



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

Ultimate Pro Youth Sea Creation Facial

1 hour 30 min
\$450 Weekdays
\$470 Weekends and Public Holidays

Experience the mystery of the deep sea with this facial designed to slow down the aging process. Extracts from green algae, sea silk and pearl proteins help to restore the structure of the skin creating perfect radiance with a youthful glow. The Sea Creation facial utilizes a highly concentrated serum that is applied with a conch shell followed by an exclusive massage with heated stones and cool coral, leaving your skin looking firmer, smoother and more youthful with stunning effects.

Babor Spa Facial

1 hour
\$200 Weekdays
\$210 Weekends and Public Holidays

1 hour 30 min
\$260 Weekdays
\$275 Weekends and Public Holidays

A results driven performance facial customized to your distinctive skin needs. Your skin is drenched with the pure power of concentrated fluids offering intensive detoxifying, de-stressing or hydrating benefits of your skin. Lifting and firming massage techniques are applied followed by a specifically selected professional mask. This advance skin therapy offers targeted results and precise age prevention.

HSR Skin Lifting Facial

1 hour 30 min
\$310 Weekdays
\$325 Weekends and Public Holidays

BABOR HSR® is a deep lifting treatment that will help lengthen the life of our skin's DNA and slow down the natural aging process resulting in a reduction of fine lines, wrinkles and allowing the face to regain its youthful contours.

川 Chuan Yu Facial

1 hour 15 minutes
\$230 Weekdays
\$240 Weekends and Public Holidays

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.

COSMECEUTICAL FACIALS

Dr Babor Cosmeceutical Facial

1 hour
\$210 Weekdays
\$220 Weekends and Public Holidays

A treatment combining the positive effects of Vitamin A to boost all your skin's renewal processes therefore visibly correcting the first signs of skin aging; wrinkles and fine lines, loss of elasticity,

dryness and pigment changes. Completed with a calming detox peel off mask, enhancing your complexion with a fresh and youthful appearance.

1 hour 30 min
\$300 Weekdays
\$315 Weekends and Public Holidays

Look rejuvenated without injections or surgeries with this Collagen boosting treatment. Rehydrate your skin with a deep cleanse, an exclusive skin peel and Dr. Babor's Collagen Booster Complex, leaving your skin looking fresh and youthful.

Dr Babor Microdermabrasion Facial

1 hour
\$220 Weekdays
\$230 Weekends and Public Holidays

Achieve maximum results with the Doctor Babor Microdermabrasion and ultrasound treatment. The skin is stimulated to regenerate itself from deep down, instantly resulting in a refined, smooth complexion and a revitalized rosy fresh appearance.

ENHANCEMENTS

Skin Face Scanner (15 minutes) \$50
Eyebrow Shape (15 minutes) \$50
Eyelash Tint \$35
Eyebrow Tidy \$35
Ultrasound Treatment \$35
Eye treatment for puffiness and wrinkles \$35
Scalp massage with AA oil \$35



MASSAGE THERAPY

Absolute Aromatherapy

1 hour
\$185 Weekdays
\$195 Weekends and Public Holidays

1 hour 30 mins
\$225 Weekdays
\$240 Weekends and Public Holidays

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

Champagne Pear Massage

1 hour
\$185 Weekdays
\$195 Weekends and Public Holidays

1 hour 30 mins
\$225 Weekdays
\$240 Weekends and Public Holidays

This exclusive full body massage therapy leaves every inch of your skin nourished, moisturized and strengthened with the application of Babor Shaping Body Cream, containing stem cells of Champagne pear and berries packed with Vitamin C.

川 Chuan Harmony Massage

1 hour
\$185 Weekdays
\$195 Weekends and Public Holidays

1 hour 30 mins
\$225 Weekdays
\$240 Weekends and Public Holidays

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.

川 Chuan Stone Therapy

1 hour 30 mins
\$225 Weekdays
\$235 Weekends and Public Holidays

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.

Relaxation Massage

1 hour
\$170 Weekdays
\$180 Weekends and Public Holidays

1 hour 30 mins
\$210 Weekdays
\$225 Weekends and Public Holidays

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.

