

Chuan Spa – The journey begins...

In Chinese, Chuan means flowing water. As the source of life, water represents the re-birth and re-balancing of our whole being. At Chuan Spa we provide you with a journey to wellness combining superior service with holistic treatments that nurture, heal and restore.

Our contemporary Oriental designed Spa creates an opulent retreat from the chaos of the outside world. Providing individual and dual treatment services, a heated outdoor pool and jacuzzi combined with saunas, herbal steam rooms, ice experiences and snail showers. Chuan Spa Auckland is a haven of holistic, luxurious Spa experiences. Combine this with our exclusive treatments and exceptional service and you will leave refreshed, relaxed and totally rejuvenated.

Leave the hustle and bustle behind you as you enter the haven of Oriental serenity. This is where your journey to rediscovering your source begins.



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 to encourage deeper dimensions of relaxation, health and wellbeing.

The ritual begins while bathing under Chuan's snail shower, allowing jets of warm water to loosen and soothe tightened muscles. Then invigorate your skin with a cooling ice experience then round off the ritual while relaxing in the warm, aromatic, five element herbal steam room to help bring your Qi into balance pre-treatment.

The regime of alternative hot to cold produces rotating sedative and invigorating responses in the body and stimulates and awakens 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 elements combined with your energy flow and the influence of Yin and Yang have great effects 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, lotions and teas have been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.

THALGO Thalgo Treatments

Blending the best from the east and west, we are delighted to also offer Thalgo treatments.

French experts in marine beauty for over 50 years, Thalgo has drawn on the riches of the ocean to find the essential elements for authentic and effective cosmetology. Thalgo makes the most of the extraordinary potential of the sea to develop its professional treatments and beauty products. The sea is the support of life on earth and constitutes an immense reservoir of substances that are only just beginning to be explored scientifically. It contains over 500,000 aquatic species and 25,000 algae, of which less than 30 species are used today. Algae are the basis of marine Spa treatments. Their active potential is immense. Just one algae contains a thousand times more calcium, and ten times more magnesium and copper than a terrestrial plant.

Drawing their power from the marine universe, Thalgo products and treatments perfectly complement our flowing water theme – 'Chuan'.

HydroPeptide®

Chuan Spa is proud to offer the world-leading HydroPeptide® range of anti-aging products and facials.

HydroPeptide® leads the industry in harnessing the power of peptides to deliver unparalleled anti-aging results. Unique combinations of encapsulated peptides strengthen the skin's foundation, allowing the skin to reach its youthful potential.

Since 2004, HydroPeptide® has been revolutionising skincare through the power of peptides – messenger molecules that work at a cellular level to increase hydration, visibly reduce lines and wrinkles and enhance the skin's natural luminosity. With over 60 peptides, antioxidant rich botanical stem cells, growth factors and hyaluronic acid, these award-winning daily care and professional collections offer targeted results-driven regimens for every skin type.



Chuan Signature Escapes

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

Chuan Body Elements 1 hour 30 mins

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

Chuan Tao Of Detox 2 hours 30 mins

Enjoy a luxurious full body exfoliation to stimulate blood and lymph circulation before you are enveloped in a warm marine algae wrap, intensifying the detox process. Then the body is rejuvenated as we ease tension in your back, neck and shoulders using massage to release energy blocks. To finish, enjoy a Thalgo classical or micronised marine facial which will purify, re-mineralise and balance the skin.

Chuan Ritual 2 hours 30 mins

Chuan Signature Massage 60mins + Thalgo Facials 60mins + Chuan Herbal Salt Scrub 30mins

Select from:

Chuan Signature Massage: Chuan Harmony or Chuan Balancing

Thalgo Facial: Classical Facial or Micronised Marine Algae Facial

Chuan Escapes

Chuan Eternity 3 hours

Treat yourself to the ultimate pampering whole body experience. First, a herbal salt scrub body exfoliation to soften the skin and restore natural glow. Your pampering continues with a Chuan Harmony Massage leaving you feeling totally relaxed. Then experience the indulgent Thalgo Classical Facial designed to bring all skin types back into natural balance and leave your skin revitalised and radiant. Conclude with your choice of a mini manicure or pedicare.



