



Menu of Services



Chuan Spa Melbourne

In Chinese culture, flowing water is seen to be the source of life and balance; a key to keeping mind, body and soul in check. In English the word Chuan means a serene coursing of water and the Chuan Spa facilities are modeled to reflect this harmony by using the principles of Feng Shui.

Located over two levels of The Langham, Melbourne, in the renowned Southbank promenade of the city, Chuan Spa is designed to create an ambience of tranquility for both contemplation and inspiration. Styled using traditional Chinese garden aesthetics with floral silks on the walls, natural hues interiors, bamboo floors, Chuan Spa creates a wonderful haven away from the chaos of the outside world.

Providing individual and dual treatment services, a heated salt water pool and Jacuzzi with floor-to-ceiling views of the city skyline, Chuan Spa's reputation for quality and authenticity is further enhanced by being voted the Best Hotel Spa of the Year at the 2021 TAA (Vic) Accommodation Awards for Excellence. Combine this with our exclusive treatments and exceptional service and Chuan Spa is the perfect place to rediscover your source.

Product Ranges

Chuan Spa and the Five Elements

Chuan Spa takes a holistic approach to wellness by embracing the centuries-old healing philosophies of Traditional Chinese Medicine (TCM). Our TCM-inspired treatments embrace the principles of Wu Xing (the Five Elements - Wood, Fire, Earth, Metal and Water).

On beginning your Chuan Journey, we will design a personalised treatment based on your mood, lifestyle and individual needs. Bringing together modern comforts, ancient therapeutic concepts and flawless hospitality. Chuan Spa's extensive menu includes a variety of luxurious treatments, from facials and herbal salt scrubs to mud wraps, hand or foot therapies and body massages.

Our menu of service combines the use of Australian-made Chuan products and German-origin therapies from BABOR, with the nurturing qualities of TCM to give you spiritual and physical harmony.

Chuan Tri-Bathing Ritual

During your time at Chuan Spa Melbourne we invite you to experience our complimentary Tri-Bathing Ritual, ideal for calming mind, body and soul. The ritual effects Chuan's philosophy of flowing water and will help loosen tight muscles whilst stimulating your every sense.

Start by soaking away your day's troubles. Chuan's spacious salt water Jacuzzi provides distinct views of Melbourne's iconic Flinders Street Station and Yarra River. Continue on to our traditional style sauna enjoying a shower in our river stone snail shower. The conceptual shower design forces 12 jets of water onto separate muscle groups while invigorating you from above with a generous rain shower and steam.

We recommend allowing 30 minutes to experience the Tri-Bathing Ritual.

Chuan Escapes

Body Elements

1 hr 30 mins | \$309 Weekdays, \$319 Weekends

Our signature full body Harmony massage blends seamlessly with a facial tailored for your individual needs bringing your total body gently back into balance.

Indoceane

2 hrs | \$339 Weekdays, \$349 Weekends

Delight in a sensual milk bath, sweet and savoury body exfoliation, calming full body massage and soothing fragrant body wrap. Harness your senses as you allow you whole body to float away.

Tao of Detox

2 hrs 30 mins | \$439 Weekdays, \$449 Weekends

Your entire body is treated in this powerful retreat with an invigorating combination of body exfoliation, detoxifying algae wrap, soothing relaxation massage and plumping oxygenating facial.

Chuan Ritual

2 hrs 30 mins | \$429 Weekdays, \$439 Weekends

Create your own ritual escape with a relaxing and rebalancing signature Harmony or Balancing massage, maintenance facial and your choice of either our invigorating herbal salt scrub, hydrating mini muddy elements body wrap, or a revitalising mini feet retreat.

Escape

2 hrs 30 mins | \$429 Weekdays, \$439 Weekends

A deeply relaxing total body escape combining the elements of a mineralizing salt exfoliation followed by a rich hydrating full body mud mask. Your journey is completed with a relaxation massage using a selected blend of premium essential oils.

Serenity Shen Couples Treatment

3 hrs | \$819 Weekdays, \$829 Weekends

During this luxurious retreat your personal therapists guide you from your private geisha tub, through a soothing full body hot stone massage, to a facial tailored to your skin types. Your tranquil day concludes with Chinese inspired delicacies and tea for both of you to enjoy.

Public Holiday Surcharge: A flat rate of \$30 per person applies for all treatments booked and vouchers redeemed on public holidays.

