



Menu of Services



Chuan Spa at The Langham, Chicago

Welcome to Chuan Spa. Here you will find an oasis of tranquility in the heart of Chicago. The soothing setting inspires contemplation and introspection as you embark upon a journey designed to balance the mind, body and soul. In Chinese, Chuan means flowing water. As the source of life, water represents the re-birth and re-balancing of our whole being. Your Chuan Spa journey begins once you pass through our Moon Gate. Like entering a secret garden where one feels a spirit of rejuvenation, your wellness journey nurtures, heals and restores.



Chuan Bathing Ritual

Before your treatment, embark on a natural water journey – the Chuan Bathing Ritual. Located within each gender separate changing room lays a series of rooms designed to reinvigorate the body's reaction to hot and cold stimuli to create deeper dimensions of relaxation, health and well-being.

This ritual begins with an aromatic sensory and moderate heat experience in the Herbal Sauna allowing the heat to loosen and soothe tightened, congested muscles and the herbs to open the respiratory system. For more intense heat, relax in the Salt Stone Sauna which releases negative ions to create a fresh, clean, bacteria-free environment. Blocks of pure Himalayan salt stone line the wall creating a calming environment and assist in reducing stress and respiratory and skin ailments.

Transition to our Experience Shower to awaken your spirit with invigorating aromatherapies. Then enter our Oriental Steam Room where you will be greeted by the soothing scent of Chamomile. Linger longer on one of the ergonomically-designed relaxation recliners radiating soft warmth directly on your body to create a sense of harmony.

With your mind and body now in equilibrium, you are a step closer to rediscovering your source.



Product Range

Chuan Spa Treatments and the Five Elements

The foundation of our Chuan Signature Treatments and menu offerings is Traditional Chinese Medicine (TCM) and the Wu Xing 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 well-being.

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, seasons of the year, as well as your bio-rhythms.

Our range of five-element essential oils, incense, candles, and teas have been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.

KERSTIN
FLORIAN

Kerstin Florian Treatments

Promoting the philosophy of outer beauty, inner health and inspiring a sense of well-being, we offer products that integrate the best of nature and advanced technologies, including specially-designed facial skincare, body and massage treatments, which impart true wellness in a person's daily life. The philosophy behind these treatments is centered on the world's great healing resources that have provided centuries of benefit. Taking our inspiration from nature and global tradition, we refine this inspiration through research and modern technology. Kerstin Florian treatments and products are founded in advanced phytotherapy, aromatherapy, thermal mineral, herbal and marine technology with botanically sourced ingredients that are free from heavy preservatives and perfumes.

Hydro^{COO}Peptide® HydroPeptide® Treatments

HydroPeptide® has revolutionized skin care through the power of peptides as messenger molecules that work on a cellular level to increase hydration, visibly reduce lines and wrinkles, and enhance skin's natural luminosity. With over 60 peptides, antioxidant rich botanical stem cells, growth factors and hyaluronic acid, we offer award-winning daily care and professional collections with targeted customizable results-driven regimens for all skin types. HydroPeptide® facials are designed to leave skin youthfully plump, smooth, radiant and visibly lifted, in one treatment, with continued improvement in the days after. Powerful peptides instantly restore healthy skin structure and hydration. Carefully selected botanicals detoxify and rejuvenate. Every HydroPeptide® treatment combats telltale signs of aging with the option to customize the treatment to address additional skin care concerns including – but not limited to – sensitivity, acne and hyperpigmentation.



Chuan Signature Escapes

Our Chuan Signature Escapes packages combine unique elements from our Chuan Signature, Kerstin Florian and HydroPeptide® treatment range, to provide timeless rejuvenation through curated Chuan experiences.

Chuan Body Elements 1 hr 50 min

Start by restoring balance and reducing tension with our Signature Chuan Harmony Massage. Then nourish the skin with the benefits of our Organic Aromatherapy Skin Renewal Facial, a perfect escape to soothe the soul and restore vitality.

Chuan Tao of Detox 2 hr 10 min

Rejuvenate your body and soul with this naturally nourishing treatment from the sea. Experience an energizing, deep cleansing mineral scrub to exfoliate the body and promote circulation. The body is then wrapped with Spirulina Algae to impart an instant nutrient boost with essential vitamins, minerals and protein as well as providing intensive elemental grounding benefits. A stimulating shower washes away the wrap and cleanses the body. An invigorating application of Multi-Vitamin Firming Crème combined with Ginger Bath & Body Oil for a firmer, more toned appearance. 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 a Customized Deep Cleansing which restores and rejuvenates the skin leaving it deeply nourished.

Chuan Serenity Shen 3 hr

Your journey begins with our signature Stone Therapy Massage. Next, the ultimate facial awaits, with skin renewing aromatic oils to revitalize. 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 Rituals 2 hr 30 min

Select from our Signature Massages, Results Driven Facials, and additional retreats “Of the Orient” to customize your own luxurious ritual.

