

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, the 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 which helps to open the pores and increase circulation. 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 in to 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 fire, earth, water, metal and wood. 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 has been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.



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 40 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 the life on earth and constitutes an immense reservoir of substances that are only just beginning to be exploited 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'.



Chuan Escapes

Five Elements Rebalance

3hrs

Enjoy time together as the Five Chinese elements are brought into perfect harmony with this unique treatment for individuals or couples; balance, calm, nurture, revitalise and harmonize. Your re-connective journey begins with a Chinese inspired tea served in the privacy of your own Spa suite as our signature elemental oil burns. Your journey continues with a fragrant Ocean Sensation Bath in a private tub infused with seaweed petals followed by our signature Stone therapy massage, bringing your Qi into harmony. Conclude your journey in your exclusive in-room pedicare seat while being treated to a foot therapy massage and scrub infused with lemon, peppermint and cypress connecting you with your earth and wood elements. The serenity is completed with a Spa Cuisine snack and personalised herbal Chuan elemental tea of your choice in your own private suite.

Chuan Eternity

3hrs 15mins

Treat yourself to the ultimate pampering whole body experience. First, an evening primrose oil body exfoliation to soften the skin and restore natural glow before having full body tensions and stresses massaged away. Your pampering continues with a Chinese Acupressure Scalp 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 a Healing Hands or Feet Retreat including nail and cuticle work.

Tao of Detox

2hrs 30mins

This is an ideal treatment for jetlag or detox. Recharge your entire being after those long excursions and help eliminate the damage that it brings. Begin your journey by having your therapist relieve your tired travel feet, legs and water retention with a Toning Body Wrap. Continue to soothe those tensed up muscles with Chuan's signature back, neck and shoulder massage. Complete your voyage by bringing your skin back to its normal hydration levels with our Thalgo Hydra-Moisture Source Facial. The perfect way to bring your face and body back into optimal well being.

Chuan Awakenings

2hrs 15mins

Our signature Chuan Harmony massage will awaken your senses and stimulate your meridian harmony. Any remaining tension will be released with a Chinese Acupressure Scalp Massage to relieve all the internal stresses of the day. Your therapy is concluded while your hands and feet soak in warm water infused with essential oils. This is followed by an exfoliation and massage to soften the soles of the feet and rejuvenate hard working hands.

Body Elements

1 hr 30mins

Immerse yourself in a holistic relaxation experience. Restore balance and reduce tension with our signature Chuan Harmony body massage. Then nourish the skin with the hydrating benefits of our Thalgo Bliss Care facial. The perfect way to soothe the soul and restore skins vitality from top to toe.

Exclusive Suite Use

30mins

Our dual Chuan Spa suite is available for you and your partner to share your Spa moments in exclusive privacy, and can be booked in advance for any package or treatment. Indulge before an in-room treatment or simply book the suite separately to enjoy the peaceful use of your twin tub while drifting off in the calming surrounds.



Chuan Massages

Chuan Stone Therapy

1 hr 30mins

Let your body unwind as we balance the yin and yang energies through the use of hot (yang) and cold (yin) stones. The hot stones increase body circulation and assist the immune function by helping to purify your body. The cold stones calm internal heat, assist acute injury recovery and increase mental alertness.

Chuan Harmony

1 hr / 1 hr 30mins

This unique mind, body and soul experience is designed to stimulate meridian harmony. It combines the therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm.

Chuan Balancing Massage

1 hr / 1 hr 30mins

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 bodies natural self-curative abilities.

Chuan Deep Tissue Massage

1 hr / 1 hr 30mins

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 Mother

A unique massage treatment to soothe away the stresses and aches of pregnancy. Your therapist will focus on the traditionally tired areas associated with pregnancy - the lower back, lower legs and feet. Essential oils and specifically designed supportive cushions ensure a comfortable yet effective massage safe for you and your baby.

Chuan Back, Neck and Shoulder Massage 30mins

Ideal for those with limited time or a perfect add-on treatment to enhance your time with us at Chuan Spa, this Chinese style acupressure massage focuses on the back, neck and shoulder area.

