



## Menu of Services



## Chuan Spa at The Langham, Gold Coast

Chuan Spa at The Langham, Gold Coast 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 modelled to reflect this harmony. Chuan Spa at The Langham, Gold Coast 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 couples room steam shower, saunas and magnesium indoor pool which alongside The Langham's exceptional service, makes Chuan Spa the perfect place to rediscover your source.



## Product Ranges

### Chuan Spa 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 therapist 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 and teas have been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.

### Chuan Spa is proud to bring you

iKOU is a high-performance organic skincare range made in the World-Heritage Listed Blue Mountains, Australia. Creating luxury spa journeys inspired by nature, with sensory details of global spa culture and wellness for skin, mind & body infused into every experience.

Biologique Recherche is the epitome of French skincare; excellence, quality, expertise and passion. Created in a Parisian research laboratory by the Allouche family - Yvan, Josette and Philippe Allouche, a Biologist, Physiotherapist and Clinical Doctor combined their knowledge and passion to write a unique and revolutionary page in the history of skincare.

AMRA defines luxury using only the world's most precious ingredients encapsulated with our latest scientific natural bio-actives, which have been ethically & sustainably sourced to develop cutting-edge formulations designed specifically for modern world skincare concerns.

Qi Beauty facials are customised treatments using micro-magnet technology to activate cellular kinetics throughout the bio-electric system of facial tissues.

Skin responds to heightened qi circulation to enable self-repair, hydration, oxygenation and enhanced production of collagen, elastins and hyaluron.

A luxurious treatment to reset the mind, body and skin health connection, Qi beauty is the ultimate experience for authentic skin repair and anti-ageing.



## Chuan Signature Escapes

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

**Chuan Body Elements** weekday 1h30 \$370 | weekend \$380

Start by restoring balance and reducing tension with our signature Chuan Harmony massage, then nourish the skin with the hydrating benefits of our iKOU facial care.

It's the perfect escape to soothe the soul and restore vitality.

*45min Harmony massage & 45min customised facial*

**Chuan Ritual** weekday 2h30 \$540 | weekend \$550

Customize your own luxurious ritual including a Chuan Signature massage, a facial and Chuan Extra Retreats.

Select from:

- Chuan signature massage (60 min): Chuan signature Harmony or Chuan signature Balancing massage
- iKOU customised Facial (60 min)
- Chuan Extra Retreats: Chuan herbal salt scrub or Chuan 5 elements body mud wrap or mini Chuan feet retreat

**Chuan Tao of Detox** weekday 2h30 \$500 | weekend \$510

Enjoy a luxurious full-body exfoliation to stimulate blood and lymph circulation before being enveloped in a warm mud wrap infused with Elemental oils, intensifying the detox process. The body is then rejuvenated as tension in your back, neck and shoulder is eased using an acupressure massage that releases energy blocks. To finish, enjoy a iKOU facial which infuses to restore dehydrated skin leaving it deeply nourished. *30min herbal salt scrub, 30min detox wrap with 15min scalp massage, 30min back massage, 60min customised facial*

**Chuan Jet Lag Revival** weekday 2h \$430 | weekend \$440

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. Finish with an invigorating foot massage that brings you back to earth, feeling totally rejuvenated and renewed. *30min herbal salt scrub, 60min Harmony massage, 30min foot massage*

**Chuan Awakening** weekday 2h30 \$500 | weekend \$510

Your senses are awakened by the massage application of warm aromatic iKOU hair mask, infused with aromatherapy oils. Deeply relax and release all of 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. *30min scalp massage with hair mask, 60min balancing massage, 60min hand & foot treatment*

**Chuan Serenity Shen** weekday 3h30 sgl \$580 | weekend \$590  
dbl \$1100 | \$1110

Begin your journey with a signature Stone Therapy massage, followed by the deep relaxation iKOU De-Stress Facial. The serenity is completed with a refreshing foot massage.

This total body treatment will transport you to a dreamy state of relaxation, nourishing the skin, soothing the soul and calming the mind. *90min stone therapy massage, 90min destress facial, 30min foot massage*



## Chuan Signature Massages

weekday weekend

**Chuan Neck, Back & Shoulders** 30min \$130 | \$140

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

**Chuan Harmony** 1h \$220 | \$230  
1h30 \$290 | \$300

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 well-being and relaxation.

**Chuan Balancing** 1h \$220 | \$230  
1h30 \$290 | \$300

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 Stone Therapy** 1h30 \$300 | \$310

Using hot stones, this therapeutic massage rebalances the body's yin and yang energies. The hot stones (yang) increase body circulation, while the cold stones (yin) elevate mental alertness and promote injury recovery.

