

Chuan Spa at The Langham, Hefei

Chuan Spa at *The Langham, Hefei* has been designed to create an ambience of tranquillity 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 modelled to reflect this harmony by using the principles of Feng Shui. Chuan Spa at *The Langham, Hefei* 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 and Jacuzzi 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 Bathing Ritual. The complimentary 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 warm and cooling shower to awaken your spirit. Follow by a soak in the Jacuzzi 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 Bathing Ritual is part of the journey to rejuvenate and soothe your body, mind and soul.

Product Range

Chuan Spa Treatments and the 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 life 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, the seasons of the year as well as your bio-rhythms.

Our range of five-element essential oils, massage oils , teas and aromatic eye pillow have been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.

Heaven Treatments

Heaven Skincare is a quintessentially British Brand. We are the pioneers in Results Driven Organic Based Skincare. The innovative founder, Deborah Mitchell has developed and invented the elite range to offer exceptional quality and unprecedented results.

Chuan Signature Escapes

Our Chuan Escape packages combine unique elements from both our Chuan Signature and Heaven treatment range, to provide timeless Chuan experiences.

Chuan Body Elements

1 hour 30 minutes

RMB 980

Start by restoring balance and reducing tension with our signature Chuan Harmony massage. Then nourish the skin with the hydrating benefits of our Heaven Express facial care. A perfect escape to soothe the soul and restore vitality.

Chuan Tao Of Detox

2 hours 30 minutes

RMB 1,480

Enjoy a luxurious full body exfoliation to stimulate blood and lymph circulation before you are enveloped in a warm muddy elements wrap infused with aromatherapy oils, intensifying the detox process. Then the body is rejuvenated as we ease tension in your back, neck and shoulders using an acupressure massage to release energy blocks. To finish, enjoy an Heaven Angle Touch facial therapy to restore dehydrated skin leaving it deeply nourished.

Chuan Ritual

2 hours 30 minutes

RMB 1,480

Customize your own luxurious ritual. Select from our Chuan Signature Massage 60mins + Heaven Facial 60mins + Chuan Extra Retreats 30mins

Select from:

Chuan Signature Massage: Chuan Harmony or Chuan Balancing

Heaven Facial: Angel Touch

Chuan Extra Retreats: Chuan Herbal Salt Scrub or Chuan Mini Muddy Elements or Chuan Mini Feet Retreat

Escapes

Chuan Jet Lag Revival

2 hours

RMB 1,180

Restore and revive. Combat jet-lag, fatigue and mental exhaustion by balancing your senses with a Herbal Salt Scrub to stimulate and smooth the skin. A therapeutic Chuan Harmony Massage slowly takes away any feeling of tiredness, stress, muscle aches and tension. To finish, an invigorating foot massage brings you back to earth feeling totally rejuvenated and renewed.

Chuan Awakenings

2 hours 30 minutes

RMB 1,480

Your senses are awakened by the massage application of warm aromatic hair mask, Now you can deeply relaxed and release all your tension with our signature Chuan Balancing massage. Next, we awaken your extremities with a complete hand and foot indulgence, to leave you with a renewed sense of wellbeing.

Chuan Serenity Shen

3 hours

RMB 1,880

Your journey begins with your signature Stone Therapy Massage. Next, the ultimate facial awaits, with blended essential oils and a Heaven Bee Sting facial. The serenity is completed with a refreshing foot treatment. This total body treatment will transport you to a dreamy state of relaxation, nourishing the skin, soothing the soul and calming the mind.

Chuan Eternity

4 hours

RMB 2,180

Treat yourself to the ultimate whole body experience. First an Herbal Salt Scrub to soften the skin and restore natural glow before we massage all the tension away. Your pampering treatment continues with a scalp massage and application of a deeply hydrating aromatic hair mask that will restore shine and luster. Then, experience a Heaven Angel Touch facial designed to replenish and revitalise your complexion. We conclude with a healing hands or feet retreat.

Exclusive VIP Suite Use

45 minutes

RMB 380

Our Chuan Spirit VIP suite is available for booking of any package or treatment both single and couples. This extra luxury comes with a delectable seasonal fruits platter accompanied by our private label Chuan 5 Elements tea. Inside the luxury suite, you will find a personal Jacuzzi and enlarged relaxation and wet facilities. A surcharge is applicable for the use of the

Chuan Spirit VIP Suite.

