



THE SPA

MENU

PARK HYATT SYDNEY™

Your ideal day spa experience awaits
at The Spa at Park Hyatt Sydney.
Drawing on the teachings of the dreaming,
The Spa's philosophy is born of the stories
connected to the natural essence of our land.

Connecting every treatment to
the sun, the wind, the water, the flowers and the earth,
we enrich and renew with truly holistic treatments,
providing inspiration for personal discovery,
while delighting the senses.

Each treatment is tailored perfectly to you
and delivered through a tranquil sensory journey.
Intimate, private treatment rooms become
your sanctuary where you are our sole focus.

THE SPA RITUALS

Reinvigorate wellness with our holistic experience,
designed to pamper your whole being, connecting you and your inner spirit.

Restoring balance and harmony to the body and mind as you embrace
new energy into your life. Retreat and enjoy a haven of contemplation and
relaxation that will renew and reactivate your very being.

Jet Lag Rebalance

90 minutes | Mon-Thu AUD 280 / Fri-Sun AUD 305

120 minutes | Mon-Thu AUD 380 / Fri-Sun AUD 405

A revitalising full-body treatment for travellers seeking balance and renewal. This experience combines herbal aromatics, stretching, acupressure and gentle biohacking techniques to reset the body's circadian rhythm. Steamed poultices infused with peppermint, kunzea and eucalyptus are rhythmically pressed and rolled across the body to awaken the senses, stimulate circulation, strengthen immunity and promote clarity of mind. The journey continues with a cooling drainage massage for the legs and feet to ease fluid retention, followed by a soothing abdominal massage to support digestion and relieve bloating.

120-minute treatment includes a refresher facial with red-light LED therapy to leave you fully restored.

Sleep Remedy

60 minutes | Mon-Thu AUD 220 / Fri-Sun AUD 245

90 minutes | Mon-Thu AUD 280 / Fri-Sun AUD 305

A deeply restorative experience designed to calm the mind and prepare the body for restful sleep. This gentle massage blends traditional Swedish techniques with aromatherapy to encourage relaxation and stillness. The ritual begins with a steam inhalation of our organic sleep essential oil blend, soothing the senses before warm aromatic oils are applied in long, flowing strokes. The rhythmic motion encourages the body's natural 'rest and digest' response, easing tension and quietening the nervous system. To complete the experience, a neck and scalp massage focuses on pressure points around the eyes and forehead, inviting a state of peaceful slumber.

Rainforest Revival

90 minutes | Mon-Thu AUD 345 / Fri-Sun AUD 380

Breathe new life into your body and soul and enjoy a fresh start with this uplifting ritual. A sea salt scrub smooths skin and prepares the body to fully enjoy the benefits of a massage that focuses on releasing tension. This leaves you as energised as taking a walk in the forest.

Australian Lemon Myrtle Body Scrub + Reviving Full Body Massage + Foot Massage with Cucumber Mask

Dreaming

90 minutes | Mon-Thu AUD 345 / Fri-Sun AUD 380

A breathwork wind-down to slow down the mind promoting restorative, healing sleep. Soothing essential oils are combined with the art of massage and guided breathing work to lull you to a meditative-like state.

Skin is cleansed and hydrated with a vitamin boost to nourish through the night. This treatment includes a sleep ritual kit with herbal tea and aromatherapy for you to enjoy to prepare you for bed before you sleep.

Aromatherapy De-stress Full Body Massage + Refresher Facial + Sleep Ritual Kit

Skin, Mind & Body Balance

120 minutes | Mon-Thu AUD 455 / Fri-Sun AUD 480

De-stress the mind, balance the body, and boost skin hydration in this blissful head-to-toe ritual. Soothing essential oils will slow down time and drift you to a blissful state of relaxation and wellbeing. This calming journey will leave you relaxed, radiant and hydrated.

Australian Jojoba & Orange Body Scrub + Aromatherapy De-stress Full Body Massage + Well-being Radiance Facial + Soothing Foot Treatment

Wellness

150 minutes | Mon-Thu AUD 485 / Fri-Sun AUD 520

A sense of renewal and wellness for skin and mind.