Chuan Massages

Balancing Massage

1 hr | \$189 Weekdays, \$199 Weekends

1 hr 30 mins | \$269 Weekdays, \$279 Weekends

Using a combination of dry and oil based massage techniques, along with a sequence of Traditional Chinese Medicine (TCM) acupressure points, this treatment will unlock and re-balance your body's energy.

Harmony

1 hr | \$189 Weekdays, \$199 Weekends

1 hr 30 mins | \$269 Weekdays, \$279 Weekends

A peaceful relaxation massage using Chuan's Traditional Chinese Medicine sequence. Combines flowing relaxation movements with therapeutic acupressure techniques to leave you calm and revitalised.

Deep Tissue

1 hr | \$199 Weekdays, \$209 Weekends

1 hr 30 mins | \$279 Weekdays, \$289 Weekends

Firm pressure and rhythmical movements alleviate stress and muscle tension in this powerful massage.

Remedial

1 hr | \$199 Weekdays, \$209 Weekends

1 hr 30 mins | \$279 Weekdays, \$289 Weekends

Our remedial therapist will consult with you to target your individual muscular concerns using their therapeutic massage techniques. This healing massage is one of our most effective treatments for reducing muscle tension and discomfort.

Neck, Back and Shoulder Massage

30 mins | \$119 Weekdays, \$129 Weekends

Relaxing acupressure massage ideal for those who have limited time or a perfect add on treatment to enhance your time with us.

Hot Stone Massage

1 hr | \$199 Weekdays, \$209 Weekends

1 hr 30 mins | \$279 Weekdays, \$289 Weekends

This warming massage soothes muscles using hot stones on acupressure points. Flowing movements will re-balance energy levels and release tension.

Pregnancy Massage*

1 hr | \$189 Weekdays, \$199 Weekends &

1 hr 30 mins | \$269 Weekdays, \$279 Weekends

Using the most hydrating blend of oils to nourish skin during the body's change, mothers can relax into a table specifically designed for pregnant bodies and rest as energy is gently restored with this full body massage.

Expectant Mother*

1 hr 30 mins | \$259 Weekdays, \$269 Weekends

Using only the safest ingredients for mother and baby this nurturing treatment soothes aching legs, back and feet. A calming foot soak is followed by a full body relaxation massage on a table specifically designed for pregnant bodies.

*Please note these treatments are available from second trimester onwards.

Chuan Facials

Chuan Yu Facial

1 hr 15 mins | \$239 Weekdays, \$249 Weekends

Chuan's premium signature facial combines ancient holistic techniques of Gua Sha and acupressure. A healing jade stone is gently glided over the skin to visibly lift, tone and revitalise.

Express Cleanse

30 mins | \$129 Weekdays, \$139 Weekends

Perfect as an add on to any massage or body treatment. This express facial includes cleanse, exfoliation, massage and moisturise.

Renewal Express

30 mins | \$139 Weekdays, \$149 Weekends

A rejuvenating AHA Peel or Enzymatic exfoliation that is designed to leave skin deeply cleansed and rebalanced.

Hydra Refresh Facial

1 hr | \$209 Weekdays, \$219 Weekends

Give yourself 60 minutes of face time with a facial that has been developed to boost hydration and rebalance the skin. Including Babor's renowned hydrating ampoules, skin will feel refreshed and renewed.

Recovery Facial

1 hr | \$209 Weekdays, \$219 Weekends

Tailored to combat either the most sensitive or problematic skins. This facial will be designed to include key anti-stress ingredients, soothing redness, while balancing and hydrating the skin. Problem skins can aim to feel deep cleansed and repaired, while sensitive skins can expect to leave calm and hydrated.

Ultimate Glow

1 hr | \$209 Weekdays, \$219 Weekends

Named 'an hour of power' by industry insiders and for good reason. Lack lustre skin is transformed into fresh, bright skin in just 60 minutes with the application of a 10% AHA peel and glowing Vitamin C ingredients. Leaving problem skin feeling deep cleansed and repaired, while sensitive skin is calm and hydrated. Recommended in a course of 6.

Collagen Boost Facial

1 hr | \$209 Weekdays, \$219 Weekends

Widely regarded as Chuan's most luxurious hero facial, this complexion-enhancing facial addresses two key skin concerns; loss of elasticity and wrinkles. Recommended in a course of 6, problem skin will feel deep cleansed and repaired, while sensitive skin is calm and hydrated.

