



**THE RITZ-CARLTON**

MELBOURNE

RESERVE

# EXPERIENCE

An expression of relaxation and restoration, indulge in signature spa treatments that promote health, wellness and awakening. Thoughtful treatment rituals have been carefully designed to evoke change and renewal, where natural ingredients and bespoke spa practice combine with traditional spa therapy.

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## BLUE EMPEROR EXPERIENCE

**150 MINUTES - FROM \$540**

Encourage a feeling of refreshing tranquility and an absence of tension with our Blue Emperor Butterfly inspired experience treatment. A grounding foot ritual prepares mind and body for the transformative cocooning marine mud body envelopment. Restorative essential oils and skillful therapeutic massage with warm jade crystals combine to instill peace of mind and bring deep relaxation to body and spirit, revealing a renewed sense of vitality.

### INCLUDES

Foot ritual, nourishing marine mud body envelopment, full body massage with warm jade stones.

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## INDULGENT ROSE EXPERIENCE

**150 MINUTES - FROM \$540**

Nurture and revitalize both skin and mind with this rose inspired experience. Warmed Rose otto oil, advanced massage techniques and a rose quartz Gua Sha bespoke facial comfort and soothe the body and mind, leaving you in a place of profound relaxation.

### INCLUDES

Foot ritual, rose oil body massage, facial with rose quartz Gua Sha.

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## COUPLES SUITE EXPERIENCE

**150 MINUTES - FROM \$840**

Indulge the senses with an aromatic bath filled with rose petals & our signature Rose Otto treatment oil. Enjoy inspiring views of Melbourne's skyline whilst you connect and relax together with a glass of Champagne and hand-crafted chocolates. Following the bathing experience is a 90-minute massage of your choice, completing the relaxation journey.

### INCLUDES

Couples bath, Champagne, handcrafted chocolates, 90-minute massage.



# MASSAGE

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## DEEP MUSCLE MASSAGE

**60 MINUTES OR 90 MINUTES - FROM \$230**  
Recharge your body with this powerful massage designed to alleviate deepseated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

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## STRESS RELIEF MASSAGE

**60 MINUTES OR 90 MINUTES - FROM \$230**  
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

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## RELAXATION MASSAGE

**60 MINUTES OR 90 MINUTES - FROM \$230**  
Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

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## HOT STONE MASSAGE

**90 MINUTES - FROM \$300**  
A therapeutic and rejuvenating massage using warm stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

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## NATURALLY NURTURED MASSAGE

**60 MINUTES OR 90 MINUTES - FROM \$230**  
Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.



# BODY

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## NOURISHED GLOW

### 60 MINUTES - FROM \$240

Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing oil application and personalized back massage.

### INCLUDES

Full body salt and oil exfoliation, back massage, oil application.

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## ULTIMATE BODY BALANCER

### 90 MINUTES - FROM \$340

Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

### INCLUDES

Back exfoliation and massage, custom facial, scalp massage.



# FACIAL

## CUSTOM FACIAL

60 MINUTES OR 90 MINUTES - FROM \$240

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

### INCLUDES

Deep brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage.

Performed with ESPA products.

## AGE-DEFYING FACIAL

60 MINUTES OR 90 MINUTES - FROM \$240

Instantly combat the most visible signs of skin aging – smoothing fine lines and reviving youthful radiance to your complexion.

### INCLUDES

Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage.

Performed with ESPA products.

## ULTIMATE RADIANCE & RENEWAL FACIAL

90 MINUTES - FROM \$330

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. The must-have treatment for immediate results prior to a special event.

### INCLUDES

Brush cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage.

Performed with ESPA products.



# MEN

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## THE MEN'S MASSAGE

**90 MINUTES - FROM \$300**

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

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## MUSCLE RECOVERY MASSAGE

**60 MINUTES OR 90 MINUTES - FROM \$230**

Recharge your body with this powerful massage designed to alleviate deepseated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

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## RELAXATION MASSAGE

**60 MINUTES OR 90 MINUTES - FROM \$230**

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

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## POWER HOUR

**60 MINUTES - FROM \$240**

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens, leaving you ready for anything.