Extras

To complement our massages we recommend the following:

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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, moxibustion, 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
Chuan Spa's Traditional Chinese Medicine (TCM) treatment session includes a consultation by a qualified TCM practitioner to interpret your states of wellbeing. Relevant treatments will be prescribed. Prescribed treatments may include:

Moxibustion

An ancient traditional Chinese technique to help strengthen the blood and stimulate the flow of 'Qi' to maintain general health. Moxibustion involves the burning of a small, spongy Chinese herb, known as Moxa, to facilitate the bodies natural healing. The practitioner will light one end of a moxa stick and hold it close to an acupressure point for several minutes to bring about a pleasant heat sensation penetrating deep into the skin.

Ho Guan (Cupping)

Cupping refers to an ancient Chinese practice where a heated cup is applied to the skin. The pressure in the cup has therapeutic effects on the skin and superficial muscle layer. Cupping is applied to certain acupressure points as well as to regions of the body that are affected by pain.

Acupuncture

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 the overall health and wellbeing of the patient, 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 bodies own natural healing response and help restore its balance.



Chuan Scrubs and Wraps

Herbal Salt Scrub

30mins

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.

Vitality (Evening Primrose Exfoliation)

1 hr

An exotic evening primrose exfoliation is combined with the uplifting essential oils of peppermint, eucalyptus, marjoram and ginger to invigorate and bring vitality to your body. A scalp massage and facial cleanse follows before the treatment is completed with an application of our calming and deeply hydrating Chuan body lotion.

Muddy Elements

1 hr 30mins

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 completing the treatment with a full body mist and hydrating lotion.



Micronised Marine Algae Wrap

1 hr

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 cutaneous 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 hard cellulite.



Thalgomince Warm Body Wrap

1 hr

For women wishing to improve or prevent stretch marks, or those looking to regain structure post pregnancy, this is a fantastic treatment for those hosting unwanted localised cellulite or fluids. The skin is treated to an enhanced firmness and soft glow through the use of a highly effective massage technique and wrap.



Toning Body Wrap

1 hr

This is an excellent treatment for draining tired, heavy legs or those suffering from soft cellulite or water retention and is particularly good for guests post-travel.

Extras

To complement our Scrubs and Wraps we recommend the following:

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Chuan Hydrotherapy Rituals



Ocean Memory Bathing Ritual

2hrs

This is a truly aquatic and sensorial journey. Let your senses rediscover the wonders of the oceans and emerge renewed in a burst of vitality. The perfect mineral double of our inner environment is a revolutionary extract of the energising thousand year old micro-algae. Its exceptional richness in salts, minerals and trace elements bring a new energy to the skin. Begin the journey with creamy salt flakes and seaweed petals being polished onto your body with the Ocean Memory Scrub, leaving your skin with a satin smoothness. Then delight your senses in an Ocean Sensation bath with seaweed petals releasing their intoxicating scent, while infusing their mineral strength. Next enjoy Thalgo's signature Neo Vital sculpting and awakening massage where an algae pouch and aquatic massage oil deeply invigorate your body giving you a renewed spring in your step. Finish off with a body wrap of tingling algae mousse leaving your skin revitalised, incredibly soft and hydrated.



Indocéane Experience

2hrs

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 employing Indian smoothing, 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 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 Classical Facial 45mins

Hydrate, revitalise and nourish your skin with this facial suitable for all skin types. The therapist will create a facial to suit your requirements - from skin needing to balance out excessive moisture to ultra dry skin types in need of nourishment. Professional advice will be given in-room.

Hydra-Moisture Source Facial 1 hr

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.

Pure Collagen Velvet Facial 1 hr

For a refreshing, youthful radiant boost, this treatment is perfect for those wishing to prepare their skin for a special event or simply looking for a smooth and supple complexion. The Pure Marine Collagen used reinforces the skins own collagen and is your natural alternative to injectable boosting treatments. Effective on sun damaged skins.

Algomega Warm Mask Treatment 1 hr

Delectable, comforting and nourishing, this facial incorporates a mask that offers soothing warmth. With its bio marine extracts, those with dry and very dry skins who are looking for nourishment and repair will benefit from this treatment. Suppleness, softness and the restoration of the skins auto defence mechanisms will result.

