



THE
DAY
SPA
BY CHUAN

THE LANGHAM
SYDNEY



Introduction

The Day Spa by Chuan is a lavish underground sanctuary with a focus on providing the ultimate spa journey for all guests.

Healing holistic therapies that treat the mind as well as the body are performed by highly qualified therapists using signature products.

Packages are on offer for busy corporates, ladies' days, couples, and bride and groom preparation.



Facials

Bespoke

BABOR Customized Spa Facial

1 hour

\$255 Mon-Thu

\$275 Fri-Sun

1 hour 30 mins

\$315 Mon-Thu

\$335 Fri-Sun

A made-to-order treatment experience created to meet your specific skin needs. Incorporating intensive BABOR ampoule concentrates, together with an exclusive skin vitality mask and expert massage components, this advanced skin therapy offers targeted results and precise age prevention.

Detoxify

Chuan Yu Facial

1 hour 15 mins

\$280 Mon-Thu

\$300 Fri-Sun

Experience the rejuvenating power of ancient Gua Sha techniques, tailored to revitalise all skin types. By massaging key meridian points, this treatment boosts circulation and brings new life to your complexion. Utilising Jade stones, renowned for their healing properties and specially selected products, this therapy nurtures, detoxifies, heals, and restores your skin to its natural radiance.

IKOU Green Superfood Booster Facial

1 hour

\$270 Mon-Thu

\$290 Fri-Sun

Fresh skin is revealed with a natural AHA sugarcane and fruit enzyme peel. Illuminate the complexion and deliver a powerful active boost of cleansing, green superfoods. Feel a surge of revitalising moisture envelop your skin with a moisture-locking hyaluronic infusion mask to hydrate skin for a clear, healthy balance.

Dr. Babor Microdermabrasion Facial

1 hour

\$290 Mon-Thu

\$310 Fri-Sun

Unlock radiant skin with the Dr. Babor Microdermabrasion facial, designed for maximum results. This advanced treatment stimulates deep regeneration, instantly revealing a smoother, more refined complexion with a revitalized, rosy-fresh glow. To further enhance your treatment, add on one of our specialised masks.



Luxury Facials

IKOU Wellness Probiotic Facial

1 hour 30 mins

\$360 Mon-Thu

\$380 Fri-Sun

Indulge in a holistic journey for the body and soul. Begin with a grounding ritual and breathwork to find your inner calm, followed by a soothing back massage to melt away stress. A White Clay exfoliant refines and rejuvenates your skin, while an aromatherapy scalp, arm, leg, and foot massage, combined with Gua Sha facial techniques, brings deep relaxation. A probiotic booster brightens your complexion, leaving you glowing and completely refreshed.

Lifting & Firming

HSR® Lifting

1 hour 30 mins

\$350 Mon-Thu

\$370 Fri-Sun

The slow ageing expert; The BABOR High Skin Refiner treatment is a cosmetically face-lifting treatment fighting against all types of wrinkles for firmer and smoother skin. A luxurious, indulging moment with visible results will smooth, plump and lift every type of wrinkle while firming and toning the skin. The result is a more youthful, well contoured face.

Enhancement

Enhancements are performed within your treatment time.

Ampoule Infusion (for facial treatment)	\$40
Eyebrow Tint	\$40
Eyebrow Shape	\$50
Eyelash Tint	\$40
Eyebrow Tidy	\$40
Eye treatment for puffiness	\$40
Scalp massage with AA oil	\$40



Massage Therapy

Bespoke

Stress Relief Massage

1 hour

\$275 Mon-Thu

\$290 Fri-Sun

1 hour 30 mins

\$315 Mon-Thu

\$335 Fri-Sun

Experience more than just relaxation with this firm stress relief massage, specifically designed to target and release muscle tension. You'll enjoy increased blood circulation and improved range of motion, leaving you completely refreshed and free from stress, ensuring you feel revitalized and ready to take on the world.

Absolute Aromatherapy

1 hour

\$260 Mon-Thu

\$280 Fri-Sun

1 hour 30 mins

\$320 Mon-Thu

\$340 Fri-Sun

Unwind with our ultimate hero treatment, designed to release tension from head to toe, leaving you deeply relaxed and re-energized. Expertly applied pressure stimulates the nervous system, while a blend of Swedish and neuromuscular techniques melts away muscle tension and promotes healthy circulation. This luxurious aromatherapy experience dissolves stress, restoring balance and vitality to both body and mind.

