



Menu of Services



Chuan Spa at The Langham, Shenzhen

Chuan Spa at The Langham, Shenzhen 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 Spa facilities are modelled to reflect this harmony by using the principles of Feng Shui. Chuan Spa at The Langham, Shenzhen 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 Herbal Steam rooms, Himalayan Saunas, outdoor Jacuzzi and Snail Showers which alongside The Langham's exceptional service, makes Chuan Spa the perfect place to revitalize your mind, body and soul.



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 herbal steam allowing the heat to loosen and soothe tightened congested muscles. As an interlude, take a snail shower to awaken your spirit. Round off the ritual with Himalayan sauna 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

The foundation of our Chuan Spa 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.

Aroma Associates (AA)



For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising. Established in 1985 in London, Geraldine Howard and Sue Beechey started hand blending essential oils using the traditional principles of aromatherapy, producing high quality therapeutic-grade products with the finest natural ingredients and treatments to address clients' specific concerns. Aromatherapy Associates is proud of its rich heritage stems from both clinical and therapeutic research. The studies began in the 1970s when both founders were trained by the earliest practitioners of modern day aromatherapy and renowned experts in the science of essential oils. Today, its products and treatments are still used and highly recommended by professional therapists and experts in holistic wellness in the finest luxury spas over 50 countries worldwide.



Chuan Signature Escapes

Our Chuan Escape packages combine unique elements from both our Chuan Signature and Aroma Associates (UK) to provide timeless Chuan experiences.

Chuan Body Elements

90 minutes

1,250

- 45-minute Harmony Massage
- 45-minute Rose Renewal Facial

Start by restoring balance and reducing tension with our signature Chuan Harmony massage. Then nourish the skin with the hydrating benefits of our Aroma Associates Hydrating Facial care. A perfect escape to soothe the soul and restore vitality.

Chuan Jet Lag Revival

120 minutes

1,450

- 30-minute Herbal Salt Scrub
- 60-minute Chuan Signature Massage
- 30-minute Chuan Mini Feet Retreat

Restore and revive. Combat jet-lag, fatigue and mental exhaustion by balancing your senses with a Herbal Salt Scrub to stimulate and smooth the skin. A therapeutic Chuan Harmony Massage slowly takes away any feeling of tiredness, stress, muscle aches and tension. To finish, an invigorating foot massage brings you back to earth feeling totally rejuvenated and renewed.

Chuan Tao of Detox

150 minutes

1,850

- 30-minute Descomask scrub
- 30-minute Algae body wrap
- 30-minute Back Massage
- 60-minute Chuan Yu Facial / Rose Renewal Facial

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 Chuan Yu or Rose Renewal Facial by Aroma Associates which infuses an intensive oxygen booster to restore dehydrated skin leaving it deeply nourished.

Chuan Ritual

150 minutes

1,850

- 30-minute Herbal Salt Scrub or Chuan Mini Muddy Elements or Chuan Mini Feet Retreat
- 60-minute Chuan Signature Massage
- 60-minute Rose Renewal Facial



Serenity Shen

180 minutes 1,950

- 90-minute Hot Stone Therapy
- 60-minute Rose Renewal Facial
- 30-minute Foot Massage

Your journey begins with your signature Stone Therapy Massage. Next, the ultimate facial awaits, with blended rose essential oils by Aroma Associates (AA) from UK. The serenity is completed with a refreshing foot treatment. This total body treatment will transport you to a dreamy state of relaxation, nourishing the skin, soothing the soul and calming the mind.

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

60 minutes 950

This is ideal for those who have limited time but want to have a quick fix on back, neck and shoulder. A deep acupressure technique focusing on the neck, back and shoulders to relief the thigh knots instantly.

Chuan Harmony

60/90 minutes 950 / 1,250

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 Balancing

60/90 minutes 950 / 1,250

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 Stone Therapy

90 minutes 1,350

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, assists injury recovery and increase mental alertness. The use of hot and cold stone is integrated in a therapeutic massage.

For that Extra Luxury

45 minutes 550 Single

Our Chuan Spirit VIP suite is available for booking of any package or treatment both single and couples. This extra luxury comes with a delectable seasonal fruits platter accompanied by our private label Chuan 5 Elements Tea. Inside the luxury suite, you will find a personal Jacuzzi and enlarged relaxation lounge. (To enjoy the Chuan Spirit VIP suite, this required to accompany with minimum 90-minute treatments and above (Single).

