



Wellbeing Services

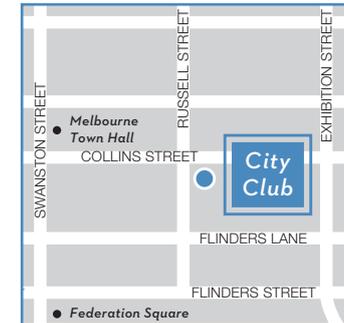
City Club Health & Wellbeing offers a range of results-oriented massage therapies, aesthetic services and facial treatments with a focus on total wellbeing.

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.

Where to find us:



Medik8[®]

BEAUTIFUL SKIN FOR LIFE

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.

Suitable for unisex and available for all skin types and concerns include:

- Skin Ageing
- Recovery
- Redness
- Blemishes
- Pigmentation
- Pore refining

Medik8 is used in our beauty treatments and some of our most popular products include:

- Cleansers
- Moisturisers
- Serums
- Masks
- Exfoliators



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 140

*Only available for women during their second and third trimester

PACKAGES

Pick Me Up Package

60 minutes 130

Indulge your senses with a 30 minute skin sampler facial, followed by a 30 minute relaxation massage.

Hideaway Package

120 minutes 230

Relax and unwind with a 60 minute relaxation massage, followed by a 60 minute signature facial.

SKIN BOOSTING TREATMENTS

Personalised Skin Consultation

30 minutes 45

Express Facial

30 minutes 75

Signature Facial

60 minutes 130

Radiance Boosting Facial

75 minutes 150

HANDS & FEET

Ultra-Hand Renewal

60 minutes 80

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 80

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 45

Includes nail cut, file and polish

Express Pedicure

30 minutes 45

Includes nail cut, file and polish

ENHANCEMENTS

Tinting

Lash tint 30

Brow tint 20

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

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

 hyatt.com/cityclub

 (03) 9653 4894

 [CityClubHealthFitness](https://www.facebook.com/CityClubHealthFitness)

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