Select One from Each of the Following Categories:

- Chuan Signature Massages:
Chuan Harmony or Chuan Balancing
- Kerstin Florian Facials:
Customized Deep Cleansing Facial or Organic Aromatherapy Skin Renewal Facial
- Chuan Extra Retreats:
Chuan Herbal Salt Scrub, Intensive Hair Repair Scalp Massage, Chuan Mini Feet Retreat



Escapes

Chuan Chicago Signature Escape:

5 Wu Xing Elements In-One

2 hr

At the chime of Metal Traditional Chinese Bianzhong Bells, your Elemental journey begins. A light application of Fiery, Chuan Clove Thermal Balm is applied to key pressure points. Heated Wooden Chinese Bamboo Reeds are then used to stimulate meridian harmony combining the therapeutic elements of acupressure with various relaxation massage techniques, inducing a deep sense of calm. Relax as your entire body is then enveloped in Chuan Element of The Season Mud from the Earth, allowing the therapeutic elements and essential oils to infuse. Your stress will evaporate as your scalp is gently massaged with an Intensive Hair Repair masque with keratin amino acids and rich emollients. Heated towels immersed in warm elemental Waters are used to cleanse the skin prior to a hydrating full body lotion application completing this well-rounded journey through the five Traditional Chinese Elements of Wu Xing, resulting in the ultimate sense of well-being and relaxation.

Chuan Jet Lag Revival

2 hr

Restore and revive. Combat jet lag, fatigue and mental exhaustion by balancing your senses with an 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.

KERSTIN
FLORIAN

Of The Orient:

Ginger Renewal

1 hr 20 min

The ancient healing and warming properties of Ginger will invigorate and nourish your body from head-to-toe in this indulgent experience. Earthly minerals are combined with essences of Ginger in an invigorating full body exfoliation. A luxurious application to the back, neck and shoulders with Ginger Bath & Body Oil and warm healing stones, takes you to a deeper state of relaxation. Next, nourish and relax inside a warm cocoon while receiving a Chinese acupressure-point forehead, ear and scalp massage to complete this sensory experience.



KERSTIN
FLORIAN

Of The Orient:

Yili Valley Dreams

1 hr 20 min

Relax. Dreams of the lavender fields of Yili, Xinjiang kissed by the sun envelope your senses as you drift on waves of blue. Breathe deeply. Inhale the calming and balancing benefits of Wild Lavender in this completely uplifting and rejuvenating experience. This luxurious treatment includes a two-step invigorating full body scrub, a warming envelopment with an acupressure point scalp massage, and a luxurious full body application of Lavender Bath & Body Oil with warm, healing stones.

Exclusive VIP Chuan Spirit Suite Usage:

45 min

Our Chuan Spirit VIP Suite inclusive of our Healing Liquid Pool & Oriental Steam Room are available for booking of any package or treatment for both individuals and couples. Inside this luxurious suite, the Healing Liquid Pool uses highly sophisticated technology to combine three central therapies: Healing Liquid Therapy, Heliotherapy (light therapy) and Sound Wave Therapy. Specialized TCM healing liquids and herbal extracts are carefully selected and specifically tailored to the individual needs of the guest. Our Oriental Steam Room allows the heat to loosen and soothe tightened congested muscles.



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 min

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

Chuan Balancing Massage 1 hr or 1 hr 30 min

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 Massage 1 hr or 1 hr 30 min

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 Stone Therapy 1 hr 30 min

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 and increase mental alertness. The use of hot and cold stones is integrated in a therapeutic massage.



Massage

Chuan Chicago Signature

Customized Massage

50 min or 1 hr 20 min

Fully customizable to meet your needs. Our expert therapists apply pressure ranging from light to firm, as well as draw upon a wide variety of modalities such as Swedish, Deep Tissue, Therapeutic, Reiki and Energy Work

Hot Himalayan Salt Stone

Halotherapy Massage

50 min or 1 hr 20 min

Hot Himalayan Salt Stones will help relieve your aches and pains, and rebalance your chakras, while your therapist expertly massages to further relax and release deep tension. The stones deeply warm your muscles and stimulate circulation. Hot stones also help to alleviate body aches, insomnia, stress, anxiety and can help relieve arthritic pain.

Magnesium Massage

Wellbeing Experience

1 hr 20 min

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. This nourishing treatment delivers the power of magnesium to promote detoxification and replenish commonly deficient levels. Warm mineral compressions enhance this therapeutic massage.

Maternity Massage

50 min or 1 hr 20 min

A unique massage treatment to soothe away the stresses and aches of pregnancy to those mothers-to-be following their first trimester. Your therapist will focus on the traditionally tired areas associated with pregnancy – the lower back, lower legs and feet. Oils and supportive cushions specifically designed for this treatment ensure a comfortable yet effective massage safe for you and your baby.

Chuan Recommended Add-ons:

To complement our massages, we recommend the following:

- Advanced Massage Enhancements
- Cupping
- TCM Liniment Oils
- Hot Salt Stones
- Restorative Foot Scrub
- Collagen Face Mask
- Line Lifting & Brightening Eye Mask
- Advanced Chinese Medicine Massage Enhancements



Advanced Massage Enhancements

The following can be added to any Massage for advanced wellness benefits and are available for continued homecare use in our retail boutique.

Po Sum On

This proprietary blend of oils including peppermint, tea, dragon blood, cinnamon, scute and licorice has great heritage in the Chinese culture, first being produced in Hong Kong in 1905 and winning the British Empire Exhibition in 1924. Its incorporation into your treatment will warm muscles, improve circulation, and relieve pain. It can also be used to address muscle aches, symptoms from the common cold, headaches, bites, scratches, and burns or to warm muscles prior to exercising.

