



Cordis, Shanghai, Hongqiao

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Menu of Services
水疗服务目录



Chuan Spa Health + Wellness at The Cordis, Shanghai, Hongqiao

Chuan Spa Health + Wellness at The Cordis, Shanghai, Hongqiao has been designed to create an ambience of tranquillity for both contemplation and inspiration. In Chinese culture, flowing water is seen to be the source of life and balance; a key to keeping mind, body and soul in check. In Chinese, the word Chuan means a serene course of water and the Chuan Spa Health + Wellness facilities are modelled to reflect this harmony by using the principles of Feng Shui. Chuan Spa Health + Wellness at The Cordis, Shanghai, Hongqiao creates a wonderful haven away from the outside world, embracing a natural aesthetic with interiors of soft and calming hues.

上海虹桥康得思酒店「川」身+心水疗中心

位于上海虹桥康得思酒店的「川」身+心水疗中心，竭诚缔造安静平和的气氛，沉思默想，焕发灵感。中华文化把流水视为生命的源泉，平衡与调和的根本。「川」字描摹水静流不息的状态；「川」身+心水疗中心所有设施，皆顺应「风水」的理念打造，务求体现和谐的境界。

上海虹桥康得思酒店「川」身+心水疗中心营造一隅世外桃源，室内设计自然柔美，一片静谧，是重拾健康和活力本源的不二选择。



Product Range

Chuan Spa Health + Wellness Treatments and the Five Elements

The foundation of our Chuan Spa Health + Wellness signature treatments is Traditional Chinese Medicine (TCM) and the five elemental forces of wood, fire, earth, metal and water. These life elements combined with your energy flow and the influence of hot and cold have great influence on your wellbeing.

Spending a moment to complete a five element questionnaire at the beginning of your journey ensures your 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, and teas have been created exclusively and in consultation with professionals in Chinese Medicine and Naturopathy.

产品系列

「川」特色疗程和五行元素

「川」身+心水疗中心的特色疗程以传统中国医学为本，糅合金、木、水、火、土五行元素。五行元素与体内元气结合，加上冷热温度的刺激，裨益身心，大有帮助。

开展水疗之旅以前，不妨抽空填写五行问卷，确保稍后的疗程能够针对的调理您体内元素不均的情况。体内五行元素的平衡状态，每天都有可能改变，并会随着饮食习惯、季节和生理节奏而变化。

「川」五行元素的香薰精油、按摩精油和茶等，皆征询中医药和自然疗法专家意见精制。



Chuan Signature Escapes

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

Chuan Body Elements 1 hr 30 mins

Start by restoring balance and reducing tension with our signature Chuan Harmony massage. Then nourish the skin with the hydrating benefits of our Phytomer Marine Collagen Soothing Facial . A perfect escape to soothe the soul and restore vitality.

Chuan Ritual 2 hrs 30 mins

Chuan Signature Massage 60 mins + Phytomer Facial 60 mins + Chuan Extra Retreats 30 mins

Select from:

Chuan Signature Massage: Chuan Harmony or Swedish Massage

Phytomer Facial: Marine Collagen Soothing

Chuan Extra Retreats: Chuan Herbal Salt Scrub or Scalp Treatment or Chuan Mini Feet Retreat

「川」 远离喧嚣系列

「川」 远离喧嚣疗程结合了「川」 特色水疗和Phytomer 护理系列的独特理疗元素， 营造难忘的水疗体验。

「川」 身体元素 1小时30分钟

从我们独特的「川」 平衡按摩开始， 调整身体的平衡状态， 舒退紧张的情绪。 然后透过Phytomer海洋胶原抗敏面部护理的保湿功效， 滋润肌肤。 这个疗程让您免除俗世烦嚣， 舒缓心情， 重拾活力。

「川」 宛如初生 2小时30分钟

「川」 特色按摩(60分钟) + Phytomer面部护理(60分钟) + 「川」 额外疗程(30分钟)

选择包括：

「川」 特色按摩： 「川」 和谐或瑞典香薰按摩

Phytomer面部护理： 海洋胶原抗敏护理

「川」 额外疗程： 「川」 草本盐磨砂护理、 头皮护理或迷你足部按摩



Chuan Signature Massages

At Chuan, our massage therapies combine Traditional Chinese Massage techniques and private label blended oils to restore balance and harmony.

Chuan Harmony

1 hr / 1 hr 30 mins

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.

Chuan Stone Therapy

1 hr 30 mins

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. The use of hot and cold stone is integrated in a therapeutic massage.

