

The Chuan Breathing Ritual

To enhance the therapeutic effects of our signature massage treatments, our therapists will guide you through a unique breathing ritual as a prelude to your spa journey.

This exclusive breathing ritual is developed according to the Traditional Chinese Medicine theory of the five elements to restore harmony to your mind, body and soul.

Breathing Ritual – Earth

- Sit comfortably and rest your right hand on your chest against the spleen
- Liberate your imagination and create your own mental image with the color of yellow
- Inhale to the maximum capacity and hold your breath as long as possible
- Upon exhalation, chant the sound “gong”