Kwan Loong Oil

This refreshing topical oil provides effective relief of dizziness, headaches, motion sickness, nasal congestion, stomach aches, sprains, rheumatic pains and speeds healing of insect bites. It is especially helpful in the treatment of minor sports-related injuries and pains while also being used for minor skin irritations. Its incorporation into your treatment will increase superficial circulation and can aid to speed healing with its spicy ingredients feeling cool and invigorating once applied.

Zheng Gu Shui

This liquid formula created by a Chinese Master Herbalist over 1,000 years ago was used to heal fractures and broken bones in its time. Through its therapeutic cooling sensations, it is still used today for the temporarily relief of aches and pains of muscles and joints associated with back ache, lumbago, strains, bruises, sprains, arthritic or rheumatic pain, and pain of tendons and ligaments.

White Flower Analgesic Balm

First developed in 1927, this therapeutic fluid was originally made only for private use. As family, friends and acquaintances found its benefits positively incorporated into their everyday lives, they convinced Gan Geog Eng Gan to produce it on a commercial basis. Quickly becoming a leading product from the Far East, this white flower oil blend is intended for temporary relief of aches and pains of the muscles and joints, for such problems as backache, arthritis, sprains, bruises, and strains. It has also been found useful for relief from headaches and neck aches.

KERSTIN
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Intensive Hair Repair Masque

This intensive conditioning masque with keratin amino acids and rich emollients deeply nourishes dry, damaged hair. Restores moisture, strength and flexibility with immediate results.



Traditional Chinese Medicine Treatments

Chinese master practitioners use cultural beliefs to interpret the states of well-being. Any disharmony of the equilibrium of Yin and Yang or disturbance in their flow of Qi can cause imbalance. The task of a Chinese Master of Acupuncture & Oriental Medicine is to restore such imbalance. Some treatments include Acupuncture, Moxibustion 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 Consultation and Treatments

Chuan Spa's Traditional Chinese Medicine (TCM) initial treatment session includes a consultation by our qualified Master of Acupuncture and Oriental Medicine practitioner to interpret your state of well-being and relative treatment(s) will be prescribed.

Please refer to the Spa Concierge or Master of Acupuncture and Oriental Medicine for all other specialized Traditional Chinese Medicine Treatments available at Chuan Spa at The Langham, Chicago.

Prescribed treatment(s) may include:

Acupuncture + Adjunct Therapy + Massage Therapy

One of the following adjunct TCM therapies can be added to a patient's Acupuncture + Massage Therapy treatment to enhance the overall benefits. The use of these adjunct TCM therapies can be seamlessly incorporated into one's Acupuncture + Massage Therapy treatment at the recommendation of our Master of Acupuncture and Oriental Medicine upon initial consultation.

Ho Guan (Cupping)

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 effects on the skin and superficial muscle layer. Cupping is applied to certain acupressure points, as well as to regions of the body that are affected by pain.

Moxibustion

An ancient traditional Chinese technique to help strengthen the blood and stimulate the flow of 'Qi' to maintain general health. Moxibustion involves the burning of a small, spongy Chinese herb, known as moxa, to facilitate healing. The Master Acupuncture and Oriental Medicine will light one end of a moxa stick and hold it close to an acupressure point for several minutes to bring about a pleasant heat sensation penetrating deeply into the skin.

Gua Sha

As a traditional Chinese treatment, the Master of Acupuncture and Oriental Medicine will repeat pressured strokes over the body in which the skin is scraped to stimulate blood flow and healing. Practitioners believe Gua Sha releases unhealthy elements from injured areas of the body and promotes wellness.



Massage Therapy + Adjunct Therapy

Any one or two adjunct TCM therapies can be combined with a massage therapy service. The combinations are limitless with oversight from our Master of Acupuncture and Oriental Medicine. For those whose curiosity lies deeper than our Chuan Signature Massages – designed as a level one introduction into Traditional Chinese Medicine, adjunct therapies serve as an excellent deeper, level two introduction into the world of Traditional Chinese Medicine, embracing its holistic approach.

Some example recommendations upon initial consultation with our Master of Acupuncture and Oriental Medicine may include:

Chuan Neck, Back & Shoulder Massage + Cupping

Chuan Neck, Back & Shoulder massage combined with the reverse pressure of fire cupping enhances the release of trigger points, reduces inflammation, calms the nervous system, and flushes toxins.

Chuan Harmony Massage + Moxibustion

Moxibustion heat therapy directed at specific acupressure points strengthens the rebalancing, nourishing and relaxation benefits of Chuan Harmony massage. Points/channels chosen for moxibustion based on the Elemental Questionnaire and guest's specific needs.

Therapeutic Massage + Gua Sha + Moxibustion

Healing benefits of therapeutic massage are intensified when combined with moxibustion and Gua Sha. Moxibustion warms and nourishes while Gua Sha helps to release trigger points, increase circulation of Qi and blood, and flush out toxins.

*Traditional Chinese Medicine Treatments require 24-hour advance scheduling and/or are available based upon availability. All Traditional Chinese Medicine treatments and adjunct therapies require an initial consultation and will be overseen by our Master of Acupuncture and Oriental Medicine.



