



THE RITZ - CARLTON
MELBOURNE



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.



THE RITZ-CARLTON
MELBOURNE

EXPERIENCE

BLUE EMPEROR EXPERIENCE

150 MINUTES FROM \$550

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.

INDULGENT ROSE EXPERIENCE

150 MINUTES FROM \$550

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.

COUPLES SUITE EXPERIENCE

120 MINUTES ROM \$850

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 handcrafted 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.



THE RITZ-CARLTON
MELBOURNE

MASSAGE

DEEP MUSCLE MASSAGE

**60 MINUTES OR 90 MINUTES
FROM \$240**

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.

HOT STONE MASSAGE

90 MINUTES FROM \$330

A therapeutic and rejuvenating massage using warm stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

RELAXATION MASSAGE

**60 MINUTES OR 90 MINUTES
FROM \$240**

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.

NATURALLY NURTURED MASSAGE

**60 MINUTES OR 90 MINUTES
FROM \$240**

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.

STRESS RELIEF MASSAGE

**60 MINUTES OR 90 MINUTES
FROM \$240**

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



THE RITZ-CARLTON
MELBOURNE

BODY

NOURISHED GLOW

60 MINUTES FROM \$250

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.

ULTIMATE BODY BALANCER

90 MINUTES FROM \$350

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.



THE RITZ-CARLTON
MELBOURNE

FACIAL

AGE-DEFYING FACIAL

60 MINUTES **OR** 90 MINUTES
FROM \$250

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.

CUSTOM FACIAL

60 MINUTES **OR** 90 MINUTES
FROM \$250

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.

ULTIMATE RADIANCE

90 MINUTES FROM \$350

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.

LED LIGHT THERAPY

30 MINUTE ENHANCEMENT
FROM \$160

Rejuvenate your skin with our Celluma LED light therapy treatment, designed to stimulate collagen production, reduce inflammation, and support skin health from within. By targeting fine lines, acne, and hyperpigmentation, this treatment leaves your skin refreshed, hydrated, and radiant.



THE RITZ-CARLTON
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BIOLOGIQUE RECHERCHE BESPOKE FACIAL

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.

60 MINUTES FROM \$355

90 MINUTES FROM \$455



THE RITZ-CARLTON
MELBOURNE

MEN

THE MEN'S MASSAGE

90 MINUTES FROM \$330

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.

MUSCLE RECOVERY MASSAGE

**60 MINUTES OR 90 MINUTES
FROM \$240**

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.

RELAXATION MASSAGE

**60 MINUTES OR 90 MINUTES
FROM \$240**

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.

STRESS RELIEF MASSAGE

**60 MINUTES OR 90 MINUTES
FROM \$240**

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

THE MEN'S FACIAL

60 MINUTES FROM \$250

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.

POWER HOUR

60 MINUTES FROM \$250

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

INCLUDES Full body Salt & Oil exfoliation, back massage and body hydration



THE RITZ-CARLTON
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PREGNANCY

NATURALLY NURTURED MASSAGE

**60 MINUTES OR 90 MINUTES
FROM \$240**

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.

CUSTOM FACIAL PREGNANCY

60 MINUTES FROM \$250

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 PREGNANCY

PRICE FROM \$250

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

Performed with ESPA products.



Enhance your treatments with our service additions for facials, body, and massages. Enhancements must be booked with a treatment and can be included in express treatments and rituals.



THE RITZ-CARLTON
MELBOURNE

ENHANCEMENTS

COUPLES BATHING RITUAL

30 MINUTES FROM \$250

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.

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.

STIMULATING BODY BRUSH

15 MINUTES FROM \$70

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

GUA SHA OR JADE ROLLER

15 MINUTES FROM \$70

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



Enhance your treatments with our service additions for facials, body, and massages. Enhancements must be booked with a treatment and can be included in express treatments and rituals.



THE RITZ-CARLTON
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ENHANCEMENTS

**SCALP AND HAIR
CONDITIONING TREATMENT \$60**

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.

NECK AND DECOLLETE BALM \$60

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.

MUSCLE RESCUE BALM \$60

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.

BACK REVIVER \$60

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

**ISOTONIC HYDROGEL
EYE MASK \$60**

Hydrating eye patches for revived and reenergised 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.

**SMOOTH AND FIRM BODY
BUTTER \$65**

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.

**PIPER-HEIDSIECK
CUVEE BRUT NV \$30**

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

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

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



THE RITZ-CARLTON SPA

MELBOURNE

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