Micronised Marine Algae Rebalancing Facial 1 hr

A 100% marine algae treatment, this facial regulates sebaceous secretions while ridding the skin of its impurities. This is the perfect facial for those with oily or problematic skin-types.

Fundamental Wrinkle Control 1 hr

This treatment has an impacting 'ironing' effect on the skin to help reduce the depth of wrinkles and give an instant decreasing result, while plumping up to create a smoother finish.

Exceptional Facial 1 hr

Like extracts of life, the Natural Marine Algae Hormones in this Biological Cellulose mask act like reserves of youthfulness. This prestigious facial has an immediate smoothing effect for 75% of users and is a perfect treatment to significantly reduce skin stress and wrinkles with deep down action to give a youthful boost to mature skins.

Extras

To complement our Chuan Facials we recommend the following:

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Chuan Man



Ocean Facial

1 hr

Energising and purifying, this Thalgo facial treatment is a true energy boost designed to meet men's specific needs. Relieve tension and fatigue while restoring strength and vitality to the skin. A warm blue green algae mask will deeply replenish while the powerful properties of plant extracts assist to repair and soothe any irritations leaving your skin revitalised and radiant.



Marine Prelude

1 hr 15mins

An ideal treatment for dry and/or dehydrated skins combating all signs of superficial roughness. Natural Thalgo Marine Mud and Marine Salts are applied to the body and moistened to create a perfect environment for an intensive body exfoliation and massage, leaving the skin strengthened with a renewed shine.

A Mans World

1 hr 30mins

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

Extremity Indulgence

1 hr

Relax as your hands and feet soak in warm water infused with essential oils, which are then exfoliated to soften the soles of the feet and rejuvenate hard working hands. Relaxation massage techniques are then used on the hands and feet to release tension and stress before a relaxing scalp massage. This extremity indulgence is designed to relax whilst bringing balance to your body.

Extras

To complement our Chuan Man treatments we recommend the following:

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Chuan Hand and Foot Therapies

Healing Hands

1 hr

Suppleness is restored to hard working hands with our warm oil and herbal salt exfoliation before the hands are wrapped in a nourishing mud mask. This deeply hydrating treatment continues with nurturing nail and cuticle care restoring beauty and radiance. Your hands will feel completely pampered as your treatment is completed with a massage of aromatic hand lotion containing rose, vertiver, lavender and vitamin E followed by an application of polish.

Feet Retreat

1 hr

This refreshing treatment enhances circulation and enlivens tired and aching feet. Relax as we immerse your feet in a warm aromatic foot soak, before softening the skin with the warm oil and herbal salt exfoliant. A foot mask infused with peppermint, lemon and cypress is then applied to revitalise the feet before the nurturing nail, cuticle care and polish begins.

Reflex Remedy

1 hr

Reflexology is a Traditional Chinese Medicine technique using pressure-point massage on the hands and feet to restore the flow of energy and promote relaxation and natural healing throughout the entire body.

Manicare

1 hr

This treatment starts in our state of the art manicure and pedicare area. It includes nail and cuticle care, 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 hr

This treatment features a nail trim, aromatic foot bath and nail and cuticle care. It concludes with a relaxing foot and calf massage in our deluxe pedicare area using nourishing peppermint foot lotion and nail polish application.

