



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

\$245 Mon-Thu

\$265 Fri-Sun

1 hour 30 mins

\$290 Mon-Thu

\$310 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

川 Chuan Yu Facial

1 hour 15 mins

\$265 Mon-Thu

\$285 Fri-Sun

Ancient Gua Sha techniques are applied to revitalise different skin types. Through massaging important meridian points, the circulation in your skin increases. Using Jade stones, known as a healing stone, this treatment will nurture, detox, heal, and restore your skin with organic IKOU facial products.

IKOU Green Superfood Booster Facial

1 hour

\$260 Mon-Thu

\$280 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

\$280 Mon-Thu

\$300 Fri-Sun

Achieve maximum results with the Dr. Babor Microdermabrasion facial. The skin is stimulated to regenerate itself from deep down, instantly resulting in a refined, smooth complexion and a revitalised rosy-fresh appearance.

*Public Holidays will incur an additional \$50 surcharge to weekend pricing.



Luxury Facials

IKOU Wellness Probiotic Facial

1 hour 30 mins

\$360 Mon-Thu

\$380 Fri-Sun

Immerse yourself in a complete holistic experience for the whole body. Your journey begins with a sacred grounding ritual and breathwork to help you find your zen. Surrender to the blissful touch of our skilled therapists as they alleviate stress with a relaxing back massage. A detailed White Clay Desquamation exfoliant is used on the face to stimulate cellular regeneration and reduce redness. An aromatherapy scalp, arm, lower leg, and foot massage combined with Eastern facial massage techniques using Gua Sha crystal stones and rollers. A probiotic booster will brighten the complexion leaving a luminous glow and a deep sense of relaxation.

Lifting & Firming

HSR® Lifting

1 hour 30 mins

\$340 Mon-Thu

\$360 Fri-Sun

The slow ageing expert; The BABOR High Skin Refiner treatment is a cosmological face-lifting treatment fighting against all types of wrinkles – for firmer & 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

Eyebrow Tint	\$35
Eyebrow Shape	\$50
Eyelash Tint	\$35
Eyebrow Tidy	\$35
Eye treatment for puffiness	\$35
Scalp massage with AA oil	\$35

*Public Holidays will incur an additional \$50 surcharge to weekend pricing.



Massage Therapy

Bespoke

Stress Relief Massage

1 hour

\$260 Mon-Thu

\$280 Fri-Sun

1 hour 30 mins

\$290 Mon-Thu

\$310 Fri-Sun

More than just a relaxation massage. This firm massage is applied for the release of a variety of muscular tension and stress relief.

Absolute Aromatherapy

1 hour

\$245 Mon-Thu

\$265 Fri-Sun

1 hour 30 mins

\$275 Mon-Thu

\$295 Fri-Sun

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressure stimulates the nervous system, while Swedish and neuromuscular techniques relieve muscular tension and encourage lymphatic drainage, to help encourage a healthy circulation. Stresses and strains are dissolved away with this ultimate aromatherapy experience.

*Public Holidays will incur an additional \$50 surcharge to weekend pricing.

Relaxation Massage

1 hour

\$235 Mon-Thu

\$255 Fri-Sun

1 hour 30 mins

\$270 Mon-Thu

\$290 Fri-Sun

By using long, fluid, slow moving strokes your therapist will release unwanted tension and relax your mind, body, and soul with this full-body treatment.



Chuan Harmony Massage

1 hour

\$245 Mon-Thu

\$265 Fri-Sun

1 hour 30 mins

\$280 Mon-Thu

\$300 Fri-Sun

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. Aroma oil of five Traditional Chinese Elements, resulting in the ultimate sense of well-being and relaxation. Complete your treatment with Ear auricular therapy.

Chuan Stone Therapy

1 hour 30 mins

\$320 Mon-Thu

\$340 Fri-Sun

Let your body unwind as the hot stones increase circulation and assist immune function by detoxifying your body. The use of the hot stones during the massage also helps to calm internal heat, assists injury recovery, and increases mental alertness. Introducing cold stone to reduce puffiness on the face area to leave the skin calm and fresh. Aroma oil of five Traditional Chinese Elements, resulting in the ultimate sense of well-being and relaxation. Complete your treatment with Ear auricular therapy.

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

*Public Holidays will incur an additional \$50 surcharge to weekend pricing.



Build Your Own Package

Choose any of the following treatment options:

Duration: 30 minutes per treatment

Two treatments:

\$245 Mon-Thu

\$265 Fri-Sun

Three treatments:

\$345 Mon-Thu

\$365 Fri-Sun

Four treatments:

\$415 Mon-Thu

\$435 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.

*Public Holidays will incur an additional \$50 surcharge to weekend pricing.

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 acupressure oil massage focusing on the neck, back and shoulders.