## Massages

weekday weekend

**Sacred Mother-To-Be Ritual** 1h15 \$260 | \$270

This specialty pregnancy massage is designed to ensure mothers-to-be are pampered. Relax onto the comfort of our treatment beds while your expertly trained therapist uses all-natural, organic oils to ease you into a state of bliss. This treatment finishes with a cooling cucumber anti-inflammatory foot scrub & lower leg mask.

*Only available after the first trimester of pregnancy.*

**Native Clay Hot Oil** 1h30 \$320 | \$330

A fusion of ancient ayurvedic massage combined with native Australian ingredients. This unique massage begins by placing a ring of native clay on the back and hot, therapeutic oils continuously flowing to gently release spinal tension. A full body massage completes this meditative like treatment that will leave you deeply relaxed.

**Remedial Massage** 45min \$180 | \$190  
1h \$230 | \$240  
1h30 \$290 | \$300

Our remedial therapist will consult with you to target your individual muscular concerns using their therapeutic massage techniques.

*Remedial Massage benefits may be claimable with private health, please ask upon booking with our Chuan Spa & Health Club reception team.*

**Relaxation Massage** 1h \$220 | \$230

This treatment focuses on relaxing the entire body and mind using flowing movements tailored uniquely by your therapist. This full body relaxation massage will leave you feeling calm and balanced.



## Chuan Signature Facials

### Chuan Yu

weekday weekend

1h15 \$320 | \$330

Pairing with our iKOU organics, an ancient Gua Sha technique is applied to revitalise different skin types. This calming facial massage technique focuses on important meridian points, and increases the flow of body circulation. The use of Jade, known as a healing stone, nurtures, heals and restores our skin. *Not recommended for those with acne and very delicate skin.*

## iKOU Signature Facials

### Dream Time

1h30 \$360 | \$370

Stress has a powerful effect on ageing and skin sensitivity. This calming, restorative facial focuses on collagen regeneration to heal, nourish and rebuild elasticity. A detailed White Clay Desquamation exfoliant will help increase cell turnover, smooth and resurface the top layers of the skin while reducing redness. This sensory facial incorporates an acupressure facial and an aromatherapy scalp, arm, foot and lower leg massage with geranium, lavender & clementine for a deeply relaxing experience.

### Deluxe Vitamin A

1h \$290 | \$300

### Renewal Facial

Enhance luminosity and collagen with a blend of antioxidants, vitamins and emollients that protect against environmental damage and deliver age-defying results. Skin cells are nourished and renewed with Australian banksia seed oil to work in harmony with the skin's natural cycles to restore healthy, balanced skin.

### Super Foods

weekday weekend

1h \$290 | \$300

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. Quench thirsty skin with a moisture-locking hyaluronic infusion mask to hydrate skin for a clear, healthy balance. Recommended for revitalising of dull, dehydrated, premature ageing, sun-damaged and acne-prone skin- or as a deep cleansing treatment for a skin boost.



## Specialised Facials - Biologique Recherche

	weekday	weekend
<b>Biologique Recherche</b>	1h15* \$320	\$330
<b>Bespoke Facial</b>	1h45* \$405	\$415

Target booster choice: lifting, lighting, moisturising, smoothing, soothing.

*\*Includes a 15-minute skin consultation with Skin Instant Lab machine.*

Biologique Recherche Methodology is based on over forty years of experience using innovative products and meticulous protocols. The products are raw, cold-formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are free from parabens, silicones and fragrance. Skincare is provided following a personal dermo-cosmetic skin diagnosis (suitable for both men and women) using a Skin Instant© analysis for each individual. The biologically active and concentrated formulas, combined with a highly customised Biologique Recherche approach means treatments will provide you with a truly bespoke approach to skincare with treating your skin concerns.

**Co-Factor enhancements** \$110 each  
with any **Biologique Recherche facial**

Specialty treatments for specific zones, eye area, jowls and neck, lips, pigmentation, redness and/or dullness. See *Chuan Spa & Health Club* reception team for more information.

**Skin Instant Lab© & Viso-Lab** 30min \$100  
*Skin Consultation only, redeemable off product purchase if booked alone.*

## Specialised Facials - Qi Beauty

	weekday	weekend
<b>Age Defying Micro-Magnets</b>	1h \$350	\$360

**Experience**  
Our Qi Beauty facial assists skin Hydration, recovery and self-repair. Deeply relaxing and meditative this advanced technology assists homeostasis for healthy skin functioning and increasing collagen production. Every treatment will maintain healthy skin flora to restore the skin barrier. This encourages healthy skin texture and colour whilst filling the dermis with naturally occurring hyaluron to increase elasticity. The Qi micro-magnets levitate skin nutrients residing within the skin layers for hydration with nutrient rich Bio-Fluids.

*If you are pregnant or have a pacemaker, please refer to the Chuan Spa & Health Club reception to ensure this treatment is suitable for you.*





## Chuan Signature Scrubs

weekday weekend

**Chuan Herbal Salt Scrub** 30min \$190 | \$200

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.

