

Recreation & Fitness Membership

Sheraton recreation and fitness facility uses the state of the art facilities and expertise. Our fitness centre is fully equipped with the latest cardio vascular, resistant equipment and free weights. Our friendly staff will ensure the highest level of service to every guest and members.

Facilities include an indoor heated lap pool, jacuzzi, steam room and extensive range of spa treatments.

Accelerate the results by engaging our Personal Trainer, providing expert knowledge, motivating and encouraging you to achieve your goals. Helping you in every way to set your goals and plan out an effective work out plan that gives you results. Personal training is offer by appointment in advance. We recommend regular workouts (3 times a week) to achieve faster results.

Access to the recreation and fitness area is complimentary for all hotel guests.

Day pass is available for external house guest and member's guest at \$35 per entry.

MEMBERSHIP

6 months	\$850
12 months	\$1700

OFF PEAK HOURS MEMBERSHIP

from 10.00am to 5.00pm Monday to Friday

6 months	\$595
12 months	\$1190

PERSONAL TRAINING

45mins	\$80
60mins	\$110

PERSONAL TRAINING BUNDLES

	45mins	60mins
10 session	\$760	\$1045
20 session	\$1440	\$1980
30 session	\$2040	\$2805

SPA AND RECREATION ETIQUETTE

To ensure that our guests can fully enjoy the treatment, use of mobile phones are prohibited at the spa.

BOOKING PROCEDURES

All spa and personal training bookings need a valid credit card to confirm and contact number to secure spa and personal training bookings. 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.

APPOINTMENT PROCEDURES

We recommend that you arrive 10mins prior to your appointment. For those who are running late, we have implemented a late policy:

- 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 hour before closing time.

CANCELLATION POLICY

The Spa requires 3 hours notice for any treatment that needs to be cancelled. Cancellation less than 3 hours is subject to 50% of the treatment fee. Guests who cancel without prior notice and no show will be charged full amount of the treatment fee. Personal training require 24 hours notice. Cancellation less than 24 hours notice will be charge the full fee.

GENERAL

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 if the customer behaviour is unacceptable. Robes and slippers are provided for your convenience. The Spa are designated male and female areas, no children under the age of 15 are permitted. All packages are valid for 6 months from the date of purchase unless stated otherwise.

OPERATING HOURS

The Spa at Sheraton Melbourne – Monday to Sunday 10.00am to 8.00pm
Swimming Pool – Monday to Sunday 6am to 9pm
Sheraton Fitness – Hotel Guest: 24hours / Member: 6am to 9pm

THE SPA
SHERATON MELBOURNE HOTEL
Level 3, 27 Little Collins Street
Melbourne, VIC 3000
Australia

thespa.melbourne@sheraton.com

t — 613 9290 1074
f — 613 9290 1001

sheraton.com/melbourne

The Spa
at Sheraton Melbourne



Facial

Hydrated, nourished and balanced skin is key to creating a youthful glow. The Spa at Sheraton is proud to offer Spanish cosmeceutical skincare brand Germaine De Capuccini for all our facials. Book your treatment today to experience the Germaine de Capuccini difference.

Enhancer Facial	30mins	\$95
Enhancer Facial – add on		\$45
Gentleman's Facial	30mins / 60mins	\$95 / \$160
Hydration Facial	30mins / 60mins	\$95 / \$160
Balancing Facial	30mins / 60mins	\$95 / \$160
Acne Prone Stage 1 Treatment	30mins	\$95
Acne Prone Stage 2 Treatment	60mins	\$160
Age-Defence Treatment	90mins	\$235
Hydro-Boost Treatment	90mins	\$235
Better Than Botox	90mins	\$235
Multivitamin Boost Treatment	90mins	\$235
The Spa Black Pearl Treatment	100mins	\$265
Neck & Decolletage – add on		\$45
Luxury Eye Treatment	60mins	\$125

Massage

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

The Spa @ Peace
The Spa @ Strength

30mins	\$85
60mins	\$155
90mins	\$215

Stress Release Back Massage	30mins / 60mins	\$85 / \$155
Stress Release Feet Massage	30mins / 60mins	\$85 / \$155

Body Treatments

The ultimate pampering experience, cleansing the system and leaving the skin super soft and smooth. Body wraps includes a massage to refresh tired muscles. It's a great way to get yourself looking and feeling fabulous. It's just what's needed after a long, hard week.

Exfoliating Bliss Treatment	45mins	\$125
Antioxidant Renewal Treatment	45mins	\$125
Seaweed Body Wrap	90mins	\$235
The Spa Bliss Body Wrap	90mins	\$235

Hands And Feet

A treatment which helps to condition and strengthen your nails as well as hydrate the skins, a ultimate pampering for your hands and feet.

The Spa Hand Ultimate Pamper	75mins	\$140
The Spa Feet Ultimate Pamper	75mins	\$150
Hands Delight	60mins	\$78
Feet Delight	60mins	\$90

Add on Shellac

Hands	\$30
Feet	\$25

Waxing Services

Half Arm	\$35
Full Arm	\$48
Underarm	\$30
Half Leg	\$40
Full Leg	\$60
Bikini	\$50
Brazilian	\$75
Playboy	\$70
Lip	\$25
Chin	\$25
Eyebrow	\$25

Men's Waxing Services

Chest	\$40
Full Back	\$60
Upper Back	\$40
Lower Back	\$35

Tinting Services

Lashes	\$30
Brow	\$25
Lashes & Brow	\$50