Waxing

☐ Full Leg Wax

☐ Half Leg Wax

☐ Brazilian Wax

☐ Bikini Wax

☐ G-String Wax

☐ Underarm Wax

☐ Chest Wax

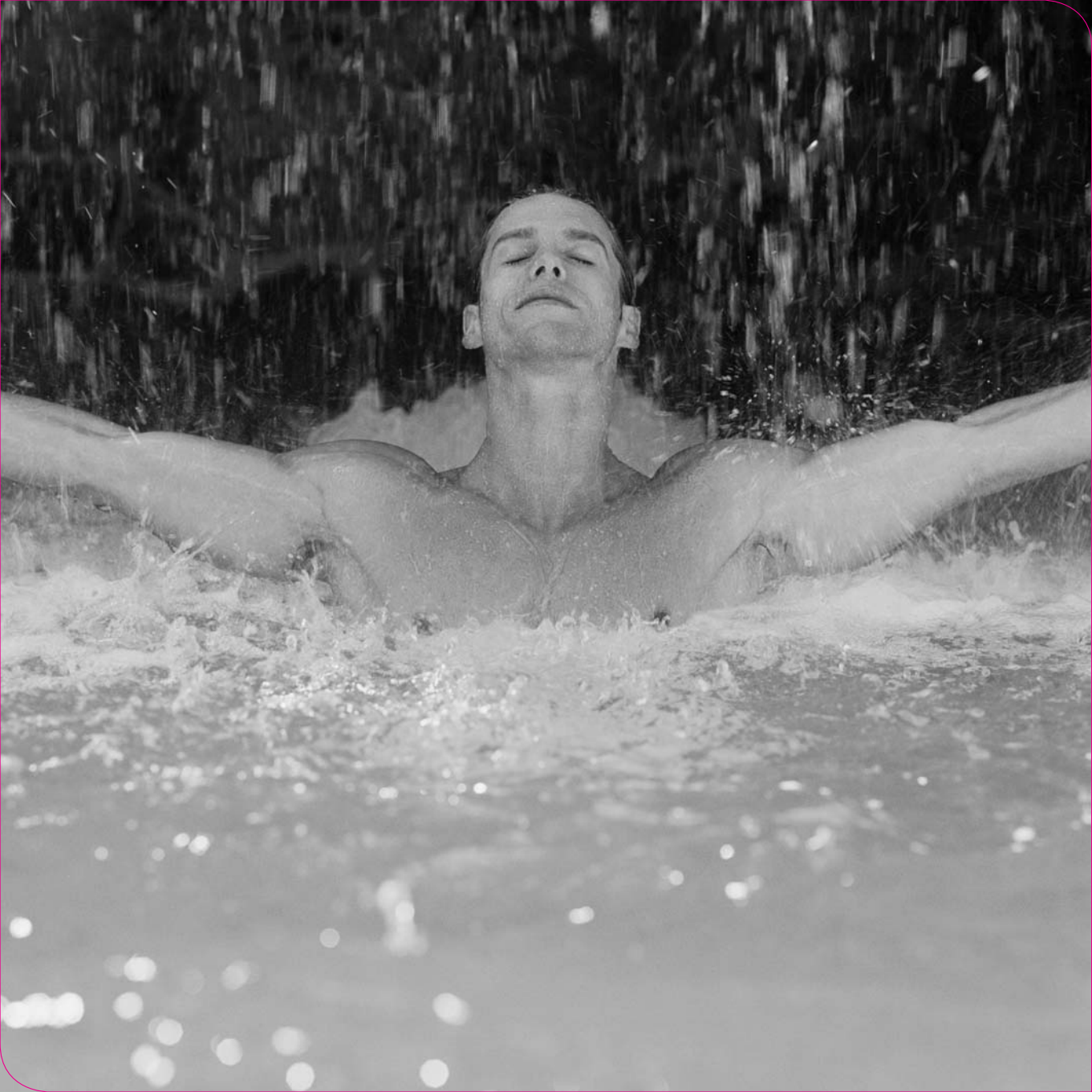
☐ Arm Wax

☐ Back Wax

Extras

To complement our Chuan Hand and Foot Therapies we recommend the following:

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Chuan Health Club

Chuan Spa – Health Club

Located adjacent to Chuan Spa, our Health Club is a haven for contemplation, renewal, relaxation and wellbeing. This exclusive Spa and Club offers state-of-the-art facilities with iPod stations, a heated outdoor pool and jacuzzi.

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

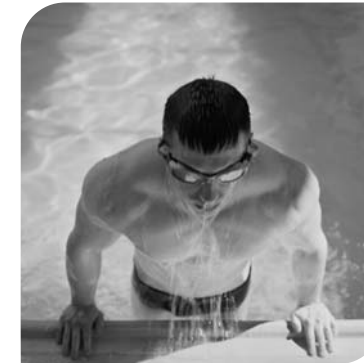
Personal Training

Your Trainer will conduct an assessment of your health, lifestyle and personal training goals to design a specific strength, cardio and flexibility programme for you. In addition to a comprehensive flexibility and strength training an exercise programme will be designed with nutritional advice to help you achieve maximum results within the minimum amount of time.

Individual personal training is priced from \$85 per session.

