



Menu of Services

Chuan Body + Soul at The Langham London

Chuan Body + Soul Spa at The Langham London has been thoughtfully crafted to cultivate an atmosphere of serenity, encouraging both reflection and inspiration. Rooted in Chinese culture, the significance of flowing water as the source of life and balance is well understood—a fundamental element in maintaining harmony among mind, body, and soul. In the Chinese language, “Chuan” signifies a tranquil course of water, and the Chuan Spa facilities are meticulously designed to embody this sense of harmony, drawing upon the principles of Feng Shui.

Situated in the heart of bustling Central London, Chuan Body + Soul at The Langham, London stands as a peaceful sanctuary. Its design embraces a natural aesthetic, adorned with soothing, soft hues, providing a calming respite. Below ground, you will find a range of treatment facilities, including herbal steam rooms and saunas, complemented by The Langham’s renowned service. Together, these elements create the ideal environment for relaxation and the enjoyment of rejuvenating treatments, harmonizing your body and spirit.





Product Ranges

Chuan Spa and the Five Elements

At the core of our Chuan Spa signature treatments lies the wisdom of Traditional Chinese Medicine (TCM) and the five elemental forces: wood, fire, earth, metal, and water. These fundamental elements, in conjunction with your energy flow and the interplay of hot and cold influences, exert a profound impact on your overall well-being.

To ensure your therapy is specifically tailored to address the unique imbalances within your personal elements, we invite you to take a moment to complete a five-element questionnaire at the start of your journey. It's worth noting that these elements can fluctuate due to various external factors, including nutrition, seasonal changes, and bio-rhythms. As a result, this initial questionnaire is instrumental in customizing your treatment to your specific needs on each visit.

Our exclusive range of five-element essential oils, massage oils, and teas has been meticulously crafted in collaboration with experts in Chinese Medicine and Naturopathy, further enhancing your holistic spa experience.

Chuan Body + Soul at The Langham London, is proud to introduce an exclusive selection of distinctive and opulent boutique brands, thoughtfully curated to elevate your wellness journey, delivering tangible results and unparalleled tranquillity. Among our esteemed partners are:

Zelens

Zelens, founded by Dr. Marko Lens, a respected expert in skin aging, is a skincare brand that marries cutting-edge, high-tech ingredients with potent botanicals in meticulously crafted formulas designed to nurture and enhance skin health. This brand is rooted in high-performance skincare grounded in scientific research and showcases active ingredients with clinically proven effectiveness.

OTO Wellbeing

OTO pioneers the world's premier sensory CBD-infused massage experiences, featuring pure CBD isolate within sumptuous massage oils. These treatments are meticulously crafted to alleviate muscular tension and foster deep relaxation.

Chuan Signature Escapes

Our Chuan Escape packages combine unique components from both our Chuan and five elements and our carefully selected partner brand treatments, to provide timeless Chuan experiences.

Chuan Body Elements (90 minutes) - £250

Our treatment begins with the rejuvenating Chuan Harmony massage, a signature treatment aimed at rebalancing your body and easing tension. Following this, indulge in a personalized facial tailored to your specific skin needs, harnessing the nourishing properties to leave your skin hydrated and revitalized. This experience offers a perfect sanctuary to soothe your soul and reinvigorate your vitality.

Chuan Tao of Detox (150 minutes) - £350

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. Your body will feel rejuvenated as we ease tension in your back, neck and shoulders using an acupressure massage to release energy blocks. To finish, enjoy a bespoke facial that is tailored to your individual needs.

Chuan Ritual (150 minutes) - £350

Start this luxurious ritual with Chuan Harmony Signature Massage followed by Bespoke Zelens Facial tailored to your needs. To complete your experience choose one add on from Chuan mini treatments:

- Full body exfoliation;
- Intensive scalp treatment;
- Chuan feet retreat.

Rituals/ Escapes

Chuan Immune Booster (150 minutes) - £350

Begin your treatment with energy healing 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 Luo 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.

Pamper and Tea (Up to 5hrs)

For One £250 / For Two - £500

Enjoy afternoon of indulgence in Chuan Body + Soul at The Langham, London. Get pampered in Chuan Body and Soul with a signature Chuan Harmony Massage or Zelens Classic Facial followed by world-class afternoon tea at Palm Court.

