

Chuan Body + Soul at Langham Place, Ningbo Culture Plaza

Chuan Body + Soul at Langham Place, Ningbo Culture Plaza has been designed to create an ambience of tranquillity for both contemplation and inspiration. 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 Chinese, the word Chuan means a serene course of water and the Chuan Body + Soul facilities are modelled to reflect this harmony by using the principles of Feng Shui. Chuan Body + Soul at Langham Place, Ningbo Culture Plaza creates a wonderful haven away from the outside world, embracing a natural aesthetic with interiors of soft and calming hues. The exclusive treatment facilities include Oriental hot tubs, Steams and Showers which alongside The Langham's exceptional service, makes Chuan Body + Soul the perfect place to rediscover 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 wood, fire, earth, metal and water. 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 Signature Escapes

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

Chuan Body Elements

1 hour 30 minutes

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

Chuan Ritual

2 hours 30 minutes

Chuan Signature Massage 60mins + Thalgo Facials 60mins
+ Chuan Extra Retreats 30mins

Select from:

Chuan Signature Massage: Chuan Harmony or Chuan Balancing

Thalgo Facial: Hydra-Moisture Source or Terre Mer Bio Treatments

Chuan Extra Retreats: Chuan Herbal Salt Scrub or Chuan Mini Muddy Elements or Chuan Mini Feet Retreat.





Chuan Signature Massages

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

Chuan Neck, Back and Shoulder 30 minutes

Ideal for those who have limited time or a perfect add-on treatment to enhance your time with us. A deep acupressure oil massage focusing on the neck, back and shoulders.

Chuan Balancing 1 hour/1 hour 30 minutes

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 (Qi) to aid healing. Acupressure is an ancient art that uses mild pressure to stimulate the body's natural self-curative abilities.

Chuan Harmony 1 hour/1 hour 30 minutes

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 hour 30 minutes

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. Finish with cold stones on the lower back to calm internal heat, assist injury recovery and increase mental alertness. The use of hot and cold stone is integrated in a therapeutic massage.



Massages

Traditional Chinese Massage

1 hour/1 hour 30 minutes

Through the application of deep tissue massage and manipulation techniques, this treatment will establish more harmonious flows of Qi through the stimulation of meridians, allowing the body to naturally heal itself. Steady gentle pressure is used to

massage the soft tissue (muscles and tendons) and also the use of acupressure techniques to directly enhance the flow of Qi, along with manipulation techniques to realign the muscles and ligament relationship.

Chuan Recommended Add On's

To complement our Massages, we recommend the following:

- Chuan Signature Facials (30 minutes – 1 hour 15 minutes)
- Chuan Signature Scrubs & Wraps (30 minutes – 1 hour)
- Chuan Signature Hand & Foot Treatments (1 hour – 1 hour 30 minutes)



Chuan Signature Facials



Chuan Yu

1 hour 15 minutes

Ancient Gua Sha technique is applied to revitalizing different skin type. Through scraping on important meridian points, it increases the flow of body circulation. With the use of Jade known as healing stone will nurture, heal and restore our skin. Suitable for all skin types and not recommended for those with acne and very delicate skin.

Thalgo Facials

Thalgo uses the riches of the sea, allowing you to benefit from the powerful healing, revitalising and re-balancing properties vital for health and wellbeing. Thalgo facials offer spectacular results in purifying, hydrating, and firming.



Velvet Eye

30 minutes

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.



Hydra-Moisture Source Facial

1 hour 15 minutes

Combining the purest essential oils, plant extracts and a cool marine algae mask, this facial is the ultimate in relaxation. Suitable for all skin types, this rich moisturising facial will soften expression lines and relieve tension.



Brightening Rejuvenating

1 hour 30 minutes

Your complexion will be more luminous, supple and plump after this luxurious treatment which is designed to help pigmentation marks fade away leaving your skin visibly more youthful.



Terre Mer Bio Treatments

1 hour 30 minutes

Cherish your skin with healthy and environmentally friendly products using extract of Acerola, seaweed and olive leaf extract to energise and make your skin feel revitalised and more alive.

Chuan Recommended Add On's

To complement our Facials, we recommend the following:

- Chuan Signature Massages (30 minutes – 1 hour 30 minutes)
- Chuan Signature Scrubs & Wraps (30 minutes – 1 hour)
- Chuan Signature Hand & Foot Treatments (1 hour – 1 hour 30 minutes)

Chuan Signature Scrubs and Wraps

Chuan Herbal Salt Scrub

30 minutes

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 and body by enhancing circulation and aiding digestion.

Chuan Muddy Elements

1 hour 30 minutes

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 hydrating lotion.



Chuan Recommended Add On's

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

- Chuan Signature Massages (30 minutes – 1 hour 30 minutes)
- Chuan Signature Facials (1 hour 15 minutes)
- Chuan Signature Hand & Foot Treatments (1 hour – 1 hour 30 minutes)

Chuan Signature Man



Chuan Man Maintenance

1 hour

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.

Chuan Man's World

1 hour 15 minutes

This treatment commences with a back exfoliation to help cleanse and replenish the skin leaving it revived and re-energised. Then follows 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 Recommended Add On's

To complement our Chuan Man treatments, we recommend the following:

- Chuan Signature Massages (30 minutes – 1 hour 30 minutes)
- Chuan Signature Hand & Foot Treatments (1 hour – 1 hour 30 minutes)

Chuan Signature Hand and Foot Therapies

Chuan Body + Soul offers unforgettable hand and foot spa therapies within the stunning Chuan Touch Room.

Chuan 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. Your hands will feel completely pampered as we complete the treatment with a massage application of aromatic hand lotion containing rose, lavender and vitamin e.

