



Sheraton[®]

MELBOURNE HOTEL



Spa Treatment Menu

Facial

SKIN CONSULTATION

20 MINUTES | \$25

Our spa therapist will run a full consultation on your skin, advising you of the best treatment and product suitable. Skin consultations are complimentary with all advanced treatments.

PURI SOLUTION

30 / 60 MINUTES | \$105 / \$165

Detoxify and deeply cleanse with a heating volcanic ash exfoliation and clarify with a mint and clay mask. This specialised treatment leaves the skin clear, calm and refreshed limiting oiliness and shine. Suitable for oily, T-zone skin.

HYDRATION FACIAL

30 / 60 MINUTES | \$105 / \$165

A “fresh-hydrating” mask with Hyaluronic Acid and Creatine is applied on the entire face and neck to stimulate all senses and thoroughly restore the skin’s hydration.

SENSITIVE SOLUTION

60 / 90 MINUTES | \$165 / \$235

Repairing, soothing and cocooning, this gentle yet targeted treatment will provide long term comfort while reducing signs of redness and irritation. The skin will be totally restored and softened.

LIFT ABSOLU

90 MINUTES | \$245

To give the skin a lifting effect, a highly anti-aging treatment using a unique combination of active ingredients which will stimulate the collagen level. A unique moment for a complexion that radiates beauty.

ACNE PRONE

90 MINUTES | \$245

A more intensive treatment to give the skin a deep cleanse as well as treating pimples and acne. Steaming and extraction in this treatment will immediately reduce the skins oiliness and breakouts.

INTENSE COLLAGEN HYDRATION

90 MINUTES | \$245

Total infusion of hyaluronic acid treating all signs of dehydration and fine lines. This facial treats and prevents premature ageing while providing a continuous dilution of moisture within the skin. Suitable for dry and dehydrated skin.

DETOX ABSOLU

90 MINUTES | \$245

A unique facial treatment using a mask to detoxify, brighten, hydrate, and infuse active ingredients to give you maximum results using a magnet to remove the mask, a truly unique treatment to the skin.

TECHNI SOLUTION

90 MINUTES | \$245

An immediate “new skin” effect, AHA peeling softens deep wrinkles and fine lines. Highly intense treatment to combat anti-aging. The rebalancing mask restores the skin’s pH for an amazing rejuvenating effect.

SUPREME JEUNESSE

120 MINUTES | \$280

The signature Payot treatment for The Spa at Sheraton Melbourne: A 120 minute anti-aging treatment to act simultaneously on wrinkles, slackening skin, uneven complexion and dark spots. Gommage Perles is used to exfoliate, an innovative exfoliating skincare product with beads that melt to transform into a granular scrub. It targets wrinkles, eliminates dead skin cells and boosts cellular regeneration, increasing firmness and elasticity.

Masque Crystal is applied, this is a smoothing regenerating mask that improves the skin’s elasticity and illuminates and unifies the complexion. To finish, a special treatment is added to the arm which exfoliates and smoothens the skin.

INTENSIVE EYE TREATMENT

60 MINUTES | \$145

Instantly decongests, reduces puffiness and firms the skin; this specific eye treatment will brighten, invigorate and refresh the eye area. This treatment is beneficial for all!

PETITE PEEL

30 MINUTES

30% / 50% / 70%

\$85 / \$95 / \$105

3 X 30 MINUTE SESSION’S

30% / 50% / 70%

\$205 / \$235 / \$265

This exceptional treatment constitutes a clinically proven alternative to invasive medical interventions with no downtime. Using 30%, 50% and 70% glycolic acid and vitamins and minerals to replenish the skin, the result is smooth, firm and brighter skin. For best results, a program of 4 to 6 treatments every 7 to 10 days is recommended. One to two programs per year are suggested to maintain glowing, brighter and smoother skin.

‘ADD ON’ TREATMENTS FOR FACIALS

‘Add on’ treatments are available to enhance your experience when you book our 30 minute, 60 minute or 90 minute treatments.

HAND SCRUB AND PARAFFIN | \$35

FEET SCRUB AND PARAFFIN | \$35

EYE MASQUE | \$35

PETITE PEEL | \$45

DOUBLE EYE MASK-LIFTING | \$28

DOUBLE EYE MASK-HYDRATING | \$28

DOUBLE EYE MASK-VITAMIN C | \$28

NECK MASQUE | \$45

Advance Facial Treatment

Complimentary skin consultation and diagnosis are recommended before having the first treatment in any of our advance facial treatment. Allocate 30 minutes before your appointment time.