Relaxation Massage

1 hour

\$245 Mon-Thu

\$265 Fri-Sun

1 hour 30 mins

\$310 Mon-Thu

\$330 Fri-Sun

Indulge in a full body relaxation massage where slow, flowing strokes gently release unwanted tension and soothe your mind, body, and soul. This massage not only melts away stress but also improves circulation, enhances flexibility and promotes deep relaxation. Perfect for restoring balance and leaving you feeling rejuvenated, refreshed, and utterly at peace.

*Public Holidays will incur an additional \$50 surcharge to weekend pricing. **Consultation and home care advice are included within the total treatment duration.



Chuan Harmony Massage

1 hour

\$265 Mon-Thu

\$285 Fri-Sun

1 hour 30 mins

\$325 Mon-Thu

\$345 Fri-Sun

Immerse yourself in the signature Chuan Harmony massage, expertly designed to stimulate meridian harmony and create a transformative experience for your mind, body, and soul. This unique treatment fuses the therapeutic elements of acupressure with various relaxation techniques, promoting deep relaxation and a profound sense of calm. The use of Chuan oils representing the five Traditional Chinese Elements enhances this experience, uplifting your mood and promoting emotional balance. To further enhance your journey, the treatment concludes with Ear Auricular therapy, which targets specific pressure points to support mental clarity, reduce anxiety, and improve overall wellness.

Chuan Stone Therapy

1 hour 30 mins

\$340 Mon-Thu

\$360 Fri-Sun

Allow your body to unwind with our Chuan Stones massage, where the soothing warmth of hot stones enhances circulation and supports immune function by detoxifying your system. To elevate your experience, cold stones are incorporated to reduce puffiness and rejuvenate the facial area, leaving your skin looking calm and refreshed. Infused with Chuan oils representing the five Traditional Chinese Elements, this treatment creates a profound sense of well-being and relaxation, harmonizing your body and mind. As a finishing touch, enjoy Ear Auricular therapy, which enhances emotional balance and promotes deep relaxation, completing your journey to holistic wellness.

**All massages available as couples' options. Surcharge \$50.*



Build Your Own Package

Choose any of the following treatment options:

Duration: 30 minutes per treatment

Two treatments:

\$260 Mon-Thu

\$280 Fri-Sun

Three treatments:

\$360 Mon-Thu

\$380 Fri-Sun

Four treatments:

\$430 Mon-Thu

\$450 Fri-Sun

Red Mandarin, Lime and Cranberry Exfoliation

This treatment is designed to exfoliate and harmonise your body with our organic hand-blended signature sugar scrub, leaving your skin feeling and looking silky smooth.

Hydrating Body Cocoon

Our signature hand-blended organic body wrap penetrates the skin to deeply hydrate, leaving your skin moist and silky. Whilst you are cocooned in rich antioxidants, indulge in a relaxing scalp massage.

Chuan Herbal Salt Scrub

Herbal Salt Scrub provides a deep cleansing treatment designed to exfoliate and re-awaken and revitalise the skin and body, enhancing circulation and aiding digestion.

Volcanic Back, Neck and Shoulder Massage

Heated volcanic stones are used to release muscle tightness in your back, neck and shoulders.

Conditioning Scalp Cocoon Head massage

Head & Scalp massage is an age-old healing art form of holistic therapy. It allows for the relief of mental fatigue, the calming of thoughts, and the easing of stored tension. This warming iKOU mask provides deep conditioning and invites rest for the mind and washes away your cares.

Express Facial

A refreshing facial to deeply calm the mind and pamper the skin. Includes a facial cleanse, exfoliation and application of moisturiser.

Foot & Lower Leg Ritual

A well-deserved pampering for tired feet. Let the tension melt away with a relaxing foot massage, warm foot wrap following by hydrating mask.

Ear Seeds Relaxation Therapy

EAR AURICULAR is an ancient Chinese Medicine technique in which specific points of the auricular pavilion (outer ear) and the ear itself are stimulated in order to generate an effect in the body to allow it to promote and balance the body followed by soothing scalp massage.

