



Menu of Services



CHUAN
Spa

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 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 Ranges

Chuan Spa 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 combine 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 question + naire 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.

SOTHYS

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 a timeless Chuan experience.

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 hr 30 mins

Enjoy a luxurious full body exfoliation to stimulate blood and lymph circulation, followed by a rejuvenating Sothys Athletics Wrap. The tension in your back, neck and shoulders will then be eased away with an acupressure massage aimed at releasing any energy blocks. This treatment will end with a Sothys Resurfacing Peel Facial to restore hydration in your skin, leaving it deeply nourished.

Chuan Ritual

2 hr 30 mins

This bespoke treatment package starts with a tri-bathing experience, followed by our Chuan Herbal Salt Scrub, to give your skin a pampering awakening. Your choice of a Chuan Harmony Massage or a Chuan Balancing Massage will help to fully relax your body before the ritual is completed with a Sothys Ampoule Fundamental Facial for that finishing glow.

Chuan Escapes

Chuan Eternity

3 hrs

Treat yourself to the ultimate pampering experience for your whole body. To start, our Chuan Herbal Salt Scrub exfoliates to soften the skin and restore your natural glow. The Chuan Harmony Massage will ease away your stress, leaving your body wonderfully relaxed, before a Sothys Classical Facial helps to bring all skin types back to its natural balance, for a revitalised and radiant look. Conclude your journey with a choice of mini manicure or pedicure.

Chuan Romance

2 hrs 15 mins

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

Chuan Mama Retreat

2 hrs

A pampering and well-deserved retreat for all Mums. Indulge in a blissful body massage, followed by a revitalising Sothys Customised Ampoule Facial to nourish your skin, then a foot massage and pedicure to leave you feeling heavenly from top to toe.

Chuan Escapes

 **Sothys** **Seasonal Escape**
PARIS
Limited Edition

2 hrs

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 defense system over the Winter months. A revitalising blend of potent vitamins acts to rejuvenate the skin and prepare it for Summer

 **Sothys** **Sensational Orientales** | 1 hr 30 minss

An exceptional spa treatment 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 a body moulding treatment to nourish and enhance your skin. The unique terracotta scrubbing stone is yours to keep at the end of the treatment.

Chuan Signature Massages

At Chuan, our massage therapies combine traditional Chinese massage techniques with the restorative and healing elements of our exclusive oil blends to bring balance and harmony to your body and mind.

Chuan Balancing I hr/ I hr 30 mins

This massage incorporates acupressure techniques which are well-known for their ability to release muscular tension and promote circulation of the body's life of force (Qi). Acupressure is an ancient art that uses mild pressure on acupoints to stimulate the body's natural self-healing ability.

Chuan Harmony I hr/ I hr 30 mins

Designed to stimulate meridian harmony, this exquisite treatment for the mind, body and soul combines therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm. This full body oil massage will enhance your sense of well-being and relaxation.

Chuan Hot Stone Therapy I hr 30 mins

This therapy works to balance the Yin and Yang energies in your body with the use of hot stones, integrated in a relaxation massage. Unwind thoroughly as the hot stones work their way to increase blood circulation which helps to remove toxins in your body - a great way to detox.

Chuan Massages

Pregnancy Massage I hr/ I 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 common areas associated with pregnancy aches - the lower back, calves and feet. Custom designed supportive cushions ensure a comfortable and effective massage safe for you and baby.

Deep Tissue Massage I hr/ I hr 30 mins

Largely based on massage techniques from the West, this massage focuses on the deep 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.

Traditional Chinese Medicine

Based on an ancient system of health and wellness that has been widely used in China for thousands of years, Traditional Chinese Medicine looks at the entire well-being instead of focusing on treating a specific ailment. Chinese medical practitioners believe that any disharmony in the equilibrium of the Yin and Yang energies in one's body affects our health and mental wellness, their task is hence to restore the balance of the energy flow. Through herbal medicine, acupuncture, massage, breathing , exercise and diet, the aim is to supplement the deficiency of Yin or Yang and to reduce the excess.

Traditional Chinese Medical Consultations and Treatments

24 hours notice required

First time guests for Chuan Spa's Traditional Chinese Medicine (TCM) treatments will need an initial consultation with our qualified TCM practitioner to better understand and evaluate your health and well-being . All treatments can be enjoyed as an one-off experience. However, TCM usually involves a series of treatment to improve one's general state of wellness.