OXYGEN INFUSION TREATMENT

A facial to remember! Start with a deep cleanse, steaming, extraction, ultrasonic machine and oxygen infusion. This treatment reduces puffiness around the eye area, lifts the cheek area and hydrates the entire skin.

INTENSIVE REJUVENATION OXYGEN TREATMENT

90 MINUTES | \$280

This skin quenching treatment provides the ultimate intense hydration, perfect for all skin types, a rejuvenation serum is used to infuse the skin which contains vitamins and antioxidants that dramatically lift, tone and hydrate the skin.

OPULENCE BRIGHTENING OXYGEN TREATMENT

90 MINUTES | \$280

Reveal a more radiant youth skin with botanical brighteners and super concentrated Vitamin C to brighten and balance a dull, uneven skin tone. Pigmentation is minimised, leaving the skin luminous and toned.

ATOXELENE LINE SMOOTHING TREATMENT

90 MINUTES | \$280

This targeted treatment is the perfect, non-invasive alternative to reduce lines. Instantly firm, lift and plumping up of the skin for a dramatically reduced appearance of fine lines and wrinkles.

OXYGEN EYE LIFTING TREATMENT

60 MINUTES | \$185

Infusion of 100% oxygen to the eye area to decongest, reduce puffiness, lift, firm and hydrate the skin. This eye treatment will brighten, invigorate and refresh the eye area. Highly recommended!

ANTI-AGING NECK LIFTING TREATMENT

60 MINUTES | \$185

Start with the an AHA peel to remove dead skin and encourage new skin, followed by an infusion of Hyaluronic acid using ultrasound to immediately hydrate the skin. Complete your treatment with a 100% oxygen infusion for lifting and contouring of the neck line.

DÉCOLLETÉ TREATMENT

60 MINUTES | \$185

A specialised treatment for the décolleté which targets the visible signs of ageing. Start with the AHA peel to remove dead skin and encourage new skin, followed by an infusion of Hyaluronic acid using ultrasound to immediately hydrate the skin. Complete your treatment with a 100% oxygen infusion for lifting and contouring of the décolleté area

NECK LIFTING & DÉCOLLETÉ TREATMENT

90 MINUTES | \$280

Maximum treatment to treat the neck and décolleté area to give a lifting and intense hydration. Start with an AHA peel to remove dead skin and encourage new skin, followed by an infusion of Hyaluronic acid using ultrasound to immediately hydrate the skin. Complete your treatment with a 100% oxygen infusion for lifting and contouring of the neck line. A perfect combination.

Advance Facial Treatment

B+ WITH IPL TREATMENT

Brighten up your skin with a powerful and intense bright light using IPL technology.

IPL technology is a non-invasive treatment for pigmentation and to increase collagen level. This facial is a boost of energy to your epidermis layer using intense regulated pulsed light to penetrate to the skin on the deepest layer to produce new collagen and connective tissue, thus creating healthier, brighter, firmer and smoother skin.

Suitable with following conditions:

- an actinic lentigo made by sun and wind exposure.
- a senil lentigo (also called liver spot) due to sun and wind exposure.
- a melasma due to pregnancy or contraception pills
- old ephelides (dark freckles)
- sagging and lack of elasticity

WHOLE FACE | \$450

(forehead, cheeks, upper lip, chin and jawline)

EYE AREA | \$130

(surrounding of including eye area, temple, crow feet area, eye contour)

FOREHEAD | \$130

CHEEK AREA | \$220

NOSE | \$80

UPPER LIP | \$80

CHIN AREA | \$100

JAWLINE AREA | \$180

NECK | \$350

SR+ TREATMENT

The skin is prepped with a maximum cleanse followed by microdermabrasion to gently remove unwanted dead skin followed by micro needling to stimulate the epidermal and dermal skin function. It also helps to improve the microcirculation, activation of formation of fibroblasts and improvement of the cell function. It's an excellent treatment for expression marks, deep and lip wrinkles, acne scars, age spots and décolleté lines. Creating over 500,000 micro channels into the skin to penetrate the active ingredients for better result. Give your skin one cycle (28 days) to see better result after every treatment.

Recommended a series of treatment to see maximum result.

Step 1 – **Microdermabrasion**

Step 2 – **Skin Needling**

Step 3 – **Spot Treatment and Skin Stimulation**

SR+ TREATMENT

90 MINUTES | \$380

MICRODERMABRASION WITH AHA

60 MINUTES | \$200

30 MINUTES | \$150

Advance Facial Treatment

ACCELERATOR PROGRAM

This program is highly recommended to accelerate the result and to treat the problem skin in a short period of time.