「川」特色按摩理疗系列

「川」的按摩理疗结合中国的传统按摩技巧和精心提炼的系列精油，有助平和情绪，身心和谐。

「川」和谐按摩

1小时 / 1小时30分钟

全身推油按摩，为您奉上身、心和灵的独特体验，结合指压按摩的治疗元素和多种舒缓神经的按摩技巧，让身心深层平和，悠然放松。

「川」石头疗法

1小时30分钟

透过热(阳)和冷(阴)的石头，让身体阴阳调和。热的石头能够增进身体的血液循环，帮助清除体内产生的废物，促进免疫力，身心舒泰。接着把冷的石头放在腰部，舒缓内在的热量，有助创伤复原，焕发精神，警觉性得以提高。按摩的疗程混合使用热和冷的石头，发挥疗效。



Massages

Traditional Chinese Massage | hr / | hr 30 mins

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 naturally heal itself. Steady gentle pressure is used to massage the soft tissue (muscles and tendons) and also the use of acupressure techniques to directly enhance the flow of Qi, along with manipulation techniques to realign the muscles and ligament relationship.

Swedish Massage | hr / | hr 30 mins

A perfect massage to release any stress and relax your whole body, offering relief from muscle aches and pains. It also strengthens the immune system, increases mental clarity and helps to detoxify your system.

按摩理疗

传统中式按摩 | 小时 / | 小时30分钟

以深层肌肉按摩和独特的手势技巧, 刺激经络, 令体内「气」的流动更畅通和谐, 提高身体自然恢复的能力。疗程包括以专业技巧按摩身体的柔软组织(肌肉和筋脉), 并以指压按摩直接加强「气」的流动, 及用特别技巧按压以重新调配肌肉与韧带的联系。

瑞典香薰按摩 | 小时 / | 小时30分钟

此西式按摩能够有效的放松全身, 缓解肌肉压力。此外, 该疗程亦能增进内部免疫, 改善精神状态, 净化人体内部系统。



Chuan Signature Facial

PHYTOMER **Chuan Yu**

1 hr 15 mins

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. Suitable for all skin types and not recommended for those with acne and very delicate skin.

Phytomer Facials

PHYTOMER **Marine Collagen Soothing Facial** 1 hr

Your skin will be cleansed and exfoliated with the most gentle of products designed to calm, soothe and bring harmony back to complexion. Healing marine extracts will reduce any redness and irritation, refresh the epidermis, and help build natural protection.

PHYTOMER **Ogenage Replenishing Facial** 1 hr 30 mins

Slow the signs of aging to a leisurely pace with this miraculous anti-aging facial. Products containing mineral-rich Marine spring water are lavished on your face throughout this treatment to increase cellular turnover and stimulate the production of elastin and collagen, provide an immediate firming sensation for skin that seems to defy time itself!

「川」特色面部护理

PHYTOMER 「川」 **玉石面部护理**

1小时15分钟

「川」玉石面部护理疗程运用中国悠久的刮痧手法,以不同的玉石按摩和刺激面部主要的穴位,轻柔地按压肌肤,发挥疗效,改善面部气息,令客人身心放松,容光焕发。疗程适合任何皮肤,却不建议痤疮和脆弱皮肤使用。

Phytomer 面部护理系列

PHYTOMER **海洋胶原抗敏护理**

1小时

此护理是专为特别脆弱和敏感的皮肤而设计的。我们将使用具有舒缓,安抚功效的温和产品清洁并去除皮肤表层的老化细胞,使皮肤能够更好的吸收舒缓的有效成分。具有复原功效的海洋萃取物将缓解皮肤的刺激和发红现象,并帮重建皮肤天然防御系统。此护理同样适合红斑痤疮。

PHYTOMER **重塑青春紧致护理**

1小时30分钟

此护理项目可以延缓岁月的脚步,使您从容不迫的面对时间的流逝。产品中含有丰富矿物质的海洋矿泉水,通过护理可以加速细胞的更新并刺激胶原蛋白和弹力纤维的生长,从而恢复肌肤的紧致与光彩,并有效修复皱纹。

Chuan Signature
Hand and Foot Therapies

Chuan Spa offers unforgettable hand and foot spa therapies within the stunning Chuan Touch Room.

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 mask. 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 we immerse your feet in a warm aromatic foot soak, before softening the skin with the warm oil and herbal salt exfoliation. A foot mask infused with peppermint, lemon and cypress is then applied to revitalize the feet .Integrating the benefits of Chinese pressure points to release tension and clear energy blocks, your feet will be completely refreshed and pampered.

Chuan 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 - leaving you feeling totally rejuvenated & aiding in natural healing throughout the body.