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, in addition to treating specific systems. According to traditional Chinese philosophy, our health depends on the circulation of energy or "Qi", moving in a smooth and balanced way through a network of meridian and channels beneath the skin. By inserting fine needles into the meridians to re-channel and balance the energy flow, the body's own natural healing response will be stimulated and health restored.

Chuan Signature Facials

SOTHYS PARIS **Chuan Yu Facial** 1 hr 15 mins

Using the ancient Gua Sha technique, our signature Chuan Yu Facial is the perfect way to revitalise your skin. Green+ stone is delicately traced across your face, massaging important meridian points and stimulating circulation. Greenstone is regarded as a healing stone, said to nurture, heal and restore vitality in your skin. Suitable for most skin types but not recommended for acne-prone or sensitive skin.

Sothys Facials

SOTHYS PARIS **Ampoules Facial** 1 hr

The Sothys fundamental facial is the quintessential facial for anyone in favor of a simple yet effective treatment. To start, a relaxing facial massage nourishes and rebalances your skin before a potent dose of the Sothys Ampoule, selected by your therapist according to your skin's needs, is included. A mask application and nutrients-packed moisturiser will seal the treatment, locking all nourish+ments in.

SOTHYS PARIS **W+ Brightening Facial** 1 hr

A customised 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 reduce the appearance of pigmentation and increase luminosity of the skin.

SOTHYS PARIS **Soothing Sensitive Facial** 1 hr

Most women face skin sensitivity issues to some degree, which can be due to an array of internal or external aggressors. Discover the ultra-gentle properties of this treatment, featuring our Spa™ Thermale Water, renowned for its unique mineral properties and PH balance. Your skin will be soothed and desensitise just after the first hour of treatment.

SOTHYS PARIS **Seasonal Care Facial** 1 hr

A dose of oxygen combined with a cocktail of minerals to boost the skin's defense system against the harshness of Winter. The treatment then ends with an infusion of vitamins into the skin to prep it for warmer weather.

SOTHYS PARIS **Resurfacing Peel Facial** 1 hr

A treatment inspired by medical techniques used to intensely renew the skin, along with the synergy of advanced technology and expertise of Sothys beauticians. The treatment consists of two well-known exfoliation methods: the chemical peel and microdermabrasion for high performance cleansing.

SOTHYS PARIS **Youth IT** 1 hr 15 mins

The pre-eminent Sothys intensive treatment targeted at common visible age markers.

This comprehensive and divinely indulgent facial involves 5 treatment steps with no fewer than 8 specific formulas, including the hero BP3 TRI Complex of Sophora and Saffron peptides, originating from the exclusive Sothys 'Green Science Research' the employs sustainable extraction practices. The Youth IT is of unparalleled effectiveness and enjoyment.


Chuan Signature Scrubs and Wraps

SOTHYS **Citrus Body Wrap** 1 hr 30 mins

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

A three-salts exfoliant scrub is applied to the entire body, worked in vigorously before a shower to rinse off. Covering your body with the Hydra Nourishing Cocoon mask, your body is then wrapped for a warming cocoon effect. Relish in a relaxing scalp and foot massage while the mask is on. Once the mask is thoroughly removed with a warm mitt, enjoy an invigorating toning massage with our house blend of essential oils for 45 minutes. The treatment is then completed with an application of the refreshing Lemon and Petitgrain Body Lotion.

Pro-Youth Body Treatment 1 hr

So frequently we neglect our body's skin to focus on facial  readresses the balance with this entirely new and innovative anti-aging face and body treatment. To start off, the Anti-Aging Facial works its magic to rehabilitate youth and firmness in your skin. A full body exfoliation with Sothys trusted Silhouette exfoliant will keep the skin supple and a vigorous massage technique combined with the Pro Youth Body Serum, ultra rich in natural derivatives of Omega 3, 6 & 9 and Vitamins A & E, and an exclusive Peptide, will increase collagen synthesis in your skin to keep it looking youthful.

Chuan Signature Man

ISOTHYS **Homme Facial**

PARIS

1 hr

Specifically formulated to detoxify and address the unique needs of men's skin, the Homme Facial contains minerals derived from volcanic rock, rich in antioxidants to

Chuan Executive Indulgence

1 hr

Revitalise and release any tension built up in your hands and feet. A stimulating hand and foot exfoliation is followed up with a hand, foot and scalp massage featuring a combination of flowing movements and acupressure to rejuvenate each entity.

Chuan Man's World

1 hr 15 mins

Commencing with a back exfoliation, the rejuvenating treatment continues on with a relaxing back massage to ease the tensions away. When you are all relaxed, indulge in a purifying facial, designed with the needs of men's complexion in mind.

