



## ESCAPE TO CHUAN BODY + SOUL

### Chuan Back Massage (30 mins) - £100

Soothe away tension in your upper body with this deeply relaxing massage focusing on built up stress and tight muscles across the back, neck and shoulders. Swedish massage techniques are used specifically to release toxins from the muscles and promote a state of deep relaxation.

### Chuan Heavenly Jing Lao (70 mins) - £135

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. With the use of Jing Luo 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 Body Massage (60 mins) - £155

This comforting and relaxing massage uses gentle pressure and is tailor-made for you. Following a personal consultation, your expert therapist will select the most suitable massage techniques for your needs and ensure you get the most out of this bespoke treatment

### Chuan Stone Therapy (90mins) - £185

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

### Chuan Immune Booster

(2 hrs 30 mins) - £365

Begin your treatment with the non-invasive therapy of Reiki which focuses on clearing the energy pathways of the body to stimulate its natural healing ability. Follow on with an Urban Detox light pressure massage using gentle drainage techniques to open and stimulate the lymphatic system which lightly detoxes the mind and body. Finish with the unique Chuan Heavenly Jing Lao foot treatment designed to maintain a healthy equilibrium between mind and body by optimising the blood and "Qi" flow, strengthening the immune system and promoting revitalisation.

### Spirulina Wrap

(60mins) - £150

Using a live, all-natural, spirulina algae, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body. The wrap is preceded by a full body exfoliation, a heavenly scalp massage is provided during the wrap and an application of a re-mineralizing crème to the body to finish. This is a very effective treatment for detoxifying and nourishing the body.

### Sensory Scrub

(45mins) - £120

A full body holistic scrub personalised to your sensory journey. This treatment finishes with an all over body nourishment to complete your skin renewal treatment

### Chinese Cupping - Back or focus area

(30mins) - £120

Cupping dates back to ancient Chinese culture where the practice was performed as an alternative form of medicine. The fire suction technique helps to unblock stagnant energy flow, detox the body and promote a healthy blood circulation.

### Reiki

(30mins) - £100

Add to any Chuan treatment

Reiki is a non-invasive alternative therapy which focuses on clearing the energy pathways of the body to stimulate its natural healing ability. This ancient practice will help to decrease anxiety and fatigue as well as induce deep relaxation and relieve pain.