



Menu of Services



## Chuan Spa at The Langham Huntington, Pasadena

Welcome to Chuan Spa. Here you will find an oasis of tranquility just minutes away from Los Angeles and Hollywood. The soothing setting inspires contemplation and introspection as you embark upon a journey to balance the mind, body and soul. In Chinese, Chuan means flowing water. As the source of life, water represents the re-birth and re-balancing of our whole being. Begin your Chuan Spa journey at our Contemplation Lounge, where you will identify your element of the day. Enter through the Moon Gate and proceed into our luxurious changing facilities to enjoy the heat experiences prior to your spa services. Indulge in one of our signature holistic treatments designed to restore peace and harmony. Complete your journey to wellness resting in our exquisite Dream Room, while enjoying one of our Chinese five element teas.



## 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 heat experiences have great impact on your well-being.

Spend a moment to complete a five element questionnaire at the beginning of your journey to ensure your therapist 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, and teas have been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.

Your element will guide your Chuan Spa experience to create the most desired results for your overall well-being.

## Heat Experiences

Before your treatment, embark on a natural journey– the Chuan Heat Experiences. Chuan Spa features an array of wet and dry facilities to exploit the body's reaction to hot stimuli for deeper dimensions of relaxation, health and well-being.

The experience begins with the herbal steam or sauna allowing the heat to loosen and soothe tightened, congested muscles. Round off the ritual with a long soak in the whirlpool to prepare you for your spa treatment.

The Chuan Heat Experiences are part of the journey to rejuvenate and soothe your body, mind and soul.

## Exclusive to Chuan Spa at The Langham Huntington, Pasadena

Chuan Spa at The Langham Huntington, Pasadena features the finest product lines for men and women along with exclusive services that have been created especially for Chuan Spa to enhance your journey. Our partners include Kerstin Florian, EmerginC, Elemis, Immunocologie, HydraFacial MD®, Morgan Taylor, Kryolan, Kevin Murphy and more.



## 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 min

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 60 min or 90 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 (Qi) to aid healing. Acupressure is an ancient art that uses mild pressure to stimulate the body's natural self-curative abilities.

### Chuan Harmony 60 min or 90 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 90 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. 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 stones are integrated in a therapeutic massage.

## Massages

### Swedish Massage 50 min or 80 min

Classic stress-relieving, light to medium pressure techniques to promote circulation and an overall sense of well-being.

### Deep Tissue Massage 50 min or 80 min

A combination of traditional Swedish movements and deep concentrated work targets stressed muscles and tension.

### Maternity Massage 50 min or 80 min

A light, gentle massage designed for mothers-to-be. This customized service relieves muscle aches, joint pain and helps reduce swelling. Note: Massage is not performed during the first trimester.

### Bamboo Massage 60 min or 90 min

Known for its healing properties, this massage works to balance, calm and energize you physically, mentally and spiritually. The use of bamboo ensures healthy circulation, relief of muscle tension, deep relaxation and even aids in detoxification.

### Sweet Dreams Massage 50 min

Take back your sleep. This deeply relaxing and restorative massage is an over-the-moon experience that also serves as an introduction to an insomnia-busting ritual that you can practice at home. Experience all the tools you need to melt away stress, quiet the mind, and encourage deeper sleep.

### Chuan Recommended Enhancements

To complement our Massages, we recommend the following:

- Scalp Treatment
- Reflexology
- De-Stress Muscle Gel





## Facials

### **Vitality Facial** 50 min

This distinctive Immunocologie facial ionically balances the skin while regenerating, restoring and preserving skin vitality and health.

### **Champagne Facial** 50 min

A unique effective effervescent facial treatment that produces a luxurious foaming activity, revealing a polished, healthy and radiant complexion. NuFace micro-current technology is incorporated into the facial massage, giving the skin a tightened and youthful appearance. Great for dry or sensitive skin.

### **Fire and Ice Facial** 50 min

This luxurious, intensive clinical treatment is designed to rapidly and safely resurface the skin, reducing fine lines and wrinkles, instantly firming and toning, while encouraging cellular renewal. Specific combinations of two professional treatment masks are complemented by serums and creams with aromas of warm cinnamon and cool peppermint. NuFace micro-current technology is incorporated into the facial massage to enhance treatment results.

