



## Menu of Services



  
CHUAN  
Spa

HEALTH  
CLUB

## Chuan Spa at Cordis, Hong Kong

Designed to create an ambience of tranquility for contemplation and inspiration, Chuan Spa at Cordis, Hong Kong is a wellness sanctuary that evokes a sense of intimacy and indulgence. In Chinese, the word Chuan means a serene course of water. The culture believes that flowing water is the source of life and balance. Modelled to reflect this harmony through the principles of Feng Shui, Chuan Spa 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 herbal steam rooms and Japanese onsen showers which, alongside Cordis' heartfelt service, makes Chuan Spa the perfect place to rediscover your source.



## Product Range

### **Chuan Spa Treatments 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 well-being.

Spend a moment to complete a five-element questionnaire at the beginning of your journey to ensure that 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, the seasons of the year, as well as your bio-rhythms.

Our range of five-element essential oils, massage oils, bathing soaps, bathing melts, bathing salts and herbal teas have been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.

## Chuan Signature Escapes

### **Chuan Body Elements** 1 hour 30 minutes HKD1,780

Start by restoring balance and reducing tension with our signature Chuan Harmony Massage. Then nourish the skin with the hydrating benefits of Kerstin Florian Refresher and eye massage with eye mask. A perfect escape to soothe the soul and restore vitality.

### **Chuan Tao of Detox** 2 hours 30 minutes HKD2,460

Enjoy a luxurious full body exfoliation to stimulate blood and lymph circulation before you are enveloped in a warm marine algae wrap infused with aromatherapy oils, intensifying the detox process. The body is rejuvenated as we ease the tension in your back, neck and shoulders using an acupressure massage to release energy blocks. To finish, enjoy a customised Deep Cleansing Facial to restore dehydrated skin, leaving it deeply nourished.

### **Chuan Ritual** 2 hours 30 minutes HKD2,460

Customise your own luxurious ritual by selecting from our signature massages, facials and treatments.

Choose from:

- Chuan Signature Massage (60 minutes):  
Chuan Harmony or Chuan Balancing
- Kerstin Florian Facial (60 minutes):  
Organic Aromatherapy Hydration Facial
- Chuan Extra Retreats (30 minutes):  
Chuan Herbal Salt Scrub or  
Chuan Mini Muddy Elements or  
Chuan Mini Feet Retreat

### **Bespoke (For Four)** 3 hours HKD8,600

- 2 hours of treatments for 4 persons in our Element Room with choices of massages, facials or feet treatments
- 1 hour of relaxation time
- 1 bottle of sparkling wine
- Creative canapés
- Use of instant camera to capture memories of your time with us

The Bespoke package can be fully tailored to your group's specific needs. Please contact our Spa Concierge for more details.

### **Girls Spa Date** 2 hours HKD5,880

- 1 hour of treatments for 4 persons in Element Room with the choice of any two of the following options:
  - 30 minutes of Massage
  - Express Facial
  - Mini Feet Retreat
  - Back, Neck and Shoulder Massage
- 1 hour of relaxation time
- 1 bottle of sparkling wine
- Creative canapés
- Use of instant camera to capture memories of your time with us

## Chuan Signature Massages

### Chuan Neck, Back and Shoulder

30 minutes HKD640

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

### Chuan Balancing

1 hour HKD1,060

1 hour 30 minutes HKD1,450

This massage incorporates acupressure techniques which are well-known for their ability to release muscular tension and promote the circulation of 'Qi', or the body's life force, to aid healing. Acupressure is an ancient art that uses mild pressure to stimulate the body's natural self-curative abilities.

### Chuan Harmony

1 hour HKD1,060

1 hour 30 minutes HKD1,450

Designed to stimulate meridian harmony, this full body oil massage combines the therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm, well-being and relaxation.

### Chuan Stone Therapy

1 hour 30 minutes HKD1,550

Balance the yin and yang energies through the use of cold (Yin) and hot (Yang) stones. Let your body unwind as the hot stones increase body circulation and improve your immune function by removing waste products. Finish with cold stones on the lower back to calm internal heat, help injury recovery and increase mental alertness. The use of hot and cold stones are integrated in a therapeutic massage.

## Massages

### Deep Tissue

1 hour HKD1,180

1 hour 30 minutes HKD1,550

This western style massage focuses on the deeper layers of the muscle tissue. It aims to release chronic patterns of muscle tension in the body through slow strokes and strong finger pressure on the contracted areas.

