Introduction

The Day Spa by Chuan is a lavish underground sanctuary with a focus on providing the ultimate spa journey for all guests. Healing holistic therapies that treat the mind as well as the body are performed by highly qualified therapists using signature products. Packages are on offer for busy corporates, ladies days, couples, and bride and groom preparation.
Facials

Bespoke

Babor Spa Facial
1 hour
$220 Mon-Thu
$230 Fri-Sun and Public Holidays
1 hour 30 mins
$270 Mon-Thu
$285 Fri-Sun and Public Holidays
A results-driven performance facial customised to your distinctive skin needs. Your skin is drenched with the pure power of concentrated fluids offering intensive detoxifying, de-stressing, or hydrating benefits of your skin. Lifting and firming massage techniques are applied, followed by a specifically selected professional mask. This advanced skin therapy offers targeted results and precise age prevention.

Dr Babor Cosmeceutical

Skin Renewal Boosting
1 hour
$225 Mon-Thu
$235 Fri-Sun and Public Holidays
A treatment combining the positive effects of Vitamin A to boost all your skin’s renewal processes, visibly correcting the first signs of skin aging; wrinkles and fine lines, loss of elasticity, dryness, and pigment changes. Completed with a calming detox peel-off mask, to enhance your complexion with a fresh and youthful appearance.

Vitamin C & Collagen Boosting
1 hour 30 mins
$310 Mon-Thu
$325 Fri-Sun and Public Holidays
Look rejuvenated without injections or surgeries with this Collagen boosting treatment. Rehydrate your skin with a deep cleanse, an exclusive skin peel, and Dr. Babor’s Collagen Booster Complex, leaving your skin looking fresh and youthful.

Dr. Babor Microdermabrasion Facial
1 hour
$230 Mon-Thu
$250 Fri-Sun and Public Holidays
Achieve maximum results with the Dr. Babor Microdermabrasion facial. The skin is stimulated to regenerate itself from deep down, instantly resulting in a refined, smooth complexion and a revitalised rosy-fresh appearance.

Lifting

Ultimate Pro Youth Sea Creation Facial
1 hour 30 mins
$450 Mon-Thu
$470 Fri-Sun and Public Holidays
Experience the mystery of the deep sea with this facial designed to slow down the aging process. Extracts from green algae, sea silk and pearl proteins help to restore the structure of skin, creating perfect radiance with a youthful glow. The Sea Creation facial utilises a highly concentrated serum, followed by an exclusive massage with heated stones and cool coral, leaving your skin looking firmer, smoother and more youthful with stunning effects.

HSR Skin Lifting Facial
1 hour 30 mins
$310 Mon-Thu
$325 Fri-Sun and Public Holidays
BABOR HSR® is a deep lifting treatment that will help lengthen the life of your skin’s DNA and slow down the natural aging process; resulting in a reduction of fine lines, wrinkles, and allowing the face to regain its youthful contours.

Detoxify

Chuan Yu Facial
1 hour 15 mins
$235 Mon-Thu
$245 Fri-Sun and Public Holidays
Ancient Gua Sha techniques are applied to revitalise different skin types. Through massaging important meridian points, the circulation in your skin increases. Using Jade stones, known as a healing stone, this treatment will nurture, detox, heal, and restore your skin.

Dr. Babor Microdermabrasion Facial
1 hour
$230 Mon-Thu
$250 Fri-Sun and Public Holidays
Achieve maximum results with the Dr. Babor Microdermabrasion facial. The skin is stimulated to regenerate itself from deep down, instantly resulting in a refined, smooth complexion and a revitalised rosy-fresh appearance.

Treatment Add Ons

Eyebrow Shape $50
Eyelash Tint $35
Eyebrow Tidy $35
Eye treatment for puffiness $35
Scalp massage with AA oil $35
**Massage Therapy**

**Stress Relief Massage**
- 1 hour
  - $205 Mon-Thu
  - $215 Fri-Sun and Public Holidays
- 1 hour 30 mins
  - $245 Mon-Thu
  - $255 Fri-Sun and Public Holidays

Firm massage is applied for the release of deep muscular tension and stress relief.

