



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 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 saunas, steam rooms, onsen showers and Oriental hot tubs. 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 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

Chuan Spa's signature treatments are founded on 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.

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.

### Futuresse treatments

Developed in Germany, Futuresse, is a luxurious face and body care brand, which perfectly blends Far-Eastern tradition and Western research.

Based on more than 60 years of experience, the exclusive Futuresse care line features extracts from the precious lotus blossom. Products give skin suppleness, perfect purity, and new energy. An elegant scent envelops the senses. Body and soul emerge to a harmonious unity.

Futuresse products also contain wheat protein for instant firming, hyaluronic acid, which is a highly effective moisture binder, peach kernel oil, which makes skin smooth and supple, and algae extract which dispenses moisture and strengthens the skin's protective mechanism.



### 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. The sea is the support of life on earth and constitutes an immense reservoir of substances that are only just beginning to be explored scientifically. It contains over 25,000 algae, of which less than 30 species are used today. Algae are the basis of marine spa treatments.

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 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.

### 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. 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.

### Relax Me

2 hr 30 min

This package includes a 60-minute Chuan Signature massage, a 60-minute Thalgo facial, and a 30-minute Chuan extra retreat. You can choose from Chuan Harmony or Chuan Balancing for your Chuan massage, Oceanic Enchantment or Aromatic Bliss for your Chuan facial.

### For that extra luxury

30 min

Our Spirit room (VIP suite) is perfect for either couples or single guests. Your dollar also goes extra miles with the private Jacuzzi relaxation lounge, wet facilities, seasonal fruit platter and Chuan five-element tea.

## Chuan bath

30 min

Chuan offers three exotic and sensual baths to complement our massages. Choose from:

- Champagne to stimulate your soul and body
- Milk to moisturise and smooth
- Red wine for an energy boost



## Chuan signature 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 and 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.

### **Chuan Harmony** 60 min and 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.

### **Chuan Traditional Chinese** 60 min and 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 soft tissue (muscles and tendons), acupressure techniques to directly enhance the flow of Qi, and manipulation techniques to realign the muscles and ligament relationships.

### **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.

## Massages

### **Deep Tissue** 60 min and 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.

### **Traditional Thai** 60 min and 1 hr 30 min

Helps to release tension, improve circulation and strengthen the body's innate healing ability. Gentle stretching and manipulation techniques are applied to the body's pressure points to attain total balance and inner harmony.

## Extras

To complement our massages, we recommend the following:

- Chuan Yin and Yang Page 18 30 min
- Herbal Salt Scrub Page 18 30 min
- Vitality Page 18 1 hr
- Descomask Detox Page 18 30 min
- Facials Page 14 30 min - 2 hr



## Traditional Chinese Medicine treatments

Chinese medical practitioners use cultural beliefs to interpret the states of wellbeing. Any disharmony of the equilibrium of yin and yang can cause imbalance. The task of a Chinese doctor is to restore this imbalance. Treatments include herbal medicine, acupuncture, moxibustion, massage, breathing exercises, 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 sessions include a consultation with a qualified TCM practitioner followed by the appropriate treatment.

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. The pressure in the cup has a 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. According to traditional Chinese philosophy, our health depends on the body's circulating energy - known as Qi. By inserting fine needles into the channels of energy, it can stimulate the body's own healing response and help restore its natural balance.

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

Other TCM treatments are available. Please contact the Chuan Spa concierge for more details.



## Futuresse

Every Futuresse product infuses skin with a precious dose of lotus blossom extract, as well as nourishing ingredients like matrix stimulator, wheat protein, peach kernel oil, and algae extract to purify, moisturise and combat signs of aging.

All the treatments start with a uniquely idyllic Lotus Ceremony, which sets the moods for each individual treatment and pampers in you a very special way. During the 12-minute ceremony, enjoy a relaxing footbath, savour a cup of Lotus tea, be enchanted by the legend of Lotus and experience a Futuresse head and ear massage.

### **The Eternal Beauty of Lotus (face)** 2 hr

After a gentle yet intensive cleansing, experience the luxurious treatment of the Lotus Regeneration Pearls. The face and bust masks are followed by the unique Mystic Lotus massage, a fascinating way to experience the legend of the Lotus. Suitable for all skin types.

### **The Gentle Touch of Lotus (face)** 1 hr 30 min

Feel the unique effects of a mild Silky Star peeling, followed by luxurious lotus mask and the Mystic Lotus massage. Treat yourself to absolute relaxation and a vital, even complexion. Suitable for all skin types.

### **The Journey of Lotus (face and body)** 2 hr 30 min

This experience for all the senses begins with the magical Futuresse Lotus Ceremony. During the facial treatment, you feel the effect of precious ingredients complemented by the Mystic Lotus massage. This is followed by an exotic body peeling and the intriguing Carresse Lotus massage, which gives your skin a relaxed and velvety-soft look.

