



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

BESPOKE

Babor Spa Facial

1 hour
\$225 Mon-Thu
\$235 Fri-Sun and Public Holidays

1 hour 30 mins
\$270 Mon-Thu
\$285 Fri-Sun and Public Holidays

A results-driven performance facial customised 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 advanced skin therapy offers targeted results and precise age prevention.

DETOXIFY

Chuan Yu Facial

1 hour 15 mins
\$240 Mon-Thu
\$250 Fri-Sun and Public Holidays

Ancient Gua Sha techniques are applied to revitalise different skin types. Through massaging important meridian points, the circulation in your skin increases.

Using Jade stones, known as a healing stone, this treatment will nurture, detox, heal, and restore your skin.

DR BABOR CLINICAL FACIALS

Dr Babor TheraPRO Clinical Peel

1 hour
\$270 Mon-Thu
\$290 Fri-Sun and Public Holidays

Course of 4 treatments
(must be booked in advance)

1 hour
\$1020 Mon-Thu
\$1070 Fri-Sun and Public Holidays

Based on our Certified expert's professional skin diagnosis, this inside out peeling treatment provides targeted but individualized and sustainable results to a wide range of skin concerns such as pigmentation, lack of radiance and dull looking skin. This treatment can only be performed by our Dr Babor TheraPRO certified experts.

After a thorough skin consultation, our experts will determine the strength of the peel needed for your own personalized treatment which ranges from a low to high concentration, without causing inflammation. To achieve your desired result, a minimum course of 4 treatments is highly recommended and our experts will provide you take home skincare at no extra cost.

DR Babor TheraPRO Vitamin C

1 hour
\$310 Mon-Thu
\$330 Fri-Sun and Public Holidays

This advanced clinical treatment will brighten, replenish, refine your skin texture for a healthy, smooth and radiant look. The treatment is de-signed to complement the TheraPRO peel for a long-term result and optimum maintenance of the skin and is performed under the guidance of our Dr Babor TheraPro certified experts. Look rejuvenated without injectables and cosmetic intervention with the DR Babor TheraPRO Vit C treatment.

\$50 - Add on Ultrasound treatment to Increase skin permeability and product diffusion an improve circulation and oxygenation.

Dr. Babor Microdermabrasion Facial

1 hour
\$250 Mon-Thu
\$270 Fri-Sun and Public Holidays

Achieve maximum results with the Dr. Babor Microdermabrasion facial. The skin is stimulated to regenerate itself from deep down, instantly resulting in a refined, smooth complexion and a revitalised rosy-fresh appearance.

LUXURY FACIALS

Ultimate Youth Sea Creation Facial

1 hour 30 mins
\$450 Mon-Thu
\$470 Fri-Sun and Public Holidays

Experience the mystery of the deep sea with this facial designed to slow down the aging process. Marine derived extracts help to restore the structure of the skin, creating perfect radiance with a youthful glow. The Sea Creation facial utilises a highly concentrated serum, followed by an exclusive massage leaving your skin looking firmer, smoother and more youthful with stunning effects.

Babor Grand Cru

1 hour 30 mins
\$349 Mon-Thu
\$369 Fri-Sun and Public Holidays

Babor Grand Cru facial is the ultimate luxury, ultimate radiance and ultimate skin repair treatment. The luxurious journey begins with the application of layers of rose infused products for a smoother and youthfully fresh skin. The treatment extends to your shoulders, arms and hands with an exfoliation, mask application and a relaxing hand and arm massage. To continue the journey and the ultimate ampoule treatment at home, you will receive a set of Rose infused ampoules. A glass of Champagne and macarons await you to complete the journey by the pool.

LIFTING AND FIRMING

HSR Skin Lifting Facial

1 hour 30 mins
\$310 Mon-Thu
\$325 Fri-Sun and Public Holidays

BABOR HSR® is a deep lifting treatment that will help lengthen the life of your 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.

TREATMENT ENHANCEMENT

Eyebrow Tint \$35
Eyebrow Shape \$50
Eyelash Tint \$35
Eyebrow Tidy \$35
Eye treatment for puffiness \$35
Scalp massage with AA oil \$35



MASSAGE THERAPY

Deep Tissue Massage

1 hour
\$215 Mon-Thu
\$225 Fri-Sun and Public Holidays

1 hour 30 mins
\$255 Mon-Thu
\$265 Fri-Sun and Public Holidays

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

Absolute Aromatherapy

1 hour
\$205 Mon-Thu
\$215 Fri-Sun and Public Holidays

1 hour 30 mins
\$240 Mon-Thu
\$255 Fri-Sun 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 pressure stimulates the nervous system, while Swedish and neuromuscular techniques relieve muscular tension and encourage lymphatic drainage, to help encourage a healthy circulation. Stresses and strains are dissolved away with this ultimate aromatherapy experience.

