & 1 hr 30 min

This western style massage focuses on the deeper layers of the muscle tissue. It aims to release chronic patterns of tension in the body through slow strokes and very deep strong finger pressure on the contracted areas.

Extras

To complement our Massages, we recommend the following:

• Herbal Salt Scrub	Page 16	30 min
• Vitality	Page 16	1 hr
• Chuan Facials	Page 11	30 min - 1 hr 30min
• Hydrotherapy	Page 18	45 min

Traditional Chinese Medical Treatments

Chinese medical practitioners use cultural beliefs to interpret the states of wellbeing. Any disharmony of the equilibrium of Yin and Yang or disturbance of their flow can cause imbalance. The task of a Chinese doctor is to restore such imbalance. Treatments include herbal medicine, acupuncture, moxibustion, massage, breathing exercise, and diet. The aim is to supplement the deficiency of either yin or yang or to reduce the excess. The holistic approach of Chinese medicine is to treat the body as a whole and address any imbalance.

Traditional Chinese Medical Consultation and Treatments

Chuan Spa's Traditional Chinese Medical (TCM) treatment session includes a consultation by a qualified TCM practitioner to interpret your states of wellbeing and relative treatment(s) will be prescribed.

Prescribed treatment(s) may include:

Moxibustion

An ancient traditional Chinese technique to help strengthen the blood and stimulate the flow of 'Qi' to maintain general health. Moxibustion involves the burning of a small, spongy Chinese herb, known as moxa, to facilitate healing. The practitioner will light one end of a moxa stick and hold it close to an acupressure point for several minutes to bring about a pleasant heat sensation penetrating deep into the skin.



Ho Guan (Cupping)

Cupping refers to an ancient Chinese practice in which a heated cup is applied to the skin and the pressure in the cup has therapeutic effect on the skin and superficial muscle layer.

Cupping is applied to certain acupressure points, as well as to regions of the body that are affected by pain.

Acupuncture

Acupuncture is a form of therapy used within the coherent system of healing in China for thousands of years. Its focus

is on improving the overall wellbeing of the patient, in addition to treating specific symptoms. According to traditional Chinese philosophy, our health depends on the body's circulating energy - known as Qi - moving in a smooth and balanced way through a network of meridians (channels) and collaterals beneath the skin.

By inserting fine needles into the channels of energy, it can stimulate the body's own healing response and help restore its natural balance.

Myofascial Therapy

A gentle blend of stretching and massage, myofascial release therapy promotes healing and relieves pain through hands-on manipulation of the entire body. The gentle and sustained stretching of myofascial release can free up fascia that may be impeding blood vessels or nerves. Myofascial release is also said to enhance the body's innate restorative powers by improving circulation and nervous system transmission.

Treatment bookings should be made 24 hours in advance and are subject to availability.

Chuan Facials

Thalgo uses the riches of the sea. You can benefit from the powerful healing, revitalising and re-balancing properties drawn from the marine universe vital for health and wellbeing. Thalgo facials deliver spectacular results in purifying, hydrating, and firming.

Velvet Eye (Native Collagen) 30 min

Combat fine lines associated with dehydration with this deluxe eye treatment. Relax with a calming pressure point massage of the eye contour area followed by the application of a velvet smooth collagen mask to rejuvenate tired eyes with immediate smoothing results.

Extreme Comfort 1 hr

This peaceful facial treatment is perfect for smoothing away stress and nourishing a very dry complexion. Relax as we apply a luxuriously warm thermal Bio-Marine mask with protein extracts to gently comfort and nourish.

Oceanic Enchantment (Hypothermic Marine) 1 hr

This energizing treatment is specifically designed to nurture sensitive skin types. It combines a cooling technique with active marine ingredients to perfectly assimilate these plant and marine extracts promoting vascular circulation to calm and soothe.

Aromatic Bliss (Marine Algae) 1 hr

A relaxing aromatic journey designed to rejuvenate a dull and fatigued complexion. Combining the therapeutic elements of essential oils with the revitalizing effects of the cool marine algae mask, this treatment will wash away stress and restore inner calm.