**Absolute Aromatherapy**
- 1 hour
  - $195 Mon-Thu
  - $205 Fri-Sun and Public Holidays
- 1 hour 30 mins
  - $235 Mon-Thu
  - $250 Fri-Sun and Public Holidays

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressure stimulates the nervous system, while Swedish and neuromuscular techniques relieve muscular tension and encourage lymphatic drainage, to help encourage a healthy circulation. Stresses and strains are dissolved away with this ultimate aromatherapy experience.

**Relaxation Massage**
- 1 hour
  - $180 Mon-Thu
  - $200 Fri-Sun and Public Holidays
- 1 hour 30 mins
  - $230 Mon-Thu
  - $240 Fri-Sun and Public Holidays

By using long, fluid, slow moving strokes your therapist will release unwanted tension and relax your mind, body, and soul with this full-body treatment.

**Champagne Pear Massage**
- 1 hour
  - $195 Mon-Thu
  - $205 Fri-Sun and Public Holidays
- 1 hour 30 mins
  - $235 Mon-Thu
  - $250 Fri-Sun and Public Holidays

This exclusive full-body massage leaves every inch of your skin nourished, moisturised, and strengthened with the application of the Babor Shaping Body Cream containing stem cells of Champagne pear and berries packed with Vitamin C.

**Chuan Harmony Massage**
- 1 hour
  - $195 Mon-Thu
  - $205 Fri-Sun and Public Holidays
- 1 hour 30 mins
  - $230 Mon-Thu
  - $245 Fri-Sun and Public Holidays

Designed to stimulate meridian harmony, this unique mind, body, and soul experience combines the therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm. This full-body oil massage stimulates a sense of wellbeing.

**Chuan Stone Therapy**
- 1 hour 30 mins
  - $240 Mon-Thu
  - $255 Fri-Sun and Public Holidays

Let your body unwind as the hot stones increase circulation and assist immune function by detoxifying your body. The use of the hot stones during the massage also helps to calm internal heat, assists injury recovery, and increases mental alertness.

*All massages available as couples options. Surcharge $30*
Build your own package

Choose any of the following treatment options:

Duration: 30 minutes per treatment

Red Mandarin, Lime and Cranberry Exfoliation
This treatment is designed to exfoliate and harmonise your body with our organic hand-blended signature sugar scrub, leaving your skin feeling and looking silky smooth.

Frangipani and Pomegranate Cocoon
Our signature hand-blended organic body wrap penetrates the skin to deeply hydrate, leaving your skin moist and silky. Whilst you are cocooned in rich antioxidants, indulge in a relaxing scalp massage.

Chuan Herbal Salt Scrub
Relax as warm oil and herbal salt provides a deep cleansing treatment designed to exfoliate and revitalise the skin and body, enhancing circulation and aiding digestion.

Volcanic Back, Neck and Shoulder Massage
Heated volcanic stones are used to release muscle tightness in your back, neck and shoulders.

Express Facial
A refreshing facial to deeply calm the mind and pamper the skin. Includes a facial cleanse, exfoliation and application of moisturiser.

Chuan Neck, Back and Shoulder Massage
Ideal for those who have limited time or a perfect add-on treatment to enhance your time with us. A deep acupressure oil massage focusing on the neck, back and shoulders.
Day Spa Packages

**Chuan Body Element Package**
1 hour 30 mins
$245 Mon-Thu
$260 Fri-Sun and Public Holidays

Start by restoring balance and reducing tension with our Chuan Harmony massage for 45 min, followed by our 45 min Intense Bespoke Facial to suit your skin's individual needs. A perfect escape to soothe the soul and restore vitality.