Chuan Neck, Back and Shoulder Massage

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

*Public Holidays will incur an additional \$50 surcharge to weekend pricing. **Consultation and home care advice are included within the total treatment duration.



Day Spa Packages

Urban Release

1 hour 30 mins

\$320 Mon-Thu

\$340 Fri-Sun

Indulge in one of our favourite body treatments that promises pure bliss. Experience the luxurious combination of our organic, hand-blended signature exfoliation featuring Red Mandarin, refreshing Lime, and Cranberry. This invigorating scrub is followed by a soothing 60 min full-body massage, designed to melt away tension and leave your skin radiant and rejuvenated.

Lemon Myrtle Restoration Ritual

1 hour 30 mins

\$290 Mon-Thu

\$310 Fri-Sun

Breathe new life into your body and soul and enjoy a fresh start with this uplifting ritual. A sea salt scrub reveals radiant skin while preparing the body and relaxing the mind to fully enjoy the benefits of full body massage that focuses on releasing tension and leaves you energised and walking on air.

Volcanic Rebalance

1 hour 45 mins

\$380 Mon-Thu

\$400 Fri-Sun

Treat your body with pure relaxation. Begin your journey with our Chuan Herbal Salt Scrub, followed by a 60 min Chuan Stone Therapy massage to let your body unwind. Complete your treatment with our 15 min pressure point scalp massage to completely ease muscle tension.

The Velvet Experience

3 hours

\$500 Mon-Thu

\$525 Fri-Sun

Experience the ultimate in relaxation and well-being with our all-inclusive treatment. Begin your journey with an invigorating organic signature exfoliation featuring the delightful blend of Red Mandarin, Lime, and Cranberry, designed to correct skin imperfections and reveal a radiant glow. Surrender to a blissful 60-minute full body relaxation massage that melts away tension and rejuvenates your spirit. To complete your experience, indulge in a personalised 90-minute Bespoke Facial tailored to your skin's unique needs. Treat yourself to this luxurious escape that revitalizes both body and mind.



Champagne & Gold Indulgence

4 hours 30 mins

\$770 Mon-Thu

\$820 Fri-Sun

Step into a world of luxury with our ultimate indulgence package, designed to elevate your spa experience to new heights. Begin your journey with our nourishing wellness massage, featuring the luxurious Babor Body Cream for intense hydration that leaves your skin feeling silky smooth. Enjoy the rejuvenating 90-minute Babor HSR Skin Lifting facial, expertly crafted to lift, firm, and restore your skin's youthful radiance. After pampering your skin, surrender your fingers and toes to our exquisite 1 hour 15-minute Deluxe Hand and Foot Spa Therapy, ensuring every inch of you is cared for. To enhance your experience, enjoy a delightful light lunch complemented by a glass of Champagne, allowing you to unwind and savour every moment of your pampering retreat.

The Full-Body Facial

3 hours

\$500 Mon-Thu

\$525 Fri-Sun

Your experience begins with our exquisite organic hand-blended signature exfoliation, designed to deeply hydrate and revitalize your skin. Unwind with a blissful 30-minute relaxing back, neck, and shoulder massage. After your massage, indulge in our signature body cocoon treatment, enveloping your skin in ultimate hydration. To elevate your journey, enjoy a luxurious 90-minute Bespoke Facial tailored to your skin's unique needs, leaving you invigorated, enriched, and glowing with refreshed vitality.

Yummy Mummy

3 hours

\$475 Mon-Thu

\$500 Fri-Sun

Begin your journey with our indulgent signature full-body exfoliation, expertly designed to revitalize and refresh your skin. Next, unwind in our hydrating body cocoon, enveloping your skin in a nourishing embrace that leaves it irresistibly supple and smooth. Follow this with a blissful 60-minute full-body relaxation massage, expertly tailored to melt away stress and tension, restoring your inner calm. To complete your rejuvenating experience, choose between our Deluxe Hand or Foot Spa Therapy, where every detail is focused on pampering and soothing your tired hands or feet.