Stress Relief Massage

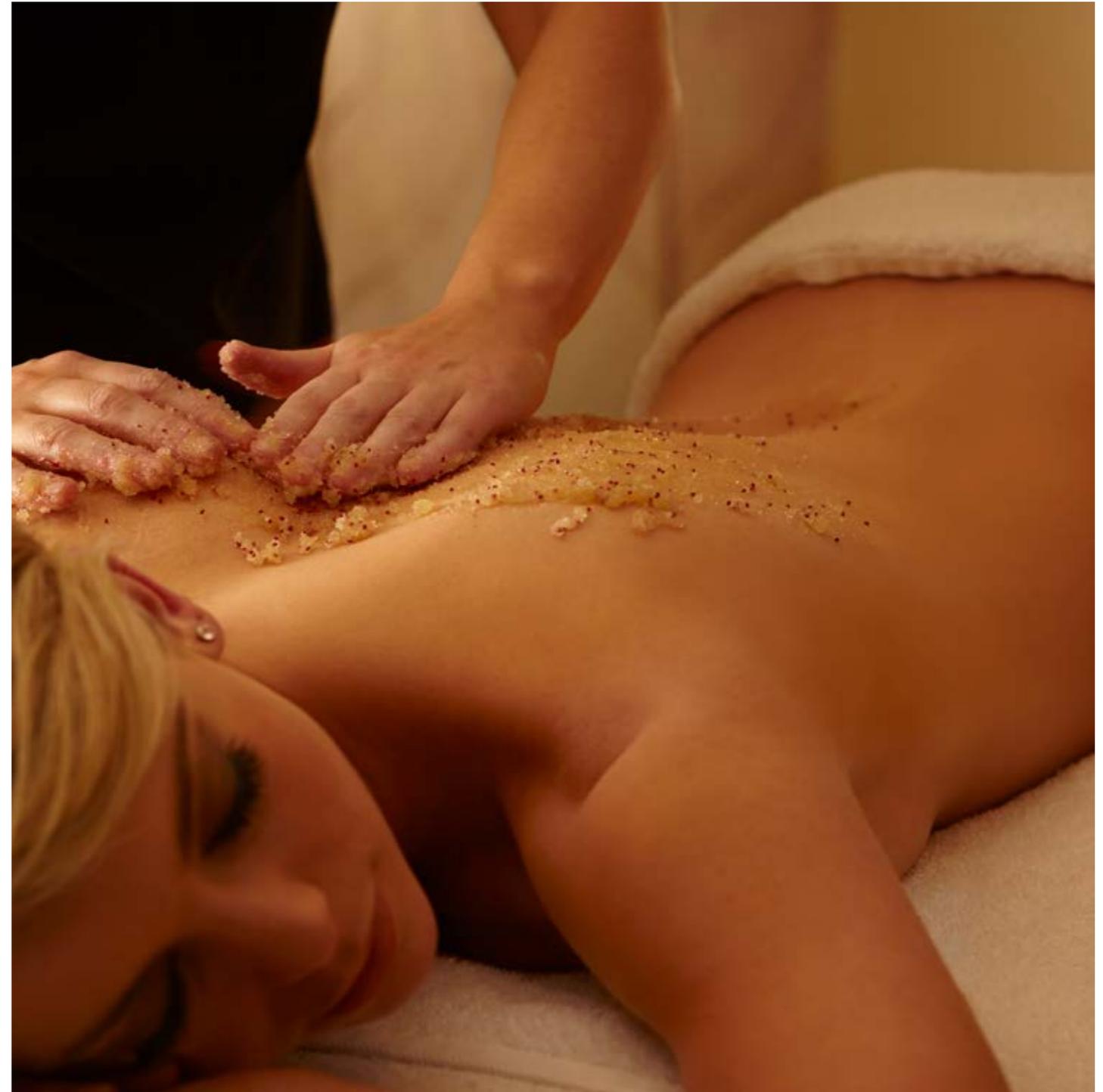
1 hour
\$185 Weekdays
\$195 Weekends and Public Holidays

1 hour 30 mins
\$225 Weekdays
\$240 Weekends and Public Holidays

Firm massage is applied for the release of deep muscular tension and stress relief.

***All massages available as couples options**

Surcharge \$30



BUILD YOUR OWN PACKAGES

Choose any of the following treatment options (minimum of two treatments):

Duration: 30 minutes per treatment

Two treatments:
\$205 (Weekdays)
\$215 (Weekends and Public Holidays)

Three treatments:
\$305 (Weekdays)
\$320 (Weekends and Public Holidays)

Four treatments:
\$385 (Weekdays)
\$405 (Weekends and Public Holidays)
\$85 (Weekdays)

\$90 (Weekends and Public Holidays) per additional treatment

Red Mandarin, Lime and Cranberry Exfoliation

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

Frangipani and Pomegranate 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 receive a relaxing scalp massage