Fitness Studio

The well equipped fitness studio consists of the latest TechnoGym cardio equipment featuring individual LCD TV screens with iPod technology. It also includes a line of strength machines from TechnoGym, free weights, Swiss ball resistance and a stretch area.



Pool

Enjoy the fresh air while taking a relaxing swim in our 12.36 metre outdoor heated swimming pool. Or unwind in our Jacuzzi after a vigorous workout.

Changing Facilities

The changing area provides an array of personal hygiene products, vanity areas, complimentary towel service, hair dryers, herbal steam room, sauna, snail showers, ice experience, showers and lockers.



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 or over the telephone (64 9) 300 2960, email tlkl.info@chuanspa.com or on our website www.chuanspa.com.

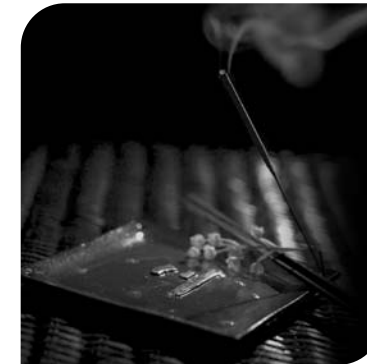
- Any change to a scheduled treatment booking time requires a minimum of 24 hours notice.
- Please arrive at least 30 minutes before your scheduled appointment time to check in and enjoy the extensive state of the art facilities at Chuan Spa.
- A valid credit card and telephone number are required to 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 also result in 100% of your treatment fee being levied.
- All packages and products are non-refundable.

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 treatments.



Chuan Group Reservations

Chuan offers a diverse range of packages to suit all requirements. For all corporate events, hen's parties, birthdays and any other group enquiries we offer a range of packages to suit all requirements. Come and enjoy our short break, or day Spa indulgence packages. For all enquiries, call the Chuan Spa on (64 9) 300 2960.



How to Spa

Etiquette

- 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 allowing at least 30 minutes before your treatments to shower and enjoy the therapeutic benefits of our herbal steam, sauna, snail showers and ice experience.
- While we will 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 ambiance in the Spa, children under 16 years old are not allowed.
- We provide disposable underwear for your privacy and our therapists will advise you on their use. They should be worn during wraps, scrubs and massage treatments – our therapists are fully trained to drape you to protect your privacy at all times.
- Please remember to drink fluids, especially water during and after your time at Chuan Spa. Most of us do not consume enough daily fluids – so please be mindful of the source of life.
- Gentlemen should shave a few hours before any facial treatment to increase comfort levels.
- To gain the maximum benefit from your massage, we suggest you leave the oils on your skin for up to 2 hours before taking a shower.
- If you are pregnant or have any other condition that you feel we should be aware of, please inform your Spa therapist.
- Our therapists are fully trained to ensure your treatments are some of the best you will experience. However, please inform them 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 safe 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.

Wellbeing Membership

Chuan Spa offers three exclusive wellbeing membership programmes; Chuan Qi (Vital Energy), Chuan Shen (Mind and Spirit) and Chuan Jing (Life Force).

It makes wellness sense to schedule your treatment sessions frequently as this will maximise the benefits and results. Our wellbeing memberships are designed to reward frequent guests with a range of benefits to suit your needs.

Privileges/Membership Types	Chuan Qi	Chuan Shen	Chuan Jing
Duration	12 months	12 months	12 months
Discount on spa treatments	15%	20%	20%
Discount on spa products	15%	15%	15%
Complimentary valet parking per visit	2 hours	3 hours	2 hours
Discount in hotel restaurants and bars	10%	15%	10%
One hour complimentary spa treatment	1	2	1
Personal training session	1	1	1
A Thalgo gift pack	1	1	0
Family & friends 15% off vouchers	1	2	0
Unlimited access to Health Club facilities at time of booking	Yes	Yes	Yes
Access to Spa treatment bookings during Spa opening hours	Unlimited	Unlimited	Off Peak*
Membership Level	Individual	Individual or dual	Individual

*Off Peak hours are Monday to Friday Midday to 5.00pm. Treatment to finish no later than 5pm.

For more details about our Chuan Spa Wellbeing memberships, including terms and conditions and pricing, please contact a Chuan Spa Concierge.