



Soothing Bath Menu



sleep matters
BY CHUAN

Prepare your mind and body for a good night's sleep with the ultimate relaxation experience from Chuan Spa. Let your stresses and strains melt away as our expert comes to your room or suite and draw you a bath based on one of the five elements of Traditional Chinese Medicine.

Select a soothing infusion from the five options below for the most sumptuous soak you could wish for:

- WOOD** Looking to unwind and relax? Loosen your muscles and calm your mind with a blend of Bergamot, Neroli and Ylang Ylang oils.
- FIRE** Missing your usual spark? Stimulate your senses and uplift your spirits with Violet Leaf extract, Shiso Leaf extract and Lavender oils.
- EARTH** In need of focus and direction? Let this bath of Frankincense, Fennel and Geranium oils balance and refresh you.
- METAL** Feeling stressed by your relentless daily routine? This special blend of Eucalyptus, Chamomile and Cypress will revitalize and revive your tired mind.
- WATER** Are you achy and stiff? Rejuvenate your muscles with a soothing blend of Ginger, Sage and Cardamom oils.

Each bather will also receive a choice of Chuan Massage Oils and herbal tea.

Advance reservation is required.