### Traditional Chinese

1 hour HKD1,180

1 hour 30 minutes HKD1,550

Through the application of deep tissue massage and manipulation techniques, this treatment will establish more harmonious flows of 'Qi' through the stimulation of meridians, allowing the body to heal itself naturally. Steady gentle pressure is used to massage the soft tissue (muscle and tendons), with the use of acupressure technique to directly enhance the flow of 'Qi', and manipulation techniques to realign muscles and ligaments.

### Traditional Thai

1 hour HKD1,180

1 hour 30 minutes HKD1,550

This massage helps to release tension, improve circulation and strengthen your innate healing ability. Gentle stretching and manipulation techniques are applied to the body's pressure points to attain total balance and inner harmony.

### Lymphatic

1 hour HKD1,180

1 hour 30 minutes HKD1,550

This massage helps the body to flush out toxins to promote healthy lymph flow and improve the immune system.

## Chuan Signature Mother

KERSTIN  
FLORIAN

### Chuan Nurturing Massage

1 hour HKD1,250

1 hour 30 minutes HKD1,550

Designed for expectants and new mothers, the gentle massage uses nourishing massage oil to help relieve tension and aches, leaving the skin exceptionally soft and delicately perfumed. Complete with a scalp massage, this treatment soothes the soul and calms the mind.

## Chuan Signature Facial

### **Chuan Yu** 1 hour 15 minutes HKDI,400

Ancient Gua Sha techniques are applied to revitalise different skin types. By scraping on important meridian points, this action increases the flow of blood circulation. With the use of a jade known as a healing stone, the treatment nurtures, heals and restores your skin. Suitable for normal and combination skin types and not recommended for acne and very delicate skin.

## Chuan Facial

### **BABOR**

#### **Vegan Moisture Glow** 1 hour HKDI,200

CLEANFORMANCE blends clean beauty, plant-based ingredients and the powerful precision formulas of DOCTOR BABOR for a healthy and beautiful skin.

#### **Vegan Moisture Glow** 1 hour 15 minutes HKDI,680

An anti-aging skincare range with the Pro-Youth Complex and time reverse active ingredients, that keep cells younger for longer, and has an instant smoothing effect, gives the skin a radiant glow.

#### **Ultimate Regeneration** 1 hour 30 minutes HKDI,980

Combine with HSR Lifting Complex and innovative technology, work even more comprehensively against all types of wrinkles and addressed the causes of wrinkle formation.

### **DOCTOR BABOR**

#### **Brightening Intense** 1 hour HKDI,350

Expert solutions with high performance single ingredients in optimal dosage, customizable treatments for every skin concern. Exclusive for professional beauty spa & salon.

#### **Lifting Cellular** 1 hour 15 minutes HKDI,780

An anti-aging skincare range with the Pro-Youth Complex and time reverse active ingredients, that keep cells younger for longer, and has an instant smoothing effect, gives the skin a radiant glow.

#### **Eye Treatment** 30 minutes HKD400 / HKD550

EYE ZONE is a range of expert eye contour treatments has been developed to address the various specific concerns of this fragile and sensitive zone: dark circles, puffiness and wrinkles.

## Wellness Therapy

### **i-Moxibustion Therapy** 30mins HKD1,680

Experience the fusion of Traditional Chinese Medicine and technology in the i-Moxibustion Therapy. Indulge in the benefits of Machine-aided Far-infrared Moxibustion and Mugwort oil, as they penetrate deep into your body and harmonise energy and blood flow while promote the body's regenerative ability at the same time.

### **Magnetic Frequency Therapy** 30mins HKD1,680

Discover the wonders of Magnetic Frequency Therapy, where machine-aided acupuncture and Gua Sha work together to regulate meridians, promote energy and blood circulation, and aid in detoxification. Rejuvenate your body and alleviate muscle fatigue and tension, allowing you to embrace a renewed sense of well-being.

## Traditional Chinese Therapy

### **Huo Guan (Cupping)** 1 hour HKD1,120

Cupping refers to an ancient Chinese practice in which a heated cup is applied to the skin. The pressure in the cup has a therapeutic effect on the skin and surface muscle layer. Cupping is applied to certain acupressure points, as well as to regions of the body that are affected by pain.

### **Gua Sha (Scraping)** 1 hour HKD1,120

An ancient Chinese practice, which literally means "to scrape away fever". Gua Sha involves repeated pressured strokes over the skin with the smooth edge of Jade, which helps to improve blood flow and removes toxic heat, relieving muscle tension and pain.

Please note that Gua Sha will result in mild blemishing of the skin which usually takes two to four days to fade.