Express Facial

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

Volcanic Express

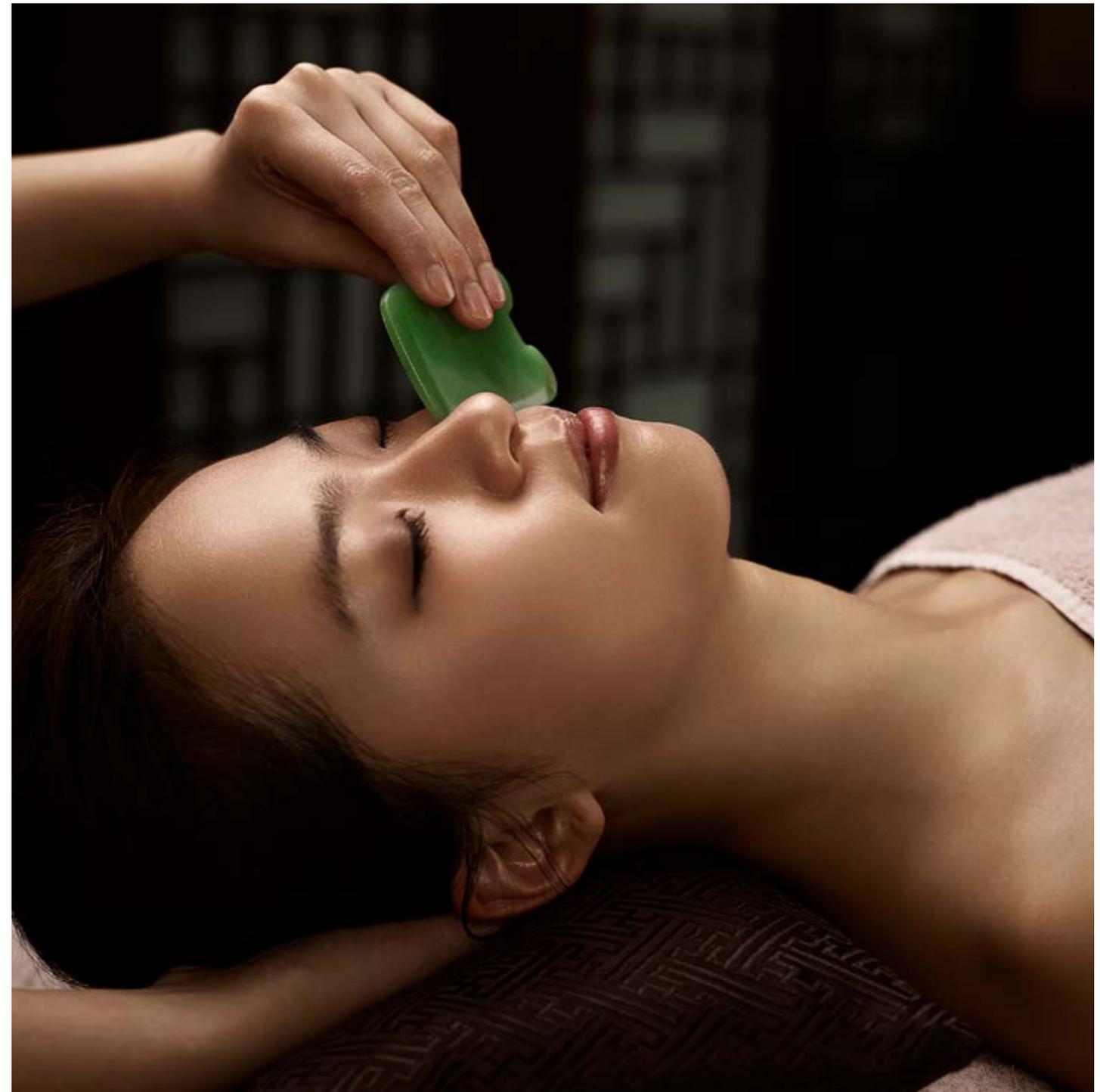
Muscle tension melts down with heated volcanic stones used to release muscle tightness in the back, neck and shoulders.

川 Chuan Herbal Salt Scrub

Relax as 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.

川 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
\$230 Weekdays
\$245 Weekends and Public Holidays

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

Volcanic Rebalance

1 hour 45 mins
\$285 Weekdays
\$300 Weekends and Public Holidays

Treat your body with a treatment that induces pure relaxation. Begin your journey with our Chuan Herbal Salt scrub followed by our Chuan Stone therapy massage to let your body unwind and complete your treatment with our pressure point scalp massage to completely ease muscle tension.

Chuan Body Element Package

1 hour 30 mins
\$230 Weekdays
\$240 Weekends and Public Holidays

Start by restoring balance and reducing tension with our Chuan Harmony massage followed by our Intense Detoxifying Facial to suit your skins individual needs .A perfect escape to soothe the soul and restore vitality.

