



WELLNESS MENU

CITY CLUB HEALTH & FITNESS



CITY CLUB WELLNESS

City Club Health & Fitness offers a range of restorative massage therapies and facial treatments, with a focus on total wellbeing. Our experienced therapists will provide you with guidance on our range of treatments to suit your unique needs, for a deeply rejuvenating experience.

All treatments include access to steam rooms, sauna and pool on level 9 at City Club Health & Fitness Centre. All prices are in Australian dollars.



PHYT'S

NATURO-ESTHETIQUE

PHYT'S

PHYT'S is a pioneer in organic skincare and using the highest quality, sustainable raw materials since 1972.

- Certified Organic Facial Treatments:
To restore, renew and refresh your skin naturally.
- Certified Organic Body Treatments:
A holistic, luxurious spa experience for the body, mind and soul.

PHYT'S products are defined as BIO-Active skincare. BIO-Active means that, aside for the absence of chemicals and pollutants, the product contains a significant amount of active ingredients, which generate unbelievable results you can feel and see.

Second price indicates Weekend & Public Holiday prices

CITY CLUB WELLNESS MENU



PACKAGES

Pick Me Up Package

Express Facial | Express Relaxation Massage

Indulge your senses with a 30-minute express facial, incorporating powerful antioxidants and nourishing ingredients, followed by a 30-minute relaxation massage to help revitalise and balance your mind and body.

60 Min \$205 | \$240

Total Relaxation Package

Full Body Massage | Deluxe Facial

Experience two hours of luxurious pampering. Enjoy our deluxe facial using our exclusive range of products, followed by a relaxation massage. Rejuvenate your skin, release tension and leave feeling relaxed and at ease.

120 Min \$350 | \$405

Luscious Face & Body Treatment Package

Nourishing Body Wrap | Deluxe Facial

Designed to give your skin a deep clean, exfoliate and nourish from head to toe. During your body treatment, indulge in a full body scrub, followed by a clay wrap and hydrating body balm. Our Deluxe Facial includes a scrub, mask, 20-minute facial and soothing scalp massage.

120 Min \$345 | \$395

Luxurious Body Treatment Package

Nourishing Body Wrap | Full Body Massage

This package is designed for complete body rejuvenation. Commencing with a full body exfoliation and clay wrap, this treatment will encourage the renewal of the skin's natural beauty. Release any remaining tension with our full body massage and leave feeling nourished from head to toe.

120 Min \$345 | \$395

Grand Package

Nourishing Body Wrap | Full Body Massage Deluxe Facial

Go Grand and treat yourself to a 3-hour relaxation and rejuvenation experience. Your therapist will begin with a full body exfoliation and clay wrap treatment, followed by a relaxing full body massage and finishing with a deluxe facial.

180 Min \$515 | \$590



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MASSAGE THERAPY



Swedish Massage

A combination of soothing movements and stronger concentrated work on tense areas. Relax, revitalise and balance your mind and body.

30 Min	\$130 \$150
45 Min	\$150 \$175
60 Min	\$175 \$195 
90 Min	\$235 \$275 

Deep Tissue Massage

A deeper, firmer massage targeting muscular pain and spasms, in conjunction with relaxation movements to relieve body tensions.

30 Min	\$130 \$150
45 Min	\$150 \$175
60 Min	\$175 \$195 
90 Min	\$235 \$275 

Luxury Aromatherapy Massage

Indulge in a luxurious full body massage using essential oil blends. Your therapist will guide you on the aromatherapy selection to suit your needs.

60 Min	\$185 \$205
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Hot Stone Massage

A gentle rhythmic relaxation massage incorporating therapeutic heated stones with pressure points and circular movements that work to ground and uplift your body's energy while working to relieve muscular tightness and stress.

60 Min	\$205 \$240
90 Min	\$280 \$310

Couples Deluxe Massage

Enjoy a massage of your choice at the same time as your partner. Our synergy massage will ensure a great start to any romantic getaway.

60 Min	\$340 \$385
90 Min	\$455 \$525

 In-room massage therapy option available
Please allow additional \$60 for the specified treatments.
Second price indicates Weekend & Public Holiday prices





FACIALS & BODY TREATMENTS

Express Facial

The ideal treatment for busy people, incorporating powerful antioxidants and nourishing ingredients, it provides the intensive boost your skin needs to help repair, refresh and look its best.

30 Min \$130 | \$150

Deluxe Facial

A complete facial treatment using a range of exclusive products to cleanse, exfoliate, nourish and improve elasticity, hydration and skin condition. This facial includes a scrub, mask, 20-minute facial and soothing scalp massage.

60 Min \$190 | \$210

Nourishing Body Wrap

Designed to give your skin a deep clean and leave it feeling silky and smooth. Indulge with a luscious full body exfoliation followed by a clay wrap and a hydrating body balm.

60 Min \$180 | \$200

Second price indicates Weekend & Public Holiday prices

CITY CLUB WELLNESS MENU

OPEN DAILY. CONTACT:

Ext. 535 or (03) 9653 4894
ghmelbourne.cityclub@hyatt.com

SPA ETIQUETTE

APPOINTMENTS

Reservations are recommended to avoid disappointment for your desired treatment. To secure your appointment, we require either a valid credit card number or for in-house guests a room number.

ARRIVAL

Please arrive at City Club Health & Fitness Centre (level 9) at least 15 to 30 minutes prior to your appointment. This will allow you time to complete a consultation form and use the steam room and sauna. Your late arrival may compromise the full length of your treatment, as we endeavour to remain on schedule as a courtesy to each and every guest. Payment for the full treatment will apply.

CANCELLATION AND NO-SHOW

A minimum of 24-hour notice is required for cancellations or booking changes. If treatment is rescheduled within 3 to 24 hours to the appointment, a \$60 charge will apply. If treatment is cancelled within 3 to 24 hours to the appointment, a 50% charge of the scheduled treatment will apply. Cancellation, No Show and Rescheduling within 3 hours to the treatment will result in a 100% charge of your scheduled services.

HEALTH & PREGNANCY

If you are pregnant or have any medical condition, including colds or flu, that may affect your treatment, please advise us at the time of the booking. This is imperative as some treatments are unsuitable during pregnancy and certain medical conditions.

ATTIRE

City Club Health & Fitness ask that you arrive fresh for your appointment. Robes, slippers and disposable underwear are available. Please leave all jewellery and personal items at home or deposit them in your room safe. City Club Health & Fitness cannot be held responsible for lost or misplaced personal items.

WELLNESS JOURNEY

We strive to provide you with the most relaxing and soothing spa experience from the moment you arrive to the moment your journey concludes. We respectfully ask that mobile phones are turned off so the tranquillity of City Club Health & Fitness is preserved. Smoking is not permitted and your cooperation in providing a quiet environment is greatly appreciated.

FACILITIES

Shower facilities and towels are available for use prior and post treatment, located on level 9. If you wish to freshen up before your treatment, please allow additional time. Also, enjoy complimentary use of all City Club Health & Fitness Centre wet areas.

PAYMENT

We accept payments in cash, EFTPOS and all major credit cards. In-house guests may charge to their room account.

GRAND | HYATT™
MELBOURNE

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 @grandhyattmelbourne | @cityclubhealthandfitness