Relaxation Massage

1 hour
\$200 Mon-Thu
\$210 Fri-Sun and Public Holidays

1 hour 30 mins
\$235 Mon-Thu
\$245 Fri-Sun 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.

Nourishing Wellness Massage

1 hour
\$205 Mon-Thu
\$215 Fri-Sun and Public Holidays

1 hour 30 mins
\$240 Mon-Thu
\$255 Fri-Sun and Public Holidays

This exclusive full-body massage leaves every inch of your skin nourished, moisturized, and strengthened with the application of Aromatherapy Associates Nourishing Body Butter leaving your skin velvety smooth, deeply nourished and revitalized.

Chuan Harmony Massage

1 hour
\$205 Mon-Thu
\$215 Fri-Sun and Public Holidays

1 hour 30 mins
\$235 Mon-Thu
\$250 Fri-Sun and Public Holidays

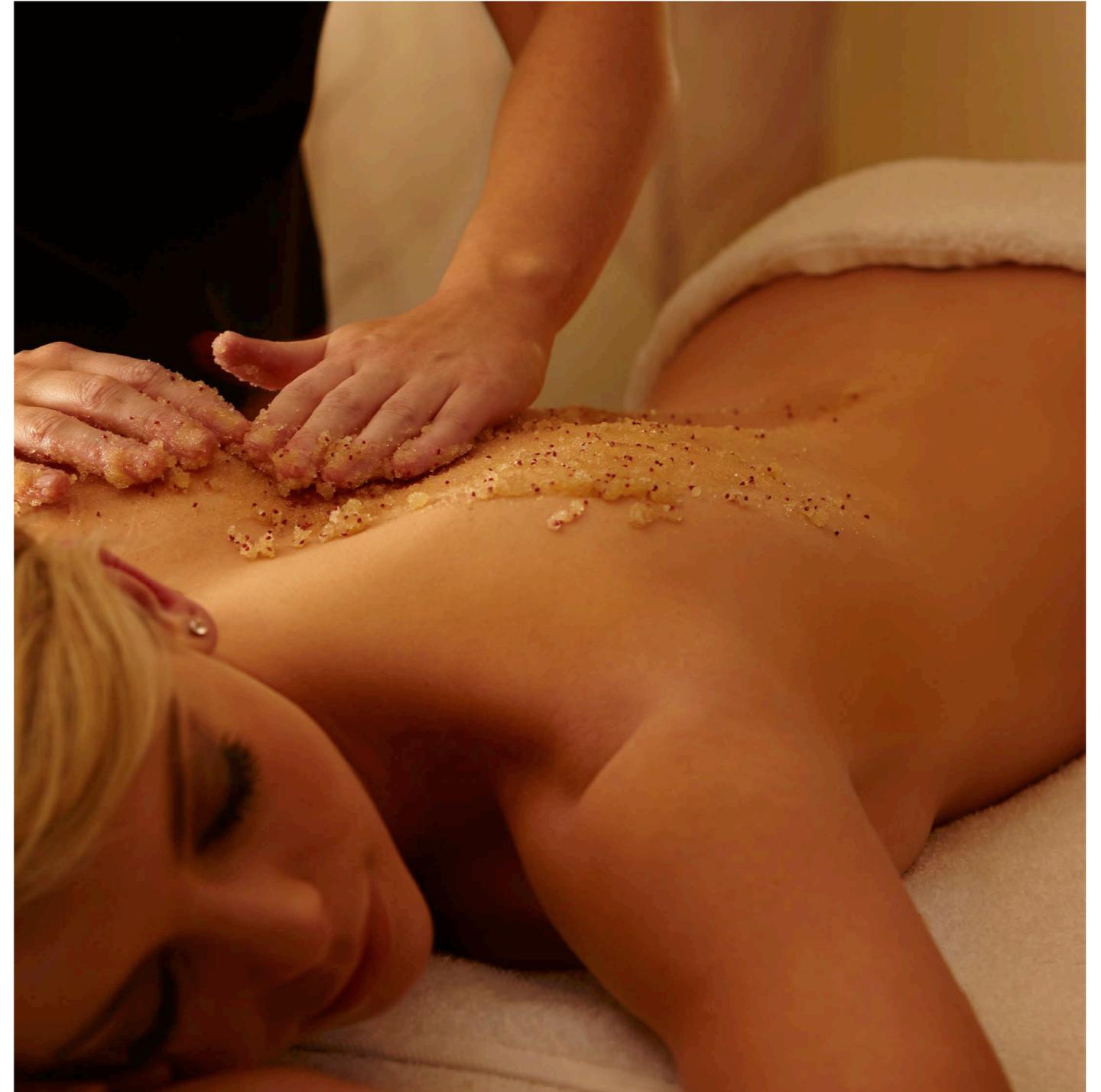
Designed to stimulate meridian harmony, this unique mind, body, and soul experience combines the therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm. This full-body oil massage stimulates a sense of wellbeing.

