



Sheraton Grand

SYDNEY HYDE PARK

On The Park
Rejuvenation
DAY SPA



Facials

FACIAL SPA

The Express 30 minutes \$105.00

Experience an express facial that refreshes the skin through a series of gentle phases: cleansing, light exfoliation and a de-stress moisturising massage.

The Nourishing 60 minutes \$165.00

A relaxing facial for all hard working women and men, personalised to your skin's requirements.

The Hydrating 60 minutes \$ 165.00

Calming, hydrating and repairing. A unique facial designed to heal and rejuvenate the most sensitive of skins, resulting in a restored and repaired complexion. Perfect for those affected by pollution, stress and sun damage.

The Purifier 60 minutes \$165.00

The perfect cleanse and balancing treatment for all skin types. The purifier focuses on the face and décolletage, oxygenating and purifying these areas to leave your skin looking and feeling full of life and energy.

The Intensive Purifier 75 minutes \$190.00

A more extensive treatment to give the skin a deep cleanse that also treats pimples and acne. Steaming and extraction is involved in this treatment, the skin's oiliness will be noticeably reduced immediately.

The Men's Facial 60 minutes \$165.00

Tailored just for men. Stressed and fatigued male skin will love this detoxifying treatment, your face is cleansed, exfoliated and hydrated with a specifically adapted solution for the male epidermis

ANTI-AGEING

Smoothing Collagen Marine - ANTI-AGEING: 25+

60 minutes \$190.00

Smoothens fine lines and boosts radiance with intense hydration and collagen support preserving the skin's youth. Perfect as a quick fix or pre-wedding facial.

Filling Hyaluronic Marine ANTI-AGEING: 35+

75 minutes \$198.00

An advanced facial to fill, plump, smoothen and regenerate the skin. Provides long lasting hydration and radiance

All treatments are subject to 10% surcharge on weekends and public holidays.

Silicium Superlift Marine ANTI-AGEING: 45+

90 minutes \$228.00

A unique double mask that optimises the results to provide a complete anti-ageing facial - smoothing, filling and lifting. The treatment also incorporates Thalgo's exclusive anti-ageing Lifting Massage.

The Exceptional Marine ANTI-AGEING: 50+

90 minutes \$248.00

This facial targets and tightens individual facial muscles and visibly lifts the entire face. This facial offers the ultimate in anti-ageing efficacy with Thalgo exclusive concentrations of regenerating ingredients - helping to combat all signs of ageing and hormonal deficiencies.

I-BEAUTY FROM THALGO

Treat your skin to a high-tech facial with Thalgo's latest I-BEAUTY device, which combines three innovative technologies with proven efficiency.

I-Pure 30 minutes \$110.00

The new generation of aesthetic peels! Low frequency ultrasound vibrates a unique spatula to achieve in-depth exfoliation, which effectively cleanses and purifies the skin.

I-Hydration 45 minutes \$130.00 | 60 minutes \$185.00

The ideal partner for dry, tired and dull skin, this treatment boosts natural moisture while drenching the skin in re-mineralising and rehydrating active ingredients.

I-Anti Age 45 minutes \$140.00 | 60 minutes \$195.00

The latest anti-ageing technology directly derived from aesthetic medicine. Its high frequency micro current induces tissue heating, to regenerate, plump and firm the skin. Its tri-polar probe provides heat control for perfect safety.

ADD ON treatments are available to enhance your experience when you book any of our Facial Experiences

I-Beauty \$55.00

Add on to any Thalgo anti-ageing facial for a lifting effect

Hyaluronic Eye Treatment \$40.00

All treatments are subject to 10% surcharge on weekends and public holidays.



Massages

MASSAGE SPA

The Classic Massage

45 minutes \$120.00 | 60 minutes \$160.00 | 90 minutes \$205.00

The perfect massage to accommodate your need to relax and rejuvenate.

This massage can be applied with soft to medium pressure.

The Aroma Massage

45 minutes \$135.00 | 60 minutes \$170.00 | 90 minutes \$220.00

A personalised experience where aromatherapy oils are selected to harmonise your physical and emotional needs.

The Deep Massage

60 minutes \$180.00 | 90 minutes \$255.00

An intensive, deep massage that works to release and ease tight achy muscles.

The Recovery Massage 60 minutes \$175.00

Cleansing, clearing and decongesting, this upper body treatment helps clear the mind. A back, face and scalp massage will help to decongest and alleviate the symptoms of seasonal allergies.

The Serenity Massage

90 minutes \$228.00

For the frequent flyers who need help adjusting to a new time zone.

Rebalance the body when feeling tired.

The Deep Relax

120 minutes \$298.00

The perfect ritual for those who struggle to sleep or suffer from restlessness. A head-to-toe massage to balance the nervous system and ease an overactive mind, leaving you prepared for a sound night's sleep.