Chuan Escapes

Pounamu Spa Ritual

2 hours

Reconnect to your senses with our soothing Pounamu Ritual. A full body herbal salt exfoliation helps smooth the skin, then your journey continues with a unique New Zealand spa mud wrap which regenerates and hydrates your body. As the wrap begins to work, healing pounamu stones are used to stimulate facial pressure points, helping to re-awaken your skin's natural balance. As you drift away, a relaxing back, neck and shoulder massage soothes away any remaining stress before your ritual is completed with a mini facial.

THALGO Zanzibar Ritual

2 hours

Escape to the heart of an exotic island paradise, where total rest and relaxation awaits. Begin your enchanting getaway with a rejuvenating full body marine crystal salt scrub, then enjoy your stopover in a blissful tropical oasis as our Zanzibar body massage eases away your stress. Your journey to Zanzibar ends with a silky facial to replenish and rehydrate your skin, leaving you refreshed from top to toe.

THALGO Polynesia Spa Ritual

2 hours

Indulge in an exotic escape to Polynesia's fragrant islands with Thalgo's four-stop Journey of the Senses. Your journey begins on Taha'a (Vanilla Island) with an Exotic Island Body Scrub, soothing you with the relaxing scents of vanilla, coconut and monoi oil to leave your skin radiant and beach beautiful. The voyage continues to Lagoon Island (Manihi) with a fragrant aquatic bathing ritual. Soak in the bath as effervescent Lagoon Water Bath Pebbles release hundreds of relaxing micro-bubbles to hydrate your skin and relax your body.

Next, your tropical escape stops on the Island of White Sand (Bora Bora) for The Mahana Massage, designed to let your body unwind as your aches slip away. This traditional Polynesian-style massage is powerful, slow and rhythmic, providing relaxation deep into the muscles. Your journey ends on the Sacred Island (Raiatea) with Polynesia Sacred Oil, scented with Tiare and enriched with nourishing Algomonoi Sargassum complex to protect and nourish your skin.

THALGO Indocéane Experience

2 hours

Harnessing the serenity of the Orient and amalgamating the secrets of the Mediterranean, Egyptian, Indian and Chinese cultures, experience a multi sensual relaxation therapy. This sublime treatment combines a sweet and savoury body scrub, a milk bath and a two step massage incorporating a Qi-Balm vitalisation massage and an Indocéane oil massage applying, Oriental kneading and Japanese percussion techniques. The sensory journey concludes with a fragrant body wrap and leaves you in a state of total relaxation and bliss.



Chuan Signature Massages

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

Chuan Neck, Back and Shoulder 30 mins

A perfect add-on treatment to enhance your time with us. An oil massage focusing on the neck, back and shoulders.

Chuan Balancing 1 hour / 1 hour 30 mins

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. This dry acupressure treatment stimulates the body's natural self-curative abilities.

Chuan Harmony 1 hour / 1 hour 30 mins

Designed to stimulate meridian harmony, this unique mind, body and soul experience combines the therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm. This full body oil massage stimulates a sense of wellbeing and relaxation.

Chuan Stone Therapy 1 hour 30 mins

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.

Massages

Chuan Massage 45 mins

Ideal for those who have limited time. An oil massage focussing on your areas of concern.

Chuan Mother 1 hour / 1 hour 30 mins (Suitable after the first trimester)

A unique relaxation massage treatment to soothe away the stresses and aches of pregnancy. Supportive cushions ensure a comfortable yet effective massage safe for you and your baby.

Deep Tissue Massage 1 hour / 1 hour 30 mins

This Western Style massage focuses on the deeper layers of the muscle tissue. It aims to relieve chronic patterns of tension in the body through slow strokes and very deep pressure on concentrated areas specific to your needs.

