



THE RITZ-CARLTON

MELBOURNE

RES

# EXPERIENCE

Experience relaxation and restoration with signature spa treatments that enhance health and wellness. Thoughtfully designed rituals use natural ingredients and traditional practices to promote change and renewal.

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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, fully body exfoliation, 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

**120 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 dessert, 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 deep-seated 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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## 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.

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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.

# 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

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## 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.

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## 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.

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## 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.

# BIOLOGIQUE RECHERCHE BESPOKE FACIAL

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Discover the ultimate in personalized skincare with our Biologique Recherche Bespoke Facial, a luxurious and results-driven treatment designed to restore balance, radiance, and vitality to your complexion.

Your treatment begins with a thorough skin analysis to determine your individual “Skin Instant,” followed by a tailored combination of cleansing, exfoliation, sculpting massage, and potent booster serums infused with active botanical, marine, and biological extracts. The treatment works on multiple levels — refining texture, improving elasticity, and delivering an unmistakable glow. This bespoke facial is entirely customized to your skin’s unique needs.

Ideal for all skin types, especially those seeking a deeply customized, high-performance facial leaving you with visibly lifted, hydrated, radiant, and rebalanced skin with a refined complexion.

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## **60 MINUTES**

From \$355 (Monday - Thursday)

From \$385 (Friday - Sunday)

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## **90 MINUTES**

From \$455 (Monday - Thursday)

From \$475 (Friday - Sunday)

# 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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## 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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## MUSCLE RECOVER MASSAGE

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

Recharge your body with this powerful massage designed to alleviate deep-seated 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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## 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.

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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.

# PREGNANCY

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## NATURALLY NURTURED MASSAGE

**90 MINUTES FROM - \$300**

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.

### Enhance your service with the following add-ons.

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#### ISOTONIC HYDROGEL EYE MASK **\$55.00**

Hydrating eye patches for revived and re-energised looking skin.

These nutrient - rich patches are an instant pick-me-up for tired looking eyes so skin appears brighter and feels plumped with moisture.

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#### SCALP AND HAIR CONDITIONING TREATMENT **\$55.00**

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.

# ENHANCEMENTS

Enhance your treatments with our service additions for facials, body, and massages without extending treatment time. Enhancements must be booked with a treatment and can be included in express treatments and rituals.

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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 a handcrafted sweet treat.

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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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## STIMULATING BODY BRUSH

**15 MINUTES - FROM \$65**

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

# ENHANCEMENTS

Enhance your treatments with our service additions for facials, body, and massages without extending treatment time. Enhancements must be booked with a treatment and can be included in express treatments and rituals.

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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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## 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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## BACK REVIVER **\$55**

Enjoy a refreshing back exfoliation prior to any massage to instantly soften, smooth and revitalize your skin.

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## ISOTONIC HYDROGEL EYE MASK **\$55**

Hydrating eye patches for revived and re-energised looking skin. These nutrient-rich patches are an instant pick-me-up for tired looking eyes, so skin appears brighter and feels plumped with moisture.

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## PIPER-HEIDSIECK CUVEE BRUT NV **\$22**

Enhance your spa experience by enjoying chilled champagne in the relaxation lounge, allowing you to savor the tranquility after your treatment.

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## SAICHO PREMIUM SPARKLING DARJEELING (NON-ALCOHOLIC) **\$22**

Enhance your spa experience with elegant relaxation. Enjoy a glass of sparkling non-alcoholic tea in our lounge after your treatment. Sip and savor the peace following your indulgent journey.

# GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarise 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 the 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.

## **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: [The Ritz-Carlton Spa website](#)

## **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.



**THE RITZ - CARLTON SPA**

MELBOURNE

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