Langham Pure Gold Ritual (90 minutes) - £280

Embark on the Golden Opulence Journey, a lavish experience that begins with a 24kt gold full-body exfoliation, preparing your skin for the indulgent nourishment that awaits. After this step, your body will be treated to a drizzle of pure 24kt gold-infused body oil, followed by a massage using the world’s most luxurious AMRA Gold Hot Stones. These unique stones, infused with the essence of gold, provide a radiant warmth reminiscent of the metal’s transformation through fire.

The journey continues with your body being adorned with the golden splendor of AMRA’s exclusive Precious Drops of Gold, leaving your skin not only deeply nourished but also glistening with a golden glow. To culminate this extravagant experience, immerse yourself in the 24kt Gold Body Spritz. This signature fragrance envelops the senses, captivating the mind with a blend of rich amber, vibrant citrus, aromatic herbs, opulent woods, and sensual musk.

Chuan Reboot and Refresh (90 minutes) - £250

Our treatment begins with a thorough back exfoliation, meticulously cleansing and rejuvenating the skin to leave it refreshed and revitalized. Following this, indulge in a tranquil back, neck, and shoulder massage, expertly administered to alleviate muscular tension and promote overall relaxation. To cap off this experience, enjoy a tailored purifying facial cleanse, thoughtfully designed to suit the unique texture of a gentleman’s skin.

Chuan Jet Lag Revival (90 minutes) - £250

Combat jet lag, fatigue and mental exhaustion by balancing your senses with the Chuan Herbal Salt Scrub to stimulate and smooth the skin. Finish with one-hour Restorative Massage, which slowly takes away any feeling of tiredness, stress, muscle aches and tension.

Chuan Muddy Elements (90 minutes) - £250

Chuan masterfully translated the essence of the Five Chinese elements into five distinct signature muds, making this treatment an exceptional and personalized experience.

Your sensory journey starts with a soothing warm oil and herbal salt exfoliation, awakening and revitalizing your skin. Following that, relax as your entire body is swathed and cocooned by your elemental mud, enabling the therapeutic elements and essential oils to penetrate deeply into your skin. To add to the bliss, enjoy a calming scalp massage and a gentle facial cleanse, melting away any lingering tension. This extraordinary journey culminates with a generous application of hydrating lotion, leaving your entire body nourished and rejuvenated.

*Each of these treatments can be experienced within the intimacy of our couple’s suite, for a shared experience.



Chuan Signature Massages

Chuan Harmony (60 minutes) - £175 (90 minutes) - £250

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 massage stimulates a sense of wellbeing and relaxation.

Chuan Stone Therapy (90 minutes) - £250

Balance the yin and yang energies using hot (yang) and cold (yin) stones. Let your body unwind as the hot stones increase body circulation and assist immune function by removing toxins. Finish with cold stones on the lower back to calm internal heat, assist injury recovery and increase mental alertness.

Chuan Heavenly Jing Luo (90 minutes) - £250

This unique Chuan Signature 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. 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.

Massages

Please note that for in-room massages, a 30% surcharge will be added to the standard price of the treatment.

Restorative Massage

30 minutes/60 minutes/90 minutes - £120/£175/£250
5 x 60 minutes - £760

This soothing and rejuvenating massage experience is customised to your preferences, utilizing a range of gentle to medium massage and pressure techniques. After a thorough consultation, our skilled therapists will carefully adapt the massage to target your specific areas of concern, effectively releasing physical and mental tension and guiding you into a state of serene tranquillity.

Deep Muscle Relax Massage

60 minutes/90 minutes - £190/£280
5 x 60 minutes - £850

Ideal for individuals experiencing persistent muscular tension. Designed to address deep-seated discomfort, by seamlessly integrating active stretching and advanced massage techniques. Including targeted deep work employing elbows and forearms, we effectively alleviate even the most entrenched stiffness. Focused on your back, neck, and shoulders, this treatment liberates your body, promoting enhanced mobility and a profound sense of relaxation.

Maternity Massage (60 minutes) - £175

Indulge in a soothing and tender massage meticulously crafted to unwind and alleviate fatigue. Tailored for both expectant mothers and those who have recently given birth, this nurturing experience effectively dissolves muscle tension, leaving you in a state of utter relaxation and well-being.

