
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 customise treatments to suit the unique needs of the individual and address a range of areas including: jet lag remedies, 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.

MASSAGE

*Deep Tissue | Remedial**

30 | 60 | 90 minutes **70 | 105 | 150**

Firm pressure applied to specifically targeted areas of tension requiring release. This technique promotes natural healing and relief from stress-related conditions and soft tissue injury.

**Please refer to terms and conditions.*

Relaxation

30 | 60 | 90 minutes **70 | 105 | 150**

Gentle pressure is applied to detoxify and relieve overworked muscles and minds. Using blends of essential oils, this treatment will leave you feeling rejuvenated.

Mothers-in-waiting

Available during the second and third trimesters only.

75 minutes **135**

This therapeutic massage was designed especially for mothers-to-be, reducing the stress placed on weight-bearing joints such as the ankles, lower back and pelvis. It assists in regulating sleep patterns, increasing circulation and keeping the body and all it cares for relieved of aches and pains.

JETLAG REMEDIES

Bright Eyes Treatment

30 minutes **65**

The demands of a busy lifestyle play havoc on your eyes. This rejuvenating eye treatment is designed to firm and tone the eye area, soothe puffy eyes and diminish fine lines and wrinkles.

Hydrating Facial

30 minutes **65**

After exfoliating the skin to remove dead skin cells, this super hydrating treatment saturates your skin with moisture to help diminish fine lines and leaves you with a plump, dewy complexion.

In Room Services are available for an additional \$50.

TERMS & CONDITIONS

Three (3) hours notice is required to cancel or reschedule an appointment, with the exception of packages and fitness services which both require 24 hours notice. If cancellations occur within these time frames, the registered guest will be charged the full appointment value. Rescheduling will incur a fee equivalent to 25% of the appointment value. Failure to arrive without notice will also incur the full appointment charge. Credit card and contact details are required at the time of booking to secure all reservations. We encourage you to arrive early to relax and complete the pre-treatment consultation process and enjoy complimentary access to our wet area facilities. If you are delayed, please understand that consideration must be given to the next guest and your appointment times may be reduced accordingly. Private health rebates apply to remedial massage services and are subject to therapist availability. 10% surcharge applies on public holidays.

AESTHETIC SERVICES

FACIAL

Signature Facial

60 minutes **125**

Our signature facial is designed to target your skin type. Using a combination of natural botanicals, antioxidants and plant driven proteins, this facial will be customised to balance and revitalise your skin.

Mini Renewal Treatment

30 minutes **65**

In between meetings or at the end of a busy day, treat yourself to a mini renewal treatment that gives the skin a radiant glow within minutes. This treatment exfoliates dead skin cells and increases cellular renewal, while allowing antioxidants, brighteners and nutrients into the skin for enhanced results.

HANDS & FEET

Peppermint Hand Renewal

45 minutes **65**

Indulge the hands with this specialised treatment that soothes and hydrates. Peppermint lactic acid exfoliates, while natural botanicals stimulate and condition, leaving hands invigorated and refreshed. Includes nail maintenance and complemented with an optional polish.

Peppermint Foot Renewal

45 minutes **65**

Spoil yourself with a treatment to soothe, exfoliate and hydrate your tired 'shopping feet'. This combination of sugar, peppermint and botanicals will completely refresh your feet. Includes nail maintenance and complemented with an optional polish.

SALON SERVICES

Waxing

Arm	35	Underarm	20
Full Leg	55	Half Leg	35
Lip, chin & brow	50	Chin	20
Lip	20	Brow	20
Back & shoulder	60	+ Upper Arm	20
Chest	45	+ Torso	20
Bikini	40		

Tinting

Lashes & Brow	45	Brow	20
Lashes	30		

PACKAGES

Skin Fitness
2 hours 45 minutes 250

Treat your body kindly. Starting with a one-hour massage, muscle soreness will be relieved to create an overall state of well-being. Concentrating on trouble areas, tight knots of tension will be removed and stress will evaporate. Your signature facial will then balance and purify your skin, leaving it feeling smooth and revitalised before perfectly completing the package with a peppermint hand or foot renewal treatment.

Quick Reset
1 hour 115

Trying to squeeze as much into your day as possible? There's always time to refresh with our 30-minute massage to focus on shoulders, neck and scalp followed by a fast and effective 30-minute express facial.

Party Ready
45 minutes 90

Before you slip on your dancing shoes, come in for a 30-minute facial followed by a 15-minute lash tint to get the party started.

HEALTH & FITNESS

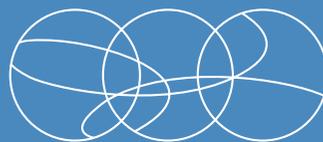
Personal Training
1 hour 85
30 minutes 50

Yoga and Pilates
1 hour 130

CITY CLUB HOURS OF OPERATION

Supervised Hours
Monday to Friday 6:00am to 8:30pm
Saturday, Sunday and Public Holidays 7:00am to 7:30pm

Unsupervised Hours - 24/7
Outside the nominated times above, gym floor access is only available for current members and in-house guests.



CITY CLUB
VITALITY HARMONY BALANCE

City Club

HEALTH & WELLBEING

Menu of Services

GRAND HYATT MELBOURNE
Level 9, 123 Collins Street Melbourne

✉ ghmelbourne.cityclub@hyatt.com

☎ (03) 9653 4535

📘 [facebook.com/CityClubHealthFitness](https://www.facebook.com/CityClubHealthFitness)