



Sheraton®
Melbourne
HOTEL

The Spa
at Sheraton Melbourne

SPA MENU

The Spa at Sheraton Melbourne
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MASSAGE

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



30mins	\$85
60mins	\$155
90mins	\$215

The Spa @ Peace

Using the combination of Swedish and Balinese stroke to give a pampering and relaxing feeling to the body, pressure will vary according to individual needs. Using five types of essential oil to bring the body to total relaxation.

The Spa @ Strength

Deep tissue will be the key to this massage, using forearm and elbow to trace the knots in the muscle will leave you feeling rejuvenate after the massage.

Stress Release Back Massage	30mins/60mins	\$85/\$155
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Focusing on the entire back, neck and head to release the tension in every area.

Stress Release Feet Massage	30mins/60mins	\$85/\$155
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After a long day in your feet, this massage will release the pain and ache in your feet. Definitely will give you a good night sleep.

FACIAL

Hydrated, nourished and balanced skin is key to creating a youthful glow. The Spa at Sheraton is proud to offer Spanish cosmeceutical skincare brand Germaine De Capuccini for all our facials. Book your treatment today to experience the Germaine de Capuccini difference.



Enhancer Facial	30mins	\$95
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An express 30 minute facial that includes an AHA peel, offering dramatic results in retexturizing hydrating and reversing the signs of ageing on the skin.

Enhancer Facial– add on		\$45
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Add on treatment when you book for 30mins, 60mins or 90mins treatment. This is a good add on if you wish to have a radiant skin after the facial.

Gentleman's Facial	30mins/60mins	\$95/\$160
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Energize, revive and detoxify even the most tired skins with our gentleman's facial. Designed specifically to cater for men's skin. Definitely will feel the skin fresh and rejuvenated.

Hydration Facial	30mins/60mins	\$95/\$160
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Suitable for dehydrated skin that needs immediate hydration. This facial will help to prevent premature ageing and offer comfort and a luminesce glow to the skin.

Balancing Facial	30mins/60mins	\$95/\$160
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Suitable for oily and combination skin that need to do deep cleansing as well as treating the oiliness of the skin.

Acne Prone Stage1 Treatment	30mins	\$95
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A quick treatment in treating the pimple or acne as well as reducing the oil secretion to the skin.

FACIAL



Age-Defense Treatment 90mins \$235

Designed for skins that need special care for the appearance of fine lines and wrinkles. It offers nourishment, regeneration and hydration and helps the skin to redensified and firm the texture and appearance.

Hydro-BoostTreatment 90miins \$235

This is the ultimate facial for resurfacing and penetrating hydration right down to the skins cellular level. It helps to replenish the skins water levels, nourishment and helps to assist in protecting the skin from premature ageing.

Better ThanBotox 90mins \$235

A non-invasive facial that combats lines, wrinkles and sagging! A luxurious anti-ageing massage based facial that infuses Germaine De Capuccini's patented micro complex technology to instantly reverse the signs of ageing and gives the skin a hydrated, lifted and

luminesce appearance. A treatment to remember!

MultivitaminBoost Treatment 90mins \$235

It's a multivitamin boost for the skin. Including vitamins A, B, C, D and E. This facial oxygenates the skin not only helps to restore the effects from premature ageing but prevents it as well. Giving the skin a uniformed, calmed and glowing appearance.

Rejuvenating Bliss Facial 90mins \$235

Prepareyour skin for winter season, this facial is hydrating and brightening. It includes deep cleanse, brushing, exfoliation, steaming, extraction, ultrasonic, massage and double mask. This treatment is suitable for all skin types and will leave the skin rejuvenated and smooth. Add on Hyaluronic Acid or Collagen ampoule for only \$25 for maximum radiant and hydration.

Xpert-C Facial 90mins \$320

The very first professional anti-glycation treatment on the market today. Perfect for dull skin, lacking in light and shine, matt, dehydrated skin with lack of cellular vitality or fatigued and flaccid skin that needs a specific cure. This advanced treatment is based on pure Vitamin C combined with Ume extract, a type of Japanese plum containing twice as many proteins and minerals than any other fruit, which works to inhibit the action of glycation. One treatment provides an immediate, intense luminosity, 4 weekly treatments provide a lasting revitalising effect.



EGF Facial 90mins \$480

Professional anti-ageing programme based on a combination of two highly effective ingredients, Epidermal Growth Factor (EGF) and Hyaluronic Acid (HA). The immediate and "non-invasive" solution to stimulate skin rejuvenation. An anti-ageing treatment of utmost quality and surprising results aimed at consumers with higher expectations who want to rejuvenate their complexion, but are not determined to undergo an aesthetic intervention.

The Spa BlackPearl Treatment 100mins \$265

Our signature treatment. Developed through the heart of an oyster and grown over 100's of years a pearl is born. Based on this cellular rebirth our Black Pearl Facial has been created and offers exceptional anti-aging results. The spell of the moon and the secret of pearls are bought to fruition with this luxurious facial. Your skin is gently cleansed and prepared for your facial exfoliation with precious mother of pearl, this is followed by a facial massage with pearl concentrate that offers hydration and tones the complexion. To complete this treatment a black pearl mask is applied, once removed the skin surface is left with beautiful iridescent reflections. You will see immediate improvements in hydration, flaccidity and skin fatigue.

Luxury Eye Treatment 60mins \$125

This treatment is all round treatment for those who have combination of problem around the eye area, using better than botox eye treatment which tackle the problem of puffiness, dark circle and hydration. Definitely will leave the eye area rejuvenated, refresh and the skin texture is improve.

