



Menu of Services



Chuan Spa

In Chinese culture, flowing water is seen to be the source of life and balance; a key to keeping mind, body and soul in check. In English the word Chuan means a serene coursing of water and the Chuan Spa facilities are modelled to reflect this harmony by using the principles of Feng Shui.

Located over two levels of The Langham Hotel, Melbourne, in the renowned Southbank precinct of the city, Chuan spa is designed to create an ambiance of tranquillity for both contemplation and inspiration.

Styled using traditional Chinese garden aesthetics with floral silks on the walls, natural hued interiors and natural bamboo floors, Chuan spa creates a wonderful haven away from the chaos of the outside world.

Providing individual and dual treatment services, a heated salt water pool and Jacuzzi with floor-to-ceiling views of the city skyline, Chuan Spa's reputation for quality and authenticity is further enhanced by its acceptance into the prestigious ranks of The Leading Spas of the World, the benchmark of holistic luxury spa experiences.

Combined this with our exclusive treatments and exceptional service Chuan Spa is the perfect place to rediscover your source.



Chuan Escapes

Serenity Shen - Couples Only

3hours

Enjoy time together as the serenity journey commences with a Chinese inspired spa Chuan tea service in the privacy of your own spa suite. Your journey continues with a fragrant private geisha tub experience followed by our signature stone therapy massage. The treatment concludes with a facial indulgence with blended essential oils and revitalizing cool marine algae mask. The serenity is completed with a Chinese inspired snack and herbal Chuan tea in your own private suite.

Chuan Escape

2hours 30minutes

This escape provides deep relaxation and leaves the skin feeling smooth and radiant. Begin with a gentle herbal salt scrub to exfoliate and cleanse the body, then an application of our unique elemental Chuan full body mud mask. Cocooned in comfort, a Chinese acupressure scalp massage will promote meridian harmony and the journey concludes with a full body aromatherapy massage leaving you completely relaxed and rebalanced.

Wedding Wonderland

3hours

Prepare for this most important day and treat yourself to the ultimate in pampering with a whole body experience. Relax as our herbal salt body exfoliation is used to soften your skin and restore natural glow whilst our deeply hydrating aromatic hair mask is massaged into your scalp to generate lustre and shine. Designed to replenish and revitalise the complexion you then experience the indulgent calm collagen facial followed by an eyebrow shape and lash tint. We conclude the treatment with relaxing hand and foot treatments including nail and cuticle work, leaving you a whole new person for your special partner to be.

Chuan Senses

2hours 30minutes

Revitalise your senses with this delightful treatment that combines all the wellbeing elements of the ocean and marine minerals. You will be enveloped in a therapeutic, organic marine body wrap created to relax your mind and soothe your soul. A calming scalp massage with a deeply hydrating hair mask infused with essential oils of jasmine, clary sage and sandalwood will release tension and stress and restore lustre and shine. The sensory journey concludes as you experience an aromatherapy facial that will leave your skin radiant.



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Chuan Massage

Chuan Stone Therapy

1 hour 30minutes

Let your body unwind as we balance the yin and yang energies through the use of hot (yang) and cold (yin) stones. The hot stones increase body circulation and assist the immune function by purifying your body. The cold stones calm internal heat, assist acute injury recovery and increase mental alertness.

Chuan Harmony

1 hour / 1 hour 30minutes

This unique mind, body and soul experience is designed to stimulate meridian harmony. It combines the therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm.

Remedial Massage

1 hour / 1 hour 30minutes

Remedial massage has short and long term effects on the body and encourages the process of healing. It is one of the most effective and natural treatments for stress related conditions.

Reflexology

1 hour

Reflexology is an Traditional Chinese Medicine technique that uses pressure-point massage on the feet to restore the flow of energy and promote relaxation and healing throughout the entire body.

Expectant Mother

90minutes

A unique treatment designed to soothe away the stresses and aches of pregnancy. The treatment focuses on the traditionally tired and weary areas associated with pregnancy, such as the back, lower legs and feet. Commencing with a 15 minute soothing foot soak before a nurturing body massage utilising essential oils and specially designed supportive cushions to ensure a comfortable yet effective massage. All procedures and products utilized in this treatment are safe for your unborn baby.

Chuan Scrubs

Herbal Salt Scrub

30minutes

Relax as a warm oil and herbal salt combination of mint and ginger provide a deep cleansing treatment designed to exfoliate and revitalise the skin by enhancing circulation.

Vitality

1 hour

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. A scalp massage and facial cleanse follows before we complete the treatment with an application of our calming and deeply hydrating Chuan body lotion.





Chuan Wraps

Aromaceane

1 hour 30minutes

Combining all the wellbeing elements of the ocean and marine minerals, the journey begins with reflex activity on the feet before we envelop your body in warm marine mud. To intensify the results a sprinkling of marine salt will gently exfoliate before we wrap your body in aromatic steam infusing the therapeutic elements of the marine mud. Relax as warm water cascades over your body leaving your skin feeling soft and silky smooth.