「川」特色手足护理

「川」身+心水疗中心精心准备了特别的手足护理和理疗间，让您享受各种手足护理服务。

手部护理 1小时

我们先以暖油和草本盐去除死皮，令粗糙的双手恢复柔嫩润滑，再以滋润的泥浆护肤膜包裹双手，深层保湿，滋润指甲及角质层。最后以蕴含玫瑰、薰衣草和维生素E的香薰护肤乳按摩双手，令双手恢复美丽及亮泽。

足部护理 1小时

本疗程让您精神振奋，能够促进血液循环、消退足部的疲劳和疼痛。先来香薰足浴，以暖油及草本盐去除足部的死皮。接着涂上蕴含薄荷、柠檬和柏木成份的护理膜，更新足部肌肤。疗程综合了中国穴位按压治疗的功效，舒缓紧绷和酸软的感觉，让您的双足亮丽舒适。

反射治疗 1小时

本疗程通过反射治疗和中国穴位按压的原理，以指压的方式按摩足部，缓解身体元素失衡的状态，促进体内自我修复，让您获得重生的轻松感觉。

Recommended Add on's Performed in
Addition to Treatment Time

Effective Eye Treatment 30 mins

The fragile eye area often reveals the signs of aging too quickly. This multi-action eye treatment uses an innovative technique that combines a specific massage to reduce puffiness and dark circles, relieve tired eyes and minimize wrinkles and fine lines, restoring the firm and youthful appearance to the skin around the eyes.

Scalp Treatment 30 mins

Special designed scalp treatment is help to moisturize your scalp and hair and release the tension of your head.

Chuan Herbal Salt Scrub 30 mins

Relax as a warm oil and herbal salt provide a deep cleansing treatment designed to exfoliate and revitalise the skin and body by increasing circulation and aiding digestion.

推荐附加疗程，额外服务

全效眼部护理 30分钟

脆弱的眼部肌肤通常会过早的衰老。这款多种功效的眼部护理使用独特的技术并结合独有的按摩手法，可以减少浮肿和黑眼圈，缓解眼部疲劳并减少眼周的细纹和皱纹，使眼部肌肤恢复弹性和青春。

头皮护理 30分钟

精心设计的头皮护理旨在滋养您干燥的头皮和秀发，并缓解头部的疲劳。

「川」草本盐磨砂 30分钟

以温暖的精华油配合蕴含薄荷及生姜的草本盐，深层清洁去除角质护理，促进血液循环，更新肌肤，改善消化系统。

Lifestyle

Chuan Spa Health + Wellness cordially invites you to sculpt your body and soul

Health Club

Our Health Club is located on level 11 and has the latest state-of-the art equipment including cardiovascular and strength machines together with a comprehensive range of free weights. The latest in audio/visual equipment allows you to enjoy your favourite music/channel while you are working out.

Swimming Pool

From the Health Club on level 11, a direct stairs access leads upstairs to the swimming pool on the deck of our destination bar Connection 12. Our heated pool lined with luxurious pool loungers allow you to swim away a hard day.

Changing room

After your work-out, freshen yourself in the shower and vanity areas equipped with private lockers.

时尚生活

「川」身+心水疗中心诚邀您来重塑身心

健身中心

位于酒店十一层的健身中心设备先进, 拥有各类有氧运动设备和力量训练器材。除此之外, 现代的视听设备让您在享受运动带来快乐的同时, 更增添了一份别有趣味的愉悦。

游泳池

从位于酒店十一层健身中心内的直通楼梯, 即可到达毗邻12次方酒吧的屋顶恒温泳池。无论池中畅泳亦或池边小憩, 都可使您在一天的忙碌后放松身心。

更衣室

运动过后, 您可在设备齐全的更衣室内, 享受一刻的恬静惬意。

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 (86 21) 52639778, email: cdshh.info@chuanspa.com or on our website chuanspa.com

Any change to a scheduled treatment booking time requires a minimum of 6 hours advance notice.

Please arrive at least 30 minutes before your scheduled appointment time to check in and enjoy the facilities at Chuan Spa Health + Wellness.

A valid credit card and telephone number are required to reserve all treatments and packages.

Chuan Cancellation Policy

6-hour 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. Gift vouchers are available for any of our treatments and packages. The vouchers can also be set to any face value redeemable as part-payment for any spa services.



「川」水疗体验

预约「川」水疗服务

我们建议您提前预约各项水疗服务, 以确保您可在指定的日期和时间接受理疗。您可亲自来中心或致电(86 21) 52639778, 或发邮件至cdshh.info@chuanspa.com, 也可以访问我们的网页chuanspa.com。

如欲更改预约时间, 请最少于6小时前通知我们。

请于预约时间30分钟前到达中心登记, 并享受中心各项休闲设施。

预约任何单项理疗或疗程套餐服务时, 请提供有效的信用卡号码和联系电话。

「川」的预约取消政策

如要取消或更改任何已预约的疗程, 请在预约时间6小时前给予通知。

如果不足6小时通知, 客人须缴付整个疗程的半数(50%)费用。

如果客人没有在指定的时间出现, 他们须全数缴付整个疗程的费用(100%)。如没有按照预约的时间前来中心, 所有水疗服务和产品费用将不予退还。

「川」现金礼券

水疗中心的现金礼券适用于所有单项理疗和疗程套餐, 是馈赠亲友的最佳之选。现金券可设多种面值, 可用于抵扣各项水疗服务的费用。

How To Spa

Check-in

When you arrive at Chuan Spa Health + Wellness you will be asked to complete a brief lifestyle elemental questionnaire to determine which treatments will best suit your needs. At this time please inform our Spa Concierge if you have any health concerns.