Simply Spoilt

2 hours 30 mins

\$485 Mon-Thu

\$510 Fri-Sun

Simply spoil yourself with a 60-minute relaxing massage, where the nourishing Babor Body Cream is expertly applied to hydrate, strengthen, and transform every inch of your skin. Feel the stress melt away as you bask in the soothing touch of our skilled therapists. Your experience culminates in a lavish 90-minute Babor HSR Lifting Facial, meticulously crafted to enhance your natural beauty. This rejuvenating treatment will leave your skin looking smoother, feeling more radiant, and glowing with vitality.



Signature Chuan Package

Chuan Ritual

2 hours 15mins

\$440 Mon- Thu

\$460 Fri- Sun

Enjoy your luxurious escape with our signature Chuan Herbal Salt Scrub for a full body exfoliation followed by a relaxing Chuan Back, Neck and Shoulder massage. with Chuan oil of five Traditional Chinese Elements of Wu Xing, resulting in the ultimate sense of well-being and relaxation. The escape continues with our signature detoxifying Chuan Yu facial treatment with organic IKOU products. Complete your treatment with Ear auricular therapy.

Chuan Element

1 hour 30 mins

\$300 Mon-Thu

\$320 Fri-Sun

Start by restoring balance and reducing tension with our Chuan Harmony massage for 45 min. Signature Chuan Oil of five Traditional Chinese Elements of Wu Xing, resulting in the ultimate sense of well-being and relaxation. Enjoy IKOU organic Facial to restore its natural suppleness and boost elasticity. Complete your treatment with Ear auricular therapy. A perfect escape to soothe the soul and restore vitality.

Pregnancy Pampering

Ultimate Rose Pregnancy Massage

1 hour

\$255 Mon-Thu

\$275 Fri-Sun

Indulge in a moment of pure bliss to celebrate the joy of pregnancy and leave the stresses of everyday life behind. This exquisite massage is designed to melt away stress and tension, alleviating the heaviness that often accompanies this special journey while soothing an aching back. Complete your luxurious experience with a rejuvenating scalp massage, adding the perfect finishing touch to this top-to-toe treatment. Allow yourself to be pampered and emerge feeling refreshed, revitalized, and deeply connected to the beauty of motherhood.

Pregnancy Pamper

2 hours

\$385 Mon-Thu

\$405 Fri-Sun

Treat yourself to this instantly uplifting package, designed to rejuvenate and revitalize your body as you prepare to welcome your new bundle of joy. Your indulgence begins with a 60 minute Bespoke Facial, expertly tailored to enhance your pregnancy glow and leave your skin radiant and refreshed. Continue your luxurious experience with our Deluxe Foot Spa Therapy, ensuring every part of you feels pampered and cherished. Embrace this ultimate indulgence, and step into motherhood feeling rejuvenated, revitalized, and utterly blissful.

**Please note The Day Spa by Chuan reserves the right to perform certain treatments from second trimester.*



Hand & Feet Therapy

Deluxe Hand Spa Therapy

1 hour

\$150 Mon-Thu

\$170 Fri-Sun

A relaxing hand experience that leaves your hands and nails looking and feeling fabulous. This anti-aging hand treatment includes nail shaping, cuticle work, followed by AHA exfoliation. A rich moisturizer application with revitalizing hand massage locks the moisture in with paraffin wax treatment.

Add on nail color \$30

Deluxe Foot Spa Therapy

1 hour

\$160 Mon-Thu

\$170 Fri-Sun

Alkaline Peeling techniques soften and remove hard skin and calluses to achieve the ultimate foot skin health. Restore dry areas, cracked heels with nourishing balm followed by paraffin wax locking in moisture. Enjoy a heavenly foot massage to complete the treatment.

Add on nail color \$30



Couple's Indulgence

Couple's Relaxation Escape

1 hour

\$495 per couple

(Mon-Sun)

1 hour 30 mins

\$575 per couple

(Mon-Sun)

Immerse yourselves in our luxurious couples' massage, available in either 60 or 90 minutes. Nestled in our serene couples' room, you'll enjoy a blissful relaxation massage that melts away tension and rejuvenates your mind, body, and soul. Enhance your pampering experience with a delightful glass of Champagne and delectable bespoke refreshment, creating the perfect atmosphere for connection and indulgence. Share this unforgettable moment together, and emerge feeling deeply relaxed and utterly revitalized.

