



CDAKL WELLNESS WEEK PROGRAMME 2024

Day	Time	Activity	Description
Saturday, 8 June *Healthy Chuan Menu Available for Guest	7am – 10am	Chuan Breathing Exercise / Find your Element	Our breathing exercise has been exclusively created by our Traditional Chinese Medicine Doctor base on your chosen element. To calm your breathing, balancing your element and relax your body for a better you.
	10am – 12pm	Skin Journey	Skin Wellness Journey – OBSERV 320 skin analysis technology to enhance skin journey. An opportunity to get a transformational skin consultation that illustrate skin concerns. Every skin has a story to know yours!
	1pm – 5pm	Chuan Ear Auricular Therapy	Calm the mind, promoted better sleep, improves wellness.
Sunday, 9 June *Healthy Chuan Menu Available for Guest	8am – 9am	Chuan Breathing Exercise / Find your Element	Our breathing exercise has been exclusively created by our Traditional Chinese Medicine Doctor base on your chosen element. To calm your breathing, balancing your element and relax your body for a better you
	9am – 10am	Chuan Ear Auricular Therapy *complementary smoothies and cookies served on this day to all spa guest.	Calm the mind, promotes better sleep, improves wellness.
Monday, 10 June *Healthy Chuan Menu Available for Guest	6am – 7am	Sunrise Morning Flow Yoga	Wake up your core muscles, open to new horizons, shape your day in a beautiful way with this strengthening morning routine.
	9am – 10am	Chuan Breathing Exercise / Find your Element	Our breathing exercise has been exclusively created by our Traditional Chinese Medicine Doctor base on your chosen element. To calm your breathing, balancing your element and relax your body for a better you.
	6pm – 7pm	Gyrokinesis® cardiovascular Breathing	Gyrokinesis is an unique movement method, focus on the breath stimulates the parasympathetic nervous system, resulting in a sense of calm, well-being, and mental clarity. The most attention will be on the spine and moving in all directions. Ease and comfort as in the range of motion are emphasized so the whole entire structure will open up gently and pleurably.
Tuesday, 11 June *Healthy Chuan Menu Available for Guest	6am – 7am	Sunrise Morning Flow Yoga	Wake up your core muscles, open to new horizons, shape your day in a beautiful way with this strengthening morning routine.
	9am – 10am	Chuan Breathing Exercise / Find your Element	Our breathing exercise has been exclusively created by our Traditional Chinese Medicine Doctor base on your chosen element. To calm your breathing, balancing your element and relax your body for a better you.
	6pm – 7pm	Sunset Body Stretching	Yin Yoga works deeply into our body with passive, longer-held poses. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, and the deep fascia networks of the body and the meridians.
Wednesday, 12 June * Healthy Chuan Menu Available for Guest	11am – 12pm	Organic Skin Care Workshop	Dive into the heart of nature with the SOTHYS ORGANICS line, a certified organic and vegan range with a cosmeceutical touch.
	2pm – 4pm	Relaxing Herb Soy Container Candle Workshop	Candle Making Workshop – Double-J Studio is a premier candle-making studio dedicated to providing unique and creative candle-making experiences. Join this opportunity to unwind and create your own custom herb soy container candle, perfect way to indulge in a therapeutic crafting experience.
	6pm – 7 pm	Sunset Body Stretching	Yin Yoga works deeply into our body with passive, longer-held poses. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, and the deep fascia networks of the body and the meridians.
Thursday, 13 June *Healthy Chuan Menu Available for Guest	9am – 3pm	Learn to Massage	Learn how to give a great neck, shoulder and back massage to your friends, family or partner? Here is your opportunity to learn all the essentials massage tips.
	All Day	Meditation / Trio Bath Ritual	Meditation instruction card – Journey (trio bath ritual - sauna, herbal steam room & ice experience)
Friday, 14 June *Healthy Chuan Menu Available for Guest	9am – 10am	Chuan Breathing Exercise / Ear Auricular	Spa professionals will guide you with a questionnaire to find your unbalanced element, followed by a breathing exercise, ear auricular therapy and complete with a cup of element tea.
	10am – 12pm	Skin Journey	Skin Wellness Journey – OBSERV 320 skin analysis technology to enhance skin journey. An opportunity to get a transformational skin consultation that illustrate skin concerns. Every skin has a story to know yours!
	1pm – 5pm	Chuan Ear Auricular Therapy	Calm the mind, promoted better sleep, improves wellness