



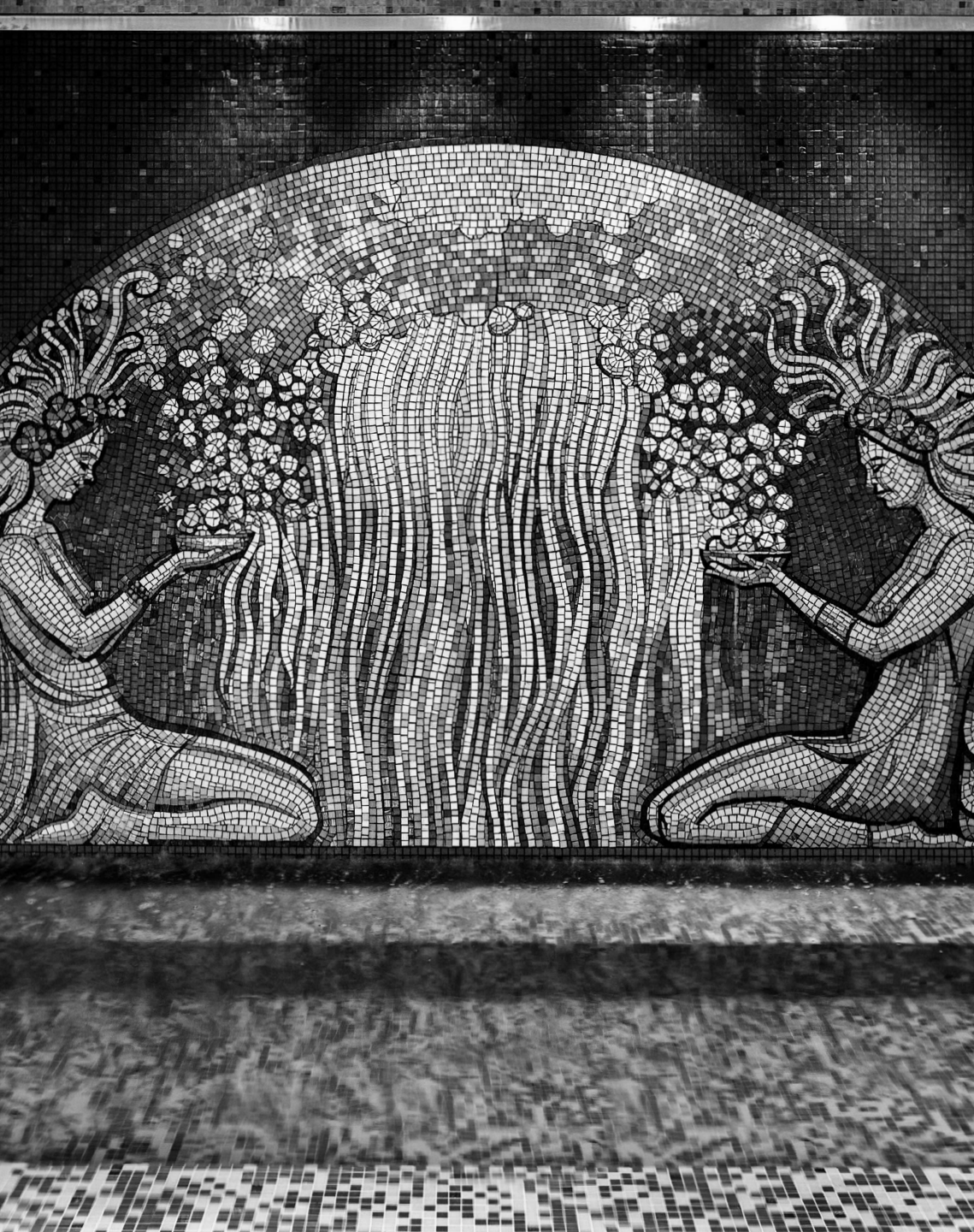
# PARK CLUB HEALTH AND DAY SPA

Nestled within the prestigious Park Hyatt Melbourne, Park Club Health and Day Spa invites you to experience the art of healing through advanced skincare, restorative body therapies, and holistic wellness rituals.

Our spa philosophy blends ancient wisdom with modern innovation, focusing on deep cellular repair, skin rejuvenation, and total well-being. Designed to enhance both beauty and vitality, our treatments provide a personalized, results-driven approach to self-care.

Your journey begins the moment you step through our doors, transitioning from the energy of the city into a serene oasis. Prepare your body and mind by immersing yourself in our 25m indoor infinity pool, Jacuzzi, steam room, and sauna - each enhancing the benefits of your chosen therapy. Our expert therapists will guide you through deeply restorative treatments that replenish and rejuvenate.