Oxygen Replenishing 1 hr 15 min

This intensive programme incorporates natural AHA and marine BHA for a gentle smoothing brightening effect. Ideal for sallow skin and pigmentation marks.

Calm Collagen (Native Collagen) 1 hr 15 min

This facial delight will replenish and revitalize the skin reducing any fine lines combining the benefits of a cool collagen mask with active marine elements. This pampering nourishment replaces your skin's natural moisture and helps to bring back a youthful complexion.

Absolute Rehydration 1 hr 15 min

The ultimate in rehydration. Combining liposomes with native collagen, the skin is deeply hydrated and lavishly treated with a double mask application to help minimize the appearance of fine lines, leaving the skin smooth and supple.

Regeneration (thalgovie Firming treatment) 1 hr 30 min

A facial that revives the natural moisture of your skin, refines facial contours and nourishes. The application of a unique double mask technique infusing marine collagen and elastin proteins makes this the ultimate facial indulgence. Drift away and relax as you are massaged using an exclusive facial brush leaving your skin visibly firmer and deeply hydrated.

Complete Youthful Treatment 1 hr 15 min

An exclusive anti-aging massage technique from Thalgo.

On completion of the treatment, the new Exceptional Mask is applied. Made of biological cellulose, it is composed of a marine extract with Natural Algae Hormones which work like a smoothing and beneficial second skin.

A real "manual face lift", this complete treatment offers immediate visible results and continual improvements throughout the course of treatments.

A course of 6 treatments is recommended over 3 weeks.

Extras

To complement our Chuan Facials, we recommend the following:

- Chuan Back, Neck and
Shoulder Massage

Page 9 30min



Indocéane

Indocéane Complete

2 hr

With a more onerific approach to wellbeing and relaxation in mind, Thalga has created Indocéane.

It is a maritime journey, where from port to port, the fragrances and colours from the Orient blend together with marine treasures. Better-being and beauty becomes one. This wonderful ritual takes you on a voyage of discovery to a new kind of relaxation which re-initializes the body and mind through an indescribable feeling of peace and inner strength.

Mediterranean – Sweet and Savoury Body Scrub

30 min

The Mediterranean port of call – The land of Roman baths where bodies relax in the soft humidity of steam and the skin is polished like a jewel, giving the image of smooth Greek marble statues. The Indocéane journey begins with the Sweet and Savoury Body Scrub. The skin is perfectly smoothed, nourished and deliciously perfumed with the fruits of the Mediterranean. The relaxing citrus essential oils used have calming and rebalancing properties.

Egyptian – Precious Milk Bath

15 min

The second step in the journey takes you to the Egyptian port of call – The land of eternity, where the queen of Egypt, Cleopatra, was known to have basked in baths of ass's milk. It is the land of precious stones, where bodies were adorned with gold. Indocéane's precious milk bath takes you into another world, where the body surrenders to pure pleasure and the skin is left with a shimmering veil.

Indian – Indoceane Massage

1 hr

The third step in the journey takes you to the Indian port of call – The land of Ayurveda (ancestral medicine) where chronic stress is considered an illness. Massages are an integral part of the Ayurvedic philosophy. Movements are carried out on precise, localised areas, in order to release tension and can also be delivered in a more general manner to stimulate the circulation and boost the body in general.

Qi Balm comes from the tradition of the Yogis. It is used to rub certain areas called the 'keys to the body' in order to release tensions to prepare the body for the massage stage that follows.

Chinese – Sublime Body Wrap

15 min

The last step in the Indocéane journey leads you to the Chinese port of call – The land where beauty takes centre stage as if in the theatre. Faces are painted white and youth is preserved, it is the land of eternal youth, or even the land of "agelessness".

Sublime Body Wrap is a silky, gentle caress like the stroke of a soft rice leaf on the skin. The body wrap takes you to China and allows you to gently come back to reality after the Indocéane massage.