Chuan Signature Massages

At Chuan, our massage therapies combine Traditional Chinese Massage techniques and private label blended oils to restore balance and harmony.

Chuan Neck, Back and Shoulder

30 minutes

RMB 380

Ideal for those who have limited time or a perfect add-on treatment to enhance your time with us. A deep acupressure oil massage focusing on the neck, back and shoulders.

Chuan Balancing

1 hour

RMB 780

1 hour 30 minutes

RMB 980

This massage incorporates acupressure techniques which are well-known for their ability to release muscular tension and promote the circulation of the body's life force (Qi) to aid healing. Acupressure is an ancient art that uses mild pressure to stimulate the body's natural self-curative abilities.

Chuan Harmony

1 hour

RMB 780

1 hour 30 minutes

RMB 980

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 oil massage stimulates a sense of wellbeing and relaxation.

Chuan Stone Therapy

1 hour 30 minutes

RMB 980

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, assists injury recovery and increase mental alertness. The use of hot and cold stone is integrated in a therapeutic massage.

Massages

Traditional Chinese Massage

1hour

RMB 680

1hour 30minutes

RMB 800

Through the application of deep tissue massage and manipulation techniques, this treatment will establish a more harmonious flow of Qi through the stimulation of meridians, allowing the body to naturally heal itself. Methods include the use of hand techniques to massage the soft tissue (muscles and tendons) of the body, acupuncture techniques to directly enhance the flow of Qi, and manipulation techniques to realign the muscles and ligament relationships

Chuan Recommended Add On's

To complement our Massages, we recommend the following:

- Exclusive VIP Suite & Private Jacuzzi use (30 minutes)
- Chuan Signature Facial (30 minutes - 90 minutes)
- Chuan Signature Scrubs & Wraps (30 minutes – 90mins)
- Chuan Signature Hand & Foot Treatments (30 minutes – 90mins)

Traditional Chinese Medicine Treatments

Chinese medical practitioners use cultural beliefs to interpret the states of wellbeing. Any disharmony in the equilibrium of Yin and Yang or disturbance of their flow can cause imbalance. The task of a Chinese doctor is to restore such imbalance. Some treatments include Gua Sha (Scrapping) and Ho Guan (Cupping). The aim is to supplement the deficiency of either Yin or Yang or to reduce the excess.

The holistic approach of Chinese medicine is to treat the body as a whole and address any imbalance.

Traditional Chinese Medical Treatments

Chuan Spa's Traditional Chinese Medical (TCM) initial treatment session(s) may include:

Ho Guan (Cupping)

30 minutes

RMB 280

Cupping refers to an ancient Chinese practice in which a heated cup is applied to the skin and the pressure in the cup has therapeutic effect on the skin and superficial muscle layer.

Cupping is applied to certain acupuncture points, as well as to regions of the body that are affected by pain.

Gua Sha (Scrapping)

30 minutes

RMB 280

Gua sha is performed by rubbing a smooth-edged instrument across the skin surface where a subcutaneous injury or imbalance resides

Gua sha is used to treat many acute and chronic health problems including colds and flu ,

fever, headache, indigestion, dizziness and heat exhaustion

Chuan Signature Facial

Chuan Yu

1 hour 15 minutes

RMB 880

Ancient Gua Sha technique is applied to revitalizing different skin type. Through scraping on important meridian points, it increases the flow of body circulation. With the use of Jade known as healing stone will nurture, heal and restore our skin. Suitable for all skin types and not recommended for those with acne and very delicate skin.

Heaven Facials

Heaven skincare products are all ethically sourced and use natural and organic ingredients wherever possible. Deborah herself is a patron of many charities one of which supports the Fairtrade of Shea Butter from Ghana, this charity supports the processors of this ingredient which is used in some of our products.

Heaven Express

30 minutes

RMB 480

An express facial treatment created to offer a quick fix and instant boost for clients on the go. Heavens Hero products are used to allow clients to experience a quick boost and achieve a fabulous glow from the abeetoxin range. Based on the movements from the bespoke Angel Facial, this treatment also allows clients to experience a heavenly treat to minimal time. Suitable for all skin types.

