



Menu of Services



Chuan Spa

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 English the word Chuan means a serene coursing of water and the Chuan Spa facilities are modeled to reflect this harmony by using the principles of Feng Shui.

Located over two levels of The Langham, Melbourne, in the renowned Southbank precinct of the city, Chuan Spa is designed to create an ambience of tranquility for both contemplation and inspiration.

Styled using traditional Chinese garden aesthetics with floral silks on the walls, natural hued interiors and natural bamboo floors, Chuan spa creates a wonderful haven away from the chaos of the outside world.

Providing individual and dual treatment services, a heated salt water pool and Jacuzzi with floor-to-ceiling views of the city skyline, Chuan Spa's reputation for quality and authenticity is further enhanced by being voted the best hotel spa in Australasia and the South Pacific by Conde Nast Traveller for 2010.

Combine this with our exclusive treatments and exceptional service and Chuan Spa is the perfect place to rediscover your source.

Valet parking included with all Chuan Spa treatments. Monday to Friday only.

Chuan Tri-Bathing Ritual

During your time at Chuan we invite you to experience our complimentary Tri-Bathing Ritual, ideal for calming mind, body and soul. The ritual reflects Chuan's philosophy of flowing water and will help loosen tight muscles whilst stimulating your every sense.

Start by soaking away your day's troubles. Chuan's spacious salt water Jacuzzi provides distinct views of Melbourne's iconic Flinders Street Station. Continue on to our traditional style sauna before enjoying a shower in our river stone snail shower. The conceptual shower design forces 12 jets of water onto separate muscle groups while invigorating you from above with a generous rain shower and steam.

We recommend allowing 30 minutes to experience the Tri-Bathing Ritual.



Chuan Signature Massages

Balancing Massage

30 mins \$89 / 60 mins \$149 / 90 mins \$205

Using a combination of dry and oil based massage techniques, along with a sequence of Traditional Chinese Medicine (TCM) acupressure points, this treatment will unlock and re-balance your body's energy.

Harmony

30 mins \$89 / 60 mins \$149 / 90 mins \$205

A peaceful relaxation massage using Chuan's Traditional Chinese Medicine sequence. Combines flowing relaxation movements with therapeutic acupressure techniques to leave you calm and revitalized.

Hot Stone Massage

60 mins \$169 / 90 mins \$234

This warming massage soothes muscles using hot stones on acupressure points. Flowing movements will re-balance energy levels and release tension.

Massages

Tui Na

30 mins \$89 / 60 mins \$149 / 90 mins \$205

This traditional Chinese deep tissue massage uses vigorous rolling and manipulation techniques to encourage natural healing whilst achieving a harmonious flow of energy throughout your body.

Deep Tissue

30 mins \$89 / 60 mins \$149 / 90 mins \$205

Firm pressure and rhythmical movements alleviate stress and muscle tension in this powerful massage.

Remedial

30 mins \$89 / 60 mins \$149 / 90 mins \$205

One of our remedial therapists will consult with you to target your individual muscular concerns using their therapeutic massage techniques. This healing massage is one of our most effective treatments for reducing muscle tension and discomfort.

Suggested add-ons performed in treatment time

- Cream Hair Mask and Scalp Massage
- Hot Oil Hair Treatment and Scalp Massage
- Traditional Chinese Medicine Body Cupping

Suggested add-ons performed in addition to your chosen massage

- 30 minute facial
- 30 minute file and polish for hands
- 30 minute file and polish for feet
- 30 minute herbal salt scrub
- 30 minute geisha tub



Expectant Mother

90 mins \$205

Using only the safest ingredients for mother and baby this nurturing treatment soothes aching legs, back and feet. A calming foot soak is followed by a full body relaxation massage on a table specifically designed for pregnant bodies.

Please note our Expectant Mother and Pregnancy massage treatments are available from the second trimester onwards.

Suggested add-ons performed in treatment time

Cream Hair Mask and Scalp Massage

Hot Oil Hair Treatment and Scalp Massage

Traditional Chinese Medicine Body Cupping

Suggested add-ons performed in addition to your pregnancy massage

30 minute facial

30 minute file and polish for hands

30 minute file and polish for feet

Pregnancy Massage

60 mins \$149 / 90mins \$205

Using the most hydrating blend of oils to nourish skin during the body's change, mothers can relax into a table specifically designed for pregnant bodies and rest as energy is gently restored with this full body massage.