Renewal Plus Facial

1 hr 30 mins | \$269 Weekdays, \$279 Weekends

This enhanced facial utilises skin treatments to thoroughly address skin concerns while nourishing the soul and releasing tension. Let your therapist tailor this ultimate 90 minute facial to your needs, with skin boosting ampoules and deluxe facial masks, this treatment also includes scalp, neck, shoulder, hand and the ultimate facial massage designed to lift, renew and brighten the skin.

Ultimate Lift HSR Facial

1 hr 30 mins | \$269 Weekdays, \$279 Weekends

This enhanced facial utilises skin treatments to thoroughly address skin concerns while nourishing the soul and releasing tension. Let your therapist tailor this ultimate 90 minute facial to your needs, with skin boosting ampoules and deluxe facial masks, this treatment also includes scalp, neck, shoulder, hand and the ultimate facial massage designed to lift, renew and brighten the skin.

LED Light Treatment

LightStim LED Light Therapy is the most effective and affordable technology for achieving healthy and youthful skin. It is soothing, painless and can be used on all skin types to tone and diminish fine lines and wrinkles.

Choose from our selection of packages and boost the benefits of your facial treatments by promoting deeper absorption of serums and creams, stimulate collagen and elastin production and enjoy a more radiant youthful glow after your treatment.

LED Light Therapy \$110 per treatment

This package includes a facial cleanse, exfoliation, and LED treatment, complete with serum and moisture. Perfect for those pressed for time or looking for a lunch time fix.

LED Facial Enhancement \$49 per treatment

Enhance any 1 hour facial with a LED enhancement.

LED Light Packs \$495 per package

Pre-pay for 6 x 30 minute LED Light Therapy treatments.

Suggested add-ons performed in treatment time \$15

Cream Hair Mask and Scalp Massage

Suggested add-ons performed in addition to your facial \$45

15 minute eye treatment

15 minute comedone treatment with extractions

Suggested upgrades performed in your treatment time \$45

Babor's famous ampoules are renowned for being results-driven and effective. They consist of a single-use glass vial filled with natural and highly concentrated ingredients and can be added to any facial

Upgrade any facial with a derma roller treatment and receive the derma roller to take home with you. Tiny titanium needles rolled over the skin by your therapist will brighten appearance and increase effectiveness of serums to the outer dermal layer by 40%. Repeat the process at home 2 - 3 times per week, and skin will appear youthful and fresh.

Chuan Scrubs and Wraps

Herbal Salt Scrub

30 mins | \$129 Weekdays, \$139 Weekends

Chuan's signature scrub includes an invigorating salt scrub and warm oil treatment that removes dead skin cells and re-energises your body.

Muddy Elements

1 hr 30 mins | \$309 Weekdays, \$319 Weekends

A powerful wrap treatment which combines a stimulating salt scrub and detoxifying mud wrap with a relaxing face and scalp treatment. The body feels invigorated and the mind feels cleared.

The Babor Body Facial

1 hr 30 mins | \$309 Weekdays, \$319 Weekends

Indulge in the most luxurious body spa experience. Your tailored fragrance will enhance your total wellbeing for a holistic transformation of your mind, body and soul. Receive the benefits of Champagne Pear Stem cells that will leave your skin looking and feeling firmer and more hydrated. Let your mind drift away as you receive an invigorating body mineral salt peel, detoxifying spirulina algae body wrap and a hydrating facial. Leaving you with an experience you will never forget.

Chuan Man

Men's Maintenance

1 hr | \$189 Weekdays, \$199 Weekends

Feed your skin with a nurturing facial designed specifically for men. The skin's natural oil levels are balanced with a facial cleanse, exfoliation, mask, relaxing facial massage and moisturiser. To complete your experience your therapist will advise you on the best home care for your skin type.

A Man's World

1 hr 30 mins | \$239 Weekdays, \$249 Weekends

Your retreat commences with a purifying back exfoliation to cleanse and replenish. We follow this with our traditional Chuan Harmony relaxation massage and complete the treatment with a facial specifically designed for male skin types.

Chuan Hand and Foot Therapies

Feet Retreat

1 hr | \$149 Weekdays, \$159 Weekends

Treat your feet to an aromatic foot bath, softening exfoliation, hydrating mud application and nail and cuticle care. This ritual brings tired feet back to life and is finished with your choice of polish colour from our range, which contains none of the toxins found in many other nail polishes. This treatment is performed with sterilised equipment and includes a take home maintenance pack for your nails.

