



Chuan Spa
Treatment Menu

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 spa pool 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.



Since 1946, Sothys has been a respected pioneer in the creation of beautifully curated Professional Facial and Body Treatments, using highly effective and Botanically sourced formulations, all developed by Sothys original Research and Development.

Every Sothys Treatment is created with a specific purpose in mind in order to improve skin health, function and appearance and just as importantly provide a memorable sensorial experience to balance and relax your mind.

Chuan Signature Escapes

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

Chuan Body Elements

1 hr 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 Sothys Classical facial. A perfect escape to soothe the soul and restore vitality.

Chuan Tao Of Detox

2 hrs 30 mins

Enjoy a luxurious full body exfoliation to stimulate blood and lymph with a rejuvenating Sothys Athletics Wrap. Then the body is relaxed as we ease tension in your back, neck and shoulders using an acupressure massage to release energy blocks. To finish, a Sothys Resurfacing Peel Facial will help to restore dehydrated skin leaving it deeply nourished

Chuan Ritual

2 hrs 30 mins

This bespoke treatment package starts with the tri-bathing experience followed by a Chuan Herbal Salt Scrub.

Then your choice of a Chuan Harmony massage or a Chuan Balancing massage (60 minutes) to conclude the ritual with a Sothys Ampoule Fundamental Facial

Chuan Escapes

Chuan Eternity

3 hrs

Treat yourself to the ultimate pampering whole body experience. First, Chuan Herbal Salt Scrub exfoliation to soften the skin and restore a natural glow. The pampering continues with a Chuan Harmony Massage that will ease away your stress, leaving you wonderfully relaxed. A Sothys Classical Facial helps to bring all skin types back into natural balance and leave your skin revitalised and radiant. Conclude your journey with your choice of a mini manicure or pedicure.

Chuan Romance

2 hrs 15 mins

This luxurious and romantic spa package for two is the perfect way to celebrate a romantic occasion together. Relax in our comfortable dual treatment room as you enjoy a full body herbal scrub, a calming bathing ritual, a glass of sparkling wine, a full body Chuan Harmony Massage and a manicure, with a delicious fruit platter to share.

Chuan Mama Retreat

2 hrs

This pampering spa retreat for busy Mums will leave you feeling heavenly from top to toe. Relax and enjoy a blissful Body Massage, followed by a revitalising Sothys Customised Ampoule Facial to nourish your skin, and a pedicure and foot massage to energise your hard working feet.

Chuan Escapes

Seasonal Escape

2 hrs

Limited Edition

An original concept from Sothys combining chronobiology and delicious flavours to reveal the skin's radiance, season by season.

A unique blend of minerals oxygenates your skin, helping to boost the skin's defence system over the Winter months.

A revitalising blend of potent vitamins acts to rejuvenate the skin and prepare it for Summer.

Sensational Orientales

1 hr 30mins

An exceptional spa treatment protocol inspired by ancestral Oriental rites using aromatic notes of myrrh and amber. Starting with a syrup to prepare the body for exfoliation using Sothys' unique handmade clay stone, it moves to a full body scrub, before finishing with body moulding to nourish and enhance your skin. The unique scrubbing terracotta stone is yours to take home at the end of the treatment.

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 mins**

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 back, neck and shoulders.

Chuan Balancing **1 hr / 1 hr 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 hr / 1 hr 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 well-being and relaxation.

Chuan Hot Stone Therapy **1 hr 30 mins**

Balance the Yin and Yang energies through the use of hot stones. Let your body unwind as the hot stones increase body circulation and assist immune function by removing waste products. The use of hot stones is integrated in a relaxation massage.

Massages

Chuan Massage **45 mins**

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

Pregnancy Massage **1 hr / 1 hr 30 mins**

{Suitable after the first trimester}

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. Specifically designed supportive cushions ensure a comfortable yet effective massage safe for you and your baby. Suitable for mothers after the first trimester.

Deep Tissue Massage **1 hr / 1 hr 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 mins)

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 hr 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.

Chuan Signature Facials

Chuan Yu Facial **1 hr 15mins**

Using the ancient Gua Sha technique, our Signature Chuan Yu Facial is the perfect way to revitalise your skin. Greenstone is delicately traced across the face, massaging important meridian points and increasing circulation. Greenstone is regarded as a healing stone and will nurture, heal and restore your skin. Suitable for most skin types but not recommended for those with acne or a delicate skin.

Sothys Facials

Classical Facial **45 mins**

Hydrate, revitalise and nourish your skin with this facial suitable for all skin types. The Therapist will create facial to suit your requirements, from oily skin requiring rebalancing of oil production to ultra-dry skin needing intense nourishment.

Professional advice will be given in-room.

Ampoules Facial **1hr**

The Sothys Fundamental Facial is the quintessential facial for anyone who wants to start with a simple facial that uses relaxing facial massage and nourishes and rebalances skin after one treatment. It includes the famous Sothys Ampoule which is selected by your Therapist depending on skin type and needs, a mask application and nourishing moisturiser to complete the treatment

W+ Brightening Facial **1hr**

A customized light-revealing and radiance treatment combining the Sothys Brightening serum with pure Vectorised Vitamin C ensuring its effectiveness. The unique combination of actives well regarded for their potency, helps to limit and reduce the appearance of pigmentation by evening skin tone and brightening the luminosity of the skin.