Facials

Our facials have been styled to work with the specific needs of your individual skin type and concerns. You choose the duration of the facial and select either the Marine Algae or Organic range. Your Therapist will then perform an in-depth consultation and suggest the most effective facial for your skin needs. Maximum results can be achieved with your personal homecare guide recommended to you by your trained beauty therapist.

100% Certified Organic range

Phyt's is a French range of certified organic skin care with the philosophy that nature is the origin of the perfect complexion. Based on the synergy of plants, flowers, leaves, bark, oils, vitamins and trace minerals, Phyt's contains no synthetic preservation, artificial fragrance, coloring agents, or other synthetic ingredients. Chuan offers you this organic skin care range that provides beautiful, instant and effective results.

Marine Based Algae Range

This classic French marine based skin care range is at the forefront of International Spa Therapy. Thalgo treatments draw their richness and efficiency from the marine universe, harnessing the powerful treasures of the sea for aesthetic use. Thalgo products and treatments perfectly complement our flowing water theme – Chuan.

Chuan Signature Facial

Chuan Yu

1 hour 15 mins \$199

Chuan's premium signature facial combines ancient holistic techniques of Gua Sha and acupressure. A healing jade stone is gently glided over the skin to visibly lift, tone and revitalise.

30 mins \$95

A relaxation facial to deeply calm the mind and pamper your complexion. Includes a facial cleanse, exfoliation, tone, facial massage and moisturizer.

60 mins \$159

To keep skin in perfect condition this is ideal as a regular maintenance facial; an introduction to skincare and as a boost for any skin type. Includes a cleanse, exfoliation, tone, facial massage mask, scalp massage, specialist treatments and moisturizer.

90 mins \$205

This enhanced facial utilizes ultimate skin treatments to thoroughly address skin concerns while nourishing the soul and releasing tension. Ageing, dryness, dehydration and acne can be targeted with a cleanse, exfoliation, tone facial massage, professional mask, scalp massage, specialist treatments and moisturizer.

Suggested add-ons performed in treatment time

- Cream Hair Mask and Scalp Massage
- Hot Oil Hair Treatment and Scalp Massage
- Traditional Chinese Medicine Body Cupping

Suggested add-ons performed in addition to your chosen facial

- 15 minute eye treatment
- 15 minute comedone treatment with extractions
- 30 minute file and polish for hands
- 30 minute file and polish for feet
- 30 minute herbal salt scrub



Chuan Signature Hand and Foot Therapies

Chuan Spa offers unforgettable hand and foot spa therapies within the stunning Chuan touch room.

Chuan's hand and foot therapies will allow you to deeply relax in our luxurious zero gravity recliners.

Chuan Healing Hands

60 mins \$139

Arms and hands are gently exfoliated and wrapped in hydrating mud before your therapist expertly shapes your cuticles and files, buffs and shapes your nails. Choose your polish colour from our range, which contains none of the toxins found in many other nail polishes. This treatment is performed with sterilized equipment and includes a take home maintenance pack for your nails. Hands are safely refreshed and renewed.

Chuan Feet Retreat

60 mins \$139

Treat your feet to an aromatic foot bath, softening exfoliation, hydrating mud application and nail and cuticle care. This ritual brings tired feet back to life and is finished with your choice of polish colour from our range, which contains none of the toxins found in many other nail polishes. This treatment is performed with sterilized equipment and includes a take home maintenance pack for your nails.

File and Polish

Hands: 30 mins / Feet: 30 mins / \$79

Cuticles are softened and nails are filed, buffed and finished with your choice of polish colour from our range, which contains none of the toxins found in many other nail polishes. This treatment is performed with sterilized equipment and includes a take home maintenance pack for your nails.

Chuan Hand and Foot Indulgence

60 mins \$159

Revitalize energy and unblock tension points in your hands and feet. A stimulating hand and foot exfoliation is followed by a relaxing hand and foot massage using a combination of flowing movements and acupressure points to rejuvenate each extremity.