### **The Power of Lotus (body)** 2 hr

Enjoy an exotic body peeling, the efficient Power Concentrates for bust and body, and the fascinating Carresse Lotus massage finished with the superb Lotus Silk Pack. The treatment leaves your skin shimmering and smooth and you feeling fully pampered, soothed and de-stressed.



## Thalgo facials

Benefit from the powerful healing, revitalising and re-balancing properties drawn from the marine universe. Thalgo facials deliver spectacular results in purifying, hydrating, and firming.

### **Oceanic Enchantment** (hypothermic marine)

1 hr

This energising treatment is specifically designed to nurture sensitive skin types. It combines a cooling technique with active marine ingredients which promotes vascular circulation to calm and soothe. Suitable for sensitive skin.

### **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 revitalising effects of a cool marine algae mask, this treatment will wash away stress and restore inner calm. Suitable for all skin types.

### **Thalgo Brightening**

1 hr 15 min

This powerful facial is designed to provide innovative anti-aging brightening and rejuvenating. The treatment stimulates collagen and restores skin tone, luminosity and clarity. Suitable for all skin types and recommended for those wanting to improve skin tone and pigmentation.

### **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. Suitable for all skin types.

### **Calm Collagen (native collagen)**

1 hr 15 min

This facial delight will replenish and revitalise the skin by combining the benefits of a cool collagen mask with active marine elements. Suitable for dry to very dry skin. Recommended for skin with sun damage or fine lines.

### **Absolute Rehydration**

1 hr 15 min

Combining liposomes with native collagen, the skin is deeply hydrated and lavishly treated with a double mask application to help minimise the appearance of fine lines, leaving the skin smooth and supple. Suitable for all skin types, especially dehydrated skin.

## Extras

### **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.



## Scrubs

### **Chuan Yin and Yang** 30 min

The Yin and Yang scrub blends fresh black and white sesame seeds, honey and lactic acid from milk to gently heal and renew skin. Recommended for sensitive skin.

### **Herbal Salt** 30 min

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

### **Vitality (evening primrose)** 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. This is followed by the ultimate scalp massage and facial cleanse. To complete the treatment a calming and deeply hydrating Chuan body lotion is applied. Perfect for sensitive skin.

### **Descomask Detox** 30 min

Red algae Chondrus Crispus is used to gently exfoliate the full body leaving it velvety soft. The rich protein and mineral makeup of Chondrus Crispus revitalises the skin while draining unwanted toxins. Skin will be perfectly prepared for any other treatment.

## Extras

To complement our scrubs and wraps, we recommend the following:

- Chuan Signature Massages Page 10 30 min – 1 hr 30 min
- Thalgo Facials Page 16 30 min – 1 hr 30 min

## Wraps

### **Chuan Muddy Elements** 1 hr 30 min

Integrating the five Chinese elements into five signature muds, this treatment is specifically designed to nurture in a truly unique way. The sensory journey begins with a warm oil and herbal salt exfoliation to stimulate the skin. Relax as your entire body is enveloped in your elemental mud, allowing the therapeutic 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 Five Elements** 1 hr

Chuan Five Elements body wrap uses natural ingredients, such as cool cucumber, mint leaves, pandan leaves, honey and milk, to tone, calm and soften your skin while helping eliminate excess body fluid. The restorative and healing properties of the wrap are especially recommended for sunburnt skin.

### **Thalgo MMA (micronized marine algae)** 1 hr 15 min

This wrap contains 100% natural algae enriched with vitamins, minerals, trace elements and proteins. The healing properties of the sea can relieve muscular fatigue, boost sluggish cutaneous circulation, rebalance metabolism, and helps detoxification.



## Chuan Man

### Man Maintenance

1 hr

Designed to meet a man's specific needs, this treatment relieves 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. Energising 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-energised. 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.

### Traveller's Retreat

2 hr

This treatment is designed to rebalance your body and soul after an exhausting trip. The package starts with a lavish exfoliation using herbal sea salt and Chuan five element oil to remove dead skin cells and reveal a glowing complexion. Next, surrender yourself to a Chuan Signature massage which helps release your tension and stress. Lastly, to give you luminous skin from head to toe, our treatment ends with a unique Thalgo facial enriched with deep sea marine algae extracts.

### Extras

To complement our Chuan Man treatments we recommend the following:

- Chuan Signature massages Page 10 30 min – 1 hr 30 min
- Thalgo facials Page 16 30 min – 1 hr 30 min



## Chuan hand and foot therapies

Relax in the tranquil Chuan Touch room with panoramic views of Hong Kong.