Chuan Signature Scrubs & Wraps

Herbal Salt Scrub

30 min

A unique blend of mint and ginger uplifts the spirit and nourishes the body. Relax as this warm oil and herbal salt combination provide a deep cleansing and exfoliating treatment designed to revitalise the skin by enhancing circulation. Perfect before a massage.

Vitality (Evening Primrose Exfoliation)

1 hr

An exotic evening primrose exfoliation is combined with the uplifting essential oils of peppermint, eucalyptus, marjoram and ginger to invigorate and bring vitality to your body. Next the ultimate scalp massage and facial cleanse before we complete the treatment with an application of our calming and deeply hydrating Chuan body lotion. Perfect for sensitive skin.

Muddy Elements

1 hr 30min

Integrating the five Chinese elements into five signature muds, this treatment is specifically designed to nurture you in a truly unique way. Your sensory journey will begin with a warm oil and herbal salt exfoliation to stimulate the skin. Relax as your entire body is enveloped in your elemental mud and wrapped, allowing the therapeutic elements and essential oils to infuse. Your stress will evaporate as your scalp is gently massaged and your face cleansed before we complete the treatment with a full body mist and hydrating lotion.

Extras

To complement our Scrubs and Wraps, we recommend the following:

- Chuan Element Massages Page 9 30 min – 1 hr 30 min
- Chuan Facials Page 11 30 min – 1 hr 30 min



Hydrotherapy

Hydrotherapy

45 min

Rejuvenate and restore your Qi (life's energy) with the hydrotherapy cocoon. Immerse yourself into the soothing bubbles designed to create pulsating water currents that go from a soft massage to an acupressure massage from over 400 water jets. These water jets are extremely intense and able to massage the body more deeply than a typical Jacuzzi with air jets.

The Neoqi energy cocoon also offers you the additional benefits of steam, infrared and a stimulating vichy shower to eliminate muscular and vascular tensions and release vital energies. An ideal treatment to do before and after long haul flights.

Treatments include:

- Hydrotherapy Under Water Massage
- Vichy Shower
- Vibro Massage
- Infrared Sauna
- Aromatherapy
- Facial Air
- Steam

Extras

To complement our Hydrotherapy Therapies, we recommend the following:

- | | | |
|--------------------------|---------|----------------------|
| • Chuan Element Massages | Page 9 | 30 min – 1 hr 30 min |
| • Chuan Facials | Page 11 | 30 min – 1 hr 30 min |



Chuan Man

Man Maintenance

1 hr

Designed to meet a man's specific needs. Relieve tension and fatigue while restoring strength and vitality to the skin. A warm blue green algae mask will deeply replenish while the powerful healing properties of plant extracts repair and soothe any irritation. Energizing and purifying.

Extremity Indulgence

1 hr

Relax as your hands and feet soak in warm water infused with essential oils, followed by an exfoliation to soften the soles of the feet and rejuvenate hard working hands. Acupressure massage techniques are then used on the hands and feet to release tension and stress before a conditioning hair treatment is applied along with a scalp massage. This extremity indulgence is designed to relax whilst bringing balance to your body.

A Man's World

1 hr 15 min

This treatment commences with a back exfoliation to help cleanse and replenish the skin leaving it revived and re-energized. We follow this with a therapeutic massage to release muscular tension and relax the body. The treatment concludes with a purifying facial cleanse specifically designed for a man's complexion.

Extras

To complement our Chuan Man treatment we recommend the following:

- Chuan Element Massages Page 9 30 min – 1 hr 30 min
- Chuan Facials Page 11 30 min – 1 hr 30 min



Chuan Hand And Foot Therapies

Chuan Spa offers unforgettable hand and foot spa therapies along with a dazzling panoramic view of Kowloon within the stunning Chuan Touch Room. Relax into one of our luxurious massage chairs with a variety of massage functions and a soothing heating cushion for a tired neck and shoulders, while your feet and hands are pampered.