Suggested add-ons performed in addition to your hand and foot treatment time

30 minute massage

30 minute facial

30 minute geisha tub



Chuan Signature Exfoliations & Wraps

Chuan Herbal Salt Scrub

30 mins \$100

An invigorating salt scrub and warm oil treatment removes dead skin cells and re-energises your body.

Suggested add-ons performed in addition to your scrub

- 30 minute massage
- 30 minute facial
- 30 minute geisha tub
- 30 minute file and polish for hands
- 30 minute file and polish for feet

Chuan Muddy Elements

90 mins \$249

A powerful wrap treatment which combines a stimulating salt scrub and detoxifying mud wrap with a relaxing face and scalp treatment. The body feels invigorated, the mind feels cleared.

Suggested add-ons performed in treatment time

Hot Oil Hair Treatment and Scalp Massage

Suggested add-ons performed in addition to your treatment time

- 30 minute massage
- 30 minute geisha tub
- 30 minute file and polish for hands
- 30 minute file and polish for feet

Chuan Wrap

Detox Body wrap

60 mins \$169

Enhance your circulation and help eliminate toxins with this powerful treatment. The body is buffed with a dry exfoliation and wrapped in a self heating mud to draw out toxins. We finish with a rich body butter to replenish and hydrate. To extend the benefits of your treatment we provide complimentary exfoliations mitts for your to use at home, to improve blood and lymph circulation.

Suggested add-ons performed in treatment time

Cream Hair Mask and Scalp Massage
Hot Oil Hair Treatment and Scalp Massage

Suggested add-ons performed in addition to your wrap

- 30 minute massage
- 30 minute geisha tub
- 30 minute file and polish for hands
- 30 minute file and polish for feet



Chuan Signature Man

Man's Maintenance

60 mins \$159

Feed your skin with a nurturing facial designed specifically for men. The skin's natural oil levels are balanced with a facial cleanse, exfoliation, mask, relaxing facial massage and moisturizer. To complete your experience your therapist will advise you on the best home care for your skin type.

Suggested add-ons performed in treatment time

Cream Hair Mask and Scalp Massage
Hot Oil Hair Treatment and Scalp Massage

Suggested add-ons performed in addition to your facial

15 minute eye treatment
15 minute comedone treatment with extractions
30 minute massage
30 minute geisha tub
30 minute herbal salt scrub

Chuan Executive Indulgence

60 mins \$159

Revitalise energy and unblock points of tension in your hands and feet. A stimulating hand and foot exfoliation is followed by a relaxing hand and foot massage using a combination of flowing movements and acupressure points to rejuvenate each extremity.

Suggested add-ons performed in treatment time

Cream Hair Mask and Scalp Massage
Hot Oil Hair Treatment and Scalp Massage

Suggested add-ons performed in addition to your treatment time

30 minute massage
30 minute geisha tub
30 minute herbal salt scrub

A Man's World

90 mins \$239

Your retreat commences with a purifying back exfoliation to cleanse and replenish. We follow this with our traditional Chuan Harmony relaxation massage and complete the treatment with a facial specifically designed for male skin types.

Suggested add-ons performed in treatment time

Cream Hair Mask and Scalp Massage
Hot Oil Hair Treatment and Scalp Massage

Suggested add-ons performed in addition to your treatment time

15 minute eye treatment
15 minute comedone treatment with extractions
30 minute massage
30 minute geisha tub
30 minute herbal salt scrub



Chuan Signature Escapes

Body Elements

90 mins \$269

Our signature full body Harmony massage blends seamlessly with a facial tailored for your individual needs bringing your total body gently back into balance.

Suggested add-ons performed in treatment time

Cream Hair Mask and Scalp Massage
Hot Oil Hair Treatment and Scalp Massage

Suggested add-ons performed in addition to your treatment time

15 minute eye treatment
15 minute comedone treatment with extractions
30 minute file and polish for hands
30 minute file and polish for feet
30 minute geisha tub
30 minute herbal salt scrub

Tao of Detox

2 hrs 30 mins \$395 / \$750 for 2

Your entire body is treated in this powerful retreat with an invigorating combination of body exfoliation, detoxifying algae wrap, soothing relaxation massage and plumping oxygenating facial.

