

# 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.

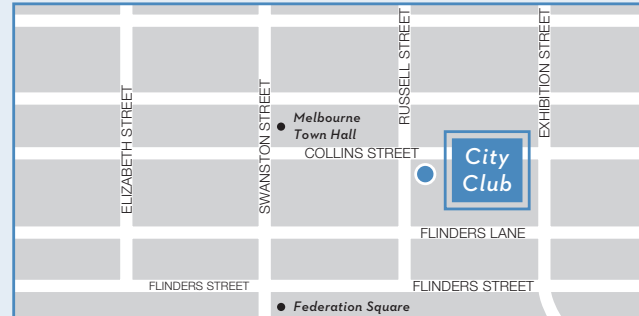
Our private treatment rooms are housed within one of Asia Pacific's largest hotel gyms at Grand Hyatt Melbourne.

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, massage, 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:



For more information please contact City Club Health & Fitness Centre:  
Grand Hyatt Melbourne | Level 9, 123 Collins Street Melbourne

 [hyatt.com/cityclub](http://hyatt.com/cityclub)  
 (03) 9653 4894

 [CityClubHealthFitness](https://www.facebook.com/CityClubHealthFitness)  
 [ghmelbourne.cityclub@hyatt.com](mailto:ghmelbourne.cityclub@hyatt.com)



## MASSAGE THERAPY

<i>Soothing &amp; Relaxation Massage</i>	30   60   90 minutes	75   110   155
<i>Aromatherapy Massage</i>	30   60   90 minutes	75   110   155
<i>Deep Tissue Massage</i>	30   60   90 minutes	75   110   155
<i>Remedial Massage</i>	30   60   90 minutes	80   115   160
<i>Pregnancy Massage</i>	60 minutes	140

## SKIN BOOSTING TREATMENTS

<i>Personalised Skin Consultation</i>	30 minutes	45
<i>Skin Sampler</i>	30 minutes	65
<i>Signature Customised Facial</i>	60 minutes	130
<i>Radiance Boosting Facial</i>	75 minutes	150

## SPA RITUAL PACKAGES

<i>Pick Me Up Package</i>	60 minutes	130
Indulge your senses with a 30 minute skin sampler facial, followed by a 30 minute relaxing aromatherapy massage.		
<i>Float Away Package</i>	120 minutes	180
Relax and unwind with a 60 minute aromatherapy relaxation massage, followed by a 60 minute peppermint foot renewal.		
<i>The Ultimate Escape Package</i>	180 minutes	300
Revitalise your body and soul with a soothing 90 minute aromatherapy relaxation massage, followed by a 75 minute radiance boosting facial. Finish off with a 15 minute scalp massage.		

## HANDS & FEET

<i>Peppermint Hand Renewal</i>	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.		
<i>Peppermint Foot Renewal</i>	60 minutes	80
Spoil yourself or someone special with a treatment to sooth, exfoliate and hydrate tired feet. This treatment also includes a foot massage, nail maintenance and an optional polish to finish.		

## ENHANCEMENTS

*Waxing and Tinting available*

# 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.

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

### *Cleansers:*

- Surface Radiance Cleanse
- Gentle Cleanse
- Cream Cleanse

### *Moisturisers:*

- Advance Day Total Protect
- Ultimate Recovery Intense
- Balance Moisturise

### *Serums:*

- Retinol Serum
- Hydr8 B5 Serum
- Calmwise Serum
- C Tetra Serum