



*THE HUNTINGTON SPA*  
Menu of Services

A large, light green decorative floral pattern with intricate scrollwork and leaf motifs, centered on a dark green background.

## Beauty is health made visible.

The Huntington Spa is an 11,000-square-foot haven of wellness presenting a selection of unique massage therapies, facials and body treatments to revitalize and relax your senses. The spa features 13 private treatment rooms, including one couples' suite, and the Chuan Body + Soul corridor, which offers treatments based on Traditional Chinese Medicine (TCM).

Enhancing your comfort and relaxation are an elegant and stylish salon, offering makeup application, manicure, pedicure and hair services, as well as a sauna, steam room and whirlpool.



## Massage

Massage is the systematic manipulation of the soft tissues of the body for therapeutic purposes, such as promoting blood circulation, muscle relaxation, pain relief, metabolic balance and other benefits both physical and mental.

### The Huntington Signature Massage

A certified massage therapist uses an interpretation of Swedish massage techniques that incorporate local signature oils and lotions to relax and revitalize body and soul. By surrendering to the benefits of a comforting massage, the body is left feeling relaxed and invigorated.

*60 or 90 minutes*

### Deep Tissue Massage

A combination of traditional Swedish movements and deep concentrated work targets muscle knots and painful tightening caused by excess stress. This therapeutic session helps break down knots and aids recovery.

*60 or 90 minutes*

### Hot Stone Therapy

An ancient healing practice, stone therapy massage is a complex and highly synchronized experience utilizing hot stones that restore grounding and harmony to the body.

*90 minutes*

### Aromatherapy Massage

This personalized massage uses a blend of pure essential oils chosen to address your individual spiritual, physical or mental happiness. For continued well being, a gift of blended essential oils is provided for at-home enjoyment. Please arrive 15 minutes prior to treatment to allow for an aromatherapy analysis.

*60 or 90 minutes*

### Maternity Massage

A light, gentle massage designed for mothers-to-be, this session focuses on relieving lower back discomfort and fatigue. This massage is performed from the second trimester only.

*60 or 90 minutes*

### Tension Relief Massage

A combination of deep tissue and Swedish massage relieves tension concentrated on the neck, back and shoulders.

*30 or 60 minutes*

### Four Hands Massage

A full body synchronized Swedish massage is performed in tandem by two therapists to provide the ultimate in relaxation and pampering.

*60 minutes*

## Facials

### The Huntington Signature Facial

Customized to your individual skin type, this indulgent treatment is infused with personal care and attention. Whether to treat problem skin, restore balance and proper hydration or to combat environmental effects, a precise skin care treatment to meet your personal needs will be recommended.

*60 minutes*

### Reconditioning and Firming Facial

This vitamin C treatment is ideal for dehydrated, aging and environmentally damaged skin types. A hand and eye treatment is included. This advanced facial offers prevention, protection and correction to fight the effects of time and restores beauty to mature skin.

*60 minutes*

### Deep Pore Cleansing Treatment

This facial is effective in the correction of normal, combination and oily complexions that are prone to teenage or adult acne. Antibacterial extracts clear up the skin, sebum is controlled and the skin's healing properties and balance are restored.

*60 minutes*

### The Perfect Effect Facial

This facial features Babor's High Skin Refiner HSR 28 Perfect Effect line of products, which contain the innovative advanced peptide technology, HSR Lifting Complex, which uniquely combines high-tech research and the effect of natural herbal ingredients to give skin new, lasting vitality for a more youthful appearance. The facial provides a unique, preventative and lifting effect, perfect for all skin types. When used regularly, guests can see 40 – 70% lifting in skin.

*80 minutes*

### The Platinum Facial

The luxurious facial includes real platinum powder and keeps skin cells young by protecting cellular DNA and slowing the aging process while effectively combating dryness, enlarged pores and age spots. The result is a strengthened, natural barrier for smooth, elastic skin and long-lasting beauty.