We recommend some time before your treatment to shower and enjoy the therapeutic benefits of our wet facilities including swimming pool and fresh shower.

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 silent or meeting mode.

Minimum Age

To ensure a peaceful and tranquil ambience in the spa, children under the age of 16 years are not allowed.

Spa wear

We provide disposable underwear for your privacy and our therapists will advise you on their usage. They should be worn during water based treatments and massage treatments – our therapists are fully trained to drape you to protect your privacy at all times.

水疗须知

登记

当您进入「川」身+心水疗中心时，您需要填写一份有关生活习惯的五行问卷，我们将根据中国的五行理论，为您量身定制最切合您需要的疗程。如果有任何关于健康的问题，请于此时通知我们的礼宾部接待员。

我们建议您在预约时间前到达，在正式理疗开始前先作淋浴放松一下，先体验健身中心、游泳池和独立淋浴房等设施。

如果您稍迟到达，我们会尽力为您安排疗程。不过，如果您预约时间的下一个时段已有其他预约的客人，您的疗程时间将被缩短。

水疗礼仪

虽然移动电话是现代生活中不可缺少的物品，但我们恳请客人进入任何理疗室和休憩室的时候，请勿携带移动电话。至于在其他区域，请顾及其他客人，把移动电话调至静音或会议模式。

最低年龄限制

为了确保水疗疗程范围能保持宁静的气氛，请勿携带16岁以下的儿童进入。

水疗服装

为确保个人隐私，我们提供一次性内衣，届时我们的理疗师将为您说明使用方法。在水疗中心接受理疗和进行按摩治疗时，务请穿上一次性内衣。我们的理疗师训练有素，奉行专业规范，时刻都会全力保护您的隐私。

Health

Please remember to drink fluids, especially water during and after your time at Chuan Spa Health + Wellness. Most of us do not take in enough fluids daily – so please remember the source of life.

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

If you have enjoyed a massage we suggest you leave the oils on your skin for up to 2 hours before taking a shower so that your skin fully absorbs the oils' properties.

If you are pregnant or have any other condition that you feel we should be aware of, please inform our Spa Concierge and your therapist – thank you.

Our therapists are fully trained to ensure your treatments are some of the best you will experience. However, please inform them at any time if you are uncomfortable or require anything else during your treatment – massage pressure, room temperature.

Valuables

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

Gratuities

Gratuities for good service are at the guest's discretion.

Others

Gambling, smoking & alcohol consumption within Chuan Spa Health + Wellness, Health Club and the Pool are strictly prohibited. Please refrain from drinking any alcoholic beverage 3 hours or longer before your treatments.

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

健康

在享受「川」水疗理疗之前和之后，请谨记享用饮料，尤其是清水，以补充水份。请谨记水是生命之源，大部分人每天却没有吸收足够水份，因而应该多喝饮料。

男士在接受面部护理前几小时，请剃掉胡须，将更添舒适。

您享用了按摩以后，我们建议您等待至少两小时，方才冲洗剩余在身上的按摩油，让肌肤可完全吸收按摩油的精华。

如果您正在怀孕，或认为我们需要多加留意您的身体，请通知我们礼宾部的接待员和您的理疗师。

我们的理疗师训练有素，时刻也确保理疗过程为您带来完美的体验。可是在进行理疗期间，如果您感到不适或有任何需要，请及时告知他们您的需求，比如按摩力度、房间温度等。

贵重物品

我们建议您把贵重的物品留在房间或家中，如有任何贵重物品的遗失，本中心恕不负责。

小费

客人可自行决定是否支付小费。

其他

「川」身+心水疗中心、健身中心和游泳池内严禁吸烟和饮用含酒精的饮品。在接受理疗3小时以前，请勿饮用含酒精的饮品。

如果客人行为不当，理疗师有权终止理疗过程。



Chuan Memberships

Join us today, and enjoy more privileges.

Coming to Chuan Spa Health + Wellness is more than mere relaxation and enjoyment. It's a place where you can re-create the harmony between mind and body, and restore one's self.

For more details on membership at a Chuan Spa Health + Wellness near you please contact us.

「川」水疗会籍

今天就加入成为我们的会员，享受更多礼遇。

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