Chuan Stone Therapy

1 hour 30 mins
\$250 Mon-Thu
\$265 Fri-Sun and Public Holidays

Let your body unwind as the hot stones increase circulation and assist immune function by detoxifying your body. The use of the hot stones during the massage also helps to calm internal heat, assists injury recovery, and increases mental alertness.

*All massages available as couples options. Surcharge \$30



BUILD YOUR OWN PACKAGE

Choose any of the following treatment options:

Duration: 30 minutes per treatment

One treatment:

\$120 Mon-Thu

\$135 Fri-Sun and Public Holidays

Two treatments:

\$215 Mon-Thu

\$225 Fri-Sun and Public Holidays

Three treatments:

\$315 Mon-Thu

\$325 Fri-Sun and Public Holidays

Four treatments:

\$395 Mon-Thu

\$410 Fri-Sun and Public Holidays

Red Mandarin, Lime and Cranberry Exfoliation

This treatment is designed to exfoliate and harmonise 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 relaxing scalp massage.

川 Chuan Herbal Salt Scrub

Aromatherapy Associates Revive Body Salt Scrub provides a deep cleansing treatment designed to exfoliate and re-awaken and revitalise the skin and body, enhancing circulation and aiding digestion.

Volcanic Back, Neck and Shoulder Massage

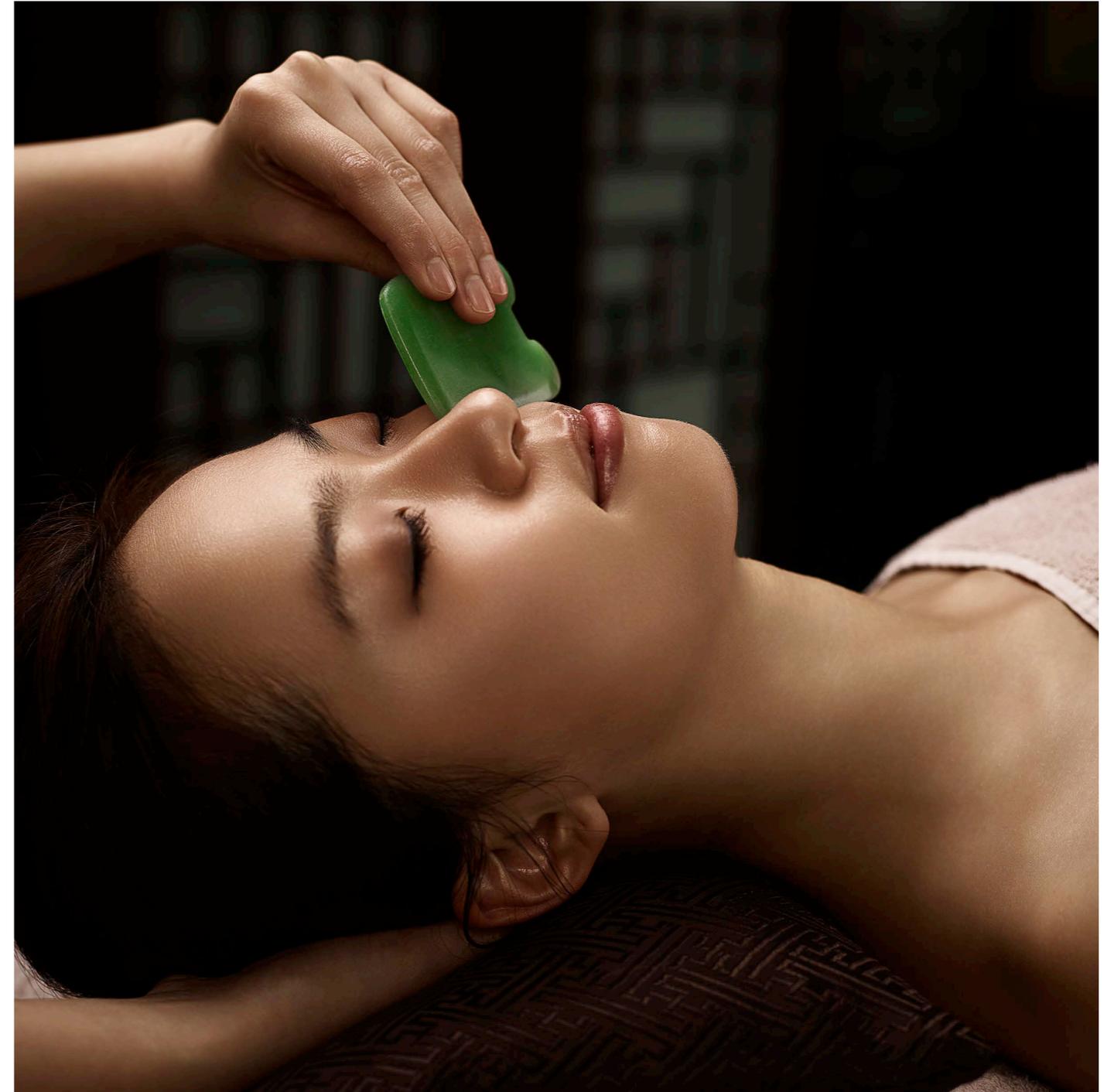
Heated volcanic stones are used to release muscle tightness in your back, neck and shoulders.

