



Sheraton®

MELBOURNE HOTEL



The Spa

at Sheraton Melbourne

SPAMENU



## BODY MASSAGE

Where east meets west; the profound effect of rhythmic bodywork which incorporates a mixture of oriental acupressure and western techniques with Polynesian style flowing strokes. This massage brings the body to the next level of relaxation; a total balance for the mind, body and soul.

	<b>Aromatherapy Oil</b>	<b>Certified Organic Oil</b>
60 minutes	\$155	\$165
90 minutes	\$215	\$225

### **Peace**

Uses a combination of Swedish and Balinese massage strokes to pamper and relax the body. Pressure will vary according to individual needs.

### **Strength**

Deep tissue is the key to this massage, using forearm and elbow to trace the knots in the muscles which will leave your feeling rejuvenated after the massage.

	<b>Aromatherapy Oil</b>	<b>Certified Organic Oil</b>
30 minutes	\$85	\$95
60 minutes	\$155	\$165

### **Stress Release Back Massage**

Focusing on the entire back, neck and head to release the tension in every area.

### **Stress Release Feet Massage**

Release the aches and pains after a long day on your feet, leaving you ready for a good night's sleep.

### **Type of Aromatherapy Oil**

#### **Relaxation Oil**

A blend of sweet orange, cedarwood atlas, lavender, bergamot (bergaptene free), vetiver and roman chamomile.

#### **Detox Oil**

A blend of pink grapefruit, rosemary, juniper berry, geranium, sweet fennel and carrot seed.

#### **Base Oil**

A blend of sweet almond oil, sunflower seed oil, soya bean oil and Vitamin E.

### **Type of Certified Organic Oil**



#### **Peaceful Dream Oil**

A blend of sunflower seed oil, soybean oil, sweet almond oil, vitamin E, lavender oil, marjorana leaf oil and cedarwood bark oil.

#### **Cellulite Oil**

A blend of linseed oil, coconut oil, eucalyptus oil, vitamin E, rosemary, black pepper essential oil, ginger root oil and thyme oil.

#### **Base Oil**

A blend of sunflower seed oil, camellia oil, sweet almond oil.



## BODY TREATMENTS

The ultimate pampering experience to cleanse the system leaving the skin silky soft and smooth. Our body wrap treatments include a back massage to refresh tired muscles and are a great way to get yourself looking and feeling fabulous.

### Body Scrubs

**Bamboo Body Scrub** 45 minutes \$130

Using bamboo granules and lactic acid to give the skin a good exfoliation plus a combination of Geranium, Juniperberry and Cypress oil to relax the body and mind. A mixture of aloe vera juice powder and shea butter is used to smoothen and moisturise the skin.

**Certified Organic Coffee Body Scrub** 45 minutes \$140

Scrub away dead cells with our Organic Arabica Coffee Seed Powder which exfoliates, allowing healthy skin to emerge. Coffee helps to improve circulation, tightens the skin and helps to reduce cellulite; this treatment will denote a relaxed mood.

**Certified Organic Coconut Grape Seed Body Scrub** 45 minutes \$140

The ultimate treat to pamper your body while removing dead skin cells and moisturising the skin. Coconut is known for its rich moisturising agents while grape seed is high in antioxidants; two benefits to nourish your skin!

### Body Wraps

**Spirulina Body Wrap** 90 minutes \$235

Pure Spirulina powder is packed with nutrients, Beta Carotene, B12 and rare essential fatty acids which expose the body to high levels of antioxidants. This treatment will detoxify the body and is finished with a stress-releasing back massage.

**Certified Organic Seaweed Body Wrap** 90 minutes \$250

Seaweed powder is a particularly rich source of nutrients and minerals which help to detoxify the body. The treatment begins with a thorough "organic coconut grape seed" body scrub, followed with a seaweed wrap and finished off with a back massage; this treatment will increase circulation which is beneficial to reducing cellulite.

**Certified Organic Chocolate Body Wrap** 90 minutes \$250

The caffeine present in chocolate stimulates circulation and improves blood flow, which in turn improves and invigorates the skin. Cocoa contains high amounts of natural oils and emollients necessary for treating dry, rough and flaky skin; it is also rich in anti-oxidants which reduce the effects of aging and increase the skin's firmness.



## FACIAL

### Gentleman's Facial

30 / 60 minutes

\$105 / \$165

Cleanse, detoxify, energize and refresh, this masculine indulgence will visibly brighten, smooth and firm. Specifically created to cater for men's needs. Suitable for all skin type.

### Puri Solution

30 / 60 minutes

\$105 / \$165

Detoxify and deeply cleanse with a heating volcanic ash exfoliation and clarify with a mint and clay mask. The specialized treatment leaves the skin clear, calm and refreshed limiting oiliness and shine. Suitable for oily, T-zone skin.