For spa guests enjoying treatments of an hour or longer, valet parking and two hours of complimentary access to our exclusive wet areas elevate your experience into a true escape.



# WELLNESS PACKAGES

Retreat to a private sanctuary tucked away at the Paris end of Melbourne city. Our holistic wellness retreat packages are designed using a variety of spa treatments for extraordinary results and natural products to refresh the

body, mind and spirit. All products are skin, animal and environmentally friendly, results focused, botanically active and made with natural essential oils with no artificial fragrances.

## TOTAL BODY WELLNESS | 120 min. | 150 min.

Foot Ritual – Body Treatment – Massage 30/60 min – Mini Facial

Begin with a grounding foot ritual using Himalayan and Dead Sea salt before continuing with an enriching body treatment. Choose between a 30 min or 60 min relaxation massage before finishing with a divine mini facial designed to brighten and smooth the skin.

WEEKDAY | WEEKEND

415 | 465 (120 min.)

500 | 550 (150 min.)

## HALF-DAY RETREAT | 240 min.

Foot Ritual – Body Wrap – Massage – Facial – Spa Lunch

Enjoy on your own or with a friend; your ultimate half-day spa retreat leaves you feeling pampered from head to toe. Your retreat begins with the use of our steam or sauna rooms before a welcoming foot ritual using Himalayan and Dead Sea salt. Indulge in a calming and intensely hydrating Shea Butter Cocoon wrap rich in vitamins and antioxidants. A 60 min relaxation massage follows finishing with a 60 min Aromatic Botanical facial. Your retreat includes spa refreshments and lunch enjoyed at your leisure.

770 | 825

## GENTLEMAN'S RETREAT | 120 min.

Foot Ritual – Back Exfoliation – Mini Facial – Massage

The ultimate male escape. Unwind in style with this rebalancing and relaxing treatment that begins with a grounding foot ritual. Cleanse and refresh dull, coarse skin with a stimulating back exfoliation. Enjoy a 60 min massage aimed at alleviating muscular soreness before finishing with a mini facial designed to hydrate and reduce signs of fatigue.

410 | 470

\* All treatments include access to steam, sauna, pool as well as four-hour valet parking  
\* All prices are per person

All prices are in Australian dollars.



# SIGNATURE EXPERIENCES

Our tailored Signature Experiences have been designed to unwind your mind and body. The perfect way to enjoy quality time with a friend or loved one.

## SPA and AFTERNOON TEA | 60 min. (WEEKEND ONLY)

WEEKDAY | WEEKEND  
- | 298

Massage – Afternoon Tea & Signature Sip.  
Indulge in a serene afternoon escape. Enjoy the soothing steam room followed by a 60-minute relaxation massage. Then, unwind in The Lounge with Afternoon Tea and a thoughtfully curated signature sip. Available weekends only.

## ROMANCE AT THE PARK | 90 min.

310 | 330

Massage – Facial – Glass of champagne  
A perfect escape for two in a private couples suite including a relaxing full body massage and a mini facial designed to brighten and smooth the skin.

## THE QUEEN RITUAL PACKAGE | 120 min.

400 | 420

A soothing and restoring ritual harnessing the calming ingredients like calendula, and linseed and borage oils, your skin is soothed, calm, plumped and rested, this comprehensive ritual will leave your skin feeling restored and hydrated featuring a 60min massage followed by the Omorovicza iconic Queen Facial.

## SPA and DINE | (TUESDAY TO SATURDAY)

390pp | 410pp

Massage – Dinner and sparkling wine  
The ultimate experience: upon arrival, enjoy some tranquil time in the steam room before a relaxing full body treatment designed to rejuvenate your skin. After your treatment, adjourn to the hotel's radii restaurant and bar for a fine dining experience, served in a relaxed yet elegant setting.

All prices are in Australian dollars.





# BODY TREATMENTS

Our therapeutic body treatments are customized to hydrate, remineralise, smooth and soften your skin.

## **GOLDEN BODY TREATMENT | 60 min.**

This luxury full body scrub incorporates a combination of gold extracts and sugar to heal and revitalize the skin. Gold Sugar Scrub is an exfoliator combining the refining power of Cane Sugar with the rejuvenating benefits of Colloidal Gold. Infused with a unique blend of floral oils for a sensorial spa experience, enriched with peptides to boost micro-circulation, this scrub leaves skin polished, nourished and glowing with vitality.