*60 minutes*

### Babor Sea Creations Facial

A luxurious anti-aging facial derived from the depths of the sea. This breathtaking facial incorporates Tiger Cowrie shells and is accompanied by the captivating sounds of the ocean. Concentrating on the reduction of fine lines and the promotion of cell rejuvenation, the skin is completely energized and its youthful radiance restored. An unforgettable experience for the rebirth of your skin!

*90 minutes*

### Baborganic Facial

The Baborganic Facial features Babor's 100% natural skincare line, containing pure and active organic ingredients which refresh and revitalize the skin, stimulate cell renewal and the skin's natural regenerative powers to promote an even, balanced, radiantly fresh and younger-looking complexion.

*60 or 90 minutes*

### Microdermabrasion

With one single treatment your skin will regain its natural beauty. This state-of-the-art Ultrasonic Microdermabrasion, followed by application of hydrating mask, will heighten cell renewal, combat wrinkles and the loss of firmness and also reduce discoloration due to hypo- or hyper-pigmentation.

*60 minutes*

### Refining Treatment for Gentlemen

This treatment is specifically designed for men to revitalize and enhance the skin's vitality and improve its texture.

*60 minutes*

### Alpha/Beta Peel

Recommended for all skin types, this unique combination of alpha and beta hydroxy acids immediately improves the skin's texture, firmness, vibrancy and radiance by gently exfoliating and reducing pore size, fine lines, hyper-pigmentation and breakouts.

*With facial, 60 minutes. Peel only, 30 minutes*

### Mini Cleansing

This mini treatment consists of a cleansing, serum treatment, light massage and hydrating mask, and is recommended as a maintenance regimen between regular facials. This treatment does not include extraction.

*30 minutes*



The journey of wellness begins  
as the new *Chuan Body + Soul*  
at The Huntington Spa is born.



In Chinese 'Chuan' means flowing water, the foundation of life and of our well-being. At *Chuan Body + Soul*, wellness springs from health and fitness offerings and from signature treatments that benefit body and soul.

Experience a place that can soothe and strengthen, relax and rejuvenate, pamper and promote wellness.

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

## Chuan Body + Soul 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 hot and cold have great influence on your well-being.

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.



## Chuan Escapes

Our Chuan Escape packages combine unique elements from our Chuan Signature treatments and the BABOR product line to provide the most luxurious spa and wellness 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 *Huntington Signature Facial*. Body Elements is a perfect escape to soothe the soul and restore vitality.

### Flight Recovery

2 hrs

Flight Recovery combats 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 and a therapeutic Chuan Harmony Massage which slowly relieves exhaustion, stress, muscle aches and tension. The Flight Recovery is completed with an invigorating foot massage that brings you back rejuvenated and renewed.

### Tao Of Detox

2 hrs 30 min

Enjoy a luxurious full body exfoliation to stimulate blood and lymph circulation before you are enveloped in a laminara 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. Finally, enjoy a Babor Sea Creation Facial, specially formulated with pearl proteins and sea silk that promote cell metabolism, virtually reversing the natural aging process and promoting an infinite beauty that is detached from time.  
*2 hours 30 minutes*

### Chuan Ritual

Includes one Chuan Signature Massage *60 mins* + one Babor Sea Creation Facial *60 mins* + one Chuan Extra Retreats *30 mins*

## Chuan Element Massages

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

### Chuan Balancing

1 hr & 1 hr 30 min

The Chuan Balancing 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 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 well-being 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 integrated in a therapeutic massage. 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

30 min

Ideal for guests who have limited time or a perfect add-on to your existing treatment. The massage is a deep acupressure oil massage focusing on the back, neck and shoulders.

### Extra Add-On

To complement our massages, we recommend the following:

- Herbal Salt Scrub *30 minutes*
- Chuan Hand & Foot Treatments *1 hour*
- Babor Sea Creation Facial *1 hour 30 minutes*



## Traditional Chinese Medicine

Chinese medical practitioners use cultural beliefs to interpret the states of well being. 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.

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 well being 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.