Chuan Signature Facials

KERSTIN
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Chuan Yu

1 hr 15 min

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

Facials

Our exclusive facial offerings are designed to promote the philosophy of outer beauty, inner health and inspire a sense of well-being with products that integrate the best of nature and advanced technologies with a focus in result driven treatments addressing a plethora of today's skincare concerns.

KERSTIN
FLORIAN

Of The Orient: Caviar &

Crushed Pearl Facial

1 hr 20 min

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein-rich Caviar and powerful antioxidants. Caviar products infuse skin with age-defying nutrients to smooth fine lines and improve texture. An exclusive AcuLift Massage visibly firms and tones the skin as Marine Biomatrix infusion provides intensive hydration to instantly restore radiance. Results are immediate, leaving skin looking supple, healthy and luminescent.

KERSTIN
FLORIAN

Advanced Correcting

Repair Facial

50 min or 1 hr 20 min

This results-driven treatment is customized to address specific skin conditions. From hyperpigmentation, sensitivity, oily skin and premature aging, this personalized facial helps treat and correct skin concerns. Includes an exfoliating multi-acid peel on the face, neck, décolleté and hands to renew the skin, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin.

KERSTIN
FLORIAN

Chuan Chicago Customized Deep

Cleansing Facial

50 min or 1 hr 20 min

A deep-cleansing, purifying treatment customized for all skin types. A deep-cleansing massage promotes circulation and a masque balances and nourishes the skin.

Hydro^{GO}Peptide

Anti-Wrinkle

Peptide Facial

50 min or 1 hr 20 min

A powerful treatment infuses skin with the restorative and uplifting benefits of peptides, plant-derived growth factor activators, and proteins. Begin the treatment with a two-step peel incorporating Vitamin C infused Microdermabrasion Crystals and a Plumping Activator to reveal fresh, glowing skin. A hybrid treatment masque purifies with bentonite and kaolin clays while wrinkle fighting peptides leave skin firm and rejuvenated.



HydroPeptide®

Glow of a Geisha:

Brightening Peptide Facial

50 min

Even out, lighten and brighten many types of skin discolorations including age spots, sun damage, acne scars and pregnancy mask. This brightening treatment will help to address pigmentation concerns without the use of harsh chemicals by combining proven natural skin brighteners with gentle exfoliation. A potent dose of antioxidants helps to protect the skin while a targeted treatment serum jumpstarts a more even complexion.

HydroPeptide®

Resurfacing Stem Cell Facial

50 min

Give your exfoliation routine a professional boost with this instant resurfacing treatment that leaves skin smooth and refreshed with no down time. Six Botanical stem cells work to protect from external stressors while peptides rejuvenate and revitalize. Combine the best of science and nature to achieve age-defying results.

KERSTIN
FLORIAN

Organic Aromatherapy

Skin Renewal

50 min

Reconnect with nature, spirit and self with this facial based on the ancient and influential art of Aromatherapy. Centered on a global bouquet of skin renewing aromatic oils, this facial imparts complete vitality and relaxation.

KERSTIN
FLORIAN

Chuan Man Maintenance Facial

50 min

A deep-cleansing, therapeutic facial designed for a man's specific skin care needs. Relaxes the skin as it refines pores. Includes a muscle-easing massage and purifying masque. Specifically addresses sensitivity and razor burn.

Chuan Recommended Add-ons:

To complement our facials, we recommend the following:

- Customized Facial Treatment Enhancements
- Intensive Hair Repair Masque
- Chuan Reflex Remedy Treatment
- Ageless Manicure & Pedicure



HydraFacial MD® Facial Treatments

With visibly transformative results, HydraFacial MD® is the only hydradermabrasion treatment that simultaneously provides, cleansing, exfoliation, extractions and hydration using results-driven, proprietary serums filled with antioxidants, peptides and hyaluronic acid infused with the HydraFacial MD® exclusive Vortex-Fusion® system. This advancement in skin-resurfacing technology combines the benefits of gentle, yet highly effective exfoliation and chemical peels into a multi-tasking resurfacing treatment that has made it the ultimate go-to rejuvenator. With immediate results, this non-invasive, nonsurgical process delivers instant rejuvenation results with no discomfort or downtime.

 **HydraFacial MD® Luxury** 1 hr 20 min
— Also available in a series

Added Benefits:

- Skin Analysis and Additional Manual Extractions
- Glycolic and Salicylic Acid Peel
- Facial, Neck, and Shoulder Massage
- Advanced Facial Enhancement of Choice
- Red or Blue Light Therapy

 **HydraFacial MD® Premiere** 50 min
— Also available in a series

Added Benefits:

- Skin Analysis and Additional Manual Extractions
- Glycolic and Salicylic Acid Peel
- Facial, Neck, and Shoulder Massage

 **HydraFacial MD® Maintenance** 30 min
— Also available in a series

 **HydraFacial MD® Treatment Enhancement**
• DermaBuilder™

A uniquely formulated combination of peptides designed to help stimulate collagen production and improve cell structure strength infused with the HydraFacial MD® exclusive Vortex-Fusion® system.



