

## HOURS OF SERVICE

### Massage Therapy

Daily 9am-10pm

### Beauty Therapy

Daily 9am-5pm

Beauty Therapy may be available outside these hours.  
An additional fee may apply.

Our Health Club staff and therapists are available to help you tailor your selection of treatments. Please contact The Health Club on the Mezzanine Level or Concierge to secure your appointment.

### Cancellations

Should you wish to cancel your appointment, we require a minimum two hours notice otherwise a 50% cancellation fee will apply. Non arrivals will be charged the full treatment fee.

### Confirmation

For non-hotel guests to confirm a treatment of 60 mins or more duration we may request credit card details to secure your booking.

### Arrival Time

We recommend you arrive 10 mins prior to the commencement of your treatment to enable you to change into a robe and slippers and complete your consultation form at a comfortable pace. This will allow you to enjoy the full extent of your treatment.

Prices are subject to change without notice.

RADISSON PLAZA HOTEL SYDNEY

27 O'Connell Street

Sydney NSW 2000 Australia

Telephone: +61 2 8214 0000

Facsimile: +61 2 8214 1000

Email: [res.sydplaza@radisson.com](mailto:res.sydplaza@radisson.com)

[www.radisson.com/sydneyau\\_plaza](http://www.radisson.com/sydneyau_plaza)

**Radisson**  
PLAZA  
HOTEL SYDNEY

Radisson  
Plaza Hotel  
Sydney

## THE HEALTH CLUB TREATMENTS



After a hectic day in the heart of the city, whether you've had a colourful day of shopping, a stressful meeting or just pounding the pavement enjoying Sydney's beautiful sights, take some time to rebalance your inner spirit at The Health Club. Unwind with a relaxing massage or pampering treatment, correct imbalances, clear your mind, explore your senses.

**Radisson**  
PLAZA  
HOTEL SYDNEY

# THE HEALTH CLUB

Our Massage and Beauty Therapy menu, together with our holistic products and professional therapists provide the perfect opportunity for you to rebalance and revitalise.

## MASSAGE THERAPY

Reduce stress, muscle tension and tiredness with a therapeutic massage. Select from Relaxation, Remedial, Deep Tissue, Sports, Pregnancy massage and Reflexology.

### Massages In the Health Club

Mon-Fri	9am-8pm	8pm-10pm
Sat, Sun, P. Hols	9am-5pm	5pm-10pm
90 mins	\$170	\$225
60 mins	\$125	\$170
30 mins	\$75	

Massage is also available in your guest room. An additional fee may apply. A 10% surcharge applies on Public Holidays.

## BEAUTY THERAPY

Flying for long hours or sitting in air conditioning for long periods takes its toll on your skin. Our skin and body treatments are a great way to rehydrate and nourish your skin.

### SPA PACKAGE

**Jet Lag Recovery Package** 90 mins \$170  
A body massage with a facial, our most popular treatment. The perfect way to rebalance and enjoy your stay with us even more.

### SKIN CARE

**Spa Facial** 80 mins \$140  
Our Spa Facial is the perfect treatment to cleanse, rehydrate and revitalise your skin. Your treatment customised to your skin type includes a skin care analysis, exfoliation, steam and masque, as well as a relaxing scalp massage.

**Male Skin Treatment** 45 mins \$95  
Designed for men's skin, this treatment takes into account factors such as shaving habits to help prevent ingrown hairs and other skin problems unique to men. Relax with a hand, foot or shoulder massage while your skin replenishes with a customised treatment masque. For optimum results and to avoid irritation we advise men to shave on the morning of their visit.

## SPA BODY

**Body Exfoliation** 45 mins \$90  
Our mineral salt exfoliation will purify and refresh your skin. The combination of mineral-rich sea salts, natural kelp and balance of aromatic essential oils will make your skin feel and look silky smooth.

**Body Wrap** 45 mins \$90  
Our seaweed and mineral-enriched mud wrap is blended with aromatic botanical extracts and fruit enzymes to nourish and rehydrate your skin. Drift into total relaxation whilst receiving a scalp massage.

**Exfoliation and Wrap Combination** 90 mins \$170  
Nutrients contained in the body wrap product will penetrate the skin's deeper layers more readily immediately following a skin exfoliation. A rejuvenating experience.

## SPA GROOMING

**Spa Manicure** 60 mins \$95  
For men or women, our Spa Manicure includes hand exfoliation, nail shaping and filing, cuticle work and a calming hand and arm massage. A paraffin wax masque will lock in moisture and choice of polish (if desired) completes your treatment.

**Spa Pedicure** 60 mins \$95  
For men or women, this is the ultimate care for your feet. As well as nail and cuticle care, your Spa Pedicure includes a warm, relaxing foot soak, foot and leg exfoliation and foot and leg massage. A paraffin wax masque will lock in moisture and choice of polish (if desired) completes your treatment.

**Express Manicure or Pedicure** 30 mins \$65  
This maintenance treatment will focus on re-shaping your nail, cuticle work and an application of polish of your choice (if desired).

### Waxing

Half Leg	\$35	Under Arm	\$25
Full Leg	\$60	Half Arm	\$30
Bikini	\$30	Full Arm	\$40
G-String	\$45	Eyebrow	\$30
Brazilian	\$70	Lip and Chin	\$25
Back or Chest	\$55		

### Tinting

Eyelash Tint	\$25
Eyebrow Tint	\$20
Eyelash and Eyebrow Tint	\$40

A 10% surcharge applies on Public Holidays.