Suitable from 12th week/ second trimester of pregnancy.

Walking on Sunshine (30 minutes) - £120

Experience the luxurious touch of a gentle lymphatic drainage massage, thoughtfully designed to provide respite for those seeking relief from the burdens of tired, heavy, or swollen legs. This specialized treatment not only offers a soothing and relaxing experience but also works to encourage the body's natural lymphatic flow, aiding in the reduction of swelling and promoting a sense of lightness and revitalization.

Suitable from 12th week/ second trimester of pregnancy.

Urban Detox Massage (75 minutes) - £200 Course of 3 - £550

Indulge in the serenity of a gentle pressure massage, which employs subtle drainage techniques to awaken and invigorate the lymphatic system. Tailored for those in pursuit of a delicate detoxification experience for both the body and mind, this treatment offers a soothing experience to refresh and rejuvenate.

Course of three (recommended over three weeks).





OTO CBD Wellness treatments

60/90 minutes- £175/£250

OTO CBD Wellness Experience

This OTO signature massage experience uses the power of CBD in a beautifully curated essential oil blend to either amplify, focus or balance. Our experienced therapist will help you choose your perfect experience, combined with a carefully chosen sound immersion, for total relaxation.

OTO Amplify CBD Massage

A re-energizing full body massage aimed to release tension and boost the immune system. This experience uses a handcrafted bamboo roller for maximum effect and equally includes the use of red jasper crystal, bitter orange, juniper berry, and grapefruit oil.

OTO Focus CBD Massage

A rejuvenating whole body massage aimed at restoring energy and reducing inflammation. Extra care is given to the feet and scalp and this particular treatment involves the use of green Aventurine crystal, frankincense, ginger, and black pepper oil.

OTO Balance CBD Massage

A deeply relaxing whole body massage to help pause and reset. Touch therapy and energy work re-centre the natural circadian rhythm. This treatment relies on the benefits of rose quartz crystal, fragonia, jasmine, and chamomile oil to achieve wonderful results.

Sleep Soundly (60/90 minutes) - £175/£250

Combining the OTO signature scent of mandarin and ylang-ylang with high levels of CBD, the sleep-soundly whole-body massage rapidly reduces inflammation in the soft tissues. Warm Himalayan salt stones harness the parasympathetic nervous system - responsible for recovery and stress reduction, while sound helps identify imbalances in the body's energy field, releasing emotional heaviness. This treatment will renew the entire body holistically and encourages a full circadian rhythm reset. Ideal for the restless.

Facials

Chuan Yu Signature Facial (75 minutes) - £200

During this facial therapist uses the ancient technique of Gua Sha smoothing through important meridian points, which helps to revitalise different skin types and increases the flow of bodies' energy circulation. With the use of Jade renowned for its healing properties, the treatment nurtures and restores your skin.

Zelens Facials

Renew and Repair Express Facial (30 minutes) - £120

Experience Dr Marko Lens' advanced skincare formulations in a treatment created to kick start cellular renewal and repair instantly, whilst feeling thoroughly luxurious and relaxing. This facial addresses your individual skin concerns and is great as an introduction to Zelens skincare and facials.

Zelens Classic Facial (60/90 minutes) - £175/ £250

Combining uniquely designed professional formulations and our therapists experience and expertise, this facial will be tailored to address your personal skin concerns. All classical facials include a face cleanse, tone, charcoal peel, lymphatic or sculpting massage, mask and finishing touches. It is suitable for all and even sensitive skin types.

After thorough cleanse and skin assessment your therapist will choose one of the following or combination of both facials.

Contouring and Sculpting Facial

A high performance hands on facial that redefines the skin of the face and neck using professional grade formulas. Loaded with a unique blend of potent peptides and botanical active ingredients the treatment promotes collagen production and supports the skin's natural recovery process to reveal a brighter, healthier and more defined/ sculpted complexion.

Detoxifying Anti-Pollution Facial

This facial offers an instant boost of energy and oxygen to the skin while enhancing the detoxification process. This facial will help to detoxify, refresh and reveal brighter and healthier complexion.