### **Youthful Peptide Facial** 50 min or 80 min

Cutting-edge algae based peptides, apple stem cells, hyaluronic acid, and a variety of plant extracts help to noticeably firm and visibly diminish the appearance of fine lines and wrinkles, leaving skin toned, soothed and glowing.

### **Collagen Boost Facial** 50 min

Tackle fine lines and wrinkles with age-defying benefits of marine charged algae and red coral. Targeted facial massage encourages optimum cellular function for nourished, younger looking skin.

### **Express Glow & Go Facial** 25 min

Just minutes to refreshed, glowing skin with no downtime and no irritation. Excludes extractions.

### **Natural Beauty Facial** 50 min or 80 min

This customized facial combines active cosmeceuticals, natural fruit acids, antioxidants, vitamins and a variety of potent botanical extracts to refresh and nurture skin.

### **Skin Clarity Facial** 50 min

Specifically designed to help control excess oil and breakouts. This facial infuses natural botanical ingredients to calm and detoxify skin while improving tone, texture, clarity and balance.

### **Blue Poppy Brightening Facial** 50 min

Improve skin tone and combat the visible signs of aging skin with kombucha, spirulina, seaweed and tea extracts. An ideal treatment to instantly reveal softer, brighter, more radiant skin.

### **Soothe & Calm Facial** 50 min

Equalizing and strengthening facial for sensitive and delicate skin. Good for those subject to redness, couperose and fragile capillaries. Dramatically improves skin tone, clarity and texture for a healthy, vibrant complexion.

### **Chuan Yu Facial** 75 min

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

### **Facial Enhancements**

The following can be incorporated into any facial as an upgrade:

- Eye Contour
- Lip Hydration
- Hydra Repair Booster
- Power Peel



## HydraFacial MD®

With visibly transformative results, HydraFacial MD® is the only hydradermabrasion treatment that simultaneously provides cleansing, exfoliation, extractions and hydration using results-oriented, proprietary serums filled with antioxidants, peptides and hyaluronic acid. This advancement in skin-resurfacing technology combines the benefits of gentle, yet highly effective exfoliation and chemical peels into a multi-tasking resurfacing treatment that has made it the ultimate go-to rejuvenator for guests attending weddings, TV/Red Carpet appearances and special events. With immediate results, this non-invasive, nonsurgical process delivers instant rejuvenation with no discomfort or downtime.

Benefits:

- Reduces the appearance of wrinkles and fine lines, especially in the forehead, around the eyes, and mouth
- Enhances skin elasticity
- Improves skin texture
- Increases skin firmness

**HydraFacial Treatment**     25 min, 50 min or 80 min

## Mistral Light Heat Energy

Known as Intelligent Phototherapy, Mistral delivers the results of costly laser treatments without the associated downtime, side effects, time investment and hefty price tag. Presenting a highly advanced blend of light and heat, Mistral provides a remarkably comfortable and effective anti-aging facial therapy. It also works to clear acne and provides hair removal for the most difficult and sensitive of skin types. Uncomfortable overheating of the skin is avoided with Mistral's patented technology. *By consultation.*



## Chuan Signature Body Treatments

### Chuan Herbal Salt Scrub

30 min

Relax as a warm oil and herbal salt combination with ginger provide a deep cleansing treatment designed to exfoliate and revitalize the skin and body by enhancing circulation and aiding digestion.

## Scrubs

### Chuan Muddy Elements

90 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 we complete the treatment with a full body hydrating lotion.



## Chuan Signature Man

### **Chuan Man Maintenance Facial** 60 min

Designed to meet a modern man's specific needs. A deep-cleansing, therapeutic facial relaxes the skin as it refines pores. Includes a luxurious facial massage and deep-cleansing masque. Specifically addresses sensitivity and razor burn.

### **Chuan Executive Indulgence** 60 min

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.

### **Chuan Man's World** 75 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 purifying facial cleanse specifically designed for a man's complexion.





## Chuan Signature Hand and Foot Therapies

Chuan Spa offers unforgettable hand and foot spa therapies. Relax while your feet and hands are pampered.

### Chuan Healing Hands 60 min

Suppleness is restored to hard working hands with our warm oil and herbal salt exfoliation before the hands are wrapped in a nourishing mask. Your hands will feel completely pampered as we complete the treatment with a relaxing hand massage.