Advanced Facial Enhancements

The following can be added to any facial treatment for advanced skincare benefits:

HydroPeptide® **Revital-Eyes & Uplift**

Combat all the eye area concerns with this ultimate restoring eye treatment. Peptides and triple Hyaluronic Acid complex targets aging on all levels by acting as a topical filler while promoting elasticity and firmness. Eyes will instantly appear illuminated with a unique blend of crushed Mica and Pearl.

HydroPeptide® **Lip Treatment Enhancement**

Achieve smooth and soft lips with a brightening microdermabrasion peel while locking in perfect hydration with peptides. Diminish the appearance of vertical lip lines and leave with perfectly plump lips.

KERSTIN FLORIAN **PRO 30 Multi-Acid Peel**

This exclusive 30% multi-acid peel combines glycolic, lactic, phytic and salicylic acids along with naturally-derived botanicals to achieve a safe, yet highly beneficial refining treatment. Effectively reduces the appearance of pigmentation, sun damage, fine lines and problematic skin to promote a brighter, more even skin tone.

KERSTIN FLORIAN **Intensive Repair Ampoule**

This highly concentrated cell rejuvenation treatment dramatically improves skin texture, promotes collagen synthesis and elasticity as it provides oxygenating and healing nutrients to the skin.

KERSTIN FLORIAN **Vitamin C Ampoule**

A highly effective antioxidant treatment that delivers immediate results. Ascorbic Acid (Vitamin C) smooths the skin as it stimulates collagen production and promotes elasticity.

KERSTIN FLORIAN **Co-Enzyme Q10**

A concentrated, powerhouse antioxidant that deeply nourishes the skin to help to prevent wrinkles as it reduces oxidative degradation of lipids. Deeply hydrates and instantly illuminates skin.

KERSTIN FLORIAN **Chitosan Masque**

This super-soothing alginate peel-off masque hydrates, calms and reduces the appearance of redness. Dramatically improves skin texture, tone and color. Excellent for calming and comforting irritated or sensitive skin.

KERSTIN FLORIAN **Intensive Hair Repair Masque**

This intensive conditioning masque with keratin amino acids and rich emollients deeply nourishes dry, damaged hair. Restores moisture, strength and flexibility after first use.



Chuan Signature Scrubs

Chuan Herbal Salt Scrub

30 min

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

Scrubs

KERSTIN
FLORIAN

Glow of a Geisha: Brightening Radiance Body Scrub

1 hr 20 min

Illuminate your total body with this multi-active experience incorporating exfoliating bamboo, fruit enzymes and multi-fruit acids along with stimulating body buffing techniques to refine texture and brighten skin. Organic Ginger Oil blended with Multi-Vitamin Firming Crème rich in Shea Butter and nutrient rich Sea Algae is applied to the body using long relaxing strokes with focus on the neck, back and shoulders to complete this ultimate skin brightening treatment.

KERSTIN
FLORIAN

Ginger Refresher Body Scrub

50 min

Breathe deeply. Inhale the calming and balancing benefits of ginger with this uplifting treatment. Earthly minerals are combined with ginger's healing properties in an invigorating two-step exfoliation. Next, Ginger Body Oil is luxuriously applied to the body. During this state of peaceful rest, enjoy a soothing, sensory relaxation incorporating healing stones to relax and rebalance all your senses.

KERSTIN
FLORIAN

Soothing Thermal Mineral Body Scrub

50 min

This two-step, deep cleansing exfoliating treatment removes dull surface cells, refines skin texture and stimulates circulation. Light buffing grains are rich in Pine and Geranium oils with beneficial minerals and trace elements derived from thermal waters to nourish and smooth the body.

Chuan Recommended Enhancements

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

- Chuan Signature Massages
- Chuan Signature Facials
- Chuan Signature Hand & Foot Therapies



Chuan Signature Wraps

Chuan Muddy Elements

1 hr 30 min

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.

Wraps

KERSTIN
FLORIAN

Slim & Firm Body Detox

1 hr 20 min

Refine and firm body contours and promote detoxification as you re-energize. An exclusive dry brush technique helps to exfoliate the skin, stimulate lymphatic drainage and circulation and promote the absorption of clinically-tested slimming actives. Nutrient-rich algae is applied to the body followed by a deeply relaxing head massage. Exclusive slimming techniques and serums help to stimulate circulation and activate lipolysis with ginger and caffeine. Finishing this firming experience, a Multi-Vitamin Firming Crème hydrates and brightens the body.

Chuan Recommended Add-ons:

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

- Chuan Signature Massages
- Chuan Signature Facials
- Chuan Signature Hand & Foot Therapies



Chuan Signature Man

KERSTIN
FLORIAN

Chuan Man Maintenance

50 min

A deep-cleansing, therapeutic facial designed for a man's specific skin care needs. Relaxes the skin as it refines pores. Includes a muscle-easing massage and purifying masque. Specifically addresses sensitivity and razor burn.

Chuan Executive Indulgence

1 hr

Relax as your hands and feet are softened and nourished with warm towels infused with Chuan Signature Element Essential Oil, 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 while bringing balance to your body.