Healing Hands

1 hr

Suppleness is restored to hard working hands with our warm oil and herbal salt exfoliation before the hands are wrapped in a nourishing mud mask. This deeply hydrating treatment continues with nurturing nail and cuticle care restoring beauty and radiance. Your hands will feel completely pampered as we complete the treatment with a massage application of aromatic hand lotion containing rose, vetiver, lavender and vitamin E.

Feet Retreat

1 hr

This refreshing treatment enhances circulation and enlivens tired and aching feet. Relax as we immerse your feet in a warm aromatic foot compress, before softening the skin with the warm oil and herbal salt exfoliation. A foot mask infused with peppermint, lemon and cypress is then applied to revitalize the feet before the nurturing nail and cuticle care begins. Integrating the benefits of reflexology to release tension and clear energy blocks, your feet will be completely refreshed and pampered.

Reflex Remedy (Hand & Foot Treatment)

1 hr

Drawing on reflexology and integrating Chinese pressure point principles, this extremity indulgence integrates acupressure points that will work to address the elemental disharmony of your feet and hands. Combined with a stimulating hand and foot exfoliation, this treatment is designed to release energy blocks leaving you feeling totally rejuvenated.

Manicure

1 hr

A treatment which includes nail and cuticle care, relaxing hand and arm massage. Chuan hand lotion is applied to improve cuticles and nail health, completed with nail polish application.

Pedicure

1 hr

This treatment features a nail trim, aromatherapy foot bath, nail and cuticle care, relaxing foot and calf massage using nourishing peppermint foot lotion and nail polish application.

Waxing

Underarm
Chest
Back
Half Leg
Full Leg
Half Leg & Bikini
Full Leg & Bikini
Bikini

Chuan Spa - Health and Wellbeing

Located on Level 41 of the Langham Place Hotel, Chuan Spa – Health and Wellbeing is the highest venue in Hong Kong where you can workout, recharge and rediscover your source.

Pulse

Located on the 41st floor is Pulse, our fitness Studio with panoramic city views and state-of-the-art equipment. A total of 12 cardiovascular machines, 10 strength machines together with a comprehensive range of free weights are featured. The latest in audio/visual equipment allows you to enjoy your favourite DVD while working out. Awaiting you at the studio are experienced personal trainers and a variety of fitness classes held on a regular basis.

Personal Training

Our team of professional personal trainers are available to provide general guidance and tuition throughout the day together with fitness assessments, appraisals, programme design and development. Our personal trainers provide the most comprehensive range of services that include body composition analysis, lung capacity, strength and flexibility testing.

Plunge

Perched on the rooftop is Plunge, our 20-metre outdoor heated swimming pool featuring an array of fibre-optic underwater lights and underwater music. Set against the breathtaking view of Kowloon, the pool deck is lined with exquisite cabanas and in between them is a Jacuzzi to massage your stress away.

Changing Rooms

After your work-out, retreat to our well-equipped changing rooms to enjoy the sauna, steam room and Oriental hot tub or freshen yourself in the onsen inspired Japanese shower.

Contemplation Corner

Sit back and relax with a cup of five-element tea in the Contemplation Corner while enjoying the spectacular view of the famous Victoria Harbour. Or, treat yourself to a revitalizing juice, freshly squeezed from the juice bar. You will be spoilt for choice with our array of healthy juices, including the signature five-element juices.

Chuan Experience

Chuan Scheduling

- We highly recommend you book your treatment in advance to secure your preferred day and time. This can be done in person, over the telephone (852) 3552 3510, email hkg.lph.info@chuanspa.com or on our website www.chuanspa.com
- Any change to a scheduled treatment booking time requires a minimum of 6 hours advance notice.
- Please arrive at least 15 – 20 minutes before your scheduled appointment time to check in and enjoy the facilities at Chuan Spa.
- A valid credit card and telephone number are required to reserve all treatments and packages.

Chuan Cancellation Policy

- 6-hour notice must be given to cancel or amend any reserved treatment.
 - If less than 6 hours, 50% of the full treatment fee will be levied.
 - In case of no-show, full treatment fee will be levied.
(Applicable when the reserved time slot is not filled.)
- All packages and products are non-refundable.