Angel Touch Facial Therapy

1hour

RMB 680

The Angel Touch Facial is a fantastic deep cleansing and wonderfully hydrating treatment. Combining Lymphatic Drainage and specially developed acupressure movements to help your client achieve optimal results. A thorough skin analysis is conducted prior to the treatment and is perfect for clients wanting an instant results and an effective facial. The results driven Angel touch facial is a bespoke treatment suitable for all skin types

Chuan Recommended Add On's

To complement our Facials, we recommend the following:

- Exclusive VIP Suite & Private Jacuzzi use (30 minutes)
- Chuan Signature Massage (30 minutes – 1hr 30 minutes)
- Chuan Signature Scrubs & Wraps (30 minutes –1hr 30 minutes)
- Chuan Signature Hand & Foot Treatments (1 hour – 1 hour 30 minutes)

Chuan Signature Scrubs

Chuan Herbal Salt Scrub

30 minutes

RMB 380

Relax as a warm oil and herbal salt combination of mint and ginger provide a deep cleansing treatment designed to exfoliate and revitalise the skin and body by enhancing circulation and aiding digestion

Chuan Signature Wraps

Chuan Muddy Elements

1 hour 30 minutes

RMB 980

Integrating the five Chinese elements into five signature muds, this treatment is specifically designed to nurture you in a truly unique way.

Your sensory journey will begin with a warm oil and herbal salt exfoliation to stimulate the skin. Relax as your entire body is enveloped in your elemental mud and wrapped, allowing the therapeutic elements and essential oils to infuse. Your stress will evaporate as your scalp is gently massaged and your face cleansed before we complete the treatment with a full body hydrating lotion.

Chuan Recommended Add On's

To complement our scrubs and wraps, we recommend the following:

- Exclusive VIP Suite & Private Jacuzzi use (30 minutes)
- Chuan Signature Massage (30 minutes – 1 hour 30 minutes)
- Chuan Signature Facials (30 minutes – 1 hour 30 minutes)
- Chuan Signature Hand & Foot Treatments (1 hour – 1 hour 30 minutes)

Chuan Signature Man

Chuan Executive Indulgence

1 hour

RMB 680

Relax as your hands and feet soak in warm water infused with essential oils, which are then exfoliated to soften the soles of the feet and rejuvenate hard working hands. Relaxation massage techniques are then used on the hands and feet to release tension and stress before a relaxing scalp massage. This extremity indulgence is designed to relax whilst bringing balance to your body

Chuan Man's World

1 hour 15 minutes

RMB 780

This treatment commences with a back exfoliation to help cleanse and replenish the skin leaving it revived and re-energised. Then follows a relaxation massage to release muscular tension and relax the body. The treatment concludes with a purifying facial cleanse specifically designed for a man's complexion.

Chuan Recommended Add On's

To complement our scrubs and wraps, we recommend the following:

- Exclusive VIP Suite & Private Jacuzzi use (30 minutes)
- Chuan Signature Massage (30 minutes – 1 hour 30 minutes)
- Chuan Signature Hand & Foot Treatments (1 hour – 30 minutes)

Chuan Signature Hand and Foot Therapies

Chuan Healing Hands

1 hour

RMB580

Suppleness is restored to hard working hands with our warm oil and herbal salt exfoliation before the hands are wrapped in a nourishing mud mask. Your hands will feel completely pampered as we complete the treatment with a massage application of aromatic hand lotion

Chuan Feet Retreat

1 hour

RMB 580

This refreshing treatment enhances circulation and enlivens tired and aching feet. Relax as we immerse your feet in a warm aromatic foot soak, before softening the skin with the warm oil and herbal salt exfoliation. A nourishing feet mask is then applied to revitalize the feet. Integrating the benefits of Chinese pressure points to release tension and clear energy blocks, your feet will be completely refreshed and pampered.

Chuan Heavenly Jing Luo

1 hour 30 minutes

RMB 780

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 Reflex Remedy (hand and foot treatment)

1 hour

RMB 600

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 - leaving you feeling totally rejuvenated & aiding in natural healing throughout the body.

LIFESTYLE

Chuan Spa cordially invites you to sculpt your body and soul

Located on level 4 at Chuan Spa – Health and Wellbeing where you can workout, recharge and rediscover your source.

Health Club

Located on level 4 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. Awaiting you at the Health Club are experienced personal trainers to help you achieve your personal health & fitness goals.

Personal Training

Our team of professional personal trainers is available to provide general guidance and tuition throughout the day together with fitness assessments, appraisals, programme design and development. Our personal trainers provide the most comprehensive range of services that include body composition analysis, and flexibility testing.

Swimming Pool

Perched on the level 4 ,25 x 8 metre indoor heated infinity swimming pool will help you swim away a hard day. The pool deck is lined with luxurious pool loungers, and a heated Jacuzzi to massage your stress away.

