



Menu of Services



### Chuan Spa at Cordis, Hong Kong

Designed to create an ambience of tranquility for contemplation and inspiration, Chuan Spa at Cordis, Hong Kong is a wellness sanctuary that evokes a sense of intimacy and indulgence. In Chinese, the word Chuan means a serene course of water. The culture believes that flowing water is the source of life and balance. Modelled to reflect this harmony through the principles of Feng Shui, Chuan Spa creates a wonderful haven away from the outside world, embracing a natural aesthetic with interiors of soft and calming hues. The exclusive treatment facilities include herbal steam rooms and Japanese onsen showers which, alongside Cordis' heartfelt service, makes Chuan Spa the perfect place to rediscover your source.



## Chuan Bathing Ritual

Before your treatment, embark on a natural water journey - the Chuan Bathing Ritual, which features an array of facilities to exploit the body's reaction to hot and cold stimuli for deeper dimensions of relaxation, health and well-being.

The ritual begins with an steam or sauna, allowing the heat to loosen and soothe tightened congested muscles. As an interlude, take a cooling Japanese onsen shower to awaken your spirit.

The regime of alternating hot and cold produces rotating sedative and invigorating responses in the body to stimulate and awaken your senses. The hot and cold sensations can penetrate deep into the body which helps to balance the energy, stimulate the immune system, enhance the blood circulation, promote detoxification, and restore the body to a state of harmony.



## 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 life elements combined with your energy flow and the influence of hot and cold have great influence on your well-being.

Spend a moment to complete a five-element questionnaire at the beginning of your journey to ensure that 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, massage oils, bathing soaps, bathing melts, bathing salts and herbal teas have been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.

### KERSTIN FLORIAN Kerstin Florian Treatments

Promoting the philosophy of outer beauty and inner health, Kerstin Florian inspires a sense of well-being with products that integrate the best of nature and advanced modern technologies, authentically-designed facial skincare, body and massage treatments.

Kerstin Florian's products are high in antioxidants and utilise natural resources with formulae that are rich in algae, thermal mineral water, mud, herbal extracts, essential oils, essential minerals and vitamins. Refined through research and advanced technology, Kerstin Florian's treatments are free from heavy preservatives and perfumes.



## Chuan Signature Escapes

Our Chuan Escape packages combine unique elements from both our Chuan Signature and Kerstin Florian treatment ranges to provide timeless Chuan experiences.

### Chuan Body Elements 1 hour 30 minutes

Start by restoring balance and reducing tension with our signature Chuan Harmony Massage. Then nourish the skin with the hydrating benefits of Kerstin Florian Refresher and eye massage with eye mask. A perfect escape to soothe the soul and restore vitality.

### Chuan Tao of Detox 2 hours 30 minutes

Enjoy a luxurious full body exfoliation to stimulate blood and lymph circulation before you are enveloped in a warm marine algae wrap infused with aromatherapy oils, intensifying the detox process. The body is rejuvenated as we ease the tension in your back, neck and shoulders using an acupressure massage to release energy blocks. To finish, enjoy a customised Deep Cleansing Facial to restore dehydrated skin, leaving it deeply nourished.

### Chuan Ritual 2 hours 30 minutes

Customise your own luxurious ritual by selecting from our signature massages, facials and treatments.

Choose from:

- Chuan Signature Massage (60 minutes):  
Chuan Harmony or Chuan Balancing
- Kerstin Florian Facial (60 minutes):  
Organic Aromatherapy Hydration Facial
- Chuan Extra Retreats (30 minutes):  
Chuan Herbal Salt Scrub or  
Chuan Mini Muddy Elements or  
Chuan Mini Feet Retreat



## Element Escape

Designed for bridal parties and intimate gatherings with friends, the Element Room is tastefully adorned with four treatment beds and an inter-connecting relaxation lounge overlooking Hong Kong and Kowloon, making the private experience ideal for your celebration. Get cosy with your own, made-to-order nutritious nibbles, healthy light bites, cleansing teas and sparkling wine on ice.