Chuan Recommended Add-ons

To complement our massages we recommend the following:

- Chuan Signature Scrub (30 minutes)
- Chuan Touches (15 minutes – 30 minutes)



Traditional Chinese Medicine

Chinese medical practitioners use cultural beliefs to interpret states of wellbeing. Any disharmony relating to 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. Traditionally treatments include herbal medicine, acupuncture, massage, breathing, exercise and diet. The aim is to supplement the deficiency of either Yin or Yang to reduce the excess. The holistic approach of Chinese medicine is to treat the body as a whole and address any imbalance.

Traditional Chinese Medical

Consultations and Treatments 24 hrs notice required

First time guests using Chuan Spa's Traditional Chinese Medicine (TCM) treatments need an initial consultation by our qualified TCM practitioner to interpret your state of wellbeing. All treatments can be enjoyed as a one-off experience, however those looking to enhance the benefits of TCM will need additional treatment sessions.

Acupuncture

1 hour 15 mins

Acupuncture is a form of therapy that has been used within the system of healing in China for thousands of years. Its focus is on improving overall health and wellbeing in addition to treating specific symptoms. According to traditional Chinese philosophy, our health depends on the body's circulating energy, "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 natural healing response and help restore its balance.



Thalgo Facials

Thalgo uses the riches of the sea in all their treatments. You can benefit from the powerful natural healing, revitalising and re-balancing properties drawn from the marine universe, vital for health and wellbeing. Thalgo facials deliver spectacular results in purifying, hydrating and firming. All treatments begin with the Marine Immersion, a cleansing ritual unique to Thalgo.

THALGO LA BEAUTÉ MARINE Heart of the Ocean Facial 1 hour

This facial is an intensive hydration treatment where freshness and radiance are integral. Perfect for guests with dehydrated skin types (sometimes rough to touch) and those who suffer from sensations of tightness.

THALGO LA BEAUTÉ MARINE Micronised Marine Algae Rebalancing Facial 1 hour

A 100% marine algae treatment, this facial purifies, re-mineralises and balances the skin. This is the perfect facial for those with a dull complexion.

THALGO LA BEAUTÉ MARINE Silicium Facial 1 hour 15 mins

This amazing treatment is the ultimate in anti-ageing, using Marine Silicium and Hyaluronic Acid molecules to restore and lift the skin. Your facial begins with a special resurfacing treatment, then a delicate lifting massage fills wrinkles and lifts facial features. Next, a collagen mask plumps the forehead and eye area, followed by a warming Cryo-Sculpting mask for the neck and chin.

THALGO LA BEAUTÉ MARINE Classical Facial 45 mins

This classic facial is designed for those of you with limited time and can be tailored to suit every skin type. Perfect to refresh and rejuvenate tired skin.

Chuan Signature Facials

THALGO LA BEAUTÉ MARINE Chuan Yu Facial 1 hour 15mins

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.



HydroPeptide Facials

HydroPeptide® Brightening Facial

1 hour

Even out, lighten and brighten many types of skin discoloration. This brightening treatment will help to address pigmentation concerns without the use of harsh chemicals by combining proven natural skin brighteners with gentle exfoliation. A potent dose of antioxidants helps to protect the skin while a targeted treatment serum jump starts a more even complexion. Ideal for skin affected by hyperpigmentation, sun damage, acne scars, pregnancy mask, age spots and uneven tone. After just one treatment, skin is glowing, more even, smooth and toned. A series of treatments is recommended for best results.

HydroPeptide® Pumpkin Refresher Facial

1 hour

This refreshing power boost provides effective exfoliation to combat and revitalise dull skin. A combination of fruit enzymes and clarifying peptides work synergistically to clear the skin of impurities while natural exfoliants increase cell turnover to lift signs of sun exposure and leave skin looking fresh and renewed. Ideal for skin affected by sun damage, dullness or acne. After just one treatment, skin is clearer, smoother and glowing.