Zelens 3D Tightening & Firming Facial (60 minutes) - £185

A complete firming facial treatment that redefines the skin of the face and neck using Zelens ultra sound 3D technology and advanced professional grade formulas loaded with a unique blend of potent peptides and botanical active ingredients to help promote collagen production.

Zelens Signature 4D Contouring & Sculpting Facial 90 minutes - £250

Combining uniquely designed professional formulations with radiofrequency and ultrasound technology to help promote skin renewal and repair. A high performance facial treatment that supports the synchronization of the skins natural circadian rhythm. This facial sculpts and completely aids the skins natural recovery process to reveal a brighter, healthier skin.





Chuan Add On's

Body Brushing (15 minutes) - £50

This treatment is perfect add on to all of the massages. It will promote circulation, detoxification, exfoliation and ensures an optimised product absorption during your treatment.

Chuan Herbal Salt Scrub (30 minutes) - £90

This scrub uses a combination of warm oil and herbal mint and ginger salt. A truly relaxing experience that will deeply cleanse, exfoliate and revitalise skin and body.

Reiki (30 minutes) - £120

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.

Reiki is perfect add on to any of our treatments or a standalone experience.

Personal Training

60-minute session - £150

Couples 60 minute session - £200

Course of 4 - £500

Course of 8 - £900

Yoga, Pilates, Breath work

60-minute session - £150

Couples 60 minute session - £200

Course of 4 - £500

Heath Club Day Pass

£150 per person.

Relax and unwind for up to 2 hours in our luxurious spa.

Health Club use is complimentary with all treatments

of 90 minutes or more.

Traditional Chinese Medicine Treatments (TCM)

Traditional Chinese Medicine (TCM) relies on cultural beliefs to understand well-being through the equilibrium of Yin and Yang. TCM doctors aim to restore balance, by either supplementing Yin or Yang or reducing excess. This holistic approach treats the entire body and its imbalances.

At Chuan Spa, our TCM initial session, led by a qualified practitioner, interprets your well-being. The practitioner will then prescribe tailored treatments based on TCM principles.

Treatments may include:

Acupuncture - from £250

Acupuncture, an ancient Chinese healing practice spanning millennia, prioritizes enhancing overall well-being rather than addressing isolated symptoms. Rooted in traditional Chinese philosophy, it hinges on the concept that our health relies upon the harmonious flow of Qi, the body's motivating energy, through a network of meridians beneath the skin. This gentle insertion of fine needles into these energy channels prompts the body's healing mechanisms, facilitating the restoration of its natural balance.

Ho Guan (Cupping) - from £150 for 30 minutes

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

*This practise may cause temporary skin discoloration and bruising.

*TCM treatment bookings need to be made 24 hours in advance and are subject to availability.

Lifestyle

Chuan Body + Soul cordially invites you to sculpt your body and soul.

Health Club

Nestled in the Langham, London's Regent Wing on the lower ground floor is our cutting-edge Health Club equipped with state-of-the-art Technogym® machines featuring by touchscreen entertainment systems. Our array of equipment encompasses cardiovascular machines, strength machines, and a comprehensive selection of free weights.

Personal Training

If you require extra support with fitness equipment usage or seek added motivation to reach your goals, our professional Personal Trainers are available for both individual and group sessions. Following a comprehensive consultation and assessment of your health and lifestyle, your Personal Trainer will design a bespoke workout plan to help you achieve your fitness and health objectives. They will guide you through your fitness journey, scheduling weekly workouts, offering nutritional guidance, conducting follow-up fitness assessments, monitoring your progress, and delivering detailed reports. Additionally, your Personal Trainer will provide one-on-one training sessions, emphasizing technique, posture, and overall fitness improvement. For pricing details, please consult our price list.

We recommend making reservations at least 24 hours in advance. Personal training is subject to availability.

Swimming Pool

Nestled in our sub-level lower ground floor within the historic confines of an old banking vault, our 16-meter swimming pool provides the perfect retreat to unwind and swim away the stresses of the day.

Changing Room

Following your workout or before indulging in a treatment, take advantage of our luxurious changing rooms. Here, you can relax and rejuvenate in our sauna, aromatic steam room, or refresh yourself in the well-equipped shower and vanity areas, complete with private lockers for your convenience.