The Hot Stone

60 minutes \$190.00 | 90 minutes \$250.00

A deeply relaxing and tension releasing massage without the need for deep pressure. The warmth from the volcanic hot stones will soothe sore and achy muscles.



Body Treatments

BODY

Balance Body Polish 30 minutes \$125.00

A silky cream exfoliation that gently polishes the skin to renew and regenerate, leaving it feeling like new. Ideal for sensitive skin.

Sweet Sugar Body Scrub 45 minutes \$140.00

A deeply invigorating body exfoliation, using nourishing oils that luxuriously coat the skin to replenish and hydrate.

Smoothing Custard Wrap 60 minutes \$168.00

A decadent treat for the body without the calories. A rich full body wrap envelops the skin while you relax with our Sacred Scalp Massage. Your treatment is completed with a delicate layer of hydrating cream.

Dead Sea Mud Wrap 90 minutes \$205.00

Experience the Dead Sea in the heart of Sydney with a brisk exfoliation, followed by the application of warm dead sea mud to detox, renew, refine and re-energize the body while you relax into a pressure point scalp massage.

Thalgo Frigi Leg Wrap 45 minutes \$140.00

A cold refining treatment for the legs and/or stomach. This treatment helps improve circulation as well as drains and detoxifies. A perfect treatment after a long distance flight, excessive exercise or post pregnancy. Your legs will feel as light as air.

Thalgo Marine Detox Wrap 60 minutes \$175.00

A warm enveloping body wrap to drain and detox. Helping to regain energy and strength. Feel refreshed inside and out.

THALGO SIGNATURE SPA RITUALS

Indocean Spa Ritual 90 minutes \$220.00 | 120 minutes \$298.00

Close your eyes and drift away into blissful dreams of a far eastern journey:

Mediterranean Stop Over - A rich oil scrub with citrus flavours.

Indian Stop Over - Tranquility on the sacred ganges with a deep relaxing massage.

Chinese Stop Over - The temple of beauty with a delicate body wrap and scalp massage.

Polynesia Spa Ritual 90 minutes \$220.00 | 120 minutes \$298.00

An exotic journey in 3 steps of relaxing and sensorial therapy:

Stop off at Taha'a - With the exotic Island Body Scrub to leave skin silky soft.

Stop off at BoraBora - Where the body can now loosen up to the rhythm of the warm tuiponos, for intense relaxation procured by the massage.

Sacred Stop off at Raiatea - Purified, hydrated and relaxed. The final step is to enhance the body with one last sublime touch with our gold oil.

Arctic Spa Ritual 90 minutes \$220.00 | 120 minutes \$298.00

Inspired by Scandinavian heat therapy, THALGO creates Arctic wonder, where relaxing warmth and invigorating freshness alternate around different techniques.

Iceland Boreal stop - An invigorating freshness with salt flakes and Cryo-extract of boreal algae, this body scrub will awaken and stimulate the epidermis

Swedish stop - Get a taste of the Sweden with an exclusive massage technique combining Swedish massage and Deep tissue.

Arctic stop - from the relaxing warmth of the expert hands follows the invigorating freshness of soothing Thalgo's Glass Massage Bubbles, for a symphony of heat exchange on the surface of the skin, liberating you from stress.



Packages

Select from our specially designed packages below.

First Time Spa Package 90 minutes \$230.00

Design your own spa package: Choose 3 different items from the list below:

- Back Exfoliation
- Marine Detox Back Wrap
- Back, Neck & Shoulders Massage
- Express Facial
- Hand and Foot Mask
- Scalp Massage

Revive Package 120 minutes \$295.00

Revive the senses and recharge the body and mind with:

- Aroma Massage
- The Hydrating Facial

Soothing Senses 180 minutes \$ 380.00

Soothe the soul and take time to relax with:

- The Aroma Massage 90 minutes
- The Soothing Facial 60 minutes
- Hyaluronic Eye treatment
- Scalp Massage.

Complete Indulgence 300 minutes \$795.00

The Ultimate Spa package. Treat yourself to a complete head to toe experience that includes:

- Body Exfoliation
- Filling Hyaluronic Marine Facial 75 minutes
- Detox Body Wrap
- Light Lunch
- Scalp Massage
- The Aroma Massage 90 minutes
- Spa Gift

Couples Relaxation 90 minutes \$495.00 per couple

Unwind into blissful relaxation with:

- The Aroma Massage 60 minutes
- Express Facial 30 minutes

Couples Complete Indulgence 390 minutes \$1,595 per couple

The ultimate spa package to share with someone close to you. Enjoy a full day together of pure luxury pampering. Package includes:

- Full body sugar scrub
- Custard Body Wrap
- Scalp Massage
- Classic Full Body Massage
- Light Lunch
- Classic Facial
- Express Manicure and Pedicure
- Paraffin Hand and Foot Treatment

All treatments are subject to 10% surcharge on weekends and public holidays.