MINI BOOSTER PROGRAM | \$488

Recommended to do within 4 weeks to see better result.

PETITE PEEL 30 MINUTES X 3 SESSIONS

ADVANCE TREATMENT 60/90 MINUTES X 1 SESSION

PLUMPING UP PROGRAM | \$688

Recommended for dry and dull skin.

HYDRATION FACIAL 90 MINUTES X 1 SESSION

PETITE PEEL X 1 SESSION

OXYGEN INFUSION TREATMENT X 2 SESSION

SUPREME BOOSTER PROGRAM | \$999

This program will give a maximum result in a short period of time. Recommended for dry, pigmented and scared skin.

PETITE PEEL 30 MINUTES X 2 SESSIONS

HYDRATION FACIAL 90 MINUTES X 1 SESSION

B+ WITH IPL 60 MINUTES X 1 SESSION

SR+ TREATMENT 90 MINUTES X 1 SESSION

OXYGEN INFUSION TREATMENT 90 MINUTES X 1 SESSION

Hands, Feet, Tinting & Waxing

Our range of treatments will help condition and strengthen your nails and hydrate the skin, the ultimate pampering experience for your hands and feet.

HANDS / FEET ULTIMATE PAMPER

90 MINUTES | \$140 / 150

Massage and scrub the hands or feet using our antioxidant cream and scrub. Followed by a paraffin wrap to hydrate the skin and finished off by buffing, filing, cleaning the cuticles and applying nail polish; the ultimate treat for your hands or feet!

HANDS / FEET DELIGHT

70 MINUTES | \$80 / \$90

Massage and scrub the hands or feet before the application of a hydration mask and finished off by buffing, filing, cleaning the cuticles and applying nail polish; a treat to remember!

LADIES EXPRESS MANICURE / PEDICURE

30 MINUTES | \$45 / \$40

Brushing, nail cutting, filing, buffing and finished off with a nail polish application.

HAND / FEET & SCRUB PARAFFIN

30 MINUTES | \$55

Soften and hydrate your feet by using bamboo scrub and paraffin wax.

WAXING

FULL ARM | \$45

HALF ARM | \$25

FULL LEG | \$50

LOWER LEG | \$30

UNDERARM | \$20

EYEBROW | \$20

UPPER LIP | \$10

CHIN | \$15

BRAZILIAN/HOLLYWOOD | \$60

BIKINI | \$25

TINTING

EYEBROW | \$30

EYELASH | \$30

EYEBROW AND EYELASH | \$50

Body Massage

Where east meets west; the profound effect of rhythmic bodywork which incorporates a mixture of oriental acupressure and western techniques with Polynesian style flowing strokes. This massage brings the body to the next level of relaxation; a total balance for body, mind and soul.

PEACE

Uses a combination of Swedish and Balinese massage strokes to pamper and relax the body. Pressure will vary according to individual needs.

STRENGTH

Deep tissue is key to this massage, using the forearm and elbow to trace the knots in the muscles which will leave you feeling rejuvenated and relaxed.

ORGANIC AROMATHERAPY OIL

60 / 90 MINUTES | \$165 / \$225

AROMATHERAPY OIL

60 / 90 MINUTES | \$155 / \$215

STRESS RELEASE BACK MASSAGE

Focusing on the entire back, arm, neck and head to release tension in all areas..

STRESS RELEASE FEET MASSAGE

Release the aches and pains from a long day on your feet, leaving you ready for a good night's sleep.

ORGANIC AROMATHERAPY OIL

30 / 60 MINUTES | \$95 / \$165

AROMATHERAPY OIL

30 / 60 MINUTES | \$85 / \$155

Body Treatments

BAMBOO BODY SCRUB

45 MINUTES | \$130

Using bamboo granules and lactic acid to exfoliate your skin, combined with Geranium, Juniper berry and Cypress oil to relax body and mind. A mixture of aloe vera juice powder and shea butter is used to smoothen and moisturise the skin.

SPIRULINA BODY WRAP

90 MINUTES | \$235

Pure Spirulina powder is packed with nutrients, Beta Carotene, B12 and rare essential fatty acids which expose the body to high levels of antioxidants. This treatment will exfoliate your dead skin, detoxify the body and is completed with a stress-releasing back massage.