To complement our Massages, we recommend the following:

- Chuan Herbal Polishing 45 minutes
- Chuan Yu Facial 90 minutes



Traditional Chinese Therapies

Chinese medical practitioners use cultural beliefs to interpret the states of wellbeing. Any disharmony of the equilibrium of Yin and Yang or disturbance of their flow can cause imbalance. The task of a Chinese Therapist is to restore such imbalance. Some treatments include Heavenly Jing Luo, Ho Guan (Cupping) & Gua Sha (Scrapping). 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.

Ho Guan (Cupping)

30 minutes 450

Cupping refers to an ancient Chinese practice in which a heated cup is applied to the skin and the pressure in the cup has therapeutic effect on the skin and superficial muscle layer.

This therapy can treat cold and flu, dredge the meridians, increase the qi and blood circulation, relief heat exhaustion, improve body's yin and yang balance, fatigue and enhance the functionality of the physical.

Gua Sha (Scrapping)

30 minutes 450

Gua sha is to perform by rubbing a smooth-edged instrument across the skin surface where a subcutaneous injury or imbalance resides. Gua sha is used to treat many acute and chronic health problems including colds and flu, fever, headache, indigestion, dizziness and heat exhaustion.

Herbal Compress

30 / 45 minutes 450 / 650

The Herbal Compress technique offers several potential health benefits. It induces deep relaxation, relieves stress and fatigue, boosts both emotional and physical well-being, assists alignment and postural integrity of the body, improves circulation of blood and lymph and stimulates the internal organs. The hot compresses are ideal for alleviating pain, stiff, sore or pulled muscles and ligaments, chronic back aches, arthritis, migraines and chronic stress or anxiety.

Traditional Chinese Massage

60 / 90 minutes 950 / 1,250

This is an oriental body work that has been in use in China for centuries. A combination of massage, acupressure and other forms of body manipulations, Tui Na works by applying pressure to acu-points, meridians and groups of muscles or nerves to remove blockages that prevent the free flow of Qi (Chee).

Removing these blockages restores the balance of Qi in the body, leading to improved health and vitality.

To complement our Traditional Chinese Therapies, we recommend the following:

- Chuan Yu Facial 90 minutes



Chuan Facials and treatment services

Chuan Yu

90 minutes 1,250

Relief muscles tension with therapeutic back massage prior to the facial begins. Next is the 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.

Chuan Recommended Add On's

To complement our Facials, we recommend the following:

- Chuan Signature Massage 60 / 90 minutes

Chuan Man's World

75 minutes 1,050

- 10 minute back body scrub
- 30 minute back massage
- 35 minute hydrating facial

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 hydrating facial cleanse specifically designed for a man's complexion.

Chuan Herbal Polishing

45 minutes 550

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

90 minutes 1,250

- 30 minute body exfoliation
- 30 minute body wrap
- 30 minute back massage

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 Massages, we recommend the following:

- Chuan Signature Massage 60 minutes
- Chuan Yu Facial 90 minutes



Chuan Hand and Foot Therapies

Chuan Healing Hands

60 minutes

650

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 vitamins.

Chuan Feet Retreat

60 minutes

650

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 Reflex Remedy

60 / 90 minutes

650 / 950

Drawing on reflex points and integrating Chinese pressure point principles, this extremity indulgence integrates acupuncture points that will work to address the elemental disharmony of your feet and hands - leaving you feeling totally rejuvenated & aiding in natural healing throughout the body.

Heavenly Jing Luo

90 minutes

1,150

This unique Chuan Signature foot treatment is designed to maintain a healthy equilibrium between mind and body by optimize the blood and "Qi" flow, strengthen the immune system and promote revitalization. Jing Luo used acupuncture techniques and reflex points. Traditional Chinese herbs and hot stones are used to help aid in detoxification, induce deep relaxation and nourish the skin.

Thalgo Facials



Hydra-Moisture

60 / 90 minutes

950 / 1,350

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.

Silicium Super-Lift Facial

90 minutes

1,550

The product contains Marine Silicium Complex, to rebuild the dermic matrix by activating the synthesis of collagen, elastin and hyaluronic acid, and to restore bounce, firmness and youth to the skin. It fills in wrinkles, smoothing and lifting the skin.

Express Hydrating Facial

45 minutes

750

A quick pick-me-up for those in a hurry and works wonders in minutes. Suitable for all skin types with rich moisturising facial and relieve tension.

Aroma Associates Treatments



Intensive Muscles Release

60 / 90 minutes

950 / 1,250

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

Prices are in CNY and subject to 6% tax.