### Healing Hands

1 hr

Suppleness is restored to hard working hands with our warm oil and evening primrose scrub before the hands are wrapped in a nourishing mud mask. This deeply hydrating treatment continues with nurturing nail and cuticle care and 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 feet are immersed in a warm aromatic compress, before softening the skin with the warm oil and a 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. Integrating the benefits of reflexology to release tension and clear energy blocks, your feet will be completely refreshed and pampered.

### Reflex Remedy (hand and foot treatment)

1 hr

Drawing on reflexology and integrating Chinese pressure point principles, this extremity indulgence integrates acupressure points 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.

### Waxing

Underarm

Chest

Back

Half leg or arm

Full leg or arm

Half leg and bikini

Full leg and bikini

Bikini

Upper lip

Eyebrow

Chin



## Join Chuan Spa

### Wellbeing membership

Chuan Spa offers three exclusive Wellbeing membership programmes. Each membership has been designed to reward frequent guests.

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	3 hrs	3 hrs	4 hrs
15% discount on Chuan Private Label and Thalgo retail products	✓	✓	✓
Product gift pack	✓	✓	✓
Free upgrade to Chuan Spirit room (VIP suite)	✓	✓	✓
Complimentary access to Chuan Spa - Health and Wellbeing facilities**	✓	✓	✓
Complimentary access to Club L**	×	×	✓
Complimentary Chuan Spa robe	×	×	✓

\* Off peak hours – Monday to Friday, 10am to 5pm (excluding public holidays)

\*\* Applicable on the day of treatment only  
(Membership is valid for 12 months)

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

### Spa Celebrity membership

Chuan offers two packages, with bonus credits and benefits, exclusive to our frequent customers. All credits can be used against services (à la carte treatments and spa packages) and products (Chuan Private Label only).

Privileges / membership type	Platinum	Diamond
Validity	30 months	15 months
Credits sharing	✓	×

\* Terms and conditions apply



## Chuan Spa - Health and Wellbeing

Located on Level 41 of 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. Pulse has a total of 12 cardiovascular machines, 10 strength machines and a comprehensive range of free weights. Also available free of charge is the latest in audio-visual equipment and free iPods.

### Personal training

Our team of professional personal trainers are available to provide general guidance and tuition throughout the day. One-on-one classes are also available with training programmes and assessments such as body composition analysis, lung capacity, strength and flexibility testing.

### Plunge

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

### Changing rooms

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

### Contemplation corner

Sit back and relax with a cup of five-element tea in Contemplation corner while enjoying the spectacular view of the famous Victoria Harbour.

## Chuan experience

### Chuan scheduling

- Please book your treatment in advance to secure your preferred day and time. This can be done in person, over the phone (852) 3552 3510, email [hkg.lph.info@chuanspa.com](mailto:hkg.lph.info@chuanspa.com) or on our website [www.chuanspa.com](http://www.chuanspa.com)
- Any change to a scheduled treatment booking time requires a minimum of six hours advance notice.
- Please arrive 30 minutes before your scheduled appointment time to check in and enjoy the facilities.
- A valid credit card and telephone number are required to reserve all treatments and packages.

### Chuan cancellation policy

- Six hours notice must be given to cancel or amend any reserved treatment.
- If less than six hours, 50% of the full treatment fee will be levied.
- Where a guest fails to show up for a reservation, the full treatment fee will be levied.

### Chuan Spa day users

- Day spa users with a required minimum spend enjoy the use of all facilities at Chuan Spa - Health and Wellbeing including the swimming pool, fitness studio, sauna, steam rooms and Oriental hot tub.
- Two hours complimentary valet parking is available for all day spa users when booking a treatment.

### Chuan gift vouchers

- Gift vouchers are available for any of our treatments and packages. Vouchers can also be set to any face value.

### Chuan group reservations

- Please contact Chuan Spa for groups of over five people. Please 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.
- Mobile phones, while a necessary part of modern living, must be turned off in our treatment rooms and 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. They should be worn during water based treatments and massage treatments. Our therapists are fully trained to protect your privacy at all times.
- Please remember to drink fluids, especially water during and after your time at Chuan Spa.
- 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 two hours before taking a shower so that your skin fully absorbs the oils' properties.
- Please inform our therapists at any time if you are uncomfortable or require anything during your treatment (eg. massage pressure, room temperature).
- Please refrain from drinking any alcoholic beverage three hours 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.



**Langham Place, Mongkok, Hong Kong**

Level 41, 555 Shanghai Street, Mongkok, Kowloon, Hong Kong

T (852) 3552 3510 F (852) 3552 3529 [hkg.lph.info@chuanspa.com](mailto:hkg.lph.info@chuanspa.com)

[www.chuanspa.com](http://www.chuanspa.com)



AUCKLAND • BOSTON • HONG KONG  
LOS ANGELES • MELBOURNE • SAMUI • SHANGHAI