### Chuan Feet Retreat 60 min

This refreshing treatment enhances circulation and enlivens tired and aching feet. Relax as we immerse your feet in a warm foot soak, before softening the skin with the warm oil and herbal salt exfoliation. A foot mask infused with peppermint 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 90 min

This unique Chuan Signature foot treatment is designed to maintain a healthy equilibrium between mind and body by optimizing the blood and “Qi” flow, strengthening the immune system and promoting revitalization. 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, induces deep relaxation and nourishes the skin.

### Chuan Reflex Remedy 60 min

Drawing on reflex points 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.



## Chuan Signature Escape Packages

Our Chuan Escape packages combine unique elements from our Chuan Signature treatments, to provide you with a range of timeless Chuan experiences.

### Chuan Body Elements 90 min

Start by restoring balance and reducing tension with our signature Chuan Harmony massage. Then nourish the skin with a hydrating facial, a perfect escape to soothe the soul and restore vitality.

### Chuan Tao Of Detox 150 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 acupuncture massage to release energy blocks. To finish, enjoy a customized facial to purify and rejuvenate the skin.

### Chuan Serenity Shen 180 min

Your journey begins with our signature Chuan Stone Therapy Massage. Next, the ultimate facial awaits, with skin renewing aromatic oils to revitalize. 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 Ritual 150 min

Chuan Signature Massage 60 min +  
Customized Facial 60 min +  
Chuan Extra Retreats 30 min

*Select from:*

**Chuan Signature Massage:** Chuan Harmony or Chuan Balancing

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



## Body Treatments

### Warm Ginger and Coconut Wrap 50 min

Alleviate body fatigue and tension with a delightfully aromatic ginger lime exfoliation followed by a nourishing coconut and argan oil wrap for complete hydration and relaxation.

### The Langham Rose 80 min

Take a walk in a rose garden with this lavishly hydrating body treatment. The unique trio of Rose, Camelina and Poppy seed oils maintain and restore elasticity, while encouraging skin renewal. Skin is left exquisitely moisturised, intensely supple and deliciously scented.

### Exotic Frangipani Wrap 50 min

The velvety texture of the Monoi oil offers super hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

### Lime and Ginger Salt Glow 25 min

This salt glow will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin for the light application of body cream.

### The Ultimate Detox 50 min

This nutrient-rich detox wrap uses a deeply nourishing Green Tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

### Smooth Silhouette Firming Treatment 80 min

A targeted sculpting massage kick-starts the micro-circulation, promoting smoother skin and invigorating the entire body. Followed by a cooling rubberised mask, rich in super-detoxifying caffeine and green clay is then applied to problem areas while red algae redefines areas prone to sagging.

### Illuminating Indulgence 80 min

This journey begins with an invigorating body cleanse and exfoliation to help remove dead skin cells. The body is then wrapped with a French green clay to help draw out impurities, stimulate circulation and brighten skin. Finish with an application of body firming serum to improve muscle tone for a smoother appearance.



## Finishing Touches

### Nail Services

Luxury Manicure	50 min
Luxury Pedicure	75 min
Express Manicure	25 min
Express Pedicure	50 min
Deluxe Manicure	45 min
Deluxe Pedicure	50 min

Full Set- Acrylic

Fill- Acrylic

Gel Polish

French Polish

## Hair Services

Formal Event Styling  
Wedding Day Hairstyle  
Bridal Trial Hairstyle Updo  
Haircut Only  
Haircut and Style  
Child's Haircut  
Men's Haircut  
Shampoo Blow Dry and Finish  
Color Retouch  
All Over Color  
Full Highlights  
Partial Highlights  
Gloss  
Conditioning Treatment  
Olaplex Treatment  
Keratin Brazilian Blowout

## Makeup

Bridal Trial Makeup  
Makeup Application  
Makeup Lesson  
Special Occasion Makeup  
Wedding Day Makeup  
Eyes Only Makeup Application  
Eyelash Strip Application  
Eyelash Extensions- By Consultation

## Waxing

Back	Full Leg
Bikini	Half Arm
Brazilian	Half Leg and Bikini
Chest	Half Leg
Chin	Lip and Brow
Eyebrow	Lip and Chin
Full Arm	Lip
Full Bikini	Lip, Brow and Chin
Full Face	Sideburn
Full Leg and Bikini	Underarm

Mistral Light Heat Energy Hair Removal  
By Consultation

## VIP Spa Suite

Available for private parties, groups or couples. Pricing based upon availability.