This journey begins with a mindful moment as you set the intention for your experience by intuitively choosing from one of 5 aromatherapy oil blends to customise your massage to you. Your skin will then receive the quenching, vitamin boosting benefits of a deep cell hydration facial which focuses on cleansing, exfoliation, serums and mask with tension releasing facial massage.

Full Body Aromatherapy Massage + Organic Deep Cell Hydration Facial



THE SPA MASSAGE

Experience a tailored massage to enhance relaxation, reduce stress, stimulate inner strength, regain balance and restore the equilibrium of your senses.

Muscular Well-being

60 minutes | Mon-Thu AUD 220 / Fri-Sun AUD 245

90 minutes | Mon-Thu AUD 280 / Fri-Sun AUD 305

Customised massage for release of tension from the deeper tissues to balance muscular imbalances. With organic, anti-inflammatory herb and plant infused oils, including a warming trio of Australian eucalypt and arnica, to deliver effective results.

Aromatherapy Massage

60 minutes | Mon-Thu AUD 210 / Fri-Sun AUD 235

90 minutes | Mon-Thu AUD 270 / Fri-Sun AUD 295

This full-body relaxation massage combines rhythmic movements and gentle massage with the art of the senses. Create your own journey with your choice of one of five iKOU organic, aromatherapy plant oil blends. Intuitively guide your mind and body to greater relaxation and energy balance.

Hot Stone Massage

90 minutes | Mon-Thu AUD 330 / Fri-Sun AUD 355

120 minutes | Mon-Thu AUD 440 / Fri-Sun AUD 465

Surrender to a rejuvenating experience for the mind and body as skilful hands accompany warm stones to soothe the soul. The warm stones are placed on various energy points to stimulate the body's natural healing potential while melting away muscle tension and improving blood circulation.

Back Massage

30 minutes | Mon-Thu AUD 130 / Fri-Sun AUD 150

This treatment incorporates a relaxing massage and covers the full back. Focusing on specific areas of tension, finishing with a hot towel compress to remove the oil.

Head, Neck & Shoulder Massage

30 minutes | Mon-Thu AUD 130 / Fri-Sun AUD 150

Ease tension with our Head, Neck and Shoulder massage. Incorporating scalp massage, this treatment will leave you feeling relaxed and restored.

Foot Massage

30 minutes | Mon-Thu AUD 130 / Fri-Sun AUD 150

Including a foot and lower leg massage, this treatment will help to relieve tension for overworked and tired feet. Hot towel compressions are used to clean and warm the feet in preparation for the treatment.

Pregnancy Massage

60 minutes | Mon-Thu AUD 220 / Fri-Sun AUD 245

Available on request.



THE SPA MASSAGE



THE SPA FACIAL

Reveal a radiant glow with instant results;
the perfect indulgence to enjoy before a massage.

The La Mer Hydrating Facial

60 minutes | Mon-Thu AUD 390 / Fri-Sun AUD 415

90 minutes | Mon-Thu AUD 500 / Fri-Sun AUD 525

This luxurious, pampering treatment infuses skin with La Mer's transformative benefits of the Miracle Broth™ while enhancing skin's energy. The facial offers a customised massage experience, floods skin with waves of hydration helping to reverse early signs of visible ageing and awakens inner radiance.

The La Mer Sculpting Facial

60 minutes | Mon-Thu AUD 390 / Fri-Sun AUD 415

90 minutes | Mon-Thu AUD 500 / Fri-Sun AUD 525

This luxurious, pampering treatment provides a vibrant lifting experience, infusing skin with La Mer's transformative benefits of the Miracle Broth™ while enhancing energy in the skin. The Lifting Massage Sequence begins by warming facial muscles to stimulate micro-circulation, followed by a deep tissue massage to enhance visible density, dimension and definition.

The Golden Hour Facial

60 minutes | Mon-Thu AUD 410 / Fri-Sun AUD 435

24 hours of La Mer in one restoring treatment. This sensorial experience begins with a luxurious facial massage inspired by the phases of the moon, paired with our tranquil day-to-night massage tool to induce deep relaxation. Slow, deep pressure and skillful hand movements target stressed muscles in the neck and shoulders. Evoke the senses as our aestheticians use gliding, kneading and pressure point movements to warm muscles and unlock tension for a great night's sleep and a journey into overnight skin hydration.