Chuan Body + Soul and Health Club Membership

Join us today and unlock a world of exclusive privileges. Chuan Body + Soul and Health Club offers more than mere relaxation and enjoyment; it's a sanctuary where you can harmonize your mind and body, rejuvenating your inner self.

Membership at Chuan Body + Soul and Health Club transcends spa treatments and exercise access; it's your passport to a transformative journey towards health and well-being. We focus on every detail, from attentive service and inspiring surroundings to an extensive range of services and products, ensuring you savour every moment of your Chuan experience. Discover the benefits and details of our membership programmes today.

Email: tlon.membership@chuanspa.com





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, by phone: +44 (0) 20 7973 7550, via email: tllon.info@chuanbodyandsoul.com or via our website: www.chuanbodyandsoul.co.uk

A valid credit card and telephone number are required to reserve all treatments and packages. Any changes to a scheduled treatment booking time requires a minimum of 24 hours' notice. We invite you to arrive at least 1 hour before your scheduled appointment time to check in and enjoy the facilities at Chuan Body + Soul.

Chuan Cancellation Policy

To cancel a scheduled treatment booking, a minimum of 24 hours' notice is required. If less than 24 hours, a full treatment fee will be levied. In case of no-show, full treatment fee will be charged. All packages and products are non-refundable.

Chuan Gift Vouchers

The perfect gift for all occasions. Gift vouchers are available for any of our treatments and packages. The vouchers can also be set to any face value redeemable as part-payment for any spa services. Monetary vouchers can also be purchased as part or full payment for any spa services, to purchase these please visit: www.chuanbodyandsoul.co.uk/gifts

How to Spa

Check-in

When you arrive at Chuan Body + Soul you will be asked to complete a brief lifestyle and elemental questionnaire to determine how your treatment can be personalised. Please inform our Spa Concierge if you have any health concerns. We recommend arriving at least 1 hour before your treatments to shower and enjoy the therapeutic benefits of our wet facilities - steam, sauna and swimming pool. While we always try to accommodate your treatments, late arrival may mean a reduction in your treatment time due to prior bookings. The full value of your treatment will be charged.

Etiquette

Mobile phones, while a necessary part of modern living, are not permitted in any of our treatment rooms or guest areas within the spa. Please be considerate of other guests and switch them to quiet or meeting mode.

Gym is open 24/7 for hotel guests.
Last entrance to Chuan Body + Soul is 20:30

Minimum Age

The minimum age requirement for access to the Chuan Body + Soul and Health Club is 16 years. Please note children's swimming times are available for hotel guests.

An adult must accompany all children under the age of 16.
Family friendly swimming times: 08:00- 12:00 and 16:00- 18:00.

Spa Wear

We provide disposable underwear for your privacy and your therapist will advise you on their usage. They should be worn during water based treatments and massage treatments – our therapists are fully trained to drape you to protect your privacy at all times.

Health

Please remember to hydrate during and after your time at Chuan Body + Soul. Gentlemen are advised to shave a few hours prior to any facial treatments to increase treatment benefit and comfort. We suggest for you to leave the oils on your skin for up to two hours after the massage so that your skin could fully absorb the oils' properties. If you are pregnant or have any other health conditions that may affect your treatment or its results, please inform our Spa Concierge and therapist. Please inform our therapist if at any time you are uncomfortable or require anything else during your treatment – massage pressure, room temperature or volume of music.

Valuables

We recommend for you to leave your valuables in your hotel room or at home during your visit. We do not assume liability for any valuables.

Gratuities

Gratuities for good service are at the guest's discretion.

Other

Gambling, smoking and alcohol consumption within the Chuan Body + Soul and Health Club including the pool area are strictly prohibited. Please refrain from drinking any alcoholic beverage three hours or longer before your visit. The therapist reserves the right to terminate the treatment if he/she feels the guest's behaviour is undesirable.

Chuan Day Spa Users

Day spa users with a minimum spend of £220 can enjoy the use of all of facilities at Chuan Body + Soul - including swimming pool, fitness studio, sauna, herbal steam room.

Chuan Group Reservations

Please contact the Chuan Spa Management for groups of over four people. We offer a range of packages to suit all requirements. For all enquiries, call the Chuan Spa Concierge on [+44 \(0\) 20 7973 7550](tel:+442079737550).





The Langham, London

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