### Scrubs

**iKOU Organic Body Scrub** 30min \$190 | \$200

Transform body and mind with iKOU Organic High-Performance Body Scrubs. Polish away dull skin to reveal a radiant glow with instant results. Rich in essential fatty acids and antioxidants with selected oils to promote cell renewal and long-lasting healthy skin results. Choose from any of the below two scrubs:

- Italian orange & Australian Jojoba body buff: A fast results sugar scrub rich in hydrating Jojoba Oil for cell renewal and healthy skin.  
Skin type: normal to dry and dehydrated.  
Mind benefits: de-stresses and inspires happiness.
- Lemon myrtle renewal body scrub: A detoxifying, energising salt scrub with deep cleansing Australian lemon myrtle for rejuvenation of balanced skin types.  
Skin type: normal to oily and congested skin.  
Mind benefits: reviving and cleansing.

## Chuan Signature Wraps

weekday weekend

**Chuan Muddy Elements** 1h30 \$350 | \$360

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

### Body Rituals by iKOU

**Ocean & Earth Dreaming** 1h15 \$320 | \$330

Invite rest for the mind through the healing powers of the earth, in this deeply relaxing and nurturing cocoon experience. Detoxifying and rejuvenating with nutrient rich sea kelp, native clay and Australian fruit essences. Restore an all-over healthy radiance for skin and hair.

**White Flannel Flower** 1h45 \$420 | \$430

Unwind and allow your body to receive the healing benefits of deep relaxation. Inspired by the beauty of the Australian white flannel flower, this popular ritual is a complete head-to-toe degustation of iKOU treatments. Connect with the inner joy that lives within you, while exotic ingredients restore a radiant all-over glow. Unwind, breathe, relax.





## AMRA Opulent Body Rituals

### The Langham True Gold

weekday weekend

1h30 \$420 | \$430

*Rejuvenate in luxury and be transported on a journey of pure serenity.*

The Golden Opulence Journey commences with a 24kt gold full body exfoliation to prepare the body for sumptuous nourishment that is to follow. Once reposed the body will be drizzled with pure 24kt gold body oil and massaged with the world's most opulent AMRA Gold Hot Stones.

Gold, originally melted by fire, is now re-energised and heated through our bespoke AMRA 24kt golden stones.

The journey concludes with the body being encapsulated by the golden splendour of AMRA's unique Precious Drops of Gold, leaving the skin captivating, while you feel radiant. To bring this regal splendour to a close, senses are enlightened with the 24kt Gold Body Spritz and your hair becomes an olfactory sensation, allowing every movement to release the allure of True Gold. This ritual's signature fragrance engulfs the senses and engages the mind to the most enigmatic experience. Relax and unwind with an aroma of sumptuous elegance, notes of rich amber and effervescent citrus rest on a heart of aromatic herbs, perfectly nestled upon a base of rich woods and musk's.

### Diamond Clarity

weekday weekend

2h \$410 | \$420

*The ultimate in defining & contouring, the Diamond Illuminating collection sculpts and defines the muscle architecture, giving skin true clarity.*

Your journey commences with full body exfoliation using crushed diamond to smooth, tone and firm the skin in the most opulent of ways. Vitamin A technology slowly releases throughout the day, promoting collagen production and strengthening skin from within. Diamond Illuminating Rhassoul Body Mask encapsulates the skin to brighten and diffuse fine lines and wrinkles, while optical blurring intelligence curates a flawless skin tone, captivating in every sense. The world's most regal diamond body oil is drizzled over the body to work on your specific areas of concern, tailored by your therapist. Our active technology releases tension and stress within the muscle, transporting you on a journey of serenity.

### Jewel of the Ocean

weekday weekend

2h \$410 | \$420

*Discover the jewels of the ocean with our full body ritual, formulated to transport you on a journey of serenity.*

Crushed caviar exfoliates the skin to smooth, plump and hydrate using our hyaluronic acid complex, designed to retain the skin's natural moisture. The body is cocooned in luxurious Pearl Rhassoul Body Mask to nourish, strengthen, and protect. Our Purifying Pearl fights free radicals and combats modern world pollution. Your journey concludes with a balancing massage, designed exclusively by your therapist to work on specific areas of concern. This treatment aroma is one so decadent it engages the mind and awakens the senses to the most enigmatic of experiences.



## Chuan Signature Hand & Foot Therapies

weekday weekend

### Chuan Healing Hands 1h \$180 | \$190

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

### Chuan Feet Retreat 1h \$180 | \$190

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 foot mask infused with cucumber 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 1h30 \$240 | \$250

This unique Chuan Signature foot treatment is designed to maintain a healthy equilibrium between mind and body by optimizing the blood and "Qi" flow, strengthening the immune system and promoting revitalization. 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, induces deep relaxation and nourishes the skin.

weekday weekend

### Chuan Reflex Remedy 1h \$165 | \$175

Revitalize 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.