Rose Renew Body Massage

60 / 90 minutes

950 / 1,250

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and recharged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension, and lymphatic drainage helps encourage a healthy circulation. With expert advice from your therapist, you will choose a signature oil blend best adapted to your emotional and physical needs.

Essential Rose Facial

60 / 90 minutes

1,050 / 1,350

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.

A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

Frankincense Anti-age Facial

90 minutes

1,650

This is natural, highly effective skincare to reduce the signs of ageing without using harsh chemicals. This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For ultimate luxury your scalp is massaged to release stress and tension.

Other Services

Traditional Swedish

60 / 90 minutes

950 / 1,250

A soothing massage helps to removed tight knots of tension and deep relaxing strokes that calm your nerves and soothe you into a deep relaxation. This massage stimulates blood circulation, improves lymphatic drainage and helps to eliminate the toxins that contribute to most aches and pains.



Authentic Balinese

60 / 90 minutes

950 / 1,250

The long, firm and kneading strokes using the palm and lower hand pressure offer a deep and therapeutic massage to improve immunity and blood circulation. This traditional massage practice which has been handed down through generations is a holistic approach to relieve headaches, frayed nerves and muscular strains.

Detox Lomi Lomi

60 / 90 minutes

950 / 1,250

Lymphatic Drainage Massage helps the body to flush out toxins and stored fats to promote healthy lymph flow and it will improve the immune system.

Manual Lymphatic Drainage is a gentle and rhythmic technique.

Most people experience lymphatic massage as deeply relaxing and even rejuvenating.

Despite the light massage technique, it is a very effective in its intentions to awaken the lymphatic system and create pathways for the lymph fluid to flow and be removed from the body naturally.

Coffee Polishing

45 minutes

550

The coffee grounds can help exfoliate old skin cells, while the caffeine can help minimize the appearance of cellulite and varicose veins; this is because caffeine works to constrict blood vessels so it can temporarily reduce varicose veins. Caffeine may help prevent or delay the progression of skin cancer.

Chuan Recommended Add On's

To complement our Massages, we recommend the following:

- Chuan Yu Facial 90 minutes

Lifestyle

Chuan Spa cordially invites you to sculpt your body and soul

Located on level 5 at Chuan Spa – Health and Wellbeing where you can work out, recharge and rediscover your source.

Health Club

Located on level 5 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

Perched on the level 5, 24 metres outdoor swimming pool will help you swim away a hard day. The pool deck is lined with luxurious pool loungers, and a heated Jacuzzi to massage your stress away.

Changing Room

After your work-out, retreat to our well-equipped changing rooms to enjoy the sauna, herbal steam room, ice experience, snail shower or freshen yourself in the shower and vanity areas equipped with private lockers.

Health Club Membership

Chuan Spa offers exclusive Health Club memberships to suit your personal needs. Individual and couple memberships are available.

For more information, please contact Chuan Spa on (86 755) 8828 8093.



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 in to 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. Individual

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,

T: (86 755) 8828 8093

E: tlszx.info@chuanspa.com

www.chuanspa.com

Please arrive at least 30 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

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

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 Day Spa Users

Day spa users with a minimum spend of CNY 500 can enjoy the use of all of facilities at Chuan Spa - Health and Wellbeing including swimming pool, fitness studio, Himalayan sauna, herbal steam room and freshen yourself in the snail shower.

3-hour complimentary parking is available to all day spa users when booking a treatment.

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.

Chuan Group Reservations

Please contact the Chuan Spa Management for groups of over 5 people. We offer a range of packages to suit all requirements. For all enquiries, call the Chuan Spa Concierge on 86 (755) 8828 8093

How To Spa

Check-in

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 – herbal steam room, Himalayan sauna, snail shower, indoor and outdoor 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 Spa. 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 Spa, 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.

Chuan Memberships

Join us today, and enjoy more privileges

Coming to Chuan Spa is more than mere relaxation and enjoyment. It's a place where you can re-create the harmony between mind and body, and restore one's self.

For more details on membership at a Chuan Spa near you please contact us.

Chuan Health and Wellbeing Membership

At Chuan Spa, membership is much more than access to exercise or spa treatments. It is your ticket on a journey to health and well-being. From our attentive service, and Asian-inspired surroundings, to an extensive array of services and products, we pay attention to the smallest details to ensure you enjoy every moment of your Chuan experience. Enquire about the benefits & details of our membership programs today.

The membership cost becomes credits to be used against all spa treatments in the menu.

Terms and Conditions apply



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