Chuan Day Spa Users

- Day spa users with a minimum spend of HK\$725 can enjoy the use of all of facilities at Chuan Spa - Health and Wellbeing including swimming pool, fitness studio, sauna, steam rooms and Oriental hot tub.
- 2-hour complimentary valet parking is available to all day spa users when booking a treatment.

Chuan Gift Vouchers

- The perfect gift for all occasions. Gift vouchers are available for any of our treatments and packages. The vouchers can also be set to any face value redeemable as part-payment for any spa services.

Chuan Group Reservations

- Please contact the Chuan Spa Management for groups of over 5 people. We offer a range of packages to suit all requirements. For all enquiries, call the Chuan Spa Concierge on (852) 3552 3510.



How To Spa

Etiquette

- When you arrive at Chuan Spa you will be asked to complete a brief lifestyle elemental questionnaire to determine which treatments will best suit your needs. At this time please inform our Spa Concierge if you have any health concerns.
- We recommend some time before your treatments to shower and enjoy the therapeutic benefits of our wet facilities - steam, sauna, Oriental hot tub and swimming pool.
- While we will always try to accommodate your treatments, late arrival may mean a reduction in your treatment time due to prior bookings.
- Mobile phones, while a necessary part of modern living are not permitted in any of our treatment rooms or relaxation lounges. In all other areas, please be considerate of other guests and switch them to quiet or meeting mode.
- To ensure a peaceful and tranquil ambience in the spa, children under 16 years old are not allowed.
- We provide disposable underwear for your privacy and our therapists will advise you on their usage. They should be worn during water based treatments and massage treatments – our therapists are fully trained to drape you to protect your privacy at all times.
- Please remember to drink fluids, especially water during and after your time at Chuan Spa. Most of us do not take in enough fluids daily – so please remember the source of life.
- Gentleman should shave a few hours before any facial treatment to increase comfort.
- If you have enjoyed a massage we suggest you leave the oils on your skin for up to 2 hours before taking a shower so that your skin fully absorbs the oils' properties.
- If you are pregnant or have any other condition that you feel we should be aware of, please inform our Spa Concierge and your therapist – thank you.
- Our therapists are fully trained to ensure your treatments are some of the best you will experience. However, please inform them at any time if you are uncomfortable or require anything else during your treatment – massage pressure, room temperature.....
- Please refrain from drinking any alcoholic beverage 3 hours or longer before your treatments.
- We recommend you leave valuables in your room or at home, we do not assume liability for any valuables.
- The therapist reserves the right to terminate the treatment if he/she feels the client's behaviour is undesirable.



Wellbeing Membership

Chuan Spa offers 3 exclusive wellbeing membership programmes, Chuan Jing (Life Force), Chuan Qi (Vital Energy) and Chuan Shen (Mind and Spirit).

It makes wellness sense to schedule your treatment session frequently as this will maximize the benefits and results. Our wellbeing memberships are designed to reward frequent guests with a range of benefits to suit your needs.

Privileges/ Membership Type	Chuan Jing	Chuan Qi	Chuan Shen
Discount on spa treatments and gift vouchers	10%	15%	20%
Discount on spa treatments during off peak hours*	15%	20%	25%
Complimentary valet parking per visit	3hrs	3hrs	4hrs
10% discount on food and beverage consumption	✓	✓	✓
10% discount on Chuan Private Label and Thalgo retail products	✓	✓	✓
4 family and friends 25% discount vouchers	✓	✓	✓
A products gift pack	✓	✓	✓
A free upgrade to VIP suite	✓	✓	✓
Complimentary access to Health Club facilities**	✓	✓	✓
Complimentary access to Langham Club Lounge**	X	X	✓
A complimentary Chuan Spa robe	X	X	✓

* Off peak hours – Monday to Thursday 10am – 5pm

** Applicable on the day of treatment only

For more details about our Chuan Spa Wellbeing membership, please contact a member of the Chuan Spa Concierge.

* Terms and conditions apply