### Hydration Facial

30 / 60 minutes

\$105 / \$165

The first experience, a hydrating treatment for all skin types which lack comfort. A "fresh-hydrating" mask with Hyaluronic Acid and creatine is applied on the entire face, neck and décolleté to stimulate all the senses and thoroughly restore the skin's hydration. A unique moment for a complexion that radiates beauty.

### Sensitive Solution

60 / 90 minutes

\$165 / \$235

Repairing, soothing and cocooning, this gentle yet targeted treatment will provide long term comfort while reducing signs of redness and irritation. The skin will be totally restored and soft.

### Acne Prone

90 minutes

\$235

A more intensive treatment to give the skin a deep cleanse as well as treating pimples and acne. Steaming and extraction is involved in this treatment, the skin's oiliness will be noticeably reduced immediately.

### Intense Hydration

90 minutes

\$245

Total infusion of hyaluronic acid treating all signs of dehydration and fine lines. This facial treats and prevents premature ageing while providing a continuous diffusion of moisture within the skin. Suitable for dry and dehydrated skin.

### Techni Solution

100 minutes

\$265

An immediate "new skin" effect thanks to an AHA peeling treatment that softens deep wrinkles and fine lines. After the 42-movement massage, the rebalancing mask restores the skin's pH for an amazing rejuvenating effect.

### Petite Peel

30 minutes

30% / 50% / 70%

\$85 / \$95 / \$105

60 minutes

30% / 50% / 70%

\$165 / \$185 / \$205

5 X 30 minute sessions

30% / 50% / 70%

\$350 / \$400 / \$450

This exceptional treatment constitutes a clinically proven alternative to invasive medical interventions with no downtime. Using glycolic acid and vitamins and



minerals to replenish the skin, the result is smooth, firm and brighter skin. For best results, a program of 4 to 6 treatments every 7 to 10 days is recommended. One to two programs per year is suggested to maintain glowing, brighter and smoother skin.

### **Supreme Jeunesse**

**120 minutes**

**\$280**

The Signature Payot treatment for The Spa at Sheraton Melbourne: A 120 minute anti-aging treatment to act simultaneously on wrinkles, slackening skin, uneven complexion and dark spots. Gommage Perles is used to exfoliate in step 2; an innovative exfoliating skincare product with beads that melt to transform into a granular scrub. It targets wrinkles, eliminates dead skin cells and boosts cellular regeneration, increasing firmness and elasticity. The face and décolleté experience the famous 42- movement massage by PAYOT with the Baume Fondant Cream; a decongestant sculpting skincare product which combined with the benefits of the 42-movement massage activate skin microcirculation and restore tone. Then, Masque Crystal is applied, this is a smoothing regenerating mask that improves the skin's elasticity and illuminates and unifies the complexion. To finish, a special treatment is added to the arm which exfoliates and smoothens the skin.

### **Intensive Eye Treatment**

**60 minutes**

**\$145**

Instantly decongests, reduces puffiness and firms the skin; this specific eye treatment will brighten, invigorate and refresh the eye area. This treatment is beneficial for all!

### **Anti-aging Neck and Décolleté Treatment**

**60 minutes**

**\$165**

A specialised treatment for the neck and décolleté which targets the visible signs of ageing on the neck and décolleté; both areas will be lifted, firmer and smoother.

### **'Add On' Treatments for Facials**

'Add on' treatments are available to enhance your experience when you book our 30 minute, 60 minute or 90 minute treatments.

<b>Eye Treatment</b>	<b>\$65</b>
<b>Neck and Décolleté Treatment</b>	<b>\$65</b>
<b>Hand Scrub and Paraffin</b>	<b>\$35</b>
<b>Feet Scrub and Paraffin</b>	<b>\$35</b>



**PAYOT**  
P A R I S

We welcome world-renowned French skincare brand, PAYOT Paris to The Spa at Sheraton Melbourne.

For 96 years, PAYOT has been an iconic skincare brand that has made their mark on modern cosmetics. Today the brand has continued to occupy the international stage with a presence in nearly 70 countries. PAYOT are committed to research and development. At the PAYOT owned Laboratories in Paris a team of specialized Doctors, Scientists, Pharmacists, Dermatologists, Galenic Engineers and Toxicologists provide ahead of its time innovation with ingredient formulation and technology.

The PAYOT Laboratories, create and have access to the most technologically advanced ingredients on the world market. PAYOT create their own formulations with medical and cosmeceutical grade ingredients and complexes and for more than 20 years PAYOT Laboratories have been using an exclusive PAYOT Bio-technology



# PAYOT

IS

(a technological method of transformation, using natural ingredient complexes). This method working in correlation with bio-affinity (providing the correct skin response) and bio-therapy (targeted treatment) allow for the Payot ingredients to work at a cellular level and deeper within the skin.