Slim And Sculpt

1 hour 30minutes

Showcasing Thalgosculpt, a new French product, Slim and Sculpt is a dual-action treatment personalised to the individual. Based on the principles of the Russian school of massage, where specific areas of the body are treated with purposeful strokes, the treatment begins with an application of a slimming and a firming concentrate. This is then followed by a Descomask Body Scrub, a targeted firming and slimming massage and a "Zen" massage to leave the body in a state of deep relaxation. Marine pro-collagen and cocoa are also employed in the Thalgo experience which promotes skin that is both smooth and toned.

Hydrotherapy

30minutes

Submerge yourself into the wonders of our hydro tub for total relaxation and body balancing. This therapy combines micronised marine algae with your choice of the following aromatic essences:

- Slimming
- Detoxifying
- Demineralising
- Relaxing

Indocéane

2hours

Harnessing the serenity of the orient and amalgamating the secrets of the Mediterranean, Egyptian, Indian and Chinese cultures, experience a multi sensual relaxation therapy. This sublime treatment combines a sweet and savoury body scrub, a milk bath and a two step massage incorporating a Qi-Balm vitalisation massage and an Indocéane oil massage employing the Indian smoothing, oriental kneading and Japanese percussion techniques. The sensory journey concludes with a fragrant body wrap and leaves you in a state of total relaxation and bliss.

Muddy Elements

1 hour 30minutes

Intergrating 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 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.



Chuan Facials

Peaceful Glow

1 hour

This peaceful facial treatment is perfect for smoothing away stress and nourishing a dry complexion. Relax as we apply a luxuriously warm thermal infusing mask that combines the benefits of lemon verbena with protein extracts to gently soothe and nourish.

Aromatic Bliss

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

Radiant Revival

1 hour

Experience an invigorating facial designed to re-energise your skin's youthful vitality and natural radiance. An intensive oxygen booster will revitalise your face leaving it deeply hydrated while helping to restore natural skin elasticity.

Calm Collagen

1 hour 15minutes

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

Absolute Rehydration

1 hour 15minutes

Allow your skin to quench it's thirst and experience extreme rehydration. Combining liposomes with native collagen, the skin is deeply hydrated with a double mask application to help minimise the appearance of fine lines.

Regeneration

1 hour 30minutes

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





Chuan Man

Man Maintenance

1 hour

Energising and purifying, this facial treatment is 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 sooth any irritations.

Extremity Indulgence

1 hour

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. Relaxation massage techniques are then used on the hands and feet to release tension and stress before a conditioning hair treatment is applied and scalp massage follows. This extremity indulgence is designed to relax whilst bringing balance to your body.

A Man's World

1 hour 30minutes

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



Chuan Finishing Touches

Healing Hands

1 hour

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 of aromatic hand lotion containing rose, vetiver, lavender and vitamin E followed by an application of polish.

Feet Retreat

1 hour

This refreshing treatment enhances circulation and enlivens tired and aching feet. Relax as we immerse your feet in a warm aromatic foot soak, 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 revitalise the feet before the nurturing nail and cuticle care begins.

Waxing

- Full Leg & Bikini Wax
- Half Leg & Bikini Wax
- Full Leg Wax
- Half Leg Wax
- Brazilian Wax
- Bikini Wax
- G-String Wax
- Lip Wax
- Underarm Wax
- Chest Wax
- Chin Wax
- Arm Wax
- Back Wax
- Eyebrow Wax

Tinting

- Eyelash & Eyebrow
- Eyelash
- Eyebrow

Make-up

- Special Occasion Make-Up
- Finishing Touch Make-Up
- Spray Tan



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 affect 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, lotions, incense, candles and teas 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 the 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 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 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 (613) 8696 8111, email mel.info@chuanspa.com or on our website www.chuanspa.com
- Any change to a scheduled treatment booking time requires a minimum of 24 hours 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

- 24 hour notice must be given to cancel or amend any reserved treatment.
- If less than 24 hours, 50% of your full treatment fee will be levied.
- Failure to attend your appointment will result in full treatment being levied.
- All packages and products are non-refundable.

Chuan Spa – Health Club

Located within Chuan Spa and offering stunning views of the Melbourne City skyline, Chuan Spa Health club is a haven for contemplation, renewal, relaxation and wellbeing. This exclusive spa and club offers state-of-the-art facilities, cardio and movement classes, an indoor saltwater pool and zero edge Jacuzzi.

Enquire about our exclusive membership packages and private one on one training session.

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 treatments. Gift voucher purchases of multiple treatments (5 and above) qualifies for additional supplements and benefits. Please enquire upon booking.

Chuan Group Reservations

Please contact the Chuan Spa manager for groups of over 10 people. We offer a range of packages to suit all requirements. For all enquiries, call the Chuan Spa manager on (613) 8696 8096.

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 colleagues 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, snail showers and 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 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 fluid, especially water during and after your time at chuan Spa. Most of us do not take enough fluids daily – so please remember the source of life.
- Gentlemen 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 absorbs the oils properties.
- If you are pregnant or have any other condition that you feel we should be aware of, please inform your Spa therapist – thank you.
- Our therapists are fully trained to ensure your treatments are some of the best you will experience. However, please inform them any time if you are uncomfortable or require anything else during your treatment – massage pressure, room temperature and so on.
- Please refrain from drinking any alcoholic beverages 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 unacceptable.





The Langham Hotel, Melbourne

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