



Sheraton®

ON THE PARK



On The Park Rejuvenation DAY SPA



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A warm welcome to On The Park Rejuvenation Day Spa, our luxurious Spa Haven located on level 22 at Sheraton On The Park.

Having selected world class services, we provide a unique Spa experience with complete relaxation and an eye for the finest detail.

Our services includes; Full Day Spa, Half Day Spa, Corporate, Business and Wedding packages or personalized treatments to suit your concerns or time constraints.

We have selected world leading brands, to offer you the latest and most innovative spa and wellbeing treatments in harmony with the sea and nature.

Share time with your partner to romance the senses or you can enjoy a full day spa retreat with your best friends.

We look forward to welcoming you to our luxury Spa Haven.

FACILITIES:

- Indoor heated swimming pool and Jacuzzi
- Sauna / steam rooms (male and female)
- Full spa services with five individual treatment rooms
- Couples treatment room
- In-room treatments
- 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
- Make up services on request

ON THE PARK REJUVENATION DAY SPA

Opening Hours: **6:00am – 9:00pm daily**

To make a reservation call **02 9286 6830**

Or contact the Spa Angels at dayspa.sydney@sheraton.com

ontheparkrejuvenation.com.au

facebook.com/sheratonontheparksydney

Facilities



Saving face

FACIAL SPA

Light Stim Facial 45 minutes \$99.00

LightStim's patented LED Light Therapy is the most effective and affordable technology for achieving healthy and youthful skin. It is soothing, painless, and can be used on all skin types to diminish the appearance of fine lines and wrinkles.

Replenishing Chrono Detox 45 minutes \$99.00

A breath of energy for your skin. A detoxifying, de-stressing facial that helps to restore energy and luminosity to your skin.

I Pure 30 minute \$89.00

New generation technology express facial for those wanting a deep rebalancing cleanse, for immediate results.

I Hydrate 45 minute \$120.00 60 minute \$175.00

The ideal treatment for thirst, tired and dull skin. This new technology facial boosts natural moisture while drenching the skin in remineralising and rehydrating actives.

I Anti Age 45 minutes \$130.00 60 minutes \$185.00

Inspired by anti-ageing techniques of aesthetic medicine. This treatment is a concentration of efficiency to fight the signs of time. Your skin will feel lifted, firmed and reshaped.

RÉNOVATION RADICALE 60 minutes \$175.00

The first medically-inspired Professional Cosmeceutical Range from Thalgo. The MCEUTIC corrective solution targets the causes of imperfections and irregularities that are resistant to conventional cosmetics, to restore the skin's health and smoothness.

Classically French 60 minutes \$145.00

A relaxation for all hard working men and women. Catered to your skin requirements.

Micronised Marine Algae 60 minutes \$150.00

Mattifying and rebalancing with 100% natural marine algae for oily to combination skin.

Advanced Hydra Moisture 75 minutes \$175.00

An advanced customized facial to provide long lasting hydration. Great for pre or post long haul flights, or those working in an air-conditioned environment.

Organic Terre & Mer 90 minutes \$215.00

Escape to Provence and unwind with a nourishing organic treatment combining the best land and sea have to offer.

Hyaluronic Eye Treatment 10 minutes \$35.00

A specialized eye treatment to help drain, fill and plump. A great add-on to any treatment.

Smoothing Collagen 60 minutes \$175.00

Smooths fine lines and boosts radiance with intense hydration and collagen support preserving the skins youth. Perfect as a quick fix or pre wedding facial.

Filling Hyaluronic 75 minutes \$185.00

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

Silicium Superlift Facial 90 minutes \$215.00

A unique double mask that optimizes the results, to provide a complete anti-aging facial - smoothing, filling and lifting. Also incorporates Thalgo's exclusive anti-aging Lifting Massage.

MASSAGE SPA

Tailored Massage

30 minutes \$85.00 | 45 minutes \$110.00 | 60 minutes \$150.00 | 90 minutes \$195.00

Tailored to accommodate your every need to relax and rejuvenate. Whether you're looking for relaxation, remedial, sports, deep tissue or a specific treatment, our specially trained Spa Angels will leave you feeling completely rebalanced and renewed.

Aromatherapy Specialized Massage

30 minutes \$98.00 | 45 minutes \$125.00 | 60 minutes \$160.00 | 90 minutes \$210.00

A personalized experience where the Aromatherapy oils are selected to harmonize your physical and emotional needs.

Immune Recovery 60 minutes \$165.00

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 flu or seasonal allergies.

Intensive Muscle Release 60 minutes \$165.00 | 90 minutes \$230.00

An intensive, deep massage that works with our De-Stress Muscle Oil to release and ease tight achy muscles.

Jet Lag Massage 90 minutes \$220.00

For the frequent flyers who need help adjusting to a new time zone. Rebalance the body when feeling tired, sluggish and flat.

Hands on



Hands on

MASSAGE SPA TREATMENTS Contd.

