



CHUAN
Spa

Menu of Services



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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 Ranges

Chuan Spa & 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.

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.

Nellie Tier New Zealand

Nellie Tier was driven by curiosity, fun and a desire to create safe, natural, fresh, effective and environmentally acceptable skin care alternatives for their own use. As a business it grew almost accidentally and today enjoys an enthusiastic and loyal clientele from around the world.

We are proud to partner with our kiwi-made brand that emphasises the importance of nature not only good for our skin but our overall wellness.

 **SOTHYS**
PARIS


CHUAN
Spa

NELLIE TIER
new zealand

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 replenish the skin with the renewal benefits of our Nellie Tier Renewal Facial. A perfect escape to relax & renew vitality. *45 mins Chuan Harmony Massage, 45 mins Nellie Tier Renewal Facial.*

Chuan Tao Of Detox 2 hrs 30 mins

Enjoy a luxurious full body exfoliation to stimulate blood and lymph circulation, before divulging in a Nellie Tier Detox Body Wrap. The tension in your back, neck and shoulders will then be eased away with an acupressure massage aimed at releasing energy blocks. To finish, enjoy a Nellie Tier Signature Facial which will leave you feeling refreshed & rejuvenated. *30 mins Body Scrub, 30 mins Detox Wrap, 30 mins Back Massage, 60 mins Nellie Tier Signature Facial.*

Chuan Ritual 2 hrs 30 mins

This bespoke treatment package starts with a tri-bathing experience, followed by a 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 fully relax your body while the ritual is completed with a Sothys Ampoule Fundamental Facial for that finishing glow. *30 mins Herbal Salt Scrub, 60 mins Chuan Massage, 60 mins Sothys Ampoule Facial.*

Chuan Retreat 2hrs

This 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. *40 mins Chuan Massage, 50 mins Sothys Ampoule Facial, 30 mins Pedicure.*

Chuan Escapes

Chuan Eternity 3 hrs

Begin your journey with a signature Chuan Harmony Massage, followed by a Sothys Classical Facial. The escape is completed with a foot treatment. This total body treatment will transport you to a deep state of relaxation, nourishing the skin, soothing the soul and calming the mind. Treat yourself to the ultimate pampering experience for the whole body. *60mins Chuan Harmony Massage, 60mins Sothys Classical Facial, 60 mins Chuan Foot Treatment.*

Chuan Couples Indulgence

Couple's Serenity Escape

2 hrs 30 mins

Begin your journey with our Chuan Harmony Massage, followed by a Nellie Tier Bespoke Facial tailored to your skin needs. Then finish with a Foot Reflex. Share this unforgettable moment together & emerge feeling deeply relaxed & utterly revitalised. *60 mins Chuan Harmony Massage, 60 mins Nellie Tier Bespoke Facial, 30 mins Foot Reflex.*

Couple's Relaxation Escape 1hr

Immerse yourselves in your choice of luxurious massages. Enjoy a choice of Chuan Signature massages that will melt away tension and rejuvenate your mind, body & soul. Embrace your pampering experience with a delightful glass of bubbles at the end of your 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 | hr/ | 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 | hr/ | 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 | 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 | hr/ | 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 | hr/ | 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.

Chuan Signature Facials

Sothys Chuan Yu Facial 1hr 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 stimulating circulation. Greenstone is regarded as a healing stone and will nurture, heal and restore vitality in your skin. Suitable for most skin types but not recommended for those with acne-prone or sensitive skin.

Sothys Facials

Sothys Ampoules Facial 1hr

The Sothys fundamental facial is the quintessential facial for anyone who wants to start with a simple yet effective treatment. To start, a relaxing facial massage nourishes and rebalances your skin before a potent dose of 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 nourishments in.

Sothys Seasonal Care Facial 1hr

A dose of oxygen combined with a cocktail of minerals to boost the skin's defence 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 Youth IT 1hr 15mins

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

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

Nellie Tier Facials

Nellie Tier Signature Facial 1hr

Treat yourself to the ultimate pampering experience with our Nellie Tier Signature Facial. Designed to provide comprehensive care for your skin, using gua sha facial massage techniques that offer numerous benefits for skin, promoting relaxation & rejuvenation.

Nellie Tier Bespoke Customised Spa Facial 1hr

A made-to-order treatment choice, from a relaxation focus to a cleansing facial, this experience is enhanced with a Vrang Beauty Device for lymphatic drainage & deep rejuvenation. Each treatment is thoughtfully tailored to meet your specific skin needs. Immerse your skin in a treatment reminiscent of nature's purity.

Chuan Signature Scrubs & Wraps

Nellie Tier Manuka Honey Body Wrap

1 hr 30 mins

Your nourishing journey begins with a full body exfoliation, followed by a Manuka Honey wrap & finishing with a light massage. This luxurious blend of potent Manuka honey, botanical extracts and essential oils will deeply nourish your body, leaving your skin feeling soft & revitalised.

Nellie Tier Detoxifying Body Treatment

1 hr 30 mins

A restorative experience with the natural ingredients tailored to care for your skin. Treatment begins with body exfoliations followed by a detoxifying New Zealand clay & Manuka honey wrap, finishing with applications of body cream & a light massage. Leaving skin deeply renewed & restored.

Sothy's 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 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, Vitamins A & E, and an exclusive Peptide, will increase collagen synthesis in your skin to keep it looking youthful.

Chuan Signature Man

Sothys Homme Facial 1hr

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.

Chuan Executive Indulgence 1hr

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

Chuan Man's World 1hr 30 mins

This treatment commences with a relaxation massage to release muscular tension & relax the body. Followed by a cleansing facial specifically designed for a man's complexion. A total restoration. *45 mins Harmony Massage, 45 mins Homme Facial.*

Chuan Signature Hand & 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 & Foot Therapies

Energising Light Leg Treatment | hr

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.

Manicure | hr

This treatment starts in our state of the art manicure and pedicure 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.

Pedicure | hr

This treatment features nail and cuticle care, an aromatic foot bath, exfoliation and massage in our deluxe pedicure area finishing with a nail polish application.

Chuan Facilities & Membership

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.

Wellbeing Memberships

Our Health Club, 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 or via email or phone.

09 300 2960

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 hours advance 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. 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 Users

Day spa users can enjoy a skin consultation and the use of the tri bathing facilities at Chuan Spa - including the swimming pool, sauna, herbal steam room, snail shower and ice experience. Valid from Monday to Friday only, **\$80 NZD** per person. Day passes are subject to availability. Valet parking is not included.

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 they feels the guest's behaviour is inappropriate.