Express Facial

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

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
\$255 Mon-Thu
\$270 Fri-Sun 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 60 min relaxing full-body massage.

Volcanic Rebalance

1 hour 45 mins
\$290 Mon-Thu
\$310 Fri-Sun and Public Holidays

Treat your body with pure relaxation. Begin your journey with our Chuan Herbal Salt Scrub, followed by a 60 min Chuan Stone Therapy massage to let your body unwind. Complete your treatment with our 15 min pressure point scalp massage to completely ease muscle tension.

The Velvet Experience

3 hours
\$470 Mon-Thu
\$490 Fri-Sun and Public Holidays

This all-inclusive treatment promotes total relaxation and well-being; commencing with the organic signature Red Mandarin, Lime and Cranberry body exfoliation for correcting skin imperfections, followed by a 60 min full-body relaxation massage. Complete the treatment with a 90 min Bespoke Facial to suit your skin's individual needs.

Champagne & Gold Indulgence

4 hours 30 mins
\$720 Mon-Thu
\$760 Fri-Sun and Public Holidays

The ultimate indulgence begins with our nourishing wellness massage where we apply the Babor Shaping Body Cream, containing stem cells of Champagne Pear and berries packed with Vitamin C for extra hydration, followed by our 90 min Babor HSR Skin Lifting facial. Before surrendering your fingers and toes to a 1hr 15min Deluxe Manicure & Pedicure you will enjoy a light lunch including a glass of Champagne to complete your pampering.

The Full-Body Facial

3 hours
\$470 Mon-Thu
\$490 Fri-Sun and Public Holidays

This treatment begins with our organic hand-blended signature Red Mandarin, Lime and Cranberry body exfoliation to hydrate your skin. Enjoy a 30 min relaxing back, neck and shoulder massage, followed by the application of our signature body cocoon for ultimate hydration. To complete the treatment experience the 90 min Bespoke Facial will leave your skin feeling invigorated, enriched, and glowing with refreshed vitality.

Yummy Mummy

3 hours
\$440 Mon-Thu
\$465 Fri-Sun 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 60 min full body relaxation massage follows to release all unwanted stress and tension. Complete your experience by choosing either our 1hr 15min Deluxe Pedicure or Manicure.

Simply Spoilt

2 hours 30 mins
\$445 Mon-Thu
\$460 Fri-Sun and Public Holidays

Simply spoil yourself with a 60 min Champagne Pear massage, designed to nourish, hydrate, strengthen, and

transform every inch of your body with Babor's Shaping Body Cream. Your treatment is completed with a 90 min Babor HSR Lifting Facial, leaving your skin looking smoother and feeling more radiant and alive.