**Urban Release**
1 hour 30 mins
$245 Mon-Thu
$260 Fri-Sun and Public Holidays

Indulge in our most popular body treatment. Our organic hand-blended signature Red Mandarin, Lime and Cranberry body exfoliation, followed by a 60 min relaxing full-body massage.

**The Velvet Experience**
3 hours
$460 Mon-Thu
$490 Fri-Sun and Public Holidays

This all-inclusive treatment promotes total relaxation and well-being; commencing with the organic signature Red Mandarin, Lime and Cranberry body exfoliation for correcting skin imperfections, followed by a 60 min full-body relaxation massage. Complete the treatment with a 90 min Bespoke Facial to suit your skin's individual needs.

**Champagne & Gold Indulgence**
4 hours 30 mins
$720 Mon-Thu
$760 Fri-Sun and Public Holidays

The ultimate indulgence begins with our 60 min Champagne Pear massage where we apply the Babor Shaping Body Cream, containing stem cells of Champagne Pear and berries packed with Vitamin C for extra hydration, followed by our 90 min Babor HSR Skin Lifting facial.

Before surrendering your fingers and toes to a 90 min Deluxe Manicure & Pedicure you will enjoy a light lunch including a glass of Champagne to complete your pampering.

**Simply Spoilt**
2 hours 30 mins
$435 Mon-Thu
$460 Fri-Sun and Public Holidays

Simply spoil yourself with a 60 min Champagne Pear massage, designed to nourish, hydrate, strengthen, and transform every inch of your body with Babor’s Shaping Body Cream. Your treatment is completed with a 90 min Babor HSR Lifting Facial, leaving your skin looking smoother and feeling more radiant and alive.

**The Full-Body Facial**
3 hours
$430 Mon-Thu
$460 Fri-Sun and Public Holidays

This treatment begins with our organic hand-blended signature Red Mandarin, Lime and Cranberry body exfoliation to hydrate your skin. Enjoy a 30 min relaxing back, neck and shoulder massage, followed by the application of our signature body cocoon for ultimate hydration. To complete the treatment experience the 90 min Bespoke Facial will leave your skin feeling invigorated, enriched, and glowing with refreshed vitality.

**Volcanic Rebalance**
1 hour 45 mins
$285 Mon-Thu
$300 Fri-Sun and Public Holidays

Treat your body with pure relaxation. Begin your journey with our Chuan Herbal Salt Scrub, followed by a 60 min Chuan Stone Therapy massage to let your body unwind. Complete your treatment with our 15 min pressure point scalp massage to completely ease muscle tension.
Pregnancy Pampering

**Yummy Mummy**
3 hours
$440 Mon-Thu
$465 Fri-Sun and Public Holidays

Experience a treatment designed to spoil hard-working mums that deserve an escape from reality and a taste of serenity. Start your treatment with our signature full-body exfoliation followed by a hydrating body cocoon to leave your skin supple and smooth.
A 60 min full body relaxation massage follows to release all unwanted stress and tension. Complete your experience by choosing either our 1hr 15min Deluxe Pedicure or Manicure.

**Pregnancy Pamper**
2 hours 15 mins
$315 Mon-Thu
$335 Fri-Sun and Public Holidays

Indulge in this instantly uplifting package to rejuvenate and revitalise your body before welcoming your new bundle of joy.
The pampering begins with a 60 min Bespoke Facial to renew your pregnancy glow, followed by our 1hr 15 min Deluxe Pedicure to complete your ultimate indulgence experience.

**Ultimate Rose Pregnancy Massage**
1 hour
$200 Mon-Thu
$210 Fri-Sun and Public Holidays

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of everyday life behind you.
Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for expanding skin in order to reduce the risk of stretch marks.
This massage will relieve stress and tension, ease the heavy feeling that can come with pregnancy, and help alleviate an aching back. End your treatment with a relaxing and rejuvenating scalp massage that completes this top-to-toe treatment.
Couple’s Indulgence

$365 per couple
(Mon-Sun and Public Holidays)

Enjoy a 60 min relaxation massage in our couple’s room, releasing tension in your mind, body, and soul.