Couple's Escape with Stress Relief Massage

1 hour

\$550 per couple

(Mon-Sun)

1 hour 30 mins

\$625 per couple

(Mon-Sun)

Escape the everyday hustle and immerse yourselves in a blissful retreat with our rejuvenating couples Stress Relief massage, offered in 60 or 90 minutes. In the serene ambiance of our couples' room, our skilled therapists will use specialised techniques to release deeper layers of muscular tension, easing aches and pains while transporting you into a state of profound relaxation. As you unwind, indulge in the ultimate pampering experience with a delightful glass of Champagne and bespoke refreshment, enjoyed poolside. Share this enchanting moment together, creating lasting memories as you both leave feeling refreshed and rejuvenated.



Gift Vouchers

The perfect gift for all occasions. Our gift vouchers are available for any treatments or packages from our treatment menu, providing the recipient with a day of relaxation and rejuvenation. Beautifully presented, our gift vouchers can be purchased online, or in person.



Facilities

Along with your treatment you have 60 minutes complimentary use of our stunning 20-metre indoor heated swimming pool, hot tub, separate ladies and men's steam rooms, gymnasium, and showering facilities. Please read safety guidelines.

Health Club Memberships

The Day Spa offers a limited number of exclusive Health Club and Spa memberships. For more information please telephone The Day Spa on (61 2) 8248 5250. Please read safety guidelines.

Bookings

Please call The Day Spa on (61 2) 8248 5250 to make an appointment. Advance bookings are highly recommended to avoid disappointment. A credit card, gift voucher, or guest room number is required to hold all reservations.

Late Arrival

As a courtesy to all our guests, treatments are completed as scheduled. Arriving late will shorten your time spent with us.

Personal Training

Personal training can be organised for a 30 min, 45 min, or 60 min session, with our dedicated wellness trainer, Todd Brodie.

Todd has over 10 years' experience in the Health and Fitness industry, specialising in Pilates, strength & conditioning, resistance programs, and boxing. For further information regarding Personal Training, please contact The Day Spa on (61 2) 8248 5250.

Tennis

Located conveniently across the road to The Langham, Sydney lies a championship sized hard-court tennis court, fitted with floodlights. Bookings are required, please contact The Langham, Sydney team on (61 2) 9256 2222 to make your booking.

Cancellation Policy

Guests who wish to cancel or reschedule their appointment are kindly requested to provide 24 hours' notice, or the full cost of the treatment will be charged.

For gift voucher bookings, cancellations of less than 24 hours will result in your gift voucher being redeemed in full.

Arrival at The Day Spa

To fully enjoy a complete Day Spa experience, we request that you arrive 15 minutes prior to your appointment time, in order for you to change into spa attire and complete a consultation form.

Pricing

Prices and treatments are subject to change without notice. The Day Spa accepts cash, EFTPOS, and all major credit cards. Hotel guests may charge their treatments to room accounts. Payments using a credit card will incur a Merchant Service Fee.

Valuables

Lockers are available for your personal belongings, however, please leave valuables at home or bring them into the treatment room with you as we cannot take responsibility for misplaced or stolen items.

Health Considerations

For your safety and comfort please inform your therapist of any health conditions so that we can customise your treatment accordingly. If you suffer from allergies, physical ailments or are pregnant, some treatments may not be advisable.

Parking

Convenient metered parking is in front of the hotel. Valet parking is available at a charge, subject to availability.

Age Requirements

Minimum age for treatments is 12 years. Guests 16 years and under must be accompanied by an adult.

Surcharge

Treatments are subject to AUD 50 surcharge per person for all treatments booked and vouchers redeemed on public holidays.

Spa Etiquette

Please respect other guests enjoying our facilities and keep noise minimum.

Our Spa is a smoke and e-cigarette free area.

Electronic devices are to be kept in silent mode.

Sustainability

To support our hotel's sustainability initiative we encourage our guests to use minimum pool towels and disposables.

THE LANGHAM
SYDNEY

89-113 Kent St, Sydney NSW 2000

T (61 2) 8248 5250 E tlsyd.dayspa@chuanpa.com langhamhotels.com/sydney