Reflex Remedy

1 hr | \$159 Weekdays, \$169 Weekends

Revitalise energy and unblock points of tension in your hands and feet. A stimulating hand and foot exfoliation is followed by a relaxing hand and foot massage using a combination of flowing movements and acupressure points to rejuvenate each extremity.

Chuan Executive Indulgence

1 hr | \$159 Weekdays, \$169 Weekends

Revitalise energy and unblock points of tension in your hands and feet. A stimulating hand and foot exfoliation is followed by a relaxing hand and foot massage using a combination of flowing movements and acupressure points to rejuvenate each extremity.

Healing Hands

1 hr | \$149 Weekdays, \$159 Weekends

Arms and hands are gently exfoliated and wrapped in hydrating mud before your therapist expertly shapes your cuticles and files, buffs and shapes your nails. Choose your polish colour from our range, which contains none of the toxins found in many other nail polishes. This treatment is performed with sterilised equipment and includes a take home maintenance pack for your nails. Hands are safely refreshed and renewed.

Chuan Heavenly Jing Luo

1 hr 30 mins | \$199 Weekdays, \$209 Weekends

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.

File and Polish (Hands or Feet)

30 mins | \$89 Weekdays, \$99 Weekends

Cuticles are softened and nails are filled, buffed and finished with your choice of polish colour from our range, which contains none of the toxic trio found in many other nail polishes. This treatment is performed with sterilised equipment and includes a take home maintenance pack for your nails.

Maintenance Treatment

Tint

Eye Lash	15 mins	\$25
Eye Brow	15 mins	\$25
Eye Brow & Eye Lash	30 mins	\$45

Wax

Eye Brow	15 mins	\$30
Lip	15 mins	\$30
Chin	15 mins	\$30
Under Arm	15 mins	\$30
Arm	15 mins	\$30
Half Leg	30 mins	\$40
Full Leg	45 mins	\$55
G-String	45 mins	\$55
Bikini	45 mins	\$50
Brazilian	30 mins	\$75
Back	30 mins	\$50
Chest	30 mins	\$50

* Above rates inclusive of applicable service charge and taxes

Chuan Experience

Chuan Five Element Questionnaire

Chuan Spa treatments and products are guided by the Five Elements theory. Before booking your treatment, please fillout the Chuan Five Element questionnaire to assist you in identifying basic disharmonies amongst the five elements. Together with sensory testing, you will be directed to the most suitable Chuan product for your treatment.

Chuan Scheduling

- We highly recommend you book your treatment in advance to secure your preferred day and time. This can be done in person, over the phone (613) 8696 8311 or by email tlmel.info@chuanspa.com

- Please arrive at least 30 minutes before your scheduled appointment time to check in and enjoy the facilities at Chuan Spa.

- A valid credit card and phone number are required to reserve all treatments and packages.

Chuan Cancellation Policy

- 24 hours notice must be given to cancel or amend any reserved treatment.

- If less than 24 hours, 50% of your full treatment fee will be levied.

- Failure to attend your appointment will result in full treatment fee being levied.

- All packages and products are non-refundable.

Chuan Spa Gift Vouchers

The perfect gift for all occasions, gift vouchers are available for our treatments and packages as well as a monetary value. Please visit our online store to make a purchase.

Health Club

Located within Chuan Spa and offering stunning views of the Melbourne city skyline, Chuan Spa Health Club is a haven for contemplation, renewal, relaxation and wellbeing. This exclusive spa and club offers state-of-the-art facilities, cardio and movement classes, an indoor saltwater pool and zero edge Jacuzzi.

Opening Hours

Monday to Friday 6am – 9pm

Saturday to Sunday 8am – 9pm

*Please note these times are subject to change without notice.

Terms & Conditions

Payments

Credit Card payment rates are inclusive of Goods and Services Tax (GST).

Credit card payments incur a merchant service fee in addition to the total amount payable as follows:

- MasterCard, Visa and American Express 1.2% (inc. GST).
- China Union Pay 1.75% (inc. GST).
- Diners Club, JCB and Discover 3% (inc. GST).

Payments by cash are or EFTPOS do not attract a merchant fee.

Surcharge

A flat surcharge rate of \$30 per person applies for all treatments booked and vouchers redeemed on public holidays.

The Langham, Melbourne

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