



Menu of Services



## Chuan Body + Soul - The journey begins ...

The journey begins and the new Chuan Body + Soul at The Langham, Boston is born.

Water is the foundation of life and of wellbeing. In Chinese 'Chuan' means flowing water; at Chuan Body + Soul, wellness springs from health and fitness offerings and signature treatments that benefit the body and soul.

Leave the hustle and bustle behind as you enter the haven of Oriental serenity. Your senses will be awakened by Chuan's unique fragrant aroma and ambiance. You'll feel refreshed, relaxed and totally rejuvenated as we bring you back to perfect harmony and balance with our range of five element teas and blended oils.

This is where your journey begins on the way to rediscovering your source.



## Product Range

### Chuan Treatments and the Five Elements

The foundation of our Chuan 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 Yin and Yang have great influence on your wellbeing.

Spending a moment to complete a five element questionnaire at the beginning of your journey ensures your therapy of choice addresses the imbalances of your life elements. Your determined 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.

### Flight Recovery 2 hr

Combat jet-lag, fatigue and mental exhaustion. This package promises to restore balance to your senses with an Herbal Salt Scrub to reveal a glowing complexion. A therapeutic Chuan Harmony Massage slowly takes away the tiredness, stress, muscle aches and tension areas from the journey. The Flight Recovery is completed with an invigorating foot massage that brings you back totally rejuvenated and renewed.

### 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.

### 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.

### 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. This total body indulgence will transport you to a dreamy state of relaxation, nourishing the skin, soothing the soul and calming the mind.



## 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 1 hr & 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 1 hr & 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 stones is integrated in a therapeutic massage.

### Chuan Back, Neck and Shoulder Massage 30 min

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

### Deep Tissue Massage 1 hr & 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.

### Swedish Massage 1 hr & 1 hr 30 min

This superb massage involves soothing hand movements which work into the muscle and soft tissue to induce a deep sense of calm using massage oil for the whole body. Pressure can be varied as you wish.

### Extras

To complement our Massages, we recommend the following:

- Herbal Salt Scrub
- Vitality
- Thalgo Facials
- Qi Options



## Thalgo Facials

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

### Collagen Velvet Eye 30 min

This hydrating treatment with native collagen helps prevent the appearance of wrinkles and fragile, thin skin. Recommended for the treatment of crow's feet and dehydrated delicate areas. Not for puffy eyes.

### Cold Marine Treatment with Hyposensine 1 hr

Consisting of a soothing clay mask and creamy milk, this treatment is the haven of relaxation for sensitive skin. Well known for its instant cool decongesting effect and soothing formulation. It will treat the concerns of over reactive skin and prevent an increase in the level of sensitivity leaving the complexion fresh and luminous.

### Hydra-Moisture Source Treatment 1 hr

Designed for dehydrated skin that is occasionally subject to flakiness and a sensation of tightness. This treatment is based on a specific mask with active marine ingredients and vegetal milks to improve texture and leave the skin feeling soft and silky.

### Oxygenation Treatment 1 hr

This booster treatment oxygenates, revitalizes and brightens the complexion, resulting in a radiant, healthy glow. Suitable for tired, sluggish skin, polluted by stress and a busy lifestyle.

### Collagen Velvet Facial 1 hr 15 min

Intensive hydration for sun damaged skin, fine lines, wrinkles and moisture deficiency. With pure native soluble collagen, protein rich extracts and creams, this treatment softens and smoothes the skin and helps to maintain moisture balance. An instant "beauty flash".

### Exceptional Facial Care 1 hr 15 min

An award-winning treatment that works on all signs associated with aging. Ideally suited for all skin types showing signs of hormone deficiencies; lack of skin tonicity, dehydration and hyper pigmentation. This facial features an exclusive sculpting massage method that acts on muscle tone and gives a true "face lifting" effect with instant results.

#### Extras

To complement our Chuan Facials, we recommend the following:

- Chuan Back, Neck and Shoulder Massage
- Qi Options







## Chuan Signature Scrubs and 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 revitalize 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, enjoy 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 30 min

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 wrapped in your elemental mud, 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
- Thalgo Facials
- Qi Options



## Chuan Man

### 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 while bringing balance to your body.

### 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. This treatment is energizing and purifying.

### 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 treatments we recommend the following:

- Chuan Element Massages
- Thalgo Facials
- Qi Options





## Chuan Hand and Foot Therapies

### 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.

### Extras

To complement our Chuan Hand and Foot Therapies we recommend the following:

- Chuan Element Massages
- Thalgo Facials
- Qi Options

## Chuan Health Club

### Personal Training

Your Trainer will conduct an assessment of your health, lifestyle, and personal training goals to design the proper strength, cardio and flexibility program for you. In addition to comprehensive flexibility and strength training an exercise program will be designed with nutrition advice to help you achieve maximum results with the minimum amount of time.

Individual personal training is priced from \$48 per session.

### Fitness Studio

The two fitness floors consist of the latest Techno Gym cardio equipment featuring individual 15" LCD TV screens with iPod technology. It also includes a new line of strength evolution machines, a Smith machine, and a cable station from Techno Gym. Plus, a full range of functional training equipment is available including medicine, Physio, and BOSU balls, along with resistance bands, and foam rollers.

### Pool

Enjoy skylit views while taking a relaxing swim in our 12.2 meter indoor heated lap pool. Or unwind in our whirlpool after a vigorous workout.

### Changing

Changing area provides an array of personal hygiene products, complimentary towel service, sauna, lockers, and showers.

## Chuan Experience

### 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 (617) 451 1900 ext 7013, email [tlbos.info@chuanbodyandsoul.com](mailto:tlbos.info@chuanbodyandsoul.com) or on our website [chuanbodyandsoul.com](http://chuanbodyandsoul.com)
- Any change to a scheduled treatment booking time requires a minimum of 6 hours advance notice.

- Please arrive at least 20 minutes before your scheduled appointment time to check in and enjoy the facilities at Chuan Body + Soul.\*
- A valid credit card and telephone number are required to reserve all treatments and packages.



### 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 charged.
- In case of no-show, full treatment fee will be charged. (Applicable when the reserved time slot is not filled.) All packages and products are non-refundable.

### Gift Certificates

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

### Day Spa Users

- \*Day spa users with a minimum spend of \$100 can enjoy the use of all the facilities at Chuan Body + Soul including swimming pool, fitness studio, sauna and hot tub.



## How To Spa

### Etiquette

- When you arrive at Chuan Body + Soul, 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 facilities - sauna, 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 facilities. In all other areas, please be considerate of other guests and switch them to quiet or meeting mode.
- To ensure a peaceful and tranquil ambiance 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 Body + Soul. 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.
- Woman should not shave a few hours before salt treatments.
- 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.
- 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.
- 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.
- 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 behavior is undesirable.





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