Champagne & Gold Indulgence

4 hours 30 mins
\$710 Weekdays
\$755 Weekends and Public Holidays

The ultimate indulgence begins with a full body massage, followed by our Babor's HSR Skin lifting facial.

Your whole body receives an application of Babor Shaping Body Cream, containing stem cells of Champagne pear and berries packed with Vitamin C, before surrendering your fingers and toes to a Deluxe Manicure and Pedicure. Complete your pampering with a light lunch and a glass of Laurent-Perrier.

The Full Body Facial

3 hours
\$410 Weekdays
\$440 Weekends and Public Holidays

This treatment begins with a full body exfoliation with nutrient rich salts and warmed aromatic oils. Enjoy a relaxing back, neck and shoulder massage followed by an application of warmed creamed cocoon. To complete the treatment, experience the Advanced Performance Facial to leave your skin feeling invigorated, enriched and glowing with refreshed vitality.

The Velvet Experience

3 hours
\$460 Weekdays
\$490 Weekends and Public Holidays

This all-inclusive treatment promotes total relaxation and well-being; commencing with a full body nutrient-rich polish with milk extracts to exfoliate and correct the skin's imperfections, followed by a full body massage to allow for complete relaxation and complete the treatment with a skin specific Facial to suit your skins individual needs.

Simply Spoilt

2 hours 30 mins
\$435 Weekdays
\$460 Weekends and Public Holidays

Simply spoil yourself with a tailored fully body massage, designed to nourish, hydrate, strengthen and transform every inch of your body with Babor's Shaping Body Cream.

Your treatment is complimented with a Babor HSR Lifting Facial, leaving your skin looking smoother and feeling more radiant and alive.



PREGNANCY PAMPERING

Yummy Mummy

3 hours
\$435 Weekdays
\$465 Weekends and Public Holidays

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 full body relaxation massage follows to release all unwanted stress and tension. Complete your experience by either choosing our Deluxe pedicure or Manicure.

Pregnancy Pamper

2 hours 15 mins
\$315 Weekdays
\$335 Weekends and Public Holidays

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

The pampering begins with a bespoke babor facial to renew your pregnancy glow followed by our signature deluxe pedicure to complete your ultimate indulgence experience.

Ultimate Rose Pregnancy Massage

1 hour
\$190 Weekdays
\$200 Weekends and Public Holidays

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 and facial massage that will complement this top to toe treatment.



FEET & HANDS

Deluxe Manicure

1 hour 15 mins
\$135 Weekdays
\$145 Weekends

An intensive hand and nail treatment. Your treatment includes exfoliation, nail shaping, cuticle work and a hand and arm massage, complete with a paraffin wax treatment to lock in moisture along with your signature polish from OPI.

Deluxe Pedicure

1 hour 15 mins
\$145 Weekdays
\$155 Weekends and Public Holidays
Your treatment begins with a warm, soothing grapefruit and tea tree foot soak, followed by a foot and leg exfoliation, nail shaping, cuticle work and a foot and leg massage.

A paraffin wax treatment completes the treatment to lock in moisture along with your signature polish from OPI.

French Polish

Additional \$30 (Weekdays)
\$35 (Weekends and Public Holidays)

Must be pre-booked at time of booking.
Waxing available upon request.

SPA SOCIALISING

Afternoon Serenity

\$225 per person Monday to Friday
\$240 per person Saturday, Sunday and Public Holidays

The ultimate afternoon escape. Take advantage of our no-rush policy and relax by Sydney's #1 swimming pool then be treated to a luxurious 1 hour Ultimate Aromatherapy Massage or Babor Spa Facial, followed by our renowned Afternoon Tea with Wedgwood and a glass of Laurent- Perrier Champagne in our elegant Palm Court.

BESPOKE BRIDAL

Steeped in history, pedigree and tradition, allow Sydney's most iconic Day Spa to be part of your nuptial preparation planning.

The Day Spa at The Langham, Sydney will create personalised menus for both Brides and Grooms bespoke to their individual needs.

Allow our team to consult back to you on your specific requirements, whether it be a six month radiance program, or some simple beauty services on the day.

Based on the bridal menu you desire, our dedicated Bridal Spa Team can prescribe anything from a monthly massage booking for his and her stress management; an immersive six month beauty program for picture perfect skin; a physical transformation plan including weekly personal training sessions in our Health Club; privatisation of the spa facility for an exclusive hens or bucks experience; waxing, tanning, nail services; hair and make-up bookings or in-suite, bridal party foot massages, the evening before the big day.

Book in a consultation to discuss your requirements today.

Price on application.