### Bespoke

3 hours

- 2 hours of treatments for 4 persons in our Element Room with choices of massages, facials or feet treatments
- 1 hour of relaxation time
- 1 bottle of sparkling wine
- Creative canapés
- Use of instant camera to capture memories of your time with us

The Bespoke package can be fully tailored to your group's specific needs. Please contact our Spa Concierge for more details.

### Girls Get Together

2 hours

- 1 hour of treatments for 4 persons in Element Room with the choice of any two of the following options:
  - 30 minutes of Massage
  - Express Facial
  - Mini Feet Retreat
  - Back, Neck and Shoulder Massage
- 1 hour of relaxation time
- 1 bottle of sparkling wine
- Creative canapés
- Use of instant camera to capture memories of your time with us



## Chuan Signature Massages

At Chuan Spa, our massage therapies combine Traditional Chinese massage techniques and private label blended element oils to restore balance and harmony.

### **Chuan Neck, Back and Shoulder** 30 minutes

Ideal for those who have limited time or as a perfect add-on treatment to enhance your time with us. A deep acupressure oil massage focusing on the neck, back and shoulder.

### **Chuan Balancing** 1 hour | 1 hour 30 minutes

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

### **Chuan Harmony** 1 hour | 1 hour 30 minutes

Designed to stimulate meridian harmony, this full body oil massage combines the therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm, well-being and relaxation.

### **Chuan Stone Therapy** 1 hour 30 minutes

Balance the yin and yang energies through the use of cold (Yin) and hot (Yang) stones. Let your body unwind as the hot stones increase body circulation and improve your immune function by removing waste products. Finish with cold stones on the lower back to calm internal heat, help injury recovery and increase mental alertness. The use of hot and cold stones are integrated in a therapeutic massage.



## Massages

### **Deep Tissue** | 1 hour | 1 hour 30 minutes

This western style massage focuses on the deeper layers of the muscle tissue. It aims to release chronic patterns of muscle tension in the body through slow strokes and strong finger pressure on the contracted areas.

### **Traditional Chinese** | 1 hour | 1 hour 30 minutes

Through the application of deep tissue massage and manipulation techniques, this treatment will establish more harmonious flows of 'Qi' through the stimulation of meridians, allowing the body to heal itself naturally. Steady gentle pressure is used to massage the soft tissue (muscle and tendons), with the use of acupressure technique to directly enhance the flow of 'Qi', and manipulation techniques to realign muscles and ligaments.

### **Traditional Thai** | 1 hour | 1 hour 30 minutes

This massage helps to release tension, improve circulation and strengthen your innate healing ability. Gentle stretching and manipulation techniques are applied to the body's pressure points to attain total balance and inner harmony.

### **Lymphatic** | 1 hour | 1 hour 30 minutes

This massage helps the body to flush out toxins to promote healthy lymph flow and improve the immune system.

## Chuan Signature Mother

### KERSTIN FLORIAN **Chuan Nurturing Massage**

#### | 1 hour | 1 hour 30 minutes

Designed for expectants and new mothers, the gentle massage uses nourishing massage oil to help relieve tension and aches, leaving the skin exceptionally soft and delicately perfumed. Complete with a scalp massage, this treatment soothes the soul and calms the mind.





## Traditional Chinese Medicine

Chinese medical practitioners use cultural beliefs to interpret the state of well-being. Any disharmony of Yin and Yang energies or disturbance of Qi can cause imbalance. The task of a Chinese therapist is to restore such imbalance with treatments including Ho Guan and Gua Sha. The aim is to supplement deficient or reduce excess Yin or Yang energies. The holistic approach of Chinese medicine is to treat the body as a whole and address any imbalance.

### Huo Guan (Cupping)

1 hour

Cupping refers to an ancient Chinese practice in which a heated cup is applied to the skin. The pressure in the cup has a therapeutic effect on the skin and surface muscle layer. Cupping is applied to certain acupuncture points, as well as to regions of the body that are affected by pain.

### Gua Sha (Scraping)

1 hour

An ancient Chinese practice, which literally means “to scrape away fever”. Gua Sha involves repeated pressured strokes over the skin with the smooth edge of jade, which helps to improve blood flow and removes toxic heat, relieving muscle tension and pain.