SIGNATURE CHUAN PACKAGE

川 Chuan Ritual

2 hours 15mins
\$400 Mon- Thu
\$420 Fri- Sun and Public Holidays

Enjoy your luxurious escape with our signature Chuan Herbal Salt Scrub for a full body exfoliation followed by a relaxing Chuan Back, Neck and Shoulder massage. The escape ends with our signature detoxifying Chuan Yu facial.

川 Chuan Element

1 hour 30 mins
\$260 Mon-Thu
\$275 Fri-Sun and Public Holidays

Start by restoring balance and reducing tension with our Chuan Harmony massage for 45 min, followed by our 45 min Intense Bespoke Facial to suit your skin's individual needs. A perfect escape to soothe the soul and restore vitality.

PREGNANCY PAMPERING

Ultimate Rose Pregnancy Massage

1 hour
\$210 Mon-Thu
\$220 Fri-Sun 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 massage that completes this top-to-toe treatment.

Pregnancy Pamper

2 hours 15 mins
\$325 Mon-Thu
\$350 Fri-Sun 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 60 min Bespoke Facial to renew your pregnancy glow, followed by our 1hr 15 min Deluxe Pedicure to complete your ultimate indulgence experience.



NAILS SERVICES

Deluxe Manicure

1 hour 15 mins
\$135 Mon-Thu
\$145 Fri-Sun and Public Holidays

An intensive hand and nail treatment which includes exfoliation, nail shaping, cuticle work and a hand massage. The paraffin wax treatment will lock in moisture, finishing with the application of your signature polish.

Deluxe Pedicure

1 hour 15 mins
\$145 Mon-Thu
\$155 Fri-Sun and Public Holidays

An intensive Foot treatment which includes exfoliation, nail shaping, cuticle work and a foot massage. The paraffin wax treatment completes the treatment to lock in moisture, along with the application of your signature polish.

SPA SOCIALISING

The ultimate epicurean escape. Take advantage of our no-rush policy and relax by Sydney's #1 swimming pool, then be treated to a luxurious 60 min Ultimate Aromatherapy Massage, Babor Spa Facial or 30 minutes of both treatments followed by our renowned Afternoon Tea with Wedgwood, Lunch or dinner.

Afternoon Serenity

Afternoon Tea with Wedgwood including glass of Champagne.

\$265 Mon-Thu
\$280 Fri-Sun and Public Holidays

Indulge and Dine

Lunch in our elegant Kitchens on Kent restaurant.

\$255 Mon-Thu
\$275 Fri-Sun and Public Holidays

Twilight Retreat

Dinner in our elegant Kitchens on Kent restaurant.

\$265 Mon-Thu
\$285 Fri-Sun and Public Holidays

COUPLE'S INDULGENCE

Couple's Relaxation Escape

1 hour
\$380 per couple
(Mon-Sun and Public Holidays)

1 hour 30 mins
\$405 per couple
(Mon-Sun and Public Holidays)

Enjoy a 60 mins or 90 mins relaxation massage in our couple's room, releasing tension in your mind, body, and soul.

Complete your pampering with a glass of Champagne and macarons.

Couple's Escape with Deep Tissue Massage

1 hour
\$410 per couple
(Mon-Sun and Public Holidays)

1 hour 30 mins
\$435 per couple
(Mon-Sun and Public Holidays)

Enjoy either a 60 mins or 90 mins Deep Tissue firm massage for the release of deeper layers of muscular tension and stress relief in our couples' room. Our professional therapists will use techniques that will relieve muscle tension, aches and pain leaving you feeling relaxed. Complete your pampering with a glass of Champagne and macarons by the poolside.



GIFT VOUCHERS

The perfect gift for all occasions. Our gift vouchers are available for any treatments or packages from our treatment menu, providing the recipient with a day of relaxation and rejuvenation. Beautifully presented, our gift vouchers can be purchased online, via email, or in person.



Facilities

Along with your treatment you have complimentary use of our stunning 20 metre indoor heated swimming pool, hot tub, separate ladies and mens 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.

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.

Late Arrival

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

Personal Training

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

Tennis

Located conveniently across the road to The Langham, Sydney lies a championship sized hard-court tennis court, fitted with floodlights. Bookings are required, please contact The Langham, Sydney team on (61 2) 9256 2222 to make your booking.

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.

Pricing

Prices and treatments are subject to change without notice. The Day Spa accepts cash, EFTPOS, and all major credit cards. 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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