

Each of the 5 elements has a number of distinctive associations. The Wood element is related to your liver, gall bladder, eyes, tendons and ligaments and affects our eyes and sense of vision. The emotions affected tend to be anger and depression. You may tend to prefer the color green, morning time, the season of spring, wind and sour flavors.



WOOD

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 – Wood

- 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 green
- Inhale to the maximum capacity and hold your breath as long as possible
- Upon exhalation, chant the sound “jiao”