HydroPeptide® Anti-Wrinkle Facial

1 hour

HydroPeptide's signature facial is a relaxing treatment that infuses skin with the restorative and uplifting benefits of peptides, growth factor activators and proteins. Begin the treatment with a two-step peel that incorporates Vitamin C infused microdermabrasion crystals and a plumping activator to reveal fresh, glowing skin. A hybrid treatment mask purifies with bentonite and kaolin clays while wrinkle fighting peptides leave skin firm and rejuvenated. Fine lines and wrinkles don't stand a chance with this signature age-defying treatment.

Ideal for fine lines and wrinkles, mature skin and skin that is dull, tired or dry. After just one treatment, expression lines appear relaxed, skin is glowing, texture is smoother and skin is plumped.

HydroPeptide® Calming Recovery Facial

1 hour

Every sensitive skin will be left glowing after this calming, soothing treatment. A gentle peel refreshes skin without irritation while a nourishing mask helps to protect skin and restore hydration. Start combating sensitivity with peptides and a botanical stem cell that helps to promote an even skin tone by reducing visible signs of redness. An uplifting eye treatment gives the perfect finish to this gentle, restorative treatment. Ideal for sensitive and sensitised skin, couperose and impaired skin barrier. After just one treatment, skin is calm, refreshed and more balanced.

Chuan Recommended Add-ons

To complement our Chuan Facials we recommend the following:

- Chuan Signature Massage (30 minutes)
- Chuan Signature Scrub (30 minutes)
- Chuan Touches (15 minutes – 30 minutes)



Chuan Signature Scrubs and Wraps

Chuan Herbal Salt Scrub

30mins

Relax as warm oil, herbal salt, peppermint and ginger provide a deep cleansing treatment designed to exfoliate and revitalise the skin and body by enhancing circulation, leaving the skin nourished and supple.

Chuan Muddy Elements

1 hour 30mins

Integrating the five Chinese elements, 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 an 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 completing the treatment with the application of a hydrating lotion.

Wraps

THALGO Micronised Marine Algae Wrap

1 hour

This wrap contains 100% marine algae naturally enriched with vitamins, minerals and trace elements. The refreshing properties of algae can assist to relieve muscular fatigue, boost sluggish circulation, re-balance metabolism and help in the detoxification process. This is a revitalising treatment which helps to refine and tone the body while softening areas of cellulite.

Chuan Recommended Add-ons

To complement our Scrubs and Wraps we recommend the following:

- Chuan Signature Massage (30 minutes)
- Chuan Touches (15 minutes – 30 minutes)



Chuan Signature Man

THALGO Chuan Man Maintenance 1 hour

Designed to meet a man's specific facial needs. Relieve tension and fatigue while restoring strength and vitality to the skin. This is a treatment that will regenerate and rehydrate, repair and soothe any irritation.

Chuan Man's World 1 hour 15mins

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

Chuan Executive Indulgence 1 hour

Relax as your feet soak in warm water infused with essential oils, your hands and feet 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 Recommended Add-ons

To complement our Chuan Man treatments we recommend the following:

- Chuan Signature Massage (30 minutes – 1 hour 30 minutes)
- Chuan Touches (15 minutes – 30 minutes)



Chuan Signature Hand and Foot Therapies

Chuan Healing Hands

1 hour

Suppleness is restored to hard working hands with our warm oil and herbal salt exfoliation before a nourishing mud mask is applied. Your hands will feel completely pampered as your treatment is completed with a massage using an aromatic hand lotion.

Chuan Feet Retreat

1 hour

This refreshing treatment enhances circulation and enlivens tired and aching feet. Relax as we immerse your feet in a warm aromatic foot soak, before softening the skin with the warm oil and herbal salt exfoliation. A foot mask is then applied to revitalise the feet. Integrating the benefits of Chinese pressure points to release tension and clear energy blocks, your feet will be completely refreshed and pampered.

Chuan Heavenly Jing Luo

1 hour 30mins

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

Chuan Reflex Remedy

1 hour

Drawing on reflex points and integrating Chinese pressure point principles, this extremity indulgence 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.