Soothing Sensitive Facial **1hr**

More than half of women have skin sensitivity to some degree, which can be due to many internal and external aggressors. Discover the ultra-gentle textures of the Soothing professional treatment with Spa™ Thermale Water, renowned for its unique mineral properties and pH balance, to sooth and desensitize your skin after the very first 1-hour treatment.

Seasonal Care Facial **1hr**

A dose of oxygen associated with a cocktail of minerals to boost the skin's defence system before winter and with a cocktail of vitamins to revitalise it before summer.

Resurfacing Peel Facial **1hr**

A treatment inspired by medical techniques to intensely renew the skin with a synergy of advanced technology and the expertise of Sothys beauticians. This treatment is based on two well-known exfoliation methods: the chemical peel and microdermabrasion for high performance skin cleansing.

Sothys Facials

Youth IT 1 hr 15 mins

The preeminent Sothys Intensive treatment for targeting the common visible age markers.

A Comprehensive and divinely indulgent facial experience involving 5 Treatment steps and no fewer than 8 specific formulas, including the hero BP3 TRI Complex of Sophora and Saffron peptides, derived my original and exclusive Sothys 'Green Science' Research using sustainable extraction practises. A treatment of unparalleled effectiveness and enjoyment.

Perfect Shape Neck Treatment 45 mins

The skin of our neck is subject to significant stress and environmental exposure each and every day, this targeted treatment is formulated to tighten and tone the skin, through this 4 phase treatment. Following cleansing, a rich serum of marine and botanical extracts is applied to the face oval, neck and décolleté using stimulating massage to firm slackened skin. A Smoothing Mask is applied and immediately followed by a Firming sheet Mask to preserve the collagen quality and giving an immediate lifting effect. The treatment is finished with an application of the Perfect Shape Neck serum and suitable Sothys day cream.

Glysalac Peel (add-on only) 15 mins

An intensive formulation of Glycolic and Salicylic acids at specific percentages and pH levels to give a safe, deep skin exfoliation revealing fresh skin that is smooth and soft. A great precursor to other Sothys Facials to further enhance the result.

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.

Citrus Body Wrap 1 hr 30mins

A classic and uncomplicated body treatment that offers sublime full body peeling, a highly nourishing body mask and 45minutes of toning massage with Essential oils.

A three salts exfoliant scrub is applied to the entire body and worked in vigorously and then shower to rinse. The Hydra nourishing cocoon mask is applied to the body and then covered for a warming cocoon effect, scalp massage followed by foot modelling is performed while the mask is on. Once the mask is thoroughly removed with a warm mitt, energising and toning massage with essential oils for 45 mins hydrates and tones the body.

The treatment is completed with an application of the Lemon and Petitgrain Body Lotion.

Pro-Youth Body Treatment 1 hr

So frequently we neglect our body's skin to focus on facial care. Sothys readdresses the balance with this entirely new and innovative Body Treatment from that applies it Anti-Aging facial prowess to smooth and firm. Full Body exfoliation using the Silhouette exfoliant, followed by vigorous massage modelling techniques with the Pro Youth Body Serum rich in natural derivatives of Omega 3,6 & 9, Vitamins A & E and an exclusive Peptide to rapidly increase collagen synthesis.

Chuan Signature Man

SOOTHYS PARIS Homme Facial

1 hr

Specifically formulated to detoxify and nourish the unique needs of men's skin. The Homme Facial contains minerals derived from Volcanic rock, rich in antioxidants to energise and provide essential nourishment to help to protect the skin. Specific Sothys Digi pressure massage for the scalp, neck and shoulders provides release and relaxation to these areas of muscular tension.

Chuan Man's World

1 hr 15mins

This treatment commences with a back exfoliation to help cleanse and replenish the skin leaving it revived and re-energised.

Then follows a relaxing back massage to release muscular tension.

The treatment concludes with a purifying facial specifically designed for a man's complexion.

Chuan Recommended Add-ons

To complement our Chuan Man treatments we recommend the following:

- Chuan Signature Massage (30 minutes- 1 hour 30 minutes)

Chuan Signature Hand and Foot Therapies

Chuan Healing Hands

1 hr

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 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 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 Jing Luo Foot Treatment

1 hr 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 hr

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

Energising Light Leg Treatment

45 mins

This customised Treatment has been created specifically to relieve and recover the legs and feet either following exercise or if you have spent extended time on your feet or fatigued from long haul travel. The treatment includes 3 key active formulas renowned for their toning and stimulating properties; menthol, camphor and arnica. The cornerstone of the treatment however is the vigorous massage which has a dual focus, a specific technique to relieve and reduce lactic build up in the legs and foot massage using friction and pressure. The result is a sensation of lighter and fresher legs and feet and as a bonus, it has a positive effect on the visible reduction of cellulite.

Manicare

1 hr

This treatment starts in our state of the art manicare 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 hr

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)

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 spa pool 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.

Wellbeing Memberships

Our Wellbeing and Wellbeing+ memberships include 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 or via email: cdakl.info@chuanspa.com

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 4 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, spa pool 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

Other

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.

Cordis, Auckland

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