OXYGEN BLISS TREATMENT

90 MINUTES | \$235

This luxurious treatment starts with a bamboo body scrub followed by 100% oxygen spray treatment with rose otto or lavender floral infusion water leaving your skin relaxed and smoother. Finished off by applying our rose otto body lotion and back massage. This treatment also encourages lymphatic drainage and detoxification treatment.

Choice of floral waters:

- Rose Otto Floral - highly antioxidant and great for the skin
- Lavender Floral Water - promotes relaxation and eases tired muscles

CERTIFIED ORGANIC COFFEE SCRUB

45 MINUTES | \$140

Scrub away dead cells with our Organic Arabica Coffee Seed powder which exfoliates, allowing healthy skin to emerge. Coffee helps to improve circulation, tightens the skin and helps to reduce cellulite; this treatment will denote a relaxed mood.

CERTIFIED ORGANIC COCONUT GRAPE SEED BODY SCRUB

45 MINUTES | \$140

The ultimate treat to pamper your body while removing dead skin cells and moisturising the skin. Coconut is known for its rich moisturising agents while grape seeds are high in antioxidants; two benefits to nourish your skin!

CERTIFIED ORGANIC SEAWEED BODY WRAP

90 MINUTES | \$250

Seaweed power is a rich source of nutrients and minerals which helps to detoxify the body. The treatment begins with a thorough “organic coconut grape seed” body scrub followed by a seaweed wrap and completed with a back massage. This treatment will increase the circulation, beneficial in reducing cellulite.

CERTIFIED ORGANIC CHOCOLATE BODY WRAP

90 MINUTES | \$250

The caffeine present in the chocolate stimulates circulation and improves blood flow, which improves and invigorates the skin. Cocoa contains high amounts of natural oils and emollients necessary for treating dry, rough and flaky skin; it is also rich in antioxidants which reduces the effects of aging and increase the skins' elasticity.

For Him

GENTLEMAN'S FACIAL

30 MINUTES | \$105

60 MINUTES | \$165

Cleanse, detoxify, energises and refresh, this masculine indulgence will visibly brighten, smooth and firm your skin. Specifically created to cater for men's needs. Suitable for all skin types.

OXYGEN INFUSION FACIAL TREATMENT

60 MINUTES | \$180

Start with a deep cleanse, followed by an AHA peel to bring out fresh looking skin before infusing 100% oxygen for full hydration.

OPTIMALE EYE TREATMENT

30 MINUTES | \$125

To bring out the radiance of the eye area and preventing the appearance of fine lines.

GENTLEMAN'S BODY SCRUB

45 MINUTES | \$140

Pamper your skin to an exfoliating treatment which leaves the skin feeling soft and fresh. Finished off by a back massage.

PAMPER TREAT FOR FEET

60 MINUTES | \$90

Scrub and removal of dead skin and massage to the feet before the application of a hydration mask or paraffin and finished off by buffing, filing, cleaning the cuticles. A true pamper to men's feet.

HAND/FEET SCRUB & PARAFFIN

30 MINUTES | \$55

Soften and hydrate your hand/feet by using bamboo scrub and paraffin wax.

MEN'S EXPRESS

MANICURE

30 MINUTES | \$30

PEDICURE

30 MINUTES | \$35

Brushing, cuticle cleaning, nail cutting, filing and buffing.

MEN'S WAXING

UPPER CHEST | \$35

UPPER BACK | \$35

FULL BACK | \$60

LOWER BACK | \$35

Spa Bundles

LIFE IS BETTER WHEN SHARED

65 MINUTES | \$270

Package consists of a 65 minute PAYOT facial, foot ritual, foot mask and back massage for two people. The facial will help to prevent premature ageing and offers comfort as well as adding a luminous glow to the skin before finishing off with a stress release back massage.

WITH LUNCH

(MONDAY TO SATURDAY) | \$310

WITH AFTERNOON TEA

(MONDAY TO SATURDAY) | \$320

WITH SEAFOOD BUFFET DINNER

(WEDNESDAY TO SATURDAY) | \$340

SEASON BLAST

120 MINUTES | \$290

Start with a full body massage and finish with a PAYOT hydrating facial. Treat yourself with this refreshing and effective bundle which will leave your body, skin and mind feeling relaxed, radiant and rejuvenated.

LUXURY BLISS

180 MINUTES | \$420

Pleasure your senses with a luxurious pampering bundle which start with a certified organic coffee scrub which helps to improve circulation, tightens the skin and reduce cellulites followed by certified organic chocolate body wrap which invigorates the skin cells, slower the aging process, increases firmness of the skin and very rich in antioxidant. Finished off by full body massage.