Please note that Gua Sha will result in mild blemishing of the skin which usually takes two to four days to fade.



## Chuan Signature Scrubs

### **Chuan Herbal Salt Scrub** 30 minutes

Relax as you enjoy a deep cleansing treatment with warm oil and herbal salt and a combination of mint and ginger. This treatment is designed to exfoliate and revitalise the skin and body by enhancing circulation and aiding digestion.

## Scrubs

### KERSTIN FLORIAN **Ginger Refresher Body Scrub** 30 minutes

Breathe deeply, and inhale the calming and balancing benefits of ginger aroma with this uplifting treatment. Earthly minerals are combined with the healing properties of ginger in a invigorating two-step exfoliation. Ginger Body Oil will be applied to the body for a soothing and sensory relaxation. The treatment incorporates healing stones to relax and rebalance all your senses.

## Chuan Signature Wraps

### **Chuan Muddy Elements** 1 hour 30 minutes

Integrating the five Chinese elements into five signature muds, this treatment is specifically designed to nurture you in a truly unique way. Your sensory journey will begin with a warm oil and herbal salt exfoliation to stimulate the skin. Relax as your entire body is enveloped in your elemental mud, allowing the therapeutic essential oils to penetrate your skin. Your stress will evaporate as your scalp is gently massaged and your face is cleansed before we complete the treatment with a full body hydrating lotion.



## Chuan Signature Men

KERSTIN FLORIAN **Chuan Man Maintenance** 1 hour

Designed to meet men's specific needs, this treatment relieves tension and fatigue while restoring strength and vitality to the skin. A warm blue-green algae mask will deeply replenish the skin while the powerful healing properties of plant extracts will repair and soothe any irritation, leaving your skin energised and purified. Specifically addresses sensitivity and razor burn.

## Men

KERSTIN FLORIAN **Stress Killer** 1 hour 30 minutes

Created for today's busy men, this treatment is developed to balance 'Qi', detoxify and relax. The treatment commences with a 45-minute signature massage using acupressure to stimulate energy. This is followed by a 15-minute stress releasing treatment where a warm herbal ball made with rice, peppermint and cloves is applied to stress areas (typically the neck, back and shoulder areas). The treatment will be completed with a 30-minute purifying facial.



## Chuan Signature Foot Therapies

### Chuan Feet Retreat

1 hour

This refreshing treatment enhances circulation and relieves tired and aching feet. Relax your feet in a hot towel compress before softening the skin with a warm oil and herbal salt exfoliation. A foot mask infused with peppermint, lemon and cypress 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 Heavenly Jing Luo

#### Foot Treatment

1 hour 30 minutes

This unique Chuan Signature foot treatment is designed to maintain a healthy equilibrium between mind and body, by optimising the blood and 'Qi' flow, strengthening the immune system and promoting revitalisation. Using Jing Luo acupressure techniques and reflex points, together with Traditional Chinese herbs and warm healing stones, this treatment detoxifies and nourishes the skin, inducing deep relaxation.



## Lifestyle

### We cordially invite you to sculpt your body and soul

Located on level 41, Chuan Spa is where you can workout, recharge and rediscover your source.

### Health Club

Set against the backdrop of the Hong Kong skyline, the Health Club is a modern gym which offers a Fitness Studio with the latest in fitness equipment and energizing training classes in the Group Exercising Studio and Functional Training Studio for guests to stay healthy and energised all the time.

### Swimming Pool

Located on level 42, the 20-metre outdoor heated infinity swimming pool will help you swim away a hard day. The pool deck is lined with luxurious pool loungers, and a heated hot tub to massage your stress away. Entrance is via level 41.

### Changing Room

After your workout, retreat to our well-equipped changing rooms or enjoy the sauna, steam room or freshen up yourself in the onsen shower and vanity areas equipped with private lockers.

### Health Club Membership

Chuan Spa offers exclusive Health Club memberships to suit your personal needs. Individual, couple and corporate memberships are available.

For more information, please contact the Health Club at 3552 3510.