Neck and Décolletage– add on \$45

Add on treatment for neck and décolletage while having any of the 60mins and 90mins treatment.

BODY TREATMENT

The ultimate pampering experience, cleansing the system and leaving the skin super soft and smooth. Body wraps includes a massage to refresh tired muscles. It's a great way to get yourself looking and feeling fabulous. It's just what's needed after a long, hard week.

Exfoliating Bliss Treatment 45mins \$125

Using bamboo powder and lactic acid to give the skin a good exfoliation plus a combination of Geranium, Juniperberry, Cypress oil to relax the body and mind. Aloe vera juice powder and shea butter added to smoothen the skin every after treatment.

Antioxidant Renewal Treatment 45mins \$125

The creamy texture will gently yet effectively removes lifeless skin cells with cranberry and hibiscus granules. Pure oils and shea butter replace vital moisture protecting the skins natural acid mantle whilst powerful antioxidants defend newly revealed cells against free radical damage.

Seaweed Body Wrap 90mins \$235

Seaweed powder is particularly rich in source of minerals, trace elements and other nutrients which helps to detoxify the body. This treatment will increase body circulation which beneficial to reduce the cellulites. The treatment start with thorough body scrub, followed by seaweed application, relaxing face compress and finished off by back massage.

The Spa Bliss Body Wrap 90mins \$235

This treatment will leave your body in full relaxation. Using the pure Spirulina powder which is packed by different types of nutrients, Beta Carotene, B12 and rare essential fatty acid which will give the body high level of antioxidant and it detoxification. Start with body scrub, face compress and finished off by back massage.

Restore Body Wrap 90mins \$235

Restore body wrap contains jojoba oil for hydration, clementine oil for antifungal, pomegranate contains high level of antioxidants and Ylang-ylang oil for relaxing. Passionfruit oil is easily absorbed helping to soothe and nourish the skin, lactic acid and papaya extract for skin renewal. This treatment recovers the skins hydration levels as it tones and detoxifies impurities that can clog the pores.

Balance Body Wrap 90mins \$235

Balance body wrap is highly effective in exfoliating and drawing impurities from deep within the pores. The high mineral content of Dead Sea Mud helps to regulate healthy cell functions while marine collagen assists in improving skin elasticity and plumpness, papaya extract for skin renewal. The skin is left feeling refreshed, moisturised and refined.

HANDS AND FEET

A treatment which help to conditions and strengthened your nails as well as hydrate the skins, a ultimate pampering for your hands and feet.

The Spa Hand Ultimate Pamper 75mins \$140

The Spa Feet Ultimate Pamper 75mins \$150

Start with scrub using the fine granules to give a smoother feeling, hand or feet massage using the antioxidant cream, paraffin wrap to hydrate the skin and finished off by buffing, filing, cuticle cleaning and nail polish application. A ultimate treat to hand and feet!

Hands Delight 60mins \$78

Feet Delight 60mins \$90

Start with scrub, hand or feet massage, application of hydration mask and finished off by buffing, filing, cuticle cleaning and nail polish application. A treat to remember!

Express Manicure 30mins \$45

Express Pedicure 30mins \$40

WAXING

Half Arm \$35

Underarm \$30

Full Leg \$60

Brazilian \$75

Lip \$25

Eyebrow \$25

Full Arm \$48

Half Leg \$40

Bikini \$50

Playboy \$75

Chin \$25

MEN'S WAXING

Chest \$40

Upper Back \$40

Full Back \$60

Lower Back \$35

RECREATION AND FITNESS MEMBERSHIP

Sheraton recreation and fitness facility brings the state of the art facilities and expertise. Our fitness centre is fully equipped with the latest cardiovascular, resistant equipments and free weights.

Our friendly staff will ensure the highest level of service to every guest and members.

Facilities include an indoor swimming pool, steam room and extensive range of spa treatments.

Accelerate the results by engaging our Personal Trainer, they will help you provide expert knowledge, motivating and encouraging you to achieve your goals. Helping you in every way to set your goals and plan out an effective work out plan that gives you results. Personal training is offer by appointment in advance. Recommend to have regular workout 2-3 times a week to achieve faster result.



Access to the recreation and fitness area is complimentary for all hotel guests. Day pass is available for the geust of in-house hotel guest and member's guest at \$35 per entry.

FULL MEMBERSHIP

Full access to Recreation area from Monday to Sunday

1 month	\$250
3 month	\$470
6 month	\$850
12 month	\$1700

OFF PEAK MEMBERSHIP

Limited access to Recreation area from 10.00am to 5.00pm Monday to Friday only

3 month	\$345
6 month	\$595
12month	\$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 booking need valid credit card and contact number to secure spa and personal training bookings. 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.

APPOINTMENT PROCEDURES

We recommend that you arrive 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 hour before closing time.

CANCELLATION POLICY

The Spa requires 3 hours notice for any treatment that needs to be cancelled. Guest who cancel without prior notice and no show will be charged full amount of the treatment fee. Personal training require 24 hours notice. Cancellation less than 24 hours notice will be charge the full fee.

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 if the customer behaviour is unacceptable. Robes and slippers are provided for your convenience. The Spa are designated male and female areas, no children under the age of 15 are permitted. All packages are valid for 6 months from the date of purchase unless stated otherwise.

OPERATING HOURS

Spa - Monday to Sunday 10.00am – 8.00pm

Swimming Pool Monday to Sunday – 6am to 9pm

FitnessCentre – Hotel Guest - 24hours and Members – 6am to 9pm