PAYOT offer unique beauty rituals that combine scientific technology, skin care expertise and a pleasurable sensorial experience. At the heart of PAYOT skincare treatments is the 42-step massage. This PAYOT signature massage is a specific series of movements developed by founder, Dr Nadia Payot and has been handed down through the generations, allowing for toxic elimination and micro-circulation activation.

PAYOT enjoys a colourful and rich history in skincare. Founder, Dr Nadia Payot was an incredible woman and trailblazer in the cosmetics industry.





## HANDS AND FEET

Our range of treatments will help condition and strengthen your nails and hydrate the skin, the ultimate pampering experience for your hands and feet.

**Hands / Feet Ultimate Pamper** **90 minutes** **\$140 / 150**

Massage and scrub the hands or feet using our antioxidant cream. Followed by a paraffin wrap to hydrate the skin and finished off by buffing, filing, cleaning the cuticles and applying nail polish; the ultimate treat for your hands and feet!

**Hands / Feet Delight** **70 minutes** **\$80 / \$90**

Massage and scrub the hands or feet before the application of a hydration mask and finished off by buffing, filing, cleaning the cuticles and applying nail polish; a treat to remember!

**Men's Express Manicure / Pedicure** **30 minutes** **\$30 / \$35**

Brushing, cuticle cleaning, nail cutting, filing and buffing.

**Ladies Express Manicure / Pedicure** **30 minutes** **\$45 / \$40**

Brushing, cuticle cleaning, nail cutting, filing, buffing and finished off with a nail polish application.

**Hand / Feet & Scrub Paraffin** **30 minutes** **\$55**

Soften and hydrate your feet by using bamboo scrub and paraffin wax.

## WAXING SERVICES

Half Arm	\$25	Bikini	\$25
Full Arm	\$45	Underarm	\$20
Lower Leg	\$30	Eyebrow	\$20
Full Leg	\$50	Chin	\$15
Brazilian	\$60	Upper Lip	\$10

## MEN'S WAXING

Upper Chest	\$35
Upper Back	\$35
Full Back	\$60
Lower Back	\$35





## SPA BUNDLES

### **Lunch Treat** **65 minutes** **\$160**

The perfect way to relax, indulge and enjoy a day out with friends or family. Our 65 minute spa treatment includes a foot ritual, hydrating foot mask, a full body massage or PAYOT facial and finished with a sumptuous main course and a glass of wine in our Signature Restaurant.

### **Afternoon Tea Delight** **65 minutes** **\$160**

Transform your afternoon with a 65 minute pampering session which includes a foot ritual, hydrating foot mask and full body massage or PAYOT facial. Afterwards, enjoy a French inspired Afternoon Tea featuring Melbourne's La Belle Miette macaroons, decadent sweet and savoury items and a glass of sparkling wine.

### **Seafood Dinner Bliss** **65 minutes** **\$165**

From Wednesday to Saturday enjoy a 65 minute spa package which includes a foot ritual, hydrating foot mask, full body massage or PAYOT facial followed by a delicious seafood buffet dinner. Our seafood buffet features a selection of market fresh seasonal seafood including oysters, prawns and smoked salmon with a variety of our kitchen signature salads, selection of delicious hot dishes and desserts from our pastry chef.

### **Life Better When Shared** **65 minutes** **\$230**

Package consists of a 65 minute PAYOT facial, foot ritual, foot mask and back massage for two people. The facial will help to prevent premature ageing and offer comfort as well as add a luminous glow to the skin before finishing off with stress release back massage.

**with lunch/ afternoon tea** (Monday to Sunday) **65 minutes** **\$280**

**with seafood buffet dinner** (Wednesday to Saturday) **65 minutes** **\$290**

### **Luxury Bliss** **180 minutes** **\$390**

Pleasure your senses with luxurious pampering bundles which start with certified organic coffee scrub which helps to improve circulation, tightens the skin and helping to reduce cellulites and followed by certified organic chocolate body wrap which invigorates the skin cells, decreases the aging process, increases firmness of the skin and very rich in antioxidant. Finished off by full body massage. A full relaxation after a long week.

### **Season Blast** **120 minutes** **\$280**

Start with a full body massage and finish with a PAYOT hydrating facial, treat yourself with this refreshing and effective bundle which will leave your body, skin and mind feeling relaxed, radiant and rejuvenated.



## RECREATION AND FITNESS MEMBERSHIP

Our Sheraton Fitness facility brings you the latest state-of-the-art cardio vascular and resistance equipment plus free weights. Facilities include an indoor heated swimming pool, steam room and spa area.

Accelerate results by engaging with our Personal Trainer who will provide you with the expert knowledge needed to motivate and encourage you to set and achieve your goals with an effective work out plan that gives true results. Personal training is offered by appointment only.

