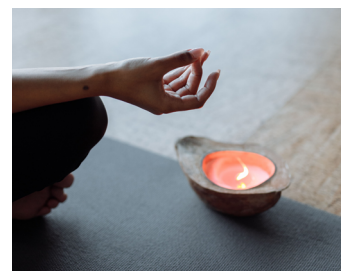




Chuan Spa World Wellness Weekend

Celebrate World Wellness Weekend with Chuan Spa

Step into a sanctuary of tranquillity and renewal at Chuan Spa's Wellness Weekend. Over three days, immerse yourself in a thoughtfully curated programme designed to restore balance, nurture your body, and calm your mind. From energising morning yoga to personalised skin consultations, soothing breathing practices, and sleep-enhancing therapies, every experience is guided by our expert practitioners.



[Book now](#)

Available for in-house guest only. Bookings are essential.



Cordis, Auckland, 83 Symonds Street, Grafton, Auckland, New Zealand

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Chuan Spa World Wellness Weekend Schedule

Day	Time	Activity	Description
Friday 18th September	9am – 10am	Chuan Breathing Exercise/Find your Element	Our breathing exercise has been exclusively created by our Traditional Chinese Medicine Doctor base on your chosen element. Calm your breathing, balance your element and relax your body for a better you.
	10am – 1pm	Skin Journey	OBSERV 320 skin analysis technology has been created to enhance your skin journey. This is an opportunity to recieve a transformational skin consultation that highlights skin concerns. Every skin has a story. Get to know yours!
	3pm – 5pm	Sleep Matters/Ear Auricular Therapy	Calms the mind, promotes better sleep and improves wellness.
Saturday 19th & 20th September	7am – 8am	Morning Flow Yoga	Wake up your core muscles, open to new horizons, shape your day in a beautiful way with this strengthening morning routine.
	9am – 10am	Chuan Breathing Exercise/Find your Element	Our breathing exercise has been exclusively created by our Traditional Chinese Medicine Doctor based on your chosen element. Calm your breathing, balance your element and relax your body for a better you.
	10am – 1pm	Skin Journey	OBSERV 320 skin analysis technology has been created to enhance your skin journey. This is an opportunity to recieve a transformational skin consultation that highlights skin concerns. Every skin has a story. Get to know yours!
	3pm – 5pm	Sleep Matters/Ear Auricular Therapy	Calms the mind, promotes better sleep and improves wellness.