Chuan 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 revitalize the feet. Integrating the benefits of Chinese pressure points to release tension and clear energy blocks, your feet will be completely refreshed and pampered.



Chuan Heavenly Jing Luo

1 hour 30 minutes

This unique Chuan Signature foot treatment is designed to maintain a healthy equilibrium between mind and body by optimising the blood and "Qi" flow, strengthening the immune system and promoting revitalisation. With the use of Jing Luo acupressure techniques and reflex points, along with Traditional Chinese herbs and hot stones, this treatment helps aid in detoxification, induce deep relaxation and nourishes the skin.

Hand and Foot Therapies

Traditional Chinese Foot Massage 1 hour

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. This treatment is designed to release energy blocks leaving you feeling totally rejuvenated.

LIFESTYLE

Chuan Body + Soul cordially invites you to sculpt your body and soul

You will find Chuan Body and Soul, located on the ground floor of where you can work-out, recharge and rediscover your source.

Health Club

Located on the ground floor is our Health Club with state-of-the-art equipment including cardiovascular machines, strength machines together with a comprehensive range of free weights are available. The latest in audio/visual equipment allows you to enjoy your favourite music / channel while working out. Awaiting you at the Health Club are experienced personal trainers to help you achieve your personal health & fitness goals.

Swimming Pool

Located on the ground floor is our 17 metres outdoor heated swimming pool will help you swim away a hard day. The pool deck is lined with luxurious pool loungers.

Changing Room

After your work-out, retreat to our well-equipped changing rooms to enjoy the oriental hot tubs, steams or freshen yourself in the shower and vanity areas equipped with private lockers.



Personal Trainer

If you need more guidance using the fitness equipment or extra motivation to achieve your goals, a Personal Trainer can help boost your knowledge and confidence.

Our team of professional personal trainers are available on an individual session or course basis.

Your Personal Trainer can advise you on the number of sessions best suited to your requirements and achieving your goals. They will guide you through each step of your new lifestyle, setting up workouts for the week, planning your nutrition, fitness assessment, monitoring your progress and providing detailed reports on every aspect of your health and fitness.

The initial session is divided into three sections: Fitness Assessment, Programme Design and Training Session.

Your Personal Trainer works with you to set goals and then checks / records key areas of your fitness and general health. A programme is designed, based on your aspirations and the results of the fitness assessment. Your Personal Trainer then guides you through a one to one Training Session focusing on technique, posture and overall level of fitness.

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 (86) 574 8908 9999, email: lpnbo.info@chuanbodyandsoul.com or on our website chuanbodyandsoul.com

Any change to a scheduled treatment booking time requires a minimum of 6 hours advance notice.

Please arrive at least 30 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.

Chuan Cancellation Policy

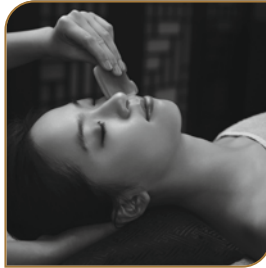
6-hour notice must be given to cancel or amend any reserved treatment.

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. All packages and products are non-refundable.

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.



How To Spa

Check-in

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 wet facilities – oriental hot tubs, steams, 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.

Etiquette

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.

Minimum Age

The Spa and The Fitness are only appropriate for guests 16 years and older.

Spa wear

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.

Health

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.

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...

Valuables

We recommend you leave valuables in your room or at home, we do not assume liability for any valuables.

Gratuities







Gratuities for good service are at the guest's discretion.

Others

Gambling, smoking & alcohol consumption within Chuan Body + Soul, The Fitness and The Pool are strictly prohibited. Please refrain from drinking any alcoholic beverage 3 hours or longer before your treatments.

The therapist reserves the right to terminate the treatment if he/she feels the guest's behaviour is undesirable.

Price List – Summary

		Single / RMB	Couple / RMB
Chuan Signature Escapes			
Chuan Body Elements	1 hr 30mins	1,080	2,080
Chuan Ritual	2hrs 30mins	1,680	3,180
Chuan Signature Massages			
Chuan Neck, Back and Shoulder	30mins	400	780
Chuan Balancing	1 hr / 1 hr 30mins	780 / 1,080	1,480 / 2,080
Chuan Harmony	1 hr / 1 hr 30mins	780 / 1,080	1,480 / 2,080
Chuan Stone Therapy	1 hr 30mins	1,080	2,080
Massages			
Traditional Chinese Massage	1 hr / 1 hr 30mins	580 / 780	980 / 1,480
Chuan Signature Facials			
 Chuan Yu	1 hr 15mins	880	1,580
Thalgo Facials			
 Velvet Eye	30 mins	480	880
 Hydra-Moisture Source Facial	1 hr 15mins	780	1,480
 Brightening Rejuvenating	1 hr 30mins	880	1,580
 Terre Mer Bio Treatments	1 hr 30mins	880	1,580
Chuan Signature Scrubs and Wraps			
Chuan Herbal Salt Scrub	30mins	480	880
Chuan Muddy Elements	1 hr 30mins	980	1,880
Chuan Signature Man			
 Chuan Man Maintenance	1 hr	780	1,480
Chuan Man's World	1 hr 15mins	880	1,580
Chuan Hand and Foot Therapies			
Chuan Healing Hands	1 hr	480	880
Chuan Feet Retreat	1 hr	480	880
Chuan Heavenly Jing Lou	1 hr 30mins	780	1,480
Hand and Foot Therapies			
Traditional Chinese Foot Massage	1 hr	580	980

* Prices quoted are net and do not incur service charge.