Chuan Man's World

1 hr 30 mins

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

Chuan Recommended Add-ons

To complement our Chuan Men's Treatments, we recommend the following:

- Chuan Signature Massages
- Chuan Signature Facials
- Chuan Signature Hand & Foot Therapies



Chuan Signature Hand and Foot Therapies

Chuan Spa offers unforgettable hand and foot spa therapies. Relax into one of our luxurious zero-gravity chairs, releasing tension from one's back, allowing complete relaxation while your feet and hands are pampered and restored.

Chuan Healing Hands

1 hr

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

Chuan Feet Retreat

1 hr

This refreshing treatment enhances circulation and enlivens tired and aching feet. Relax as your feet are softened and nourished with warm towels infused with Chuan Signature Element Essential Oil prior to being thoroughly exfoliated with a mixture of warm elemental oil and herbal salt. A foot masque infused with peppermint, lemon and cypress is then applied to revitalize the feet. Integrating the benefits of Chinese acupressure points to release tension and clear energy blocks, your feet will be completely refreshed and pampered.

Chuan Heavenly Jing Luo

1 hr 30 mins

This unique Chuan Signature foot treatment is designed to maintain a healthy equilibrium between mind and body by optimizing the blood and the “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.

Chuan Reflex Remedy

1 hr

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 and aiding in natural healing throughout the body.



Hand and Foot Nail Care Treatments

KERSTIN
FLORIAN

Of The Orient: Caviar

& Pearl Manicure

50 min

This luxurious treatment incorporates our Calm Mind Ritual with Chuan Signature Element of The Season Essential Oil infused warm towels to prepare hands for a gentle but thorough exfoliation using finely ground pumice in a rich creamy Chamomile scrub. Following the scrub, Rejuvenating Moisture Balm is applied to the hands for soothing, age-defying hydration. We continue with a therapeutic massage on hands and arms using a Caviar Age-Defense Serum for state-of-the-art firming and smoothness. Nails are then filed and shaped, and the cuticles are groomed. A choice of buff or polish completes this one of kind experience.

KERSTIN
FLORIAN

Of The Orient: Caviar

& Pearl Pedicure

50 min

Succumb to a deeper state of relaxation with our Calm Mind Ritual while your feet are softened and nourished with warm towels infused with Chuan Signature Element of The Season Essential Oil. Feet are then thoroughly exfoliated with a mineral scrub infused with invigorating essential oils of eucalyptus, hyssop and lavender to leave skin exceptionally soft. Upon cleansing, feet are massaged with an aromatic herbal foot balm to revitalize and refresh. Following, deeper relaxation is invoked while massage techniques penetrate Caviar Age-Defense Serum for state-of-the-art firming and smoothness into the feet and legs. Nails are then filed and shaped, and the cuticles are groomed. A choice of buff or polish completes this indulgent experience.

KERSTIN
FLORIAN

Ageless Manicure

50 min

Hand Health. This deluxe treatment incorporates a unique Multi-Acid Peel for hand exfoliation with a 20% multi-acid complex, moisturizing Myrrh Nail Oil, a hand soak in muscle-relieving minerals and essential oils, and a massage infused with the essences of Geranium, Grapefruit and Lavender. Nails are then filed and shaped, and the cuticles are groomed. A choice of buff or polish completes the experience.

KERSTIN
FLORIAN

Ageless Pedicure

50 min

This pedicure helps to stimulate circulation as well as revitalize and remineralize tired feet. Using Eucalyptus essential oil and sea salts, the feet are softened and exfoliated. An invigorating foot and leg massage with Fuß Balm featuring Menthol, Rosemary, Pine and Lavender, nourishes the feet while softening cracked and dry heels. Nails are then filed and shaped, and the cuticles are groomed. A choice of buff or polish completes the experience.

Chuan Finishing Touches

Chuan Classic Touches

- Classic Manicure
- Classic Pedicure
- Classic Gentlemen's Manicure
- Classic Gentlemen's Pedicure

Chuan Maintenance

- Brow, Lip or Chin Wax
- Underarm Wax



Lifestyle

Chuan Spa cordially invites you to sculpt your body and soul.

Located on level 4 of The Langham, Chicago, Chuan Spa – Health and Well-Being 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 favorite music / channel while working out. Awaiting you at the Health Club are experienced personal trainers to help you achieve your personal health and fitness goals.

Personal Training

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

Pool & Jacuzzi

Perched on level 4 is our 67-foot swimming pool ideal for a vigorous swim after a stressful day. The pool deck is lined with luxurious pool loungers and a heated Hydro-Vitality Jacuzzi to massage your stress away. Pool showers and changing rooms are conveniently located behind the Jacuzzi.

Changing Room

After your work-out, retreat to our well-equipped changing rooms to enjoy the Herbal Sauna, Himalayan Salt Stone Sauna, Oriental Steam Room, heated relaxation loungers or freshen yourself in the Experience showers. Vanity areas are equipped with private lockers.

Health Club Membership

Chuan Spa offers exclusive Health Club memberships to suit your personal needs. Individual, couples and corporate memberships are available.

For more information, please contact Chuan Spa.

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, Program Design and Training Session. Your Personal Trainer works with you to set goals and then checks and records key areas of your fitness and general health. A program is designed based on your aspirations and the results of the fitness assessment. Your Personal Trainer then guides you through a one-on-one Training Session focusing on technique, posture and overall level of fitness. Individual Personal Training is priced from \$90 per session.