Suggested add-ons performed in treatment time

Cream Hair Mask and Scalp Massage
Hot Oil Hair Treatment and Scalp Massage

Suggested add-ons performed in addition to your treatment time

15 minute eye treatment
15 minute comedone treatment with extractions
30 minute polish for hands
30 minute geisha tub

Chuan Escapes

Vitality

60 mins \$179

In Chuan's private river stone steam room your therapist applies your chosen oil and follows with a double exfoliation of decadent sweet and savory scrub and stimulating lemon myrtle marine salt to buff away dry skin. The body is cooled and hydrated as you are bathed with green tea infused water before experiencing a cooling facial cleanse, mask and hair mask. Finish with an invigorating steam room shower to awaken your senses and refresh your soul.

Tranquility

60 mins \$179

In Chuan's private river stone steam room your therapist drizzles your chosen oil and follows with a double exfoliation of decadent sweet and savory scrub and aromatic wild rosella marine salt to gently remove dry skin. The body is cooled and hydrated as you are bathed with calming chamomile infused water before experiencing a cooling facial cleanse, mask and hair mask. Finish with an invigorating steam room shower to awaken your senses and refresh your soul.

Suggested add-ons performed in addition to your steam treatment time

30 minute file and polish for hands
30 minute file and polish for feet
30 minute geisha tub
30 minute massage



Indoceane

2 hrs \$300

Delight in a sensual milk bath, sweet and savoury body exfoliation, calming full body massage and soothing fragrant body wrap. Harness your senses as you allow your whole body to float away.

Suggested add-ons performed in treatment time

Cream Hair Mask and Scalp Massage
Hot Oil Hair Treatment and Scalp Massage

Suggested add-ons performed in addition to your treatment time

30 minute file and polish for hands
30 minute file and polish for feet

Escape

2 hrs 30 mins \$395 / \$750 for 2

A deeply relaxing total body escape combining the elements of a mineralizing salt exfoliation followed by a rich hydrating full body mud mask. Your journey is completed with a 60 minute relaxation massage using a selected blend of premium essential oils.

Serenity Shen Couples Treatment

3 hrs \$750 for 2

During this luxurious 3 hour retreat your personal therapists guide you from your private geisha tub, through a soothing full body hot stone massage, to a facial tailored to your skin types. Your tranquil day concludes with Chinese inspired delicacies and tea for both of you to enjoy.

Suggested add-ons performed in addition to your treatment time

15 minute eye treatment
15 minute comedone treatment with extractions
30 minute file and polish for hands
30 minute file and polish for feet

Restore and Renew

3 hrs \$459

Experience the ultimate in beauty with this sumptuous package that includes a full body buffing salt scrub, nourishing hair and scalp treatment, facial tailored to your skin type, eyebrow shape and lash tint, and file and polish for the hands and feet. This treatment is performed with sterilized equipment and includes a take home maintenance pack for your nails.

Suggested add-ons performed in addition to your treatment time

15 minute eye treatment
15 minute comedone treatment with extractions
30 minute polish for hands
30 minute polish for feet

Traditional Chinese Medicine

60 mins treatment \$149 / 90 mins treatment \$205

Traditional Chinese Medicine (TCM) is an ancient holistic medical system that has been practiced for more than five thousand years. It recognises that the body, mind, spirit and emotions must all be addressed for true healing to take place.

With the aim of improving the overall wellbeing, the purpose of a TCM treatment is to identify root causes of conditions so that the healing is genuine and the condition does not recur.

Your Traditional Chinese Medicine treatment will involve a combination of the following:

Acupuncture

- A system of healing where very fine needles are inserted into energy channels to deeply relax and stimulate the body's own healing response and help restore its natural balance.

Ho Guan (Cupping)

- Heated cups are gently applied to the skin for a calming and therapeutic effect. They are applied to acupressure points, as well as to regions of the body that are affected by pain.

Moxibustion

- A traditional Chinese technique to help strengthen the blood and stimulate the flow of "Qi" (Chi).



Residential Wellness Retreats

Prices from \$1870 for a two day retreat including accommodation

Changing seasonally, these customized retreats will offer a distinctive package of services for absolute rejuvenation and relaxation. Available in either two or five day packages with itineraries tailored around the individual rather than a group, the retreats are completely personal.

Residential Wellness Retreats also are available for new parents and parents-to-be. Suitable for singles or couples, these special retreats will ensure expectant parents begin this important

phase of their life in an optimum state of body and mind, or give new parents some important time to rebalance.