- Access to the recreation and fitness area is complimentary for all hotel guests.
- Day pass is available for the guest of the hotel and recreation member at \$35 per person.

### FULL MEMBERSHIP

Access to Recreation area from Monday to Sunday 6:00 am to 9:00 pm

1 month	\$250	6 months	\$850
3 months	\$460	12 months	\$1700

### OFF PEAK HOURS MEMBERSHIP

Access to Recreation area from Monday to Friday 10:00 am to 5:00 pm

1 month	\$200	6 months	\$595
3 months	\$345	12 months	\$1190



# SPA AND RECREATION ETIQUETTE

To ensure that our guests can fully enjoy the treatments, using of mobile phones are prohibited at the spa.

## **Booking Procedures**

All spa and personal training bookings need a valid credit card and contact number to secure the reservation. We accept cash, all major credit cards or charge to guest room. Prices are subject to change without prior notice. Prices are inclusive of 10% GST.

## **Cancellation Policy**

The Spa requires 12 hours' notice for any treatment that needs to be cancelled and 24 hours for spa and dining packages. Guest who cancel without prior notice and/or no show will be charged full amount of the treatment fee. Personal training reservations require 24 hours' notice for cancellation, anything less than 24 hours' will incur a full cancellation fee.

## **Appointment Procedures**

We recommend that you arrive 5 to 10 minutes prior to your appointment. For those who are running late, we have implemented a late policy:

- You can change to an alternative treatment if it is feasible.
- You can choose a shorter treatment.
- You may continue with your treatment providing the therapist is available.
- Last booking is one and half hours before closing time.

## **Package Validity and Surcharge**

All packages are valid for 6 months from the date of purchase unless stated otherwise. A \$15 surcharge fee is applicable for reservations on a public holiday. Use of our swimming pool and steam room is subject to a \$15 fee per person for any non-residential guests of the Hotel.

## **General**

The management accepts no responsibility for the loss of money or valuables of any kind at any time inside the spa premises. The therapist reserve the right to terminate the treatment at anytime. Robes and slippers are provided for your convenience. No children under the age of 15 are permitted.

## **Operating Hours**

**The Spa**

Monday to Sunday 10:00 am to 8:00 pm

**Swimming Pool**

Monday to Sunday 6:00 am to 9:00 pm

**Sheraton Fitness**

Hotel Guest 24 hours

Recreation Members

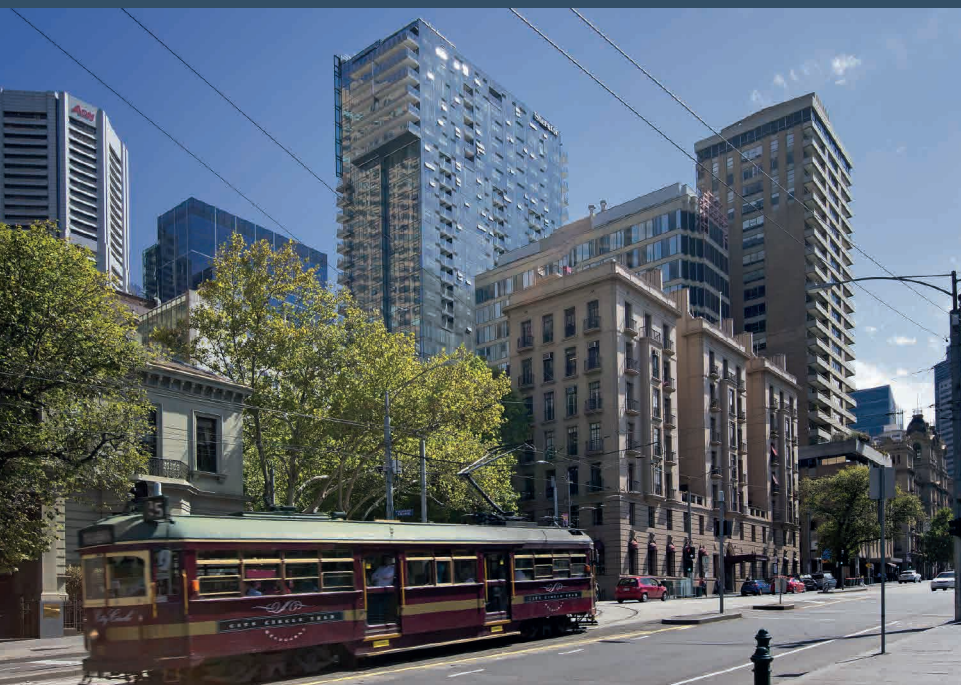
Full Membership, Monday to Sunday 6:00 am to 9:00 pm

Off Peak Membership, Monday to Friday 10:00 am to 5:00 pm



# Sheraton®

MELBOURNE HOTEL



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