



## Menu of Services

## **Chuan Spa at The Langham,Shanghai,Xintiandi**

Chuan Spa at The Langham,Shanghai,Xintiandi has been designed to create an ambience of tranquility for both contemplation and inspiration,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 Chinese, the word Chuan means a serene course of water and the Chuan Spa facilities are modeled to reflect this harmony by using the principles of Feng Shui, Chuan Spa at The Langham Xintiandi creates a wonderful haven away from the outside world,embracing a natural aesthetic with interiors of soft and calming hues. The exclusive treatment facilities include herbal steam rooms,saunas,Jacuzzi and an ice experience which alongside The Langham's exceptional service,makes Chuan Spa the perfect place to rediscover your source.





## Chuan Tri-bathing Ritual

Before your treatment, embark on a natural water journey - the Chuan Tri-bathing Ritual. The complimentary tri-bathing ritual features an array of wet facilities to exploit the body's reaction to hot and cold stimuli for deeper dimensions of relaxation, health and wellbeing. The ritual begins with the herbal steam allowing the heat to loosen and soothe tightened congested muscles. As an interlude, take a snail shower to awaken your spirit. Round off the ritual with sauna to prepare you for your spa treatment.

The regime of alternate hot to cold produces rotating sedative and invigorating responses in the body to stimulate and awaken your senses. The hot and cold sensation on the skin penetrates deep into the body where it is instrumental in balancing the energies, stimulating the immune system, enhancing blood circulation, promoting detoxification, and restoring the body to a state of harmony.

The Chuan Tri-bathing Ritual is part of the journey to rejuvenate and soothe your body, mind and soul.

## Chuan SPA Treatments and Five Elements

The foundation of our Chuan Spa signature treatments is Traditional Chinese Medicine (TCM) and the five elemental forces of wood, fire, earth, metal and water. These five elements combined with your energy flow and the influence of hot and cold have great influence on your wellbeing.

Spending a moment to complete a five element questionnaire at the beginning of your journey ensures your therapy addresses the imbalances of your life elements. Your selected element may change on a daily basis and is affected by what you eat and the seasons of the year as well as your bio-rhythms.

Our range of five-element essential oils, incense, candles and teas have been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.





## Chuan Signature Escapes

### Body Elements

1 hr 30 minutes

Enjoy a pair of signature treatments that bring harmony to the body.

- 45-minute Chuan Harmony Massage
- 45-minute Aroma Bliss Facial

### Flight Recovery

2 hours

Combat jet-leg, can help you adjust your condition quickly, allow you to embrace a vigorous new life.

- 30-minute Chuan Herbal Salt Scrub
- 60-minute Chuan Harmony Massage
- 30-minute Chuan Mini Feet Retreat

### Tao of Detox

2 hrs 30 minutes

Enjoy a luxurious treatment, can help you embark on a journey of body purification.

- 30-minute Chuan Herbal Salt Scrub
- 30-minute Chuan Mud Body Wrap
- 30-minute Chuan Back & Neck & Shoulder Massage
- 60-minute Natura Bissé O2 Relax Facial

### Chuan Ritual

2 hrs 30 minutes

Enjoy a fully personalized body treatment by creating your own indulgent spa ritual:

- 30-minute Herbal Salt Scrub or 5 Elements Body Mud Wrap or Mini Feet Retreat
- 60-minute Chuan Signature Harmony Massage or Chuan Balancing Massage
- 60-minute Facial: Chuan Yu or Natura Bissé O2 Relax Facial

### Serenity Shen

3 hours

Embark on a journey of mental tranquility, let the power of serenity fill your body and mind, and find your true self.

- 90-minute Chuan Stone Therapy
- 60-minute Natura Bissé O2 Relax Facial
- 30-minute Foot Massage

## Chuan Signature Massage

### Chuan Back, Neck and Shoulder

30 minutes

Ideal for those who have limited time, or as an add-on treatment to enhance your time with us.

### Chuan Harmony

1 hr / 1 hr 30 minutes

This treatment is designed to harmonise the body's meridians by using Chuan signature aroma oils combined with acupressure techniques.

### Chuan Balancing

1 hr / 1 hr 30 minutes

Incorporating acupressure techniques and the application of Chuan signature aroma oil on the back area only, this treatment is designed to relieve muscular tension.

### Chuan Stone Therapy

1 hr 30 minutes

Using the unique Five Elements essential oil combined with warm stones to precisely press the acupoints can enhance the body's blood circulation, release metabolites in the body, help you awaken the dormant energy and restore your full energy.