Combining the holistic benefits of Traditional Chinese Medicine (TCM) treatments, private yoga, Pilates, personal exercise training and whole foods, the retreats are designed to give guests the knowledge and experience for positive healthy changes to their life.

In Your Own Time

Nurture yourself in your own time in our luxurious changing rooms and tranquil river stone steam room. Select your tray of self care treatments to use at your own pace leaving you calm, refreshed and relaxed.

A perfect way to begin or complete your Chuan journey or simply as a peaceful escape undisturbed.

Body Exfoliation & Moisturiser	\$35
Facial cleanse, intensive exfoliant and moisturiser	\$35
Whole body experience	\$65

Personalise your treatments

Suggested add-ons performed in treatment time

Cream Hair Mask and Scalp Massage	\$10
Hot Oil Hair Treatment and Scalp Massage	\$10
Traditional Chinese Medicine Body Cupping	\$35

Suggested add-ons performed in addition to treatment time

15 minute eye treatment	\$45
15 minute comedone treatment with extractions	\$45
30 minute polish for hands	\$79
30 minute polish for feet	\$79
30 minute geisha tub	\$80
30 minute herbal salt scrub	\$100
30 minute massage	\$89
30 minute facial	\$95

Maintenance

Waxing

Full Leg	\$55
Half Leg	\$40
Brazilian	\$75
Bikini	\$50
G-String	\$55
Lip	\$30
Underarm	\$30
Chin	\$30
Arm	\$30
Eyebrow	\$30

Male Waxing

Chest	\$50
Back	\$50

Makeup

15 minute finishing touch makeup	\$45
45 minute special occasion makeup	\$105



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 (613) 8696 8111, by email mel.info@chuanspa.com or on our website www.chuanspa.com
- Any change to a scheduled treatment booking time requires a minimum of 24 hours notice.
- Please arrive at least 15-20 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

- 24 hours notice must be given to cancel or amend any reserved treatment.
- If less than 24 hours, 50% of your full treatment fee will be levied.
- Failure to attend your appointment will result in full treatment fee being levied.
- All packages and products are non-refundable.

Chuan Gift Vouchers

The perfect gift for all occasions, gift certificates are available for our treatments and packages. The certificates also can be set to any face value redeemable as part payment for any spa treatments.

Chuan Spa - Health Club

Located within Chuan Spa and offering stunning views of the Melbourne City skyline, Chuan Spa Health Club is a haven for contemplation, renewal, relaxation and wellbeing. This exclusive spa and club offers state-of-the-art facilities, cardio and movement classes, an indoor saltwater pool and zero edge Jacuzzi.

Enquire about our exclusive membership packages and private one on one training session.