LUNCH TREAT

65 MINUTES | \$170

The perfect way to relax, indulge and enjoy a day out with friends or family. Our 65 minute spa treatment includes a foot ritual, hydrating foot mask, a full body massage or PAYOT facial and finished off with a sumptuous two course and a glass of wine in our Signature Restaurant.

Available Monday to Saturday.

AFTERNOON TEA DELIGHT

65 MINUTES | 170

Transform your afternoon with a 65 minute pampering session which includes a foot ritual, hydrating foot mask and full body massage or PAYOT facial. Afterwards, enjoy a French inspired Afternoon Tea featuring macaroons, decadent sweet and savoury items and a glass of sparkling wine. Available Monday to Saturday.

SEAFOOD DINNER BLISS

65 MINUTES | \$180

Enjoy a 65 minute spa package which includes a foot ritual, hydrating foot mask, full body massage or PAYOT facial followed by a delicious seafood buffet dinner. Our seafood buffet features a selection of market fresh seasonal seafood including oysters, prawns and smoked salmon with a variety of our kitchen signature salads, selection of delicious hot dishes and desserts from our pastry chef. Available Wednesday to Saturday.

Gym Membership

RECREATION AND FITNESS MEMBERSHIP

Our Sheraton Fitness facility brings you the latest state-of-the-art cardio vascular and resistance equipment plus free weights. Facilities include an indoor heated swimming pool, steam room and spa area. Accelerate results by engaging with our Personal Trainer who will provide you with the expert knowledge needed to motivate and encourage you to set and achieve your goals with an effective work out plan that gives true results. Personal training is offered by appointment only.

Day pass is available for the guest of the hotel and recreation member at \$35 per person which entitles them to use the gym, swimming pool, whirlpool and steam room.

FULL MEMBERSHIP

Access to Recreation area from Monday to Sunday 6:00 am to 9:00 pm

- 1 WEEK | \$150
- 1 MONTH | \$250
- 3 MONTHS | \$460
- 6 MONTHS | \$850
- 12 MONTHS | \$1700

OFF PEAK MEMBERSHIP

Access to Recreation area from Monday to Sunday 10:00 am to 5:00 pm

- 1 WEEK | \$100
- 1 MONTH | \$200
- 3 MONTHS | \$345
- 6 MONTHS | \$595
- 12 MONTHS | \$1190

Etiquette

SPA AND RECREATION ETIQUETTE

To ensure that our guests can fully enjoy their treatments, the use of mobile phones is prohibited at the spa.

BOOKING AND PAYMENT PROCEDURES

All spa and personal training bookings need a valid credit card and contact number to secure the reservation. We accept cash, all major credit cards or charge to guest room. Prices are subject to change without prior notice. Prices are inclusive of 10% GST. Credit card surcharge fees are applicable.

CANCELLATION POLICY

The Spa and personal training requires 24 hours' notice for any booking that needs to be cancelled. Guest who cancel without prior notice and/or no show will be charged full amount of the treatment fee to their credit card or hotel account.

APPOINTMENT PROCEDURES

We recommend that you arrive 15 minutes prior to your appointment. For those who are running late, a late policy applies:

- You can change to an alternative treatment if it is feasible.
- You can choose a shorter treatment.
- You may continue with your treatment providing the therapist is available.
- Last booking is one and half hours before closing time.

PACKAGE VALIDITY AND SURCHARGE

All packages are valid for 6 months from the date of purchase unless stated otherwise. A surcharge fee is applicable for reservations on public holidays. Use of our swimming pool and steam room is allowed before or/and after the spa treatment, subject to a \$15 fee per person.

GENERAL

The management accepts no responsibility for the loss of money or valuables of any kind at any time inside the spa premises. The therapist reserves the right to terminate the treatment at any time. Robes and slippers are provided for your convenience. No children under the age of 15 are permitted unless accompanied by an adult.

OPERATING HOURS

THE SPA

Monday to Sunday 10:00 am to 8:00 pm

SWIMMING POOL

Monday to Sunday 6:00 am to 9:00 pm

SHERATON FITNESS

Hotel Guest 24 hours

Recreation Members

Full Membership

Monday to Sunday 6:00 am to 9:00 pm

Off Peak Membership

Monday to Friday 10:00 am to 5:00 pm

THE SPA at SHERATON MELBOURNE HOTEL

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