## Lifestyle

Chuan Spa cordially invites you to sculpt your body and soul.

### Health Club

Located within the spa is our Health Club with state-of-the-art equipment including cardiovascular machines, strength machines together with a comprehensive range of free weights. The latest in audio/visual equipment allows you to enjoy your favorite music/channel while working out.

### Fitness Studio

Our team of professional instructors offer quality classes in a very intimate atmosphere. Referred to as a "Jewel In Disguise," our Fitness Studio is sought out by those who prefer superb service and a higher level of training. We offer Pilates Reformer, Mat Pilates, Yoga, Tai Chi, Meditation and Zumba. Whether your goal is to slim down or tone up, our Certified Instructors will help you achieve your goal with expert and dedicated guidance.

Please inquire with Spa Concierge for our current fitness class schedule.

### Changing Room

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



## How to Spa

### Appointments

We highly recommend you book your treatment in advance to secure your preferred day and time.

Being on time for your appointment is greatly appreciated so that you may receive your full service and our other guests are not inconvenienced. Please arrive 30 minutes in advance of your appointment to allow time for you to change into a robe, relax prior to your service and to complete our Guest Lifestyle Form and Element questionnaire, if booked for a Chuan signature treatment.

### Cancellations

To ensure all guests of Chuan Spa begin their treatment on time and receive the full spa experience we request that you notify us if you will be unable to make your appointment. To cancel or rebook your appointment we require 6 hours notice. Full service charges will be applied if you fail to contact us or do not show up for your appointment.

### Guest Lifestyle Form

Prior to your service, you will be required to complete a Guest Lifestyle Form to safeguard your well-being and comfort, and to allow us to safely deliver our services by minimizing any risk of injury.

### Day Spa Guests

Day spa guests with a minimum spend of \$100 can enjoy the use of all of our facilities at Chuan Spa including sauna, herbal steam room, whirlpool.

### Gift Cards

The perfect gift for all occasions. Gift Cards are available for any amount to be applied to any of our treatments and packages or for all hotel services. Gift Cards are non-refundable.

### **Spa Parties and Events**

Bridal spa parties, as well as corporate and leisure events are available. Please contact the Chuan Spa for scheduling and more information.

### **Spa Etiquette**

So you may enjoy your spa experience, and as a courtesy to other guests, cell phones should be turned off.

### **Age Requirement**

The spa is an adult oriented atmosphere; therefore we are not able to accept spa appointments for children under the age of 16 years. Salon appointments are available to guests of all ages. Minors must be accompanied by a parent or legal guardian and are not permitted in the locker room and spa facilities including sauna, steam room, whirlpool and showers.

### **Spa Attire**

Our therapists are highly trained to be sensitive to your comfort and modesty at all times. Robes and slippers are provided for your comfort during your visit with us. Please deposit the robe and slippers in the locker room hamper at the conclusion of your visit.

### **Health**

Please remember to drink fluids, especially water during and after your visit at Chuan Spa. Most of us do not take in enough water daily. Water is the source of life.

Gentleman should not shave before any facial treatment to increase comfort.

We request that you disclose any medical conditions and/or prescription medications as some services may be contraindicated. Please advise our professional staff of any allergies or sensitivities or if you are pregnant.

### **Valuables**

We regret that we cannot be responsible for the loss or damage of personal articles. We recommend that you leave your valuables at home or in your hotel room safe. Please keep all valuables with you during your appointments.

### **Gratuities**

Tipping is left to the discretion of our guests.

### **Others**

Please refrain from drinking any alcoholic beverages at least 3 hours before your treatment. Chuan Spa is a smoke-free environment.

Our therapists reserve the right to terminate the treatment if he/she feels the guest's behaviour is undesirable.



**Chuan Spa at The Langham Huntington, Pasadena**

1401 South Oak Knoll Avenue, Pasadena, California 91106

T (626) 585 6414 F (626) 585 6432 [tlax.info@chuanspa.com](mailto:tlax.info@chuanspa.com)

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