WEEKDAY | WEEKEND  
240 | 260

## **PURIFYING LEMON MYRTLE CLAY BODY WRAP | 90 min.**

320 | 340

Begin with a grounding foot cleanse and exfoliation to prepare your skin for a luxurious blend of Australian Bentonite Clay and Lemon Myrtle to help detoxify your skin and body of impurities. Wrapped up in a cocoon, relax with a restorative scalp massage to finish.

## **CALMING SHEA BUTTER COCOON | 60 min.**

235 | 255

Stimulating dry body brushing prepares the skin for this deeply hydrating and nourishing Shea Butter Cocoon infused with Sandalwood melting into your skin and finishing with a foot massage.

\*Suitable for 2nd or 3rd trimester

All prices are in Australian dollars.





# MASSAGE TREATMENTS

60, 75, 90 minutes

All massage treatments include essential oils with pure herbal extracts.

Our massages can be combinable with any facial.

WEEKDAY | WEEKEND

230 | 245 (60 min.)

275 | 290 (75 min.)

300 | 320 (90 min.)

## RELAXATION

Smooth flowing techniques combined with light to moderate pressure reduces tension and stress, improves blood circulation, inducing deep relaxation and leaves you feeling balanced and calm.

*\*This massage is not a deep tissue or firm*

## TENSION RELIEF

Deep tissue techniques designed to target specific area to relieve tired muscles and stimulate the senses. Revive the spirits and de-stress.

*\*This massage is not a remedial massage*

## HOT STONE MASSAGE

A therapeutic massage using warm stones and a medium to deep pressure to intensely soothe tired, aching muscles and to increase relaxation.

260 | 280 (60 min.)

## PRE and POST NATAL MASSAGE | 60 min. only

Specifically designed for pregnancy and tailored to reduce stress throughout especially through the back and ankles. The legs are massaged to ease the heavy feeling that can come with pregnancy followed by a full scalp massage.

*\*only available in 2nd and 3rd trimester*

240 | 260 (60 min.)

All prices are in Australian dollars.



# FACIAL THERAPIES

Our facial collection harnesses Omorovicza's clinically proven skincare and our expert techniques to combat the effects of urban living, restoring radiance, hydration, and balance.

## BLUE DIAMOND FACIAL | 90 min.

The ultimate anti-ageing facial brightens, lifts and re-vitalises the skin. Includes a cooling eye treatment and traditional Hungarian facial massage to

accelerate the oxygenation of the skin to re-energise and lift.

*Recommended for dry / dehydrated skin*

WEEKDAY | WEEKEND

345 | 365

## ILLUMINATING FACIAL | 75 min.

The ultimate prescription for dull or lacklustre skin, especially ideal as a post-travel treatment, during the winter or for those concerned with hyper-pigmentation. Includes a copper peel, to reveal instant results and a renewed, radiant layer of skin. Vitamin C is paired with The Healing Concentrate™ to

maximise its illuminating benefits. Facial Massage stimulates cell renewal and collagen production and has an instantly lifting and firming effect.

*Recommended for dull / lacklustre skin*

265 | 285

## QUEEN SKIN THERAPY FACIAL | 60 min.

A moment suspended in time, this facial ritual blend highly sensorial textures and scents with nourishing and repairing actives, for youthful-looking skin and the most indulgent relaxation. Hungarian massage techniques lift, firm

and sculpt and calming therapeutic ingredients, this luxurious, hard-working treatment will leave skin glowing.

*Recommended for all skin types, including sensitive, menopausal and hormonal skin.*

235 | 265

## MOOR MUD CLEANSING FACIAL | 60 min.

A balancing, detoxifying treatment that leaves the skin feeling nourished. Rich in vital minerals to decongest, refine skin's texture, deeply nourish and

hydrate while providing a unique sensory experience on the skin.

*Recommended for oily / combination skin*

235 | 265

## ADD ON - SOOTHING EYE TREATMENT | 15 min.

A Soothing Eye Treatment, to reduce wrinkles and add lift, Cooling Dermaglobes soothe and relax the eye contour for brighter refreshed eyes.

80 | 90

All prices are in Australian dollars.



# ENHANCEMENTS AND AESTHETICS

Upgrade your treatments by choosing one or more of our carefully created service enhancements which can be incorporated to facial, body and massage services. All enhancements must be booked and received with a treatment.

## ENHANCEMENTS

- Mini Facial | 30 min.
- Hair and Scalp Ritual | 30 min.
- Grounding Foot Ritual | 30 min.
- Deluxe Manicure/Pedicure | 60 min.  
\*(Standard polish, no gel, acrylic or shellac)
- Soothing Eye Treatment | 15 min.