Each acupuncture treatment session includes time for intake history, needle placement and needle dwell time. 25 minute and 40 minute treatments are available based upon need and client preference.

## Acupuncture Therapies

Chuan Body + Soul's Traditional Chinese Medicine (TCM) treatment session includes a consultation by a qualified TCM Practitioner to interpret your states of well being. Prescribed treatment(s) may include:

### Jet Lag

25 min & 40 min

A simple, effective way to reduce fatigue induced by travel and disruption of our natural circadian rhythm.

### Smoking Cessation

25 min & 40 min

Meridian and auriculo (ear) therapy points help diminish the desire to smoke. The treatment helps to reduce stress and promote inner calm. Ear seeds may be added to the treatment for a \$10 additional fee.

### Food Cravings

25 min & 40 min

The desire to eat certain foods and to eat when one is not truly hungry can be addressed by the use of standard acupuncture points. Ear seeds may be added to the treatment for a \$10 additional fee.

### Stress Reduction

25 min & 40 min

Stress is ever present in our harried lives. Acupuncture is an excellent modality to alleviate the effects of internal and external stressors.

### Neck or Lower Back Tension

25 min & 40 min

Many of us have tense neck or low back muscles due to poor posture, long work hours and hectic lives. Acupuncture techniques complement the effect of massage on tense muscles.

### Extra Add-On

To complement your acupuncture treatment, we recommend the following:

- Electrical Stimulation - Pairs of acupuncture needles are attached to a device that generates continuous electric pulses between them. This practice can restore health and well being, and is particularly good for treating pain.
- Plum Blossom - The light tapping of an area on the body to move stagnant energy or to calm the mind.
- Ho Guan (Cupping) - Ancient Chinese practice in which a heated cup is applied to the skin and the pressure in the cup has therapeutic effects on the skin and superficial muscle layer.
- Moxibustion - To help strengthen the blood and stimulate the flow of Qi. The practitioner will light one end of a Moxa stick and hold it close to an acupuncture point for several minutes to bring about a pleasant heat sensation penetrating deep into the skin to facilitate healing.
- Ear Seeds - While ear points are often stimulated with needles in an acupuncture clinic, studies have shown to place a small seed on an ear point can achieve even greater results because the seed produces continuous stimulation.
- Heating Pads - Moist heat is used on specific areas of tension to help smooth the flow of energy in the body.

## Chuan Scrubs and Wraps

### Herbal Salt Scrub 30 min

Relax as warm oil and an herbal salt combination of mint and ginger provide a deep cleansing treatment designed to exfoliate and revitalize the skin and body by enhancing circulation and aiding digestion. It is the perfect treatment before a massage.

### 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 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 the treatment is completed with a full body mist and hydrating lotion.

### Chuan Five Element Body Wrap 1 hr

The Chuan Five Element Body Wrap uses natural ingredients such as cool cucumber, mint leaves, aloe vera leaves, honey and milk, to tone, calm and soften your skin while eliminating excess fluid. The restorative and healing properties of the wrap are especially recommended for sunburned skin.

#### Extra Add-On

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

- Chuan Massage 30 minutes to 1 hour 30 minutes
- Chuan Hand and Foot Treatments 1 hour
- Babor Facial 30 minutes to 90 minutes

## 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, lavender and Vitamin E followed by an application of polish.

### 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 soak, before softening the skin with warm oil and an herbal salt exfoliation. A foot mask infused with peppermint, lemon and cypress is then applied to revitalize the feet. Integrating the benefits of reflexology to release tension and clear energy blocks, your feet will be completely refreshed and pampered.

### Reflex Remedy 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 - leaving you feeling totally rejuvenated and aiding in natural healing throughout the body.

#### Extra Add-On

To complement our hand and foot therapies, we recommend the following:

- Chuan Massage 30 minutes to 1 hour 30 minutes
- Herbal Salt Scrub 30 minutes
- Babor Facial 30 minutes to 90 minutes

## Chuan Man

### A Man's World 1 hr 10 min

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

### Executive Indulgence 1 hr

Relax as your hands and feet soak in warm water infused with essential oils, which are then exfoliated 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 relaxing scalp massage. This extremity indulgence is designed to relax while bringing balance to your body.