### Traditional Chinese Massage

1 hr / 1 hr 30 minutes

Through the application of deep tissue massage and manipulation techniques, this treatment will establish more harmonious flow of Qi through the stimulation of meridians, allowing the body to naturally heal itself.

Facials, Hand and  
Foot





## Chuan Signature Facial

### Chuan Yu

1 hr 15 minutes

Using Gua Sha techniques, this treatment nurtures the skin by scraping a jade stone over the facial meridian points.

## Chuan Signature Man

### Chuan Man Maintenance

1 hour

A facial treatment to energise the skin, specifically designed for men.

### Chuan Man's World

1 hr 15 minutes

A treatment designed specifically for men's stress areas on the back and face.

- 10-minute Back Scrub
- 30-minute Back Massage
- 35-minute Mini Facial

## Chuan Signature Scrubs and Wraps

### Chuan Herbal Salt Scrub

30 minutes

Relax as you enjoy a deep cleansing treatment with warm oil, herbal salt and a combination of mint and ginger.

- 20-minute Body Scrub
- 10-minute Body Lotion

### Chuan Muddy Elements

1 hr 30 minutes

This treatment is specifically designed to nurture you in a truly unique way.

- 30-minute Body Scrub
- 30-minute Body Wrap
- 30-minute Mini Facial and Body Lotion

## Chuan Signature Hand and Foot therapies

### Chuan Healing Hands

1 hour

This signature hand treatment to relax hard-working hands includes:

- 10-minute Hand Cleanse and Scrub
- 20-minute Hand Wrap
- 30-minute Hand Massage

### Chuan Feet Retreat

1 hour

This signature treatment for tired and aching feet includes:

- 10-minute Foot Cleanse and Scrub
- 20-minute Foot Wrap
- 30-minute Foot Massage

### Chuan Reflex Remedy

1 hour

Drawing on reflex points and integrating Chinese pressure point principles, this extremity indulgence integrates acupressure points that will work to address the elemental disharmony of your feet and hands.

- 20-minute Hand and Foot Cleanse and Scrub
- 40-minute Hand and Foot Massage

### Chuan Heavenly Jing Luo

1 hr 30 minutes

This treatment uses Jing Luo techniques and oriental herbs to relax the feet.

- 30-minute Herbal Foot Mask
- 50-minute Foot Massage
- 10-minute Foot Lotion

Natura Bissé

Natura Bissé  
Barcelona



## Natura Bissé Facial Treatment

### O2 Relax

1 hr 15 minutes

It is especially beneficial for those who have dull or dehydrated skin, or skin that is lacking in tone and vitality. This treatment releases molecules of pure oxygen into the skin that provide energy to cells and help remove toxins from pores to induce state of purity and relaxation.

### Skin Comfort

1 hr 15 minutes

This treatment visibly improves skin congestion, dilated capillaries and redness thanks to its highly effective herbal extracts that soften and soothe the face, reinforcing the skin to combat hypersensitivity and inflammation . It prevents the degradation of skin structure, restores the levels of young collagen and protects the skin from external aggressions.

## Natura Bissé Body Treatment

### Diamond Well-Living Energizing Massage

1 hr/ 1 hr 30 minutes

Using all the benefits of vitamin C body oil in combination with western relaxation techniques, an energizing body massage to improve skin moisture, firmness and luminous skin, can help you relieve muscle tension all over the body.

### Diamond Well-Living Detox Massage

1 hr/ 1 hr 30 minutes

Enjoy balanced skin with this purifying treatment. A complete body massage, which includes a moisturizing oil, will stimulate your body and the effective Shilodala massage techniques will take you to an extraordinary state of relaxation.

### Diamond Extreme Glow

1 hr 30 minutes

Enjoy this indulging anti-aging face ritual as you savour our iconic Diamond products and expert techniques designed to reveal a younger-looking appearance. See how your complexion emerges lifted and luminous, with a more defined facial contour.

### Intensive Age Defying

1 hr 30 minutes

Feel the power of this revitalizing and firming ritual. An advanced skincare treatment that combines three types of collagen, among other anti-aging ingredients, with effective massage manoeuvres to provide a visible lifting effect, improve skin suppleness and hydration, and help minimize the look of lines and wrinkles. The result is a younger-looking appearance.

### Diamond Well-Living Body Scrub

45 minutes

Dare to renew yourself. Sink into this indulging ritual and re-emerge with amazingly soft, moisturized skin. Feel the exfoliating magic of Dead Sea salt crystals and rice powder.