## Hand & Foot Therapies

### Manicure 1h \$160 | \$170

Arms and hands are gently exfoliated and wrapped in hydrating mask before your therapist expertly shapes your cuticles and files, buffs and shapes your nails. Choose your polish colour from our Fedua range.

### Pedicure 1h \$160 | \$170

Treat your feet to an aromatic foot bath, softening exfoliation, hydrating mask application and nail and cuticle care. This ritual brings tired feet back to life and is finished with your choice of polish color from our Fedua range.



## Man

weekday weekend

### Chuan Man Maintenance 1h \$290 | \$300

Feed your skin with a high performance organic nurturing facial designed specifically for men.

Skin is deeply cleansed and detoxified with natural plant exfoliants and extracts for superior deep-pore cleansing and skin smoothing benefits. This results-driven facial incorporates deeply penetrating organic oils, peptides and potent plant extracts including Tasmanian mountain pepper berry, to stimulate collagen and elastin, lock in moisture, improve firmness and deliver advanced age-defying benefits.

### Chuan Man's World 1h30 \$350 | \$360

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 Elements Baths

weekday weekend

### Chuan Elements Baths 30min \$140 | \$150

Prepare your mind and body for a good night's sleep with the ultimate relaxation experience from Chuan Spa. Let your stresses and strains melt away as our expert comes to your room or suite and draw you a bath based on one of the five elements of Traditional Chinese Medicine.

Select a soothing infusion from the five options below for the most sumptuous soak you could wish for:

**WOOD:** Looking to unwind and relax? Loosen your muscles and calm your mind with a blend of Bergamot, Neroli and Ylang Ylang oils.

**FIRE:** Missing your usual spark? Stimulate your senses and uplift your spirits with Violet Leaf extract, Shiso Leaf extract and Lavender oils.

**EARTH:** In need of focus and direction? Let this bath of Frankincense, Fennel and Geranium oils balance and refresh you.

**METAL:** Feeling stressed by your relentless daily routine? This special blend of Eucalyptus, Chamomile and Cypress will revitalize and revive your tired mind.

**WATER:** Are you achy and stiff? Rejuvenate your muscles with a soothing blend of Ginger, Sage and Cardamom oils.

*Each bather will also receive a choice of Chuan Massage Oils and herbal tea. Advance reservation is required.*



## Chuan Touches Enhancements & Add-Ons

	weekday	weekend		weekday	weekend
30min Chuan back, neck, shoulders	\$130	\$140	Eyebrow shape	\$70	\$80
30min iKOU organic facial	\$190	\$200	Eyebrow Tint	\$50	\$60
15min steam shower	Sgl \$100	\$110	Eyelash Tint	\$75	\$85
	Dbl \$140	\$150	30-minute back massage	\$130	\$140
			30-minute iKOU organic scrub	\$190	\$200
			30-minute Chuan herbal salt scrub	\$190	\$200
			30-minute iKOU head, neck & scalp conditioning mask	\$105	\$115

## Chuan Experience

### Chuan Five Elements Questionnaire

Chuan Spa treatments and products are guided by the Five Elements theory. Before booking your treatment, please complete 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 (61) 7 5638 8888 or by email [tlgdc.chuanspa@langhamhotels.com](mailto:tlgdc.chuanspa@langhamhotels.com).
- Please arrive at least 20 - 90 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 (monetary value). Please visit

<https://thelanghamgoldcoast.skchase.com/vouchers>

### Treatments Available

Open daily 10:00am – 6:00pm

### Indoor Magnesium 22-Metre Pool & Sauna

Open daily 6:00am - 10:00pm

Please feel free to enjoy the sauna and the indoor pool area up to 1 hour prior your scheduled treatment.

### Health Club (in-house guests only)

Located within Chuan Spa and offering stunning views of the Pacific Ocean, 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 pool and saunas.

Open daily, 24/7

### Personal Training (in-house guests only)

Personal training can be organised, we offer 60-minute sessions with our dedicated wellness trainers, specialising in strength and conditioning, resistance programs, and boxing. For further information, please contact the Chuan Spa & Health Club team via 0756 38 8888.

### Surcharge

A 25% surcharge applies to all treatments on public holidays. All payments by credit card incur a 1.5% surcharge.

## 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 – hot tubs, steams, 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 Health Club 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 body treatments – our therapists are fully trained to drape you to protect your privacy at all times.

### Health

Please remember to drink fluids throughout the day, especially water.

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

If you have enjoyed a body treatment 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 Reception 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 – pressure, room temperature etc.

Remarks: "Treatment" refers to the services we provide, does not have the meaning of treating a disease. Please consult professional medical advices if you have any concerns.

### Valuables

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

**The Langham, Gold Coast**

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