**INCLUDES**

Full body Salt & Oil exfoliation, back massage.

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## STRESS RELIEF MASSAGE

**60 MINUTES OR 90 MINUTES - FROM \$230**

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

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## THE MEN'S FACIAL

**60 MINUTES - FROM \$240**

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.

**INCLUDES**

Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage.

Performed with ESPA products.



# ENHANCEMENTS

Upgrade your treatments by choosing one or more of our carefully created service enhancements. Enhancements are available as incorporated additions to facial, body and massage services without adding additional time to the treatment. All Enhancements must be booked and received with a treatment. Our express treatments and rituals can be added to any existing experience.

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## SCALP AND HAIR CONDITIONING TREATMENT \$55

Using the strengthening properties of Vitamin C-rich Watercress and red clay with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautiful healthy hair.

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## NECK AND DECOLLETE BALSAM \$55

Designed specifically to nourish and support this fragile area of the body, targeting skin elasticity so it feels supple and looks more plumped, lifted and youthful.

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## MUSCLE RESCUE BALSAM \$55

Boost any massage by incorporating Muscle Rescue Balm which contains a refreshing blend of Peppermint, Eucalyptus and Clove Bud to recharge and restore body and mind.

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## ROSE FOOT RITUAL

**15 MINUTES - FROM \$150**

Experience the grounding effect of a foot massage ritual, that commences with a foot bath with rose petals and rose otto oil, followed by an exfoliation with rose scrub, a foot massage and a take home gift of The Ritz-Carlton, Melbourne x Salus Body Rose Otto Treatment Oil 200ml.

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## COUPLES BATHING RITUAL

**30 MINUTES - FROM \$240**

Indulge the senses with an aromatic bath filled with rose petals and our signature rose otto treatment oil. Enjoy inspiring views of Melbourne's skyline while you connect and relax together with a glass of Champagne and handcrafted chocolates.

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## SMOOTH AND FIRM BODY BUTTER \$55

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

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## GUA SHA OR JADE ROLLER FACIAL TONING

**15 MINUTES - FROM \$65**

Sculpt facial muscles and increase circulation by incorporating these ancient Chinese tools into your facial.

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## STIMULATING BODY BRUSH

**15 MINUTES - FROM \$65**

Improve tone and boost cell renewal for smoother, softer, more radiant skin.



# GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

## AT TIME OF RESERVATION

Please inform the Reservation Agent of the following:

- + Allergies or medical conditions including pregnancy
- + If you have a gender preference
- + If you have a request for a specific Service Provider
- + If you are celebrating any special occasions
- + You must provide a valid credit card number with expiration date at time of booking.

## ARRIVAL TIME

Please arrive at least 45 minutes prior to your scheduled treatment. This will allow time to enjoy the sauna, steam room and vitality pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

## WHILE VISITING THE SPA

### PERSONAL BELONGINGS/VALUABLES

We cannot be responsible for any personal items and/ or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

### USE OF ELECTRONIC DEVICES

To protect the privacy of our guests and to preserve the guest experience, use of mobile phones, electronic devices and cameras are prohibited in the spa. Mobile phones and electronic devices must be turned off.

### AGE REQUIREMENTS

Spa treatments cannot be performed on anyone under the age of 18 years.

### TREATMENT RECOMMENDATIONS

Shaving is not recommended prior to body treatments or hair removal services. Shaving is recommended, but not necessary for men prior to a facial. Your spa experience is your time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

### FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

### METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your room.

### CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least twenty-four (24) hours in advance of your appointment to avoid being charged the full-service fee. Cancellations of packages or private parties require one week's notice.

### CONTACT

For more information and opening hours, please contact Spa Concierge at **61.03.9122.2890**, [spa.melbourne@ritzcarlton.com](mailto:spa.melbourne@ritzcarlton.com) or visit us at: [ritzcarlton.com/melbourne](http://ritzcarlton.com/melbourne)







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