## Body Experience

### **Chuan Herbal Salt Scrub** 30 minutes HKD550

Relax as you enjoy a deep cleansing treatment with warm oil and herbal salt and a combination of mint and ginger. This treatment is designed to exfoliate and revitalise the skin and body by enhancing circulation and aiding digestion.

### **Ginger Refresher Body Scrub** 30 minutes HKD550

Breathe deeply, and inhale the calming and balancing benefits of ginger aroma with this uplifting treatment. Earthly minerals are combined with the healing properties of ginger in a invigorating two-step exfoliation. Ginger Body Oil will be applied to the body for a soothing and sensory relaxation. The treatment incorporates healing stones to relax and rebalance all your senses.

### **Chuan Muddy Elements**

1 hour 30 minutes HKD1,450

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, allowing the therapeutic essential oils to penetrate your skin. Your stress will evaporate as your scalp is gently massaged and your face is cleansed before we complete the treatment with a full body hydrating lotion.



## Chuan Man

### **Chuan Man Maintenance** | 1 hour HKD 1,250

Designed to meet men's specific needs, this treatment relieves tension and fatigue while restoring strength and vitality to the skin. A warm blue-green algae mask will deeply replenish the skin while the powerful healing properties of plant extracts will repair and soothe any irritation, leaving your skin energised and purified. Specifically addresses sensitivity and razor burn.

### KERSTIN FLORIAN **Stress Killer** | 1 hour 30 minutes HKD 1,500

Created for today's busy men, this treatment is developed to balance 'Qi', detoxify and relax. The treatment commences with a 45-minute signature massage using acupuncture to stimulate energy. This is followed by a 15-minute stress releasing treatment where a warm herbal ball made with rice, peppermint and cloves is applied to stress areas (typically the neck, back and shoulder areas). The treatment will be completed with a 30-minute purifying facial.

## Chuan Foot Therapy

### Chuan Feet Retreat

1 hour HKD900

This refreshing treatment enhances circulation and relieves tired and aching feet. Relax your feet in a hot towel compress before softening the skin with a warm oil and herbal salt exfoliation. A foot mask infused with peppermint, lemon and cypress is then applied to revitalise 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

#### Foot Treatment

1 hour 30 minutes HKD1,480

This unique Chuan Signature foot treatment is designed to maintain a healthy equilibrium between mind and body, by optimising the blood and 'Qi' flow, strengthening the immune system and promoting revitalisation. Using Jing Luo acupressure techniques and reflex points, together with Traditional Chinese herbs and warm healing stones, this treatment detoxifies and nourishes the skin, inducing deep relaxation.

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CHUAN  
Spa



## Chuan Experience

### Check-in

When you arrive Chuan Spa, you will be asked to complete a brief lifestyle questionnaire to determine the treatments that 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 facilities – steam room and sauna.

While we always try to accommodate your preference, late arrival may mean a reduction in your treatment time due to prior bookings.

### Minimum Age

The Spa and the Health Club are only appropriate for guests aged 16 or above.

### Etiquette

Mobile phones, despite being 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 silent or meeting mode.

### Spa Wear

Disposable underwear will be provided for your comfort. Please use them for massages and water-based treatments.

### Chuan Day Spa Users

Day spa users may pay HKD500 to enjoy the use of all facilities at Chuan Spa including swimming pool, fitness studio, sauna, herbal steam room or freshen up yourself in the onsen shower.

3 hours of complimentary valet parking is available to all day spa users on a first-come-first-served basis when booking a treatment.

### Chuan Scheduling

We highly recommend you to book your treatment in advance to secure your preferred day and time. This can be done in person, over the telephone (852) 3552 3510, through email: [cdhkg.info@chuanspa.com](mailto:cdhkg.info@chuanspa.com) or on our website [www.chuanspa.com.hk](http://www.chuanspa.com.hk).

Any change to a scheduled treatment booking time requires a minimum of 12 hours' advance 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.**

### Chuan Cancellation Policy

6 hours' notice must be given to cancel or amend any reserved treatment. If less than 6 hours, 50% of the full treatment fee will be levied. In case of no-show, full treatment fee will be levied. All packages and products are non-refundable.

### Chuan Gift Vouchers

The perfect gift for all occasions, our spa gift vouchers are available for any of our treatments and packages. The vouchers can also be set to any face value redeemable as partial payment for any spa services.

### Chuan Group Reservations

Please contact the Spa Concierge for groups of over 5 people. We offer a range of packages to suit all requirements.