### Diamond Well-Living Body Wrap

1 hour

Feel the exfoliating magic of Dead Sea salt crystals and rice powder. A hydrating mask is applied all over the body. While drifting away in the full body wrap, you will experience a relaxing scalp massage. After the mask is removed, an application of a moisturizing oil will complete this journey leaving your skin revitalized, soft and radiant.



Wellness



## LIFESTYLE

### Health Club

Located on the level B1 is our Health Club with state-of-the art equipment including cardiovascular machines, strength machines together with a comprehensive range of free weights are available. The latest in audio/visual equipment allows you to enjoy your favourite music / channel while working out.

### Swimming Pool

Located on level B1 is our 25 metres indoor heated swimming pool will help you swim away a hard day. The pool deck is lined with luxurious pool loungers.

### Changing Room

After your work-out, retreat to our well-equipped changing rooms to enjoy the hot tubs, steams or freshen yourself in the shower and vanity areas equipped with private lockers.

### Personal Trainer

If you need more guidance using the fitness equipment or extra motivation to achieve your goals, a Personal Trainer can help boost your knowledge and confidence.

### Opening Hours:

Health Club: 24hours for hotel guest

Swimming Pool: 6:30am - 23:00pm

Chuan Spa: 10:00am - 23:00pm

## HOW TO SPA

### Chuan Five Elements Questionnaire

When you arrive at Chuan you will be asked to complete a brief lifestyle elemental questionnaire to determine which treatments will best suit your needs. At this time please inform our Spa Concierge if you have any health concerns.

We recommend some time before your treatments to shower and enjoy the therapeutic benefits of our wet facilities – hot tubs, steams, and swimming pool.

### 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 telephone (86) 21 2330 2443, email: [tlshx.info@chuanspa.com](mailto:tlshx.info@chuanspa.com) or on our website [chuanspa.com](http://chuanspa.com)

### Chuan Cancellation Policy

To cancel or amend any reserved treatment, please provide at least 3 hours' notice. If you are unable to attend your appointment, it will be automatically cancelled 15 minutes after the scheduled time, and no fees will be charged. Thank you for your understanding.

Price List

Chuan Signature Escapes		Single CNY
Body Elements	1 hr 30 mins	1,380
Flight Recovery	2 hrs	1,480
Tao of Detox	2 hrs 30 mins	1,750
Chuan Ritual	2 hrs 30mins	1,930
Serenity Shen	3 hrs	1,980
VIP Suite	30 mins	380
Chuan Signature Massages		
Chuan Balancing	1 hr / 1 hr 30 mins	910 / 1,280
Chuan Harmony	1 hr / 1 hr 30 mins	910 / 1,280
Chuan Stone Therapy	1 hr 30 mins	1,280
Chuan Back, Neck and Shoulder	30 mins	480
Traditional Chinese Massage	1 hr / 1 hr 30 mins	800 / 1,080
Natura Bissé Facials		
O2 Relax	1 hr 15 mins	1,080
Skin Comfort	1 hr 15 mins	1,080
Diamond Extreme Glow	1 hr 30 mins	2,100
Intensive Age Defining	1 hr 30 mins	2,100
Natura Bissé Body Treatments		
Diamond Well-Living Body Scrub	45 mins	680
Diamond Well-Living Body Wrap	1 hr	880
Diamond Well-Living Energizing Massage	1 hr / 1 hr 30 mins	1,080 / 1,480
Diamond Well-Living Detox Massage	1 hr / 1 hr 30 mins	1,080 / 1,480

\* All prices are in Chinese Yuan and inclusive of service charge and taxes.



## Chuan Facials

Chuan Yu	1 hr 15 mins	Single CNY 980
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## Chuan Signature Man

Chuan Man Maintenance	1 hr	850
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Chuan Man's World	1 hr 15 mins	960
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## Chuan Signature Scrubs & Wraps

Chuan Herbal Salt Scrub	30 mins	480
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Chuan Muddy Elements	1 hr 30 mins	880
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## Chuan Signature Hand & Foot Therapies

Healing Hands	1 hr	600
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Feet Retreat	1 hr	600
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Reflex Remedy	1 hr	680
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Heavenly Jingluo Foot Treatment	1 hr 30 mins	950
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## Waxing

Upper lip		200
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Half Arm / Full Arm		350 / 480
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Half Leg / Full Leg		350 / 480
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Chest (man)		480
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Back (man)		480
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## Nail Services

Express Manicure		450
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Express Pedicure		580
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Gel Manicure		800
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Gel Pedicure		980
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Remove Nail Polish		100
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**The Langham, Shanghai, Xintiandi**

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