

Each of the 5 elements has a number of distinctive associations. The Water element is related to your kidneys, bladder, bones, head, hair and the ears, which can thus affect your sense of hearing. The emotions affected tend to be fear and fright. You may tend to prefer the color black or dark blue, the afternoon, the season of winter, cold conditions and salty flavors.



WATER

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 – Water

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