### Personal Trainer

If you need more guidance using the fitness equipment or extra motivation to achieve your goals, a personal trainer can help boost your knowledge and confidence.

Our team of professional personal trainers are available on an individual session or course basis.

Your personal trainer can advise you on the number of sessions best suited to your requirements and achieving your goals. They will guide you through each step of your new lifestyle, setting up workouts for the week, planning your nutrition, fitness assessment, monitoring your progress and providing detailed reports on every aspect of your health and fitness.

The initial session is divided into three sections: Fitness Assessment, Programme Design and Training Session.

Your personal trainer works with you to set goals and then checks / records key areas of your fitness and general health. A programme is designed, based on your aspirations and the results of the fitness assessment. Your personal trainer will guide you through a one-to-one training session focusing on technique, posture and overall level of fitness. Individual Personal Training is priced from \$850 per session.



## Chuan Experience

### Chuan Scheduling

We highly recommend you to book your treatment in advance to secure your preferred day and time. This can be done in person, over the telephone (852) 3552 3510, through email: [cdhkg.info@chuanspa.com](mailto:cdhkg.info@chuanspa.com) or on our website [www.chuanspa.com.hk](http://www.chuanspa.com.hk).

Any change to a scheduled treatment booking time requires a minimum of 12 hours' advance notice.

Please arrive at least 60 minutes before your scheduled appointment time to check-in and enjoy the facilities at Chuan Spa.

**A valid credit card and telephone number are required to reserve all treatments and packages.**

### Chuan Cancellation Policy

6 hours' notice must be given to cancel or amend any reserved treatment. If less than 6 hours, 50% of the full treatment fee will be levied. In case of no-show, full treatment fee will be levied. All packages and products are non-refundable.

### Chuan Day Spa Users

Day spa users may pay \$400 to enjoy the use of all facilities at Chuan Spa including swimming pool, fitness studio, sauna, herbal steam room or freshen up yourself in the onsen shower.

3 hours of complimentary valet parking is available to all day spa users on a first-come-first-served basis when booking a treatment.

### Chuan Gift Vouchers

The perfect gift for all occasions, our spa gift vouchers are available for any of our treatments and packages. The vouchers can also be set to any face value redeemable as partial payment for any spa services.

### Chuan Group Reservations

Please contact the Spa Concierge for groups of over 5 people. We offer a range of packages to suit all requirements.

For all enquiries, please call the Chuan Spa Concierge on (852) 3552 3510.



## How to Spa

### Check-in

When you arrive Chuan Spa, you will be asked to complete a brief lifestyle questionnaire to determine the treatments that best suit your needs. At this time, please inform our Spa Concierge if you have any health concerns.

We recommend some time before your treatments to shower and enjoy the therapeutic benefits of our facilities – steam room and sauna.

While we always try to accommodate your preference, late arrival may mean a reduction in your treatment time due to prior bookings.

### Minimum Age

The Spa and the Health Club are only appropriate for guests aged 16 or above.

### Etiquette

Mobile phones, despite being 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 or meeting mode.

### Spa Wear

We provide disposable underwear for your privacy and our therapists will advise you when to use them. They should be worn during water based and massage 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 that water is the source of life.

Gentlemen should shave a few hours before any facial treatment to avoid discomfort. After a massage, we suggest you to leave the oil on your skin for up to two hours before taking a shower so your skin can fully absorb the oils' properties.

If you are pregnant or have any health conditions that you feel we should be aware of, please inform our Spa Concierge and your therapist.

Our therapists are fully trained to ensure you have a flawless treatment. However, please inform them at any time if you feel uncomfortable or require anything else during your treatment, such as a change in massage pressure or room temperature.

### Valuables

We recommend you to leave all valuables in your room or at home, as we do not assume liability for any valuables.

### Gratuities

Gratuities for good service are at your discretion.

### Others

Gambling, smoking and alcohol consumption within Chuan Spa, the Health Club and the Pool are strictly prohibited. Please refrain from drinking any alcoholic beverages at least 3 hours before your treatments.

The therapist reserves the right to terminate the treatment if he/she feels the guest's behavior is inappropriate.





**Cordis, Hong Kong**

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