Changing Room

After your work-out, retreat to our well-equipped changing rooms to enjoy the sauna, herbal steam room or freshen yourself in the shower and vanity areas equipped with private lockers.

Health Club Membership

Chuan Spa offers exclusive Health Club memberships to suit your personal needs. Individual, couple and corporate memberships are available. For more information, please contact Chuan Spa at (86) 0551-6568 8888

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.

Our team of professional personal trainers are available on an individual session or course basis.

Your Personal Trainer can advise you on the number of sessions best suited to your requirements and achieving your goals. They will guide you through each step of your new lifestyle, setting up workouts for the week, planning your nutrition, fitness assessment, monitoring your progress and providing detailed reports on every aspect of your health and fitness.

The initial session is divided in to three sections: Fitness Assessment, Programme Design and Training Session.

Your Personal Trainer works with you to set goals and then checks / records key areas of your fitness and general health. A programme is designed, based on your aspirations and the results of the fitness assessment. Your Personal Trainer then guides you through a one to one Training Session focusing on technique, posture and overall level of fitness.

Chuan Experience

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 (0551) 6568 8888 email: TLHFE.INFO@chuanspa.com or on our website: www.chuanspa.com

Any change to a scheduled treatment booking time requires a minimum of 6 hours advance notice.

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

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

Chuan Cancellation Policy

6-hour notice must be given to cancel or amend any reserved treatment.

If less than 6 hours, 50% of the full treatment fee will be levied.

In case of no-show, full treatment fee will be levied. All packages and products are non-refundable.

Chuan Day Spa Users

Day spa users book any spa treatment can free enjoy the use of all of facilities at Chuan Spa - Health and Wellbeing including swimming pool, fitness studio, Jacuzzi or freshen yourself in the shower

3-hour complimentary valet parking is available to all day spa users when booking a treatment.

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.

Chuan Group Reservations

Please contact the Chuan Spa Management for groups of over 5 people. We offer a range of packages to suit all requirements. For all enquiries, call the Chuan Spa Concierge on (0551) 6568 8888.

How To Spa

Check-in

When you arrive at Chuan Spa 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 – herbal steam room, sauna, Jacuzzi, and swimming pool.

While we will always try to accommodate your treatments, late arrival may mean a reduction in your treatment time due to prior bookings.

Etiquette

Mobile phones, while a necessary part of modern living are not permitted in any of our treatment rooms or relaxation lounges. In all other areas, please be considerate of other guests and switch them to quiet or meeting mode.

Minimum Age

The Spa and The Fitness are only appropriate for guests 16 years and older.

Spa wear

We provide disposable underwear for your privacy and our therapists 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 drink fluids, especially water during and after your time at Chuan Spa.

Most of us do not take in enough fluids daily – so please remember the source of life.

Gentleman should shave a few hours before any facial treatment to increase comfort.

If you have enjoyed a massage we suggest you leave the oils on your skin for up to 2 hours before taking a shower so that your skin fully absorbs the oils' properties.

If you are pregnant or have any other condition that you feel we should be aware of, please inform our Spa Concierge and your therapist – thank you.

Our therapists are fully trained to ensure your treatments are some of the best you will experience. However, please inform them at any time if you are uncomfortable or require anything else during your treatment – massage pressure, room temperature ...

Valuables

We recommend you leave valuables in your room or at home, we do not assume liability for any valuables.

Gratuities

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

Others

Gambling, smoking & alcohol consumption within Chuan Spa, The Fitness and The Pool are strictly prohibited. Please refrain from drinking any alcoholic beverage 3 hours or longer before your treatments.

The therapist reserves the right to terminate the treatment if he/she feels the guest's behaviour is undesirable.

CHUAN MEMBERSHIPS

Join us today, and enjoy more privileges

Coming to Chuan Spa is more than mere relaxation and enjoyment. It's a place where you can re-create the harmony between mind and body, and restore one's self.

For more details on membership at a Chuan Spa near you please contact us

Chuan Health and Wellbeing Membership

At Chuan Spa, membership is much more than access to exercise or spa treatments. It is your ticket on a journey to health and well-being. From our attentive service, and Asian-inspired surroundings, to an extensive array of services and products, we pay attention to the smallest details to ensure you enjoy every moment of your Chuan experience. Enquire about the benefits & details of our membership programs today.