Wellbeing Services

City Club Health & Wellbeing offers a range of results-oriented massage therapies, aesthetic services and facial treatments with a focus on total wellbeing.

Our private treatment rooms are housed within one of Asia Pacific’s largest hotel gyms at Grand Hyatt Melbourne. With a team of highly trained professional therapists, we can customize treatments to suit the unique needs of the individual and address a range of areas including: high performance facials, detoxification, rejuvenation and relaxation to relieve overworked muscles and minds.

Utilisation of the pool, sauna and steam room is all part of the City Club Health & Wellbeing experience.

Suitable for unisex and available for all skin types and concerns include:
- Skin Ageing
- Redness
- Pigmentation
- Recovery
- Blemishes
- Pore refining

Medik8 is used in our beauty treatments and some of our most popular products include:
- Cleansers
- Serums
- Masks
- Exfoliators

Medik8 uses unique technology to deliver high performance advanced skin care with proven benefits for the skin. From active ingredients, to time release delivery systems, Medik8 products combine the best available technology to deliver long lasting and visible results.
## MASSAGE THERAPY

### Relaxation Massage
- **30 | 45 | 60 | 90 minutes**
- **75 | 95 | 110 | 155 price**
- Use of long, fluid, slow moving strokes to release unwanted tension and relax the mind, body and soul.

### Deep Tissue Massage
- **30 | 45 | 60 | 90 minutes**
- **75 | 95 | 110 | 155 price**
- Focuses on realigning deeper layers of muscle and connective tissue.

### Remedial Massage
- **30 | 45 | 60 | 90 minutes**
- **80 | 100 | 115 | 160 price**
- Addresses specific muscular-skeletal complaints or injuries to assist in recovery and rehabilitation.
  *This treatment can be claimed with most health funds*

### Pregnancy Massage
- **60 minutes**
  *Only available for women during their second and third trimester*

## PACKAGES

### Pick Me Up Package
- **60 minutes**
- Indulge your senses with a 30 minute skin sampler facial, followed by a 30 minute relaxation massage.

### Hideaway Package
- **120 minutes**
- Relax and unwind with a 60 minute relaxation massage, followed by a 60 minute signature facial.

## SKIN BOOSTING TREATMENTS

### Personalised Skin Consultation
- **30 minutes**
  *75

### Express Facial
- **30 minutes**
  *75

### Signature Facial
- **60 minutes**
  *130

### Radiance Boosting Facial
- **75 minutes**
  *150

## HANDS & FEET

### Ultra-Hand Renewal
- **60 minutes**
- Indulge your hands with this specialised treatment that soothes and hydrates. This treatment also includes a hand massage, nail maintenance and an optional polish to finish.

### Ultra-Foot Renewal
- **60 minutes**
- Spoil yourself or someone special with a treatment to soothe, exfoliate and hydrate tired feet. This treatment also includes a foot massage, nail maintenance and an optional polish to finish.

### Express Manicure
- **30 minutes**
  *Includes nail cut, file and polish*  
  *45

### Express Pedicure
- **30 minutes**
  *Includes nail cut, file and polish*  
  *45

## ENHANCEMENTS

### Tinting
- **Brow tint**  
  *20

- **Lash tint**  
  *30

- **Lash & brow tint**  
  *45

### Waxing
- **Brow**  
  *20

- **Lip**  
  *20

- **Chin**  
  *20

- **Underarm**  
  *25

- **Arm**  
  *40

- **Bikini Line**  
  *40

- **Half leg**  
  *40

- **Full leg**  
  *60

- **Chest**  
  *40

- **Back**  
  *60

- **Torso**  
  *60

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**Supervised hours:**

Monday to Friday 6:00am - 8:30pm | Weekend & Public Holidays 7:00am - 7:30pm

For more information please contact City Club Health & Fitness Centre:

Grand Hyatt Melbourne \ Level 9, 123 Collins Street Melbourne

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