High Tea Packages

Me Time (minimum 4 people for this package)

Plan a day spa experience with friends, including a 30 minute back, neck & shoulders massage each, along with High Tea at The Gallery on lobby level and use of the facilities for 2 hours.

\$140.00 per person weekdays | \$155.00 per person weekends

You Me and High Tea

Bring your partner or best friend and experience this package for two.

Choose from either a 60 minutes Classic massage or a Classic Facial followed by High Tea at The Gallery on lobby level. Couples Room can be requested.

\$385.00 per couple weekdays | \$425.00 per couple weekends

All treatments are subject to 10% surcharge on weekends and public holidays.

Hands | Feet | Waxing

NAILS

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

Express Manicure | Express Pedicure

30 minutes \$85.00 per treatment

(Includes nail shape, cuticle tidy, moisturiser and polish)

Rejuvenation Manicure 60 minutes \$130.00

Rejuvenation Pedicure 60 minutes \$130.00

(Includes warm hand soak / foot hot towel, exfoliation, heal treatment, nail shaping, cuticle tidy, relaxation massage, moisturising mask and polish)

Paraffin Hand or Foot Mask 15 minutes \$40.00

Gel or Shellac Soak Off 15 minutes \$30.00

LADIES WAXING AND TINTING

Lip or Chin \$30.00

Under Arm \$40.00

Bikini \$55.00

Half Arm \$45.00

Full Arm \$60.00

Brazilian \$75.00

Half Leg \$50.00

Full Leg \$75.00

Extended Bikini \$70.00

Eye Brow Shape \$50.00

Eye Brow Tint \$35.00

Eyelash Tint \$45.00

Eyelash and Brow Tint \$60.00

Eye Combo (Eyebrow Shape and Tint, Eyelash Tint) \$65.00

MEN'S ESSENTIALS

Quick Fix Hand Tidy 25 minutes \$80.00

Eyebrow Tidy \$40.00

Quick Fix Foot Tidy 25 minutes \$80.00

Chest Wax \$75.00

Relaxation Manicure 60 minutes \$120.00

Back Wax \$85.00

Relaxation Pedicure 60 minutes \$120.00

Back and Shoulders \$90.00

Half Leg Wax \$75.00

Full Leg Wax \$95.00

All treatments are subject to 10% surcharge on weekends and public holidays.

Facilities & Services

FEATURES

- Indoor heated swimming pool and Jacuzzi
- Sauna / steam rooms (male and female)
- Full spa services with five individual treatment rooms
- Couples treatment room
- Fully equipped fitness centre with personal trainer services
- Outdoor terrace overlooking Hyde Park
- All spa bookings with a value of \$350 or more will receive complimentary car parking for the duration of the treatments

BOOKINGS

Contact On The Park Rejuvenation Day Spa and Fitness to make your bookings. We recommend to book 48 hours in advance to ensure your preferred treatment time is available.

Opening hours: Facilities 6:00am - 9:00pm | Day Spa 9:00am - 6:00pm You can request an earlier or later booking in advance. In room treatments also available on request.

T - 02 9286 6830 E - dayspa.sydney@sheraton.com

W - ontheparkrejuvenation.com.au

CANCELLATION POLICIES

We understand that sometimes you may need to change your schedule. We require at least 24 hours notice for all cancellations and 48 hours for all group bookings. Any cancellations outside of this time will incur a 50% fee. No shows and cancellations at the start time of your treatment will incur a 100% charge.

Please arrive at least 15-30 minutes prior to your treatment, so you can complete your consultation form and get changed into your Spa robe and slippers. Arriving late may reduce your treatment time. We try our best to avoid this but it may not always be possible.

GIFT CERTIFICATES

On The Park Rejuvenation Day Spa Gift Certificates are perfect for any occasion, and are available for individual treatments, Spa packages or a predetermined value. Gift Cards may be mailed directly to you or the recipient. Purchases may be made at the Day Spa or over the phone with your credit card.

PLEASE NOTE

For the indoor pool, please bring your swimwear. We provide bath towels, robes and slippers. Our changing rooms have personal automatic lockers, showers and bathroom amenities.

On The Park Rejuvenation Day Spa is a completely smoke and alcohol free zone.

Please advise us if you have any special needs, health concerns or if you are pregnant prior to your Spa treatment. If our therapists feel the clients behavior is unacceptable at any time, they have the right to terminate the treatment. Please advise the therapist at anytime if you are uncomfortable or require anything else during your time with us, to ensure your treatment is at the highest standard for you.



On The Park Rejuvenation Day Spa

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ontheparkrejuvenation.com.au

sheratonsydney.com

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