Chuan Recommended Add-ons

To complement our Chuan Man treatments, we recommend the following:

- Chuan Signature Massage (30 minutes - 1 hr 30 mins)_

Chuan Signature Hand & Foot Therapies

Chuan Healing Hands

1 hr

Starting off with a gentle application of warm oil and herbal salt exfoliation, suppleness is restored with a nourishing mud mask. Your hands will feel completely rejuvenated and pampered as the treatment finishes off with a massage using an aromatic hand lotion.

Chuan Feet Retreat

1 hr

This refreshing treatment enhances circulation and enlivens tired feet. Enjoy a warm aromatic foot soak to relax your senses before warm oil is applied to soften the skin, and a herbal salt exfoliation helps cleanse and prep your feet for the pampering treat. A foot mask is put on for the ultimate relaxation before our therapist works on the pressure points to release tension and clear energy blocks. The belief and benefits behind reflexology is that it does not just leave your feet reenergised, but your body and mind will receive a rejuvenating boost too.

Chuan Jing Luo Foot Treatment

1 hr 30 mins

Designed to maintain a healthy equilibrium between mind and body by optimising the "Qi" flow, this unique foot treatment strengthens the immune system and promotes revitalisation. Utilising Jung Luo acupressure techniques on specific acupoints, along with traditional Chinese herbs and hot stones, this therapy aids detoxification, induce deep relaxation and nourishes the skin.

Chuan Reflex Remedy

1 hr

Drawing on the principles of reflex points and Chinese acupressure, this wholesome indulgence will address the elemental disharmony in your body by working on the acupoints in your hands and feet. - leaving you totally rejuvenated.

Hand & Foot Therapies

Energising Light Leg Treatment

1 hr

A treatment customised for the relief and recovery of leg muscles after strenuous exercises, extended time of standing or fatigue from a long haul flight. Featuring 3 active formulas renowned for their restorative and uplifting properties - menthol, camphor and amica, the corner+ stone of this treatment is a vigorous massage with dual focus; a specific technique to reduce lactic build up in the legs and the use of friction and pressure on the feet to relieve aches. Besides the sensation of lighter feet, it also brings about visible reduction of cellulite.

Manicare

1 hr

Lean back and relax amidst the elegant ambience and state-of-the-art manicare and pedicare area of Chuan Spa. The manicure will begin with nail and cuticle care, an exfoliation and a relaxing hand and arm massage. Chuan hand lotion is then applied to improve cuticles and nail health before a nail polish of your choice completes your hand pampering journey.

Pedicare

1 hr

Nail and cuticle care before an aromatic foot bath, exfoliation and massage - all in the comfort of our lush pedicare area. Complete your look with a nail polish colour of your choice.

Chuan Add-ons

These are suggested add-ons which can be mixed and matched for your own unique package:

- Perfect Shape Neck Treatment (45 minutes)
- Cryo Eye Treatment (45 minutes)
- Chuan Back, Neck and Shoulder Massage (30 minutes)
- Glysacal Peel (15 minutes)
- Head Massage (15 minutes)
- Gel Polish (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-meter outdoor heated swim+ming pool. The pool deck is lined with luxurious pool loungers and a heated spa pool warmed to 38°C.

Changing Room

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

Wellbeing Memberships

Our Health Club, Wellbeing and Wellbeing+ member+ships include 24-hour access to the health club. The tri-bathing facilities are available during spa opening hours. Membership includes discounts on Cordis restaurants and bars, spa treatment and spa retail. Membership packages range from 6 to 12 months.

Chuan Experience

Chuan Scheduling

We highly recommend that 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. Please note that the minimum booking at Chuan Spa is a one hour treatment. Any change to a scheduled treatment booking time requires a minimum of 24-hour notice.

.Please arrive at least 45 minutes 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.

A credit card surcharge of 2.5% will apply to all credit card payments. Payments by cash or EFTPOS do not attract a fee. Please note that a 20% surcharge applies to Chuan Spa on Public Holidays.

Chuan Cancellation Policy

24-hour notice must be given to cancel or amend any reserved treatment booking. If less than 24 hours, 50 percent 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 pass

Day spa passes are available at a cost of \$70 per person on weekdays, every Mon-Thu. 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 at 09 300 2960.

How to Spa

Check-in

When you arrive at Chuan Spa, please inform our Spa Concierge of any health concerns, if any. 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 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 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. 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 you 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 the loss of 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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