Chuan Group Reservation

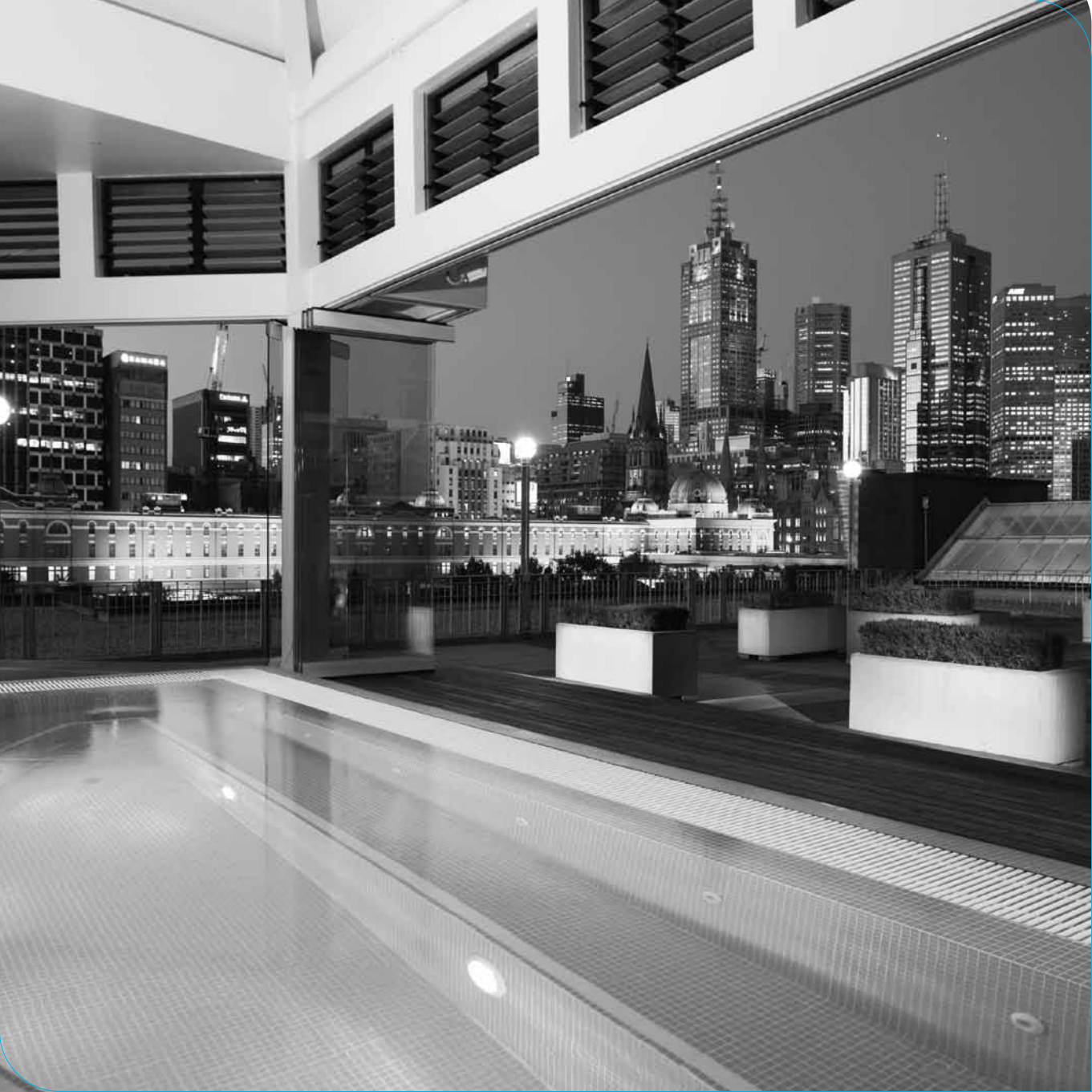
We offer a range of packages to suit all requirements and group sizes. For all enquiries, call the Chuan Spa on (613) 8696 8111.

Chuan Spa Wellbeing Membership

Chuan Spa, the ultimate in holistic luxury spa experiences, has designed a Wellbeing Membership that rewards frequent guests with a range of benefits tailored to your needs. Enjoy

exclusive spa treatments and personalized service with one of three Chuan Spa Wellbeing Membership programs. We create an ambiance of tranquility for both contemplation and inspiration to ensure you benefit from your treatment. Please contact the spa to enquire about these exclusive membership packages.

For membership enquiries, please call (613) 8696 8311



How to Spa

- 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 colleagues if you have any health concerns.
- We recommend some time before your treatments to shower and enjoy the therapeutic benefits of our wet facilities – sauna, snail showers, pool and Jacuzzi.
- While we always try to accommodate your treatments, late arrival may mean a reduction in your treatment time due to prior bookings.
- 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.
- To ensure a peaceful, tranquil ambience in the spa, children under 16 years old are not allowed.
- We provide disposable underwear for your privacy and our therapists 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.
- Please remember to drink fluid, especially water, during and after your time at Chuan Spa. Most of us do not take enough fluid, especially water, daily – so please remember the source of life.
- Gentlemen 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 absorbs the oil's properties.
- If you are pregnant or have any other condition that you feel we should be aware of, please inform your Spa 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 and so on.
- Please refrain from drinking any alcoholic beverages 3 hours or longer before your treatments.
- We recommend you leave valuables in your room or at home; we do not assume liability for any valuables.
- The therapist reserves the right to terminate the treatment if he/she feels the client's behaviour is unacceptable.



The Langham, Melbourne

One Southgate Avenue, Southbank, Melbourne, Victoria 3006, Australia

T (613) 8696 8111 F (613) 9690 5889 mel.info@chuanspa.com

www.chuanspa.com