Hand and Foot Therapies

Manicare

1 hour

This treatment starts in our state of the art manicure and pedicare area. It includes nail and cuticle care, exfoliation and relaxing hand and arm massage. Chuan hand lotion is applied to improve cuticles and nail health. The treatment is completed with a nail polish application.

Pedicare

1 hour

This treatment features nail and cuticle care, an aromatic foot bath, exfoliation and massage in our deluxe pedicare area finishing with a nail polish application.

Chuan Touches

Taster Treatments

These are suggested add-ons which can be mixed and matched to create your own unique package.

- Mini Manicare (30 minutes)
- Mini Pedicare (30 minutes)
- Head Massage (15 minutes)
- **THALGO** Bliss Care Facial (30 minutes)
- Red Light Therapy (15 minutes)

THALGO Eye Break Treatment

15 mins

Treat your eyes with the new Thalgo Eye Bar treatment. The innovative Thalgo Eye Massage mask combines five exclusive technologies for the latest in anti-puffiness, anti-dark circles and anti-wrinkle action. Dedicated to eye contour care, this relaxing and refreshing experience is available as an add-on to any other treatment.



Chuan Facilities and Memberships

Health Club

Located on level 2 is our state-of-the art Health Club. Equipped with cardiovascular machines, strength machines and a comprehensive range of free weights.

Swimming Pool

Perched on level 2 is a 12 metre outdoor heated swimming pool. The pool deck is lined with luxurious pool loungers and a heated Jacuzzi warmed to 38°C.

Changing Room

After your work-out, retreat to our well-equipped changing rooms to enjoy the sauna, herbal steam room, ice experience and snail shower.

Health Club Membership

Chuan Spa offers exclusive Health Club memberships. Please enquire with our concierge team.

Facility Membership

Facility membership includes 24hour access to the health club. The tri bathing facilities are available during the spa opening hours. Membership includes discounts on Cordis restaurants and bars, spa treatment and spa retail. Membership packages range from 6 months to 12 months.



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 09 300 2960, via email: cdakl.info@chuanspa.com or on our website chuanspa.co.nz

Any change to a scheduled treatment booking time requires a minimum of 24 hours advance notice.

Please arrive at least 45minutes before your scheduled appointment time to check in and enjoy the facilities at Chuan Spa.

A valid credit card and telephone number is required to reserve all treatments and packages.

Chuan Cancellation Policy

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

If less than 24 hours, 50% of the full treatment fee will be levied.

No-shows incur the full treatment fee. All packages and products are non-refundable.

Chuan Day Spa Passes

Day spa passes are available at a cost of \$50 per person on weekdays and \$60 on weekends. You can enjoy the use of all our facilities including the outdoor heated swimming pool, jacuzzi, sauna, herbal steam room, ice experience and snail showers. Day passes are subject to availability.

Valet parking is not included with day pass entry.

Chuan Gift Cards

The perfect gift for all occasions. Gift cards are available for any of our listed treatments.

Chuan Group Reservations (5 or more people)

We offer a range of treatments to suit all requirements. Group bookings need to be settled in one transaction. Any food and beverage requirements are to be finalised at least 48 hours prior to the booking. All charges will be settled to the credit card provided 24 hours prior to the group's booking. Please contact Chuan Spa Concierge on 09 300 2960.

How to Spa

Check-in

When you arrive at Chuan Spa please inform our Spa Concierge if you have any health concerns.

We recommend arriving 45 minutes prior to your scheduled treatment time in order to shower and enjoy the therapeutic benefits of our wet facilities – herbal steam room, sauna, ice experience, jacuzzi and swimming pool.

While we will always try to accommodate your treatments, late arrival will 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 silent mode.

Minimum Age

The Spa and Health Club areas are only available for guests 16 years and over.

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 – 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.

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 the 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.

Valuables

We recommend you leave all valuables in your room or at home. Chuan Spa will not assume liability for any valuables.

Gratuities

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

Others

Gambling and smoking within Chuan Spa, Health Club or pool area is strictly prohibited.

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