## Salon Services

Full service hair and nail salon

### Spa Manicure

The hands make a statement of the person, and beautiful nails enhance the appearance of the hands. The nails are filed and shaped, and the cuticles are groomed. A choice of buff or polish completes the service.

*25 minutes*

### Lavender Manicure

This luxurious manicure is designed to calm and soothe the skin. Organic and natural lavender essential oils seal in moisture and prevent irritation. The nails are filed and shaped, and the cuticles are groomed. A choice of buff or polish completes the service.

*25 minutes*

### Walk in the Clouds Pedicure

Hydro-therapeutic whirlpool jets produce thousands of tiny water bubbles that gently massage and soothe feet while a built-in lower back massage gently relaxes the entire body. Treatment includes lower leg exfoliation, a stimulating mask and a foot massage. This luxurious pedicure ends with the careful application of polish.

*50 minutes*

### Lemon Twist Manicure or Pedicure

Organic and natural, the Lemon Twist Manicure or Pedicure naturally whitens, brightens and refreshes the skin. Real lemon slices and natural sea salt exfoliate parched skin, and a "lemon drop" of essential oil seals in moisture. The nails are filed and shaped, and the cuticles are groomed. A choice of buff or polish completes the service.

*Manicure 25 minutes*

*Pedicure 50 minutes*

### Rose Quartz Manicure or Pedicure

The special use of rose quartz wands in massage promotes cell growth and helps to regenerate the skin while infusing the skin with essential moisture.

*Manicure 40 minutes*

*Pedicure 60 minutes*

### Warm Paraffin Hand or Foot Treatment

A nourishing paraffin dip added to any manicure or pedicure softens hands and feet. The botanically scented paraffin deposits vitamins and seals in softness.

*10 minutes*

## Hair Treatments

### Aromatherapy Hair and Scalp Treatment

A gentle massage of the head and neck is performed using custom blended aromatic oils to treat the scalp's condition. A spa retreat within the salon, the massage is followed by a deep conditioning treatment that promotes healthy hair and scalp while balancing mind and mood. Blow dry not included.

*35 minutes*

### Caviar Deep Conditioning

This rejuvenating and conditioning treatment restores youthful luster to the hair.

*50 minutes*

### Protein Moisture Treatment

A customized prescription of protein and moisture recovery penetrates the hair shaft and restores natural pH balance. Dryness is eliminated and the hair is left light, smooth and silky.

*30 minutes*

Haircut Only

Haircut and Style Short

Haircut and Style Long

Shampoo Blow Dry Short

Shampoo Blow Dry Long

Gentlemen's Haircut

Beard and Moustache Trim

Partial Highlights

Full Highlights

Up Do or Special Occasion Styling

Trial Up Do

### Lash Extensions

Extend the length and thickness of your eyelashes with this semi-permanent lash bonding technique. Applied on a hair-by-hair basis to your own lashes, this technique can offer up to 2 months of natural, full-looking lashes.

*Please inquire with Spa Concierge for times and prices*

### Makeup Application

To prepare for a special occasion or to create an entirely new look for every day, trained makeup artists assist in choosing colors and apply a distinctive look to suit individual styles. A must for weddings and other once-in-a-lifetime events.

*60 minutes*

### Gentle Hair Removal

Short of permanent removal, waxing is the most effective way to eliminate unwanted hair growth. Low temperature wax is combined with special soothing agents to reduce discomfort.

*Please inquire with Spa Concierge for times and prices*

## Spa Retreats

Spa retreats combine some of the most amazing experiences of The Huntington Spa. Each includes a glass of chilled champagne upon completion and unlimited use of the facilities including the fitness center, workout studio, relaxation lounge, dry sauna, eucalyptus steam room and whirlpool.