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 (312) 923 7650, by email at tlchi.spaconcierge@chuanspa.com or on our website www.chuanspa.com.

Any change to a scheduled treatment booking time requires a minimum of 24 hours advanced notice.

Please arrive at least 30 minutes 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.

Cancellation/Lateness Policy

Please allow 24-hours notice of cancellation to avoid a 100% charge. Arriving late will simply limit the time for your treatment, lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time, so that the next guest will not be delayed. In case of a no-show, the full treatment price will be charged. All packages and products are non-refundable.

Chuan Day Spa Users

Day spa guests can enjoy the use of all of facilities at Chuan Spa which features an Herbal Sauna, Himalayan Salt Stone Sauna, Experience Showers, Oriental Steam Room, heated relaxation loungers, Hydro-Vitality Jacuzzi and 67-foot swimming pool.

Valet parking is available to all day spa users when booking a treatment.

Chuan Gift Cards

The perfect gift for all occasions. Gift Cards are available for any of our treatments and packages. The cards 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 over 5 people. We offer a range of packages to suit all requirements. For all inquiries, call the Chuan Spa Concierge at (312) 923 7650.



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 early arrival prior to your treatment to shower and enjoy the therapeutic benefits of our wet facilities – Herbal Sauna, Himalayan Salt Stone Sauna, Experience Showers, Oriental Steam Room, heated relaxation loungers, Hydro-Vitality Jacuzzi and 67-foot 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

Chuan Spa and Health Club are only appropriate for guests 18 years and older. Guests between the age of 16-18 may enjoy services with the accompanied supervision of an adult; 18 years or older.

Spa Attire

We provide disposable undergarments 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 water daily. Water is the source of life.

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

If you enjoyed your massage, we suggest you leave the oils on your skin for up to 2 hours before taking a shower. Your skin will fully absorb 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.

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, etc.

Valuables

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

Service Charge

For your convenience, an automatic charge equal to 23.5% of the cost of each treatment will be added upon check-out for distribution to the spa service staff as gratuity.

Others

Gambling, smoking and alcohol consumption within Chuan Spa and Health Club are strictly prohibited. Please refrain from drinking any alcoholic beverage for at least 3 hours prior to your treatment.

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



Chuan Spa at The Langham, Chicago

330 North Wabash Avenue, Chicago, IL 60611

T (312) 923 7650 F (312) 923 0010 tlchi.info@chuanspa.com

www.chuanspa.com



Treatment Price List

Treatment Price List

Chuan Signature Escapes

Chuan Body Elements	1 hour 50 mins	\$325.00	\$350.00
Chuan Tao of Detox	2 hours 10 mins	\$475.00	\$500.00
Chuan Serenity Shen	3 hours	\$485.00	\$510.00
Chuan Rituals	2 hours 30 mins	\$475.00	\$500.00

Escapes

Spa Facility Access Pass	3 hours	\$85.00	\$125.00
Chuan Chicago Signature: 5 Wu Xing Elements In-One	2 hours	\$375.00	\$400.00
Chuan Jet Lag Revival	2 hours	\$360.00	\$385.00
Of The Orient: Ginger Renewal	1 hour 20 mins	\$295.00	\$320.00
Of The Orient: Yili Valley Dreams	1 hour 20 mins	\$295.00	\$320.00
Chuan Spirit Suite Usage	45 mins	Pricing Based Upon Availability	

Chuan Signature Massage Treatments

Chuan Neck, Back and Shoulder	30 mins	\$130.00	\$155.00
Chuan Balancing Massage	1 hour	\$205.00	\$230.00
Chuan Balancing Massage	1 hour 30 mins	\$295.00	\$320.00
Chuan Harmony Massage	1 hour	\$205.00	\$230.00
Chuan Harmony Massage	1 hour 30 mins	\$295.00	\$320.00
Chuan Stone Therapy	1 hour 30 mins	\$300.00	\$325.00

Massages

Chuan Chicago Signature Customized Massage	50 mins	\$195.00	\$220.00
Chuan Chicago Signature Customized Massage	1 hour 20 mins	\$280.00	\$305.00
Hot Himalayan Salt Stone Halotherapy Massage	50 mins	\$200.00	\$225.00
Hot Himalayan Salt Stone Halotherapy Massage	1 hour 20 mins	\$285.00	\$310.00
Magnesium Massage Wellbeing Experience	1 hour 20 mins	\$285.00	\$310.00
Maternity Massage	50 mins	\$190.00	\$215.00
Maternity Massage	1 hour 20 mins	\$275.00	\$300.00

Advanced Massage Enhancements

\$35.00 \$40.00

Traditional Chinese Medicine Treatments

Acupuncture + Massage Therapy	1 hour 30 mins	\$375.00	\$400.00
Acupuncture + Massage Therapy + Adjunct Therapy	1 hour 30 mins	\$410.00	\$435.00
Massage Therapy + Adjunct Therapy	1 hour 30 mins	\$325.00	\$350.00
Additional Adjunct Therapy Add-On		\$75.00	\$100.00