Day Spa Packages

Urban Release

1 hour 30 mins

\$290 Mon-Thu

\$310 Fri-Sun

Indulge in our most popular body treatment. Our organic hand-blended signature Red Mandarin, Lime and Cranberry body exfoliation, followed by a 60 min relaxing full-body massage.

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

\$360 Mon-Thu

\$380 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.

*Public Holidays will incur an additional \$50 surcharge to weekend pricing.

The Velvet Experience

3 hours

\$490 Mon-Thu

\$510 Fri-Sun

This all-inclusive treatment promotes total relaxation and well-being; commencing with the organic signature Red Mandarin, Lime and Cranberry body exfoliation for correcting skin imperfections, followed by a 60 min full-body relaxation massage. Complete the treatment with a 90 min Bespoke Facial to suit your skin's individual needs.

Champagne & Gold Indulgence

4 hours 30 mins

\$745 Mon-Thu

\$795 Fri-Sun

The ultimate indulgence begins with our nourishing wellness massage where we apply Babor Shaping Body Cream, packed with Vitamin C for extra hydration, followed by our 90 min Babor HSR Skin Lifting facial. Before surrendering your fingers and toes to a 1hr 15min Deluxe Hand and Foot Spa Therapy you will enjoy a light lunch including a glass of Champagne to complete your pampering. Allow yourself more time to enjoy lunch.



The Full-Body Facial

3 hours

\$490 Mon-Thu

\$510 Fri-Sun

This treatment begins with our organic hand-blended signature Red Mandarin, Lime and Cranberry body exfoliation to hydrate your skin. Enjoy a 30 min relaxing back, neck and shoulder massage, followed by the application of our signature body cocoon for ultimate hydration. To complete the treatment experience the 90 min Bespoke Facial will leave your skin feeling invigorated, enriched, and glowing with refreshed vitality.

Yummy Mummy

3 hours

\$465 Mon-Thu

\$480 Fri-Sun

Experience a treatment designed to spoil hard-working mums that deserve an escape from reality and a taste of serenity. Start your treatment with our signature full-body exfoliation followed by a hydrating body cocoon to leave your skin supple and smooth. A 60 min full body relaxation massage follows to release all unwanted stress and tension. Complete your experience by choosing either our Deluxe Hand or Foot Spa Therapy.

Simply Spoilt

2 hours 30 mins

\$475 Mon-Thu

\$495 Fri-Sun

Simply spoil yourself with a 60 min relaxing massage, designed to nourish, hydrate, strengthen, and transform every inch of your body with Babor's Shaping Body Cream. Your treatment is completed with a 90 min Babor HSR Lifting Facial, leaving your skin looking smoother and feeling more radiant and alive.

*Public Holidays will incur an additional \$50 surcharge to weekend pricing.



Signature Chuan Package

Chuan Ritual

2 hours 15mins

\$425 Mon- Thu

\$445 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. Aroma 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

\$275 Mon-Thu

\$290 Fri-Sun

Start by restoring balance and reducing tension with our Chuan Harmony massage for 45 min. Aroma 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

\$245 Mon-Thu

\$265 Fri-Sun

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of everyday life behind you.

Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for expanding skin in order to reduce the risk of stretch marks.

This massage will relieve stress and tension, ease the heavy feeling that can come with pregnancy, and help alleviate an aching back. End your treatment with a relaxing and rejuvenating scalp massage that completes this top-to-toe treatment.

Pregnancy Pamper

2 hours

\$375 Mon-Thu

\$395 Fri-Sun

Indulge in this instantly uplifting package to rejuvenate and revitalise your body before welcoming your new bundle of joy.

The pampering begins with a 60 min Bespoke Facial to renew your pregnancy glow, followed by our Deluxe Foot Spa Therapy to complete your ultimate indulgence experience.

*Public Holidays will incur an additional \$50 surcharge to weekend pricing.

**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

\$140 Mon-Thu

\$150 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

\$150 Mon-Thu

\$160 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

*Public Holidays will incur an additional \$50 surcharge to weekend pricing.



Couple's Indulgence

Couple's Relaxation Escape

1 hour

\$480 per couple
(Mon-Sun)

1 hour 30 mins

\$550 per couple
(Mon-Sun)

Enjoy a 60 mins or 90 mins relaxation massage in our couple's room, releasing tension in your mind, body, and soul. Complete your pampering with a glass of Champagne and macarons.

Couple's Escape with Stress Relief Massage

1 hour

\$530 per couple
(Mon-Sun)

1 hour 30 mins

\$600 per couple
(Mon-Sun)

Enjoy either a 60 mins or 90 mins Stress Relief massage for the release of deeper layers of muscular tension in our couple's room. Our professional therapists will use techniques that will relieve muscle tension, aches and pain leaving you feeling relaxed. Complete your pampering with a glass of Champagne and macarons by the poolside.

*Public Holidays will incur an additional \$50 surcharge to weekend pricing.



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

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