### Lady's Retreat

Designed specifically for busy ladies, this relaxing spa combination includes The Huntington Signature Facial, Spa Manicure, Walk in the Clouds Pedicure and Shampoo/Blow-dry.

*3 hours*

### Gentleman's Retreat

This day spa combination is designed to take him away from business and into the world of well being. The package includes The Huntington Signature Massage, The Huntington Signature Facial and the Gentleman's Haircut.

*2 hours 30 minutes*

### Ultimate Luxury Retreat

A deluxe combination suitable for ladies and gentlemen, the package includes The Huntington Signature Massage, The Huntington Signature Facial, Spa Manicure, Walk in the Clouds Pedicure, Warm Paraffin for the Hands and Feet and a shampoo and style.

*4 hours*

### The Huntington Bride and Groom

The ultimate indulgence for the bride and groom to prepare for their enchanting day. This package includes The Huntington Signature Massage for two, The Huntington Signature Facial for two, Spa Manicures for two and Walk in the Clouds Pedicures for two. The Langham embossed robes are also included as a memento of this special day.

*3 hours 30 minutes*

### The Huntington Bride

Pampering for the bride from head to toe. This luxury package includes The Alpha/Beta Peel, The Huntington Signature Massage, a Spa Manicure and a Walk in the Clouds Pedicure.

*3 hours*

### The Huntington Groom

The bachelor's renewal for the big day. This package includes The Huntington Signature Massage and a Spa Manicure.

*2 hours*

### Bridal Party Celebration

A relaxing experience for the bride and her friends in true Langham style. The celebration includes a Spa Manicure, Walk in the Clouds Pedicure and Makeup Application.

*2 hours 30 minutes*



# Spa Etiquette

## Age Requirement

Guests of The Huntington Spa must be at least 16 years of age to enjoy Spa services. Salon services are available to guests of all ages. Minors must be accompanied by a parent or legal guardian.

## Spa Reservations

Spa reservation agents will book treatment times and assist with selecting treatments. When making your appointment, please notify the Spa reservation agent if you are pregnant so he or she can offer guidance. If you prefer a male or female therapist, please make your request when scheduling your treatment. You are encouraged to reserve your spa treatments at least one week in advance.

## Check-in

For your enhanced comfort and relaxation, we suggest you arrive 30 minutes before your scheduled treatment to allow time to relax in the lounge, saunas, steam rooms and whirlpool. Arriving late will shorten the time of your treatment. Your treatment will end on time so the next guest is not delayed. The full value of your treatment will be charged.

## Health

Please notify the Spa reservation agent if you have high blood pressure, allergies, physical ailments, disabilities or are pregnant. While a few services should be avoided during pregnancy, there are treatments that can be enjoyed.

Shaving is recommended but not necessary for men prior to a facial. If you choose to shave prior to your facial, please do so at least two hours prior to your appointment. Shaving is not recommended prior to body treatments or hair removal services. It is recommended that contact lenses be removed for facial treatments.

This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify your therapist of any discomfort or preferences.

## Spa Garments

Most body treatments are enjoyed without clothing, however, disposable undergarments are available upon request. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided.

## Cell Phones

Cell phones 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.

## Valuables

If you are a guest of the hotel, please leave valuable items in the safe in your guest room. Otherwise, lockers are available for your personal items.

## Payment

We accept all major credit cards and traveler's checks. You may also charge Spa services to your hotel bill. For your convenience, payment is also accepted prior to treatments, upon request.

## Gratuities

Gratuity may be provided at your discretion, which will be dispersed to the Spa staff that served you during your visit.

## Others

Gambling, smoking & alcohol consumption within the spa and fitness center are strictly prohibited. Please refrain from drinking any alcoholic beverage 3 hours prior to your treatments.

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

## Cancellation Policy

If you must reschedule or cancel your Spa appointment, personal training session or exercise class, please notify us six hours before your scheduled appointment to avoid being charged the full service fee. Cancellations of packages or private parties require a 24 hour notice.



THE LANGHAM

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