Complete your pampering with a glass of Champagne and macarons.

*All massages available as couples options. Surcharge $30

Spa Socialising

Afternoon Serenity

$250 Mon-Thu
$265 Fri-Sun and Public Holidays

The ultimate afternoon escape. Take advantage of our no-rush policy and relax by Sydney’s #1 swimming pool, then be treated to a luxurious 60 min Ultimate Aromatherapy Massage or Babor Spa Facial, followed by our renowned Afternoon Tea with Wedgwood and a glass of Champagne in our elegant lounge.

Nails Services

Deluxe Manicure

1 hour 15 mins
$135 Mon-Thu
$145 Fri-Sun and Public Holidays
An intensive hand and nail treatment which includes exfoliation, nail shaping, cuticle work and a hand massage. The paraffin wax treatment will lock in moisture, finishing with the application of your signature polish from OPI.

Deluxe Pedicure

1 hour 15 mins
$145 Mon-Thu
$155 Fri-Sun and Public Holidays
Your foot treatment begins with a warm, soothing soak, followed by a foot and leg exfoliation, nail shaping, cuticle work, and a foot and leg massage.

A paraffin wax treatment completes the treatment to lock in moisture, along with the application of your signature polish from OPI.
Gift Vouchers
The perfect gift for all occasions. Our gift vouchers are available for any treatments or packages from our treatment menu, providing the recipient with a day of relaxation and rejuvenation. Beautifully presented, our gift vouchers can be purchased online, via email, or in person.
Facilities
Along with your treatment you have complimentary use of our stunning 20 metre indoor heated swimming pool, Jacuzzi, separate ladies and mens steam rooms, gymnasium, and showering facilities.

Health Club Memberships
The Day Spa offers a limited number of exclusive Health Club and Spa memberships. For more information please telephone The Day Spa on (61 2) 8248 5250.

Bookings
Please telephone The Day Spa on (61 2) 8248 5250 to make an appointment. Advance bookings are highly recommended to avoid disappointment. A credit card, gift voucher, or guest room number is required to hold all reservations.

Late Arrival
As a courtesy to all our guests, treatments are completed as scheduled. Arriving late will shorten your time spent with us.

Personal Training
Personal training can be organised for a 30 min, 45 min, or 60 min session, with our dedicated trainer, Todd Brodie. Todd has over 10 years’ experience in the Health and Fitness industry, specialising in Pilates, strength & conditioning, resistance programs, and boxing. For further information regarding Personal Training, please contact The Day Spa on (61 2) 8248 5250.

Cancellation Policy
Guests who wish to cancel or reschedule their appointment are kindly requested to provide 24 hours’ notice, or the full cost of the treatment will be charged. For gift voucher bookings, cancellations of less than 24 hours will result in your gift voucher being redeemed in full.

Arrival at The Day Spa
To fully enjoy a complete Day Spa experience, we request that you arrive 15 minutes prior to your appointment time, in order for you to change into spa attire and complete a consultation form.

Pricing
Prices and treatments are subject to change without notice. The Day Spa accepts cash, EFTPOS, and all major credit cards. Hotel guests may charge their treatments to room accounts. Payments using a credit card will incur a Merchant Service Fee.

Health Considerations
For your safety and comfort please inform your therapist of any health conditions so that we can customise your treatment accordingly. If you suffer from allergies, physical ailments or are pregnant, some treatments may not be advisable.

Valuables
Lockers are available for your personal belongings, however, please leave valuables at home or bring them into the treatment room with you as we cannot take responsibility for misplaced or stolen items.

Parking
Convenient metered parking is in front of the hotel. Valet parking is available at a charge, subject to availability.
THE LANGHAM
SYDNEY