WEEKDAY | WEEKEND

- 165 | 185
- 150 | 170
- 150 | 170
- 170 | 190
- 80 | 90

## AESTHETICS

- Lip, Chin or Brow Wax | 15 min. | 45 min.
- Bikini (no Brazilian) Wax | 30 min.
- Half Leg Wax | 30 min.
- Full Leg Wax | 45 min.
- Back or Torso Wax | 30 min.
- Arm Wax | 30 min.
- Brow or Lash tint | 30 min.

- 35 | 55 (15 min.)  
70 | 90 (45 min.)
- 55 | 75
- 55 | 75
- 75 | 95
- 75 | 95
- 55 | 75
- 45 | 65

## ADDITIONAL SERVICES AVAILABLE ON REQUEST

- Bridal Packages and Pre-wedding day preparation
- Relaxation packages for bride and groom
- Manicures and pedicures for bridal party and VIP guests
- Hair Styling and blow wave
- Make-up application
- Personal Training, Yoga, Meditation classes and Tennis coaching available upon request.

All prices are in Australian dollars.





# INDULGENCES

Customise your Spa experience and spoil yourself or your loved one with pampering treats.

Chocolate Amenity	9
Macaron Amenity	16
Seasonal Fruit Platter	18
Bowl of Strawberries	12.5
House Cocktail	24
Glass of French Champagne	27
Bottle of Veuve Clicquot	160

All prices are in Australian dollars.



# PARK CLUB HEALTH AND DAY SPA MEMBERSHIP

Located in the heart of Melbourne tucked away from the hustle and bustle of the city, Park Club Health and Day Spa is a superbly equipped haven offering a wellness retreat a boutique fitness facility and 25 metre indoor pool. A club founded to provide a private members fitness and lifestyle club with all the luxury hotel services that are part of Park Hyatt Melbourne.

## HEALTH CLUB MEMBERSHIP

Park Club Health and Day Spa offers three membership programmes.

MEMBERSHIP TYPE	GOLD	PLATINUM	DIAMOND
Joining fee (one-off)	\$250	\$250	\$250
Membership fee – 6 months	\$1430	\$1560	\$2925
Membership fee – 12 months	\$2860	\$3120	\$5850
Fortnightly Membership Fee	\$110	\$120	\$225

## GOLD MEMBERSHIP

- Access to 25 metre indoor lap pool, Jacuzzi, steam room and sauna
- Discounted locker
- Complimentary tennis court hire
- Complimentary valet parking
- 20% discount at radii restaurant and bar and Tea Lounge
- 10% discount on spa treatments
- 15% discount on laundry and dry cleaning services

## PLATINUM MEMBERSHIP

In addition to Gold Membership benefits, Platinum members receive:

- Access to the gymnasium
- A complimentary fitness assessment and 30 minute personal training session

## DIAMOND MEMBERSHIP

Additional benefits for Diamond members include:

- Complimentary small permanent locker
- Complimentary laundry of exercise garments once per month
- One 60 minute personal training session per month
- One 60 minute relaxation massage per month

Please contact Park Club Health and Day Spa reception for further information.

All prices are in Australian dollars.



# 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 the spa at least 15 to 30 minutes prior to your appointment. This will allow you time to complete a consultation form, use the steam room and sauna, and relax in the lounge to enjoy our signature tea. 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 hours notice in advance is required for cancellations. If treatment is cancelled within 24 hours, a 50% charge of the scheduled treatment will apply. Failure to arrive for your scheduled appointment will result in a 100% charge of your scheduled services.

## *health and 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*

Park Club Health and Day Spa 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. Park Club Health and Day Spa cannot be held responsible for lost or misplaced personal items.

## *spa environment*

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 Park Club Health and Day Spa 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. If you wish to freshen up before your treatment, please allow an additional 30 minutes. Also, enjoy complimentary use of all Park Club Health and Day Spa wet areas when you book an hour treatment or longer.

\*Please note that the maximum usage is up to 2 hours. Public or Casual access is not available.

## *parking*

Enjoy four-hour valet parking with our compliments when you book any hour treatment or longer. Subject to availability. Terms and conditions apply.

## *payment*

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

## *gift vouchers*

Give the gift of sparkling health, beautiful skin and total rejuvenation with a Park Club gift certificate. Available at the spa reception or by phone purchase. Our gift vouchers are an EFTPOS style card, and cannot be extended or replaced once expired.

## *retail therapy*

Complement your spa experience or create the Park Club ambience in your own home with our beautiful selection of retail products. Please ask your therapist to recommend which products are suitable for you, or visit the spa reception to view our beautiful range available for men and women of all ages.