		Off-Peak	Peak
Chuan Signature Facial			
Chuan Yu	1 hour 15 mins	\$225.00	\$250.00
Facial			
Of The Orient: Caviar & Crushed Pearl Facial	1 hour 20 mins	\$325.00	\$350.00
Advanced Correcting Repair Facial	50 mins	\$250.00	\$275.00
Advanced Correcting Repair Facial	1 hour 20 mins	\$300.00	\$325.00
Chuan Chicago Customized Deep Cleansing Facial	50 mins	\$205.00	\$230.00
Chuan Chicago Customized Deep Cleansing Facial	1 hour 20 mins	\$255.00	\$280.00
Anti-Wrinkle Peptide Facial	50 mins	\$250.00	\$275.00
Anti-Wrinkle Peptide Facial	1 hour 20 mins	\$300.00	\$325.00
Glow of a Geisha: Brightening Peptide Facial	50 mins	\$260.00	\$285.00
Resurfacing Stem Cell Facial	50 mins	\$260.00	\$285.00
Organic Aromatherapy Skin Renewal	50 mins	\$260.00	\$285.00
Chuan Man Maintenance Facial	50 mins	\$205.00	\$230.00
HydraFacial MD® Treatments			
HydraFacial MD® Luxury Series of 6	1 hour 20 mins	\$325.00	\$350.00
		\$1,625	\$1,750
HydraFacial MD® Premiere Series of 6	50 mins	\$275.00	\$300.00
		\$1,375	\$1,500
HydraFacial MD® Maintenance Series of 6	30 mins	\$150.00	\$175.00
		\$570.00	\$635.00
Advanced Facial Enhancements		\$50.00	\$55.00
Chuan Signature Scrub			
Chuan Herbal Salt Scrub	30 mins	\$130.00	\$155.00
Scrubs			
Glow of a Geisha: Brightening Radiance Body Scrub	1 hour 20 mins	\$325.00	\$350.00
Ginger Refresher Body Scrub	50 mins	\$195.00	\$220.00
Soothing Thermal Mineral Body Scrub	50 mins	\$195.00	\$220.00
Chuan Signature Wrap			
Chuan Muddy Elements	1 hour 20 mins	\$285.00	\$310.00

*Peak: Friday – Sunday & All Major Holidays

All pricing are subject to change without prior notice.
For your convenience, an automatic charge equal to 23.5% of the cost of each treatment will be added upon check-out for distribution to the spa service staff as gratuity.

		Off-Peak	Peak
Wraps			
Slim & Firm Body Detox	1 hour 20 mins	\$285.00	\$310.00
Chuan Man			
Chuan Man Maintenance	50 mins	\$205.00	\$230.00
Chuan Executive Indulgence	1 hour	\$185.00	\$210.00
Chuan Man's World	1 hour 30 mins	\$275.00	\$300.00
Chuan Signature Hand & Foot Therapies			
Chuan Healing Hands	1 hour	\$150.00	\$175.00
Chuan Feet Retreat	1 hour	\$150.00	\$175.00
Chuan Heavenly Jing Luo	1 hour 30 mins	\$195.00	\$220.00
Chuan Reflex Remedy	1 hour	\$175.00	\$200.00
Hand & Foot Nail Care Treatments			
Of The Orient: Caviar & Pearl Manicure	50 mins	\$95.00	\$120.00
Of The Orient: Caviar & Pearl Pedicure	50 mins	\$135.00	\$160.00
Ageless Manicure	50 mins	\$85.00	\$110.00
Ageless Pedicure	50 mins	\$125.00	\$150.00
Chuan Finishing Touches			
Classic Manicure	30 mins	\$60.00	\$85.00
Classic Pedicure	45 mins	\$95.00	\$120.00
Classic Gentlemen's Manicure	30 mins	\$60.00	\$85.00
Classic Gentlemen's Pedicure	45 mins	\$95.00	\$120.00
Polish Change (Hands)	15 mins	\$30.00	\$55.00
Brow, Lip, or Chin, Underarm Wax	15 mins	\$50.00	\$75.00

Chuan Scheduling

We highly recommend you book your treatment in advance to secure your preferred day and time. Please contact us at (312) 923-7650, by email at tlchi.info@chuanspa.com or on our website www.chuanspa.com. All appointments can be guaranteed with a credit card or room confirmation number.

Cancellation/ Lateness Policy

Please allow 24 hours notice of cancellation to avoid a 100% charge. Arriving late will simply limit the time for your treatment, lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time, so that the next guest will not be delayed. In case of a no-show, the full treatment price will be charged. All packages and products are non-refundable.

Spa Arrival

Please arrive at a minimum of 30 minutes prior to your treatments scheduled start time to complete a brief lifestyle elemental questionnaire. We recommend early arrival prior to your treatment to shower and enjoy the therapeutic benefits of our wet facilities – Herbal Sauna, Himalayan Salt Stone Sauna, Experience Showers, Oriental Steam Room, heated relaxation loungers, Hydro-Vitality Jacuzzi and 67-foot swimming pool. Robes, slippers and a locker will be provided upon your arrival. Feel free to dress down to your comfort level for any Spa service, as our team of professionals is skilled in proper draping techniques to ensure your complete comfort and privacy.

Service Charge

For your convenience, an automatic charge equal to 23.5% of the cost of each treatment will be added upon check-out for distribution to the spa service staff as gratuity.



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