Gift Vouchers

The perfect gift for all occasions. Our gift vouchers are available for any treatment and package or simply select the value of your voucher, leaving the recipient free to choose their ideal path to relaxation and rejuvenation. Beautifully presented, our gift vouchers have 12 month validity.

Facilities

Along with your treatment you have complimentary use of our stunning 20 metre indoor heated swimming pool, Jacuzzi, separate ladies' and men's steam rooms, gymnasium and showering facilities.

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.

Personal Training

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

Bookings

Please telephone 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.

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.

Late Arrival

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

Pricing

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

Health Considerations

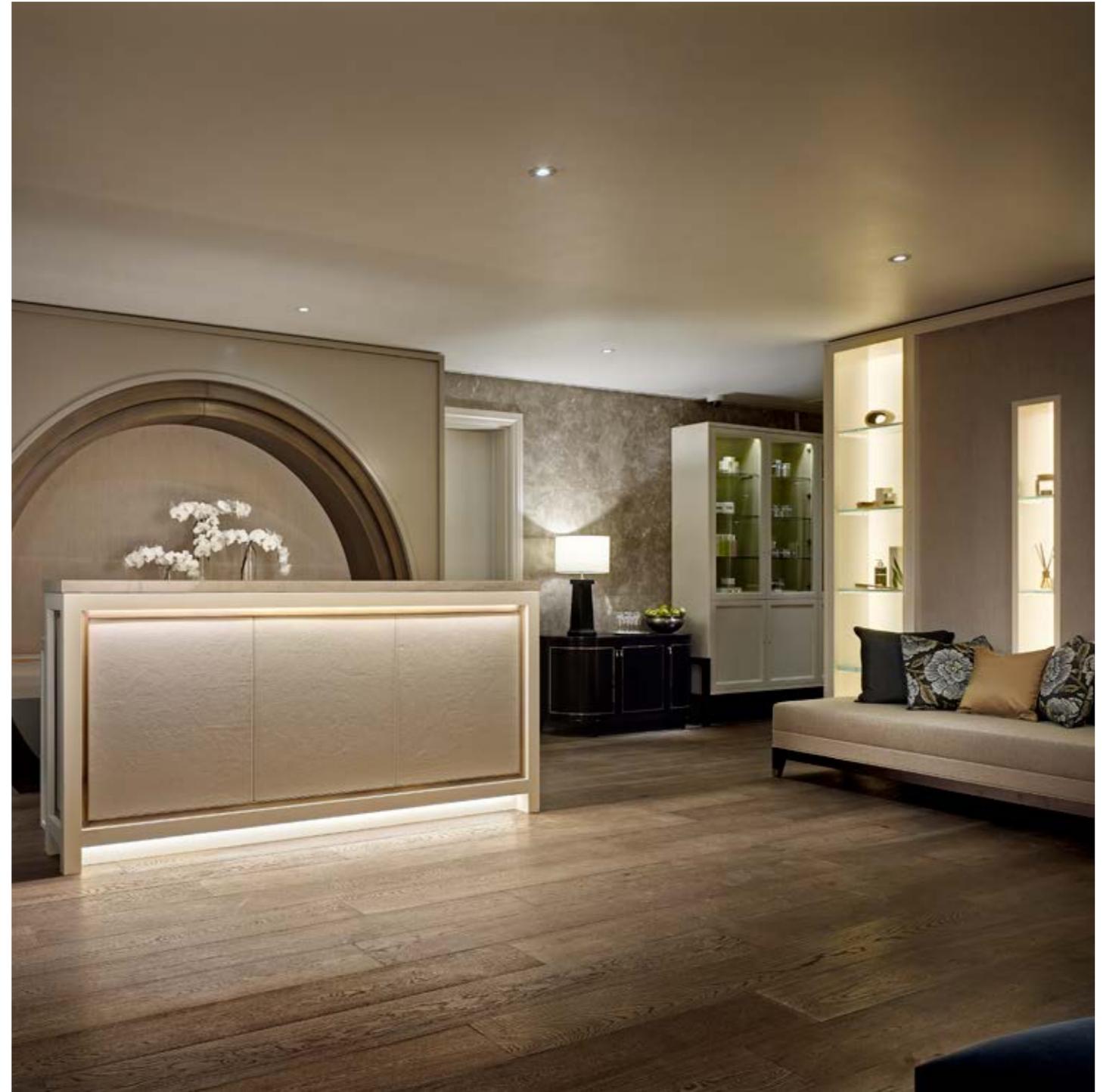
For your safety and comfort please inform your therapist of any health conditions so that we can customise your treatment accordingly. If you suffer from allergies, physical ailments or are pregnant, some treatments may not be advisable.

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.

Parking

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



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