



Chuan Spa Wellness Week

In honour of Global Wellness Week, Chuan Spa invites you to reconnect with yourself through a series of revitalising wellness experiences. This celebration is the perfect opportunity to pause, reflect, and invest in your wellbeing. Join us for a curated programme of mindfulness, movement, and rejuvenation. Please see the next page for our full Wellness Week Schedule.

Get in touch with our team today!



Operating Hours: 8:30am – 8:30pm

Cordis, Auckland 83 Symonds Street, Grafton, Auckland, New Zealand

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Chuan Spa Wellness Week Schedule 2026

Day	Time	Activity	Description
Saturday, 13 June #JOYMAGENTA	6am – 7am	Sunrise Morning Flow Yoga	Yoga improves strength, balance and flexibility. Regular yoga practice creates mental clarity and calmness; increases body awareness, relieves chronic stress patterns, relieves the mind, centres attention and sharpens concentration.
Sunday, 14 June Reconnect with Mother Nature	6am – 7am	Sunrise Morning Flow Yoga	Yoga improves strength, balance and flexibility. Regular yoga practice creates mental clarity and calmness; increases body awareness, relieves chronic stress patterns, relieves the mind, centres attention and sharpens concentration.
	10am-5pm	Skin Journey	OBSERV 320 skin analysis technology to enhance skin journey. An opportunity to get a transformational skin consultation that illustrates skin concerns. Every skin has a story. Know yours!
	3pm – 5pm	Chuan Ear Auricular Therapy	Calms the mind, promotes better sleep, improves wellness.
Monday, 15 June Reconnect with Self	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. Know yours!
	2pm – 5pm	Nellie Tier Foot Therapy	A natural-based foot therapy designed to restore and rejuvenate. Inspired by Nellie Tier product carefully selected natural ingredients, thoughtfully blended to enhance overall well-being and promote deep relaxation.
Tuesday, 16 June Reconnect with Family & Friends	10am – 12pm	Learn to Massage	Enhance relaxation and sleep quality with 10mins Chuan Scalp Massage.
	2pm – 3pm	Chuan Yu Gua Sha Workshop	Gua Sha, a traditional Chinese medicine practice. Green jade Gua Sha offers several benefits for skin and overall well-being. Learn how to use the Gua Sha during self skin care.
Wednesday, 17 June Reconnect with Community	10am – 12pm	Chuan Breathing Exercise / Find Your Element	Our breathing exercise has been exclusively created by our Traditional Chinese Medicine Doctor based on your chosen element. To calm your breathing, balance your element and relax your body for a better you.
	2pm – 4pm	Learn to Massage	Enhance relaxation and sleep quality with a 10mins Chuan Scalp Massage
Thursday, 18 June Reconnect with Longevity	10am – 12pm	Chuan Yu Gua Sha Workshop	Gua Sha, a traditional Chinese medicine practice. Green jade Gua Sha offers several benefits for skin and overall well-being. Learn how to use the Gua Sha during self skin care.
	2pm – 5pm	Chuan Ear Auricular Therapy	Calm the mind, promote better sleep, improve wellness.
Friday, 19 June ReconnectMagenta	6am – 7am	Sunrise Morning Yoga Flow	Yoga improves strength, balance and flexibility. Regular yoga practice creates mental clarity and calmness; increases body awareness, relieves chronic stress patterns, relieves the mind, centres attention and sharpens concentration.
	10am – 11am	Chuan Breathing Exercise / Find your Element	Our breathing exercise has been exclusively created by our Traditional Chinese Medicine Doctor based on your chosen element. To calm your breathing, balance your element and relax your body for a better you.
	2pm – 4pm	Skin Journey	OBSERV 320 skin analysis technology to enhance skin journey. An opportunity to get a transformational skin consultation that illustrates skin concerns. Every skin has a story. Know yours!