For all enquiries, please call the Chuan Spa Concierge on (852) 3552 3510.

## Chuan Spa - Health and Wellbeing

### Opening Hours

Daily 7:00am – 9:00pm

### Treatment Available

Daily 10:00am – 9:00pm (last booking)

### We cordially invite you to sculpt your body and soul

Inspired by the five elements and Traditional Chinese Medicine, Chuan Spa is a sanctuary where your mind, body and soul connect.

### Health Club

Set against the backdrop of the Hong Kong skyline, the Health Club is a modern gym which offers a Fitness Studio with the latest in fitness equipment and energizing training classes in the Group Exercising Studio and Functional Training Studio for guests to stay healthy and energised all the time.

### Swimming Pool

Located on level 42, the 20-metre outdoor heated infinity swimming pool will help you swim away a hard day. The pool deck is lined with luxurious pool loungers, and a heated hot tub to massage your stress away. Entrance is via level 41.

### Changing Room

After your workout, retreat to our well-equipped changing rooms or enjoy the sauna, steam room or freshen up yourself in the onsen shower and vanity areas equipped with private lockers.

### Health Club Membership

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

For more information, please contact the Health Club at 3552 3510.

## Price List

### Chuan Signature Escape

Chuan Body Elements	1 hr 30 mins	HKD1,780
Chuan Tao of Detox	2 hrs 30 mins	HKD2,460
Chuan Ritual	2 hrs 30 mins	HKD2,460
Bespoke (For Four)	2 hrs	HKD8,600
Girls Spa Date (For Four)	1 hr	HKD5,880

### Chuan Signature Massage

Chuan Neck, Back and Shoulder	30mins	HKD640
Chuan Balancing	1 hr / 1hr 30mins	HKD1,060 / HKD1,450
Chuan Harmony	1 hr / 1hr 30mins	HKD1,060 / HKD1,450
Chuan Stone Therapy	1 hr 30mins	HKD1,550

### Massage

Deep Tissue	1 hr / 1hr 30mins	HKD1,180 / HKD1,550
Traditional Chinese	1 hr / 1hr 30mins	HKD1,180 / HKD1,550
Traditional Thai	1 hr / 1hr 30mins	HKD1,180 / HKD1,550
Lymphatic	1 hr / 1hr 30mins	HKD1,180 / HKD1,550

### Chuan Signature Mother

Chuan Nurturing Massage	1 hr / 1hr 30mins	HKD1,250 / HKD1,550
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## Chuan Signature Facial

Chuan Yu	1 hr 15mins	HKD1,400
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## VAGHEGGI 意大利醫學 Vagheggi Facial

Refresher	30mins	HKD650
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Emozioni Plus Facial	1 hr	HKD1,200
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Rehydra Aromatherapy Facial	1 hr 15mins	HKD1,400
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Age Defying Facial	1 hr 30mins	HKD1,680
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## BABOR Barbor Facial

Vegan Moisture Glow	1 hr	HKD1,200
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Skin Revive	1 hr 15mins	HKD1,680
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Ultimate Regeneration	1 hr 30mins	HKD1,980
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## BABOR DOCTOR BABOR

Brightening Intense	1 hr	HKD1,350
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Lifting Cellular	1 hr 15mins	HKD1,780
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## Eye Treatment

Brightening Plus	30mins	HKD400
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Crystal Supreme	30mins	HKD550
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## Radio Frequency Therapy

RF Facial Therapy	1 hr	HKD1,600
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RF Body Therapy	30mins	HKD600
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## Price List

### Wellness Therapy

i-Moxibustion Therapy	30mins	HKD1,680
Magnetic Frequency Therapy	30mins	HKD1,680

### Women Wellness Therapy

Womb Warming Therapy	30mins	HKD650
Bust Care Treatment by Vagheggi	1 hr	HKD1,080

### Body Experience

Chuan Herbal Salt Scrub	30mins	HKD550
Ginger Refresher Body Scrub	30mins	HKD550
Chuan Muddy Elements Wrap	1 hr 30mins	HKD1,450

### Chuan Man

Chuan Man Maintenance	1 hr	HKD1,250
Stress Killer	1 hr 30mins	HKD1,500

### Traditional Chinese Therapy

Huo Guan (Cupping)	1 hr	HKD1,120
Gua Sha (Scraping)	1 hr	HKD1,120

### Chuan Foot Therapy

Chuan Foot Therapy	1 hr	HKD900
Chuan Feet Retreat	1 hr 30mins	HKD1,480

**Cordis, Hong Kong**

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