THE SPA FACIAL

iKOU White Flannel Flower Age-Defying Facial

90 minutes | Mon-Thu AUD 375 / Fri-Sun AUD 400

Radiant skin is revealed using serums, masques and infusions made of active, organic ingredients extracted from unique, high-performance Australian plant, fruit and flowers essences. This beautiful, detailed facial incorporates aromatherapy scalp, foot, arm and lower leg massage with Australian White Flannel Flower, to inspire a blissful experience.

iKOU Signature Facial

60 minutes | Mon-Thu AUD 235 / Fri-Sun AUD 260

A deep cleansing, purifying treatment customised based on skin type. Includes an exfoliating peel to renew the skin, a stimulating massage to promote circulation and a personally selected masque to balance and nourish the skin.

iKOU Deep Cell Hydration Facial

60 minutes | Mon-Thu AUD 235 / Fri-Sun AUD 260

This deeply hydrating facial features high-performance luxury organic products that work in harmony with the skins natural cycle to restore skin health. A signature hyaluronic infusion with organic Wild Hibiscus restores balance and calm, leaving you with for a fresh, dewy glow and a tranquil state of mind.

iKOU Gentleman's Facial

60 minutes | Mon-Thu AUD 235 / Fri-Sun AUD 260

Quench thirsty skin for instant visible results with this deeply hydrating facial for gentlemen's skin.



THE SPA FACIAL



THE SPA BODY

Polish away dull skin to reveal a radiant glow with instant results.
Rich in essential fatty acids and antioxidants with selected oils to promote cell renewal and long-lasting healthy skin results. The perfect indulgence to enjoy before a massage.

Organic Italian Orange & Australian Jojoba Body Buff

60 minutes | Mon-Thu AUD 220 / Fri-Sun AUD 245

A fast results sugar scrub rich in hydrating Jojoba oil for cell renewal and healthy skin.
SKIN TYPE: Normal to dry and dehydrated. MIND BENEFITS: De-stresses and inspires happiness.

Lemon Myrtle Renewal Body Scrub

60 minutes | Mon-Thu AUD 220 / Fri-Sun AUD 245

A detoxifying, energising salt scrub with deep cleansing Lemon Myrtle for the rejuvenation of balanced skin types.
SKIN TYPE: Normal to oily and decongested skin. MIND BENEFITS: Reviving and cleansing.



COUPLES SPA JOURNEYS

Indulge in a little personal time with someone special at The Spa.

Decadence

180 minutes | Mon-Thu AUD 1150 / Fri-Sun AUD 1260

Allow yourself and your loved one to drift off and surrender to the gifted hands of your therapists. This spa journey will leave you feeling relaxed and rejuvenated.

For him: 30-minute salt & oil body scrub + 90-minute massage + 60-minute Gent's Facial

For her: 30-minute salt & oil body scrub + 60-minute massage + 90-minute White Flannel Facial

Couples At The Spa

120 minutes | Mon-Thu AUD 760 / Fri-Sun AUD 810

Immerse in 90 minutes of relaxation with your choice of a Aromatherapy or Deep Tissue Massage for two, followed by a 30-minute suite time with a fruit platter and two glasses of chilled French champagne. Bring your memorable experience home with you with a personalised wellness gift with our compliments.

Suite Time at The Spa

30 minutes | AUD 210

Enhance your couple's spa journey with this experience. Relax in the comfort of the private steam room within the Couples' Suite after your chosen treatment, while enjoying two glasses of Australian sparkling wine and a fruit platter to share.

COUPLES SPA JOURNEY



THE SPA ENHANCEMENTS

Body Scrub

30 minutes | Mon-Thu AUD 135 / Fri-Sun AUD 155

Polish away dull skin to reveal a radiant glow with instant results. Using an aromatherapy infused salt body scrub, this is the ideal indulgence prior to a massage.

Refresher Facial

30 minutes | Mon-Thu AUD 135 / Fri-Sun AUD 155

This relaxing facial incorporates a décolletage and scalp massage, leaving your skin refreshed.

Red-light LED Therapy

15 minutes | Mon-Thu AUD 50 / Fri-Sun AUD 65

A rejuvenating light treatment that stimulates collagen production, reduces inflammation and promotes cellular renewal leaving the complexion visibly refreshed.

THE SPA ADD-ONS

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