Sleep Deeply 120 minutes \$290.00

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

Clear Your Mind 120 minutes \$300.00

The perfect ritual for those feeling the ill effects of stress and a hectic lifestyle and struggle to switch off. Performed with the De-Stress Mind Oil to help clear your mind and refocus your thoughts, getting you back on track in no time.

Hot Stone 60 minute \$180.00 | 90 minutes \$240.00

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

Invigorating Massage 50 minutes \$140.00

A gentle exfoliating cream combined with a rich oil to softly exfoliate the skin while de-stressing with a relaxation massage.

Sacred Scalp Massage 30 minutes \$60.00

Indulge in a deeply relaxing scalp massage, stimulating key pressure points using warm Argon oil through the hair and scalp.

BODY

Balance Body Exfoliation 30 minutes \$115.00

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

Sweet Sugar Body Polish 45 minutes \$130.00

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

Smoothing Custard Wrap 60 minutes \$160.00

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 \$195.00

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.

SPECIALISED THALGO BODY SPA TREATMENTS

(All Thalgo body treatments start with exfoliation)

Frigi Thalgo Leg Wrap 45 minutes \$130.00

A cold refining treatment for the legs and/or stomach. Helps improve circulation, drains and detoxifies, helping to elevate fluid retention. Perfect treatment after a long distance flight, excessive exercise or post pregnancy. Your legs will feel as light as air.

Marine Detox Wrap 60 minutes \$165.00

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

3 Algae Marine Wrap 60 minutes \$165.00

The best the sea has to offer. Immerse yourself into a warm luxurious marine wrap. Designed to remineralize, provide well being and vitality - Great for new mums, those wanting to get back in shape or looking to rebalance and recharge.

THALGO SIGNATURE SPA RITUALS

Indoceane Spa Ritual 90 minutes \$210.00 | 120 minutes \$290.00

Close your eyes and drift away in 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 Ayurvedic Massage
- Chinese Stop Over - The temple of beauty with a delicate body wrap and scalp massage

Polynesia Spa Ritual 90 minutes \$210.00 | 120 minutes \$290.00

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 mahana 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

Body language



From head to toe

Your rejuvenation

MEN'S SPA PACKAGES

Refresh 90 minutes \$210.00

The perfect package if preparing for a meeting or just wanting to refresh. Relax with a 30 minutes back, neck and shoulder massage, refresh with the detox facial and renew with either the quick fix hand tidy or quick fix foot tidy.

De-stress 105 minutes \$280.00

A package for the busy Corporate Man. Unwind with a rebalancing facial to recharge and re-energize. Detox built up tensions with a warm full body detoxing wrap. De-stress with a sacred scalp massage for the ultimate relaxation escape.

Gentlemen's Day Out 180 minutes \$350.00

The complete package for men. Start with our invigorating back exfoliation, followed by a full body massage tailored to suit your concerns. Relax with an express facial, de-stress scalp massage and eyebrow tidy. Completed with a quick fix hand and foot tidy.

HALF DAY SPA

First Time Spa Package 90 minutes \$210.00

Design your own spa package: Choose 3 items from the list below to create your very own spa package.

- 30 minutes tailored massage
- Quick Fix Manicure
- Paraffin Hand and Foot treatment
- 30 minutes Marine Detox Back Wrap
- 30 minutes Express Marine Facial
- Quick Fix Pedicure
- 30 minutes Exfoliation
- 30 minutes scalp Massage

Revive Me 120 minutes \$280.00

Revive the senses and recharge body and mind. A specialized 60 minutes Aromatherapy massage tailored to you, followed by a personalised Classically French Facial.

Soothing Senses 180 minutes \$ 355.00

Soothe the soul and take time to relax with a full body 90 minutes full body Aromatherapy Massage tailored to you. Followed by a Rehydration re-energizing facial and specialised eye treatment. Completed with a luxurious scalp massage.

Decadent Delight 170 minutes \$360.00

Indulge in a guilt free sweet treat. Prepare the body with a gentle full body polish for a warm enveloping chocolate custard body wrap.

De-stress with a warm detoxifying facial and complete treatment with a warm paraffin hand and foot wrap and relaxing scalp massage.

Mum & Me Package 150 minutes \$598 two people or \$299 per person

Spend time and treat yourself and mum with this specially designed package. Choose either a 60 minutes full body massage or a Classically French Facial. Unwind with a luxurious scalp massage with Argan oil, and complete your time together with a quick fix manicure and pedicure.

FULL DAY SPA

Complete Rejuvenation 360 minutes \$770.00

The Ultimate Spa package. Treat yourself to a complete head to toe experience with lunch included.

Indulge with a full body exfoliation to polish your skin, followed by your choice of a warm nourishing or detoxing body wrap. Ease into a full body massage to relax and de-stress the mind.

Break for lunch up high on our terrace overlooking Hyde Park and the city a world away from the busy life below.

Restart your relaxation journey with a specialized facial chosen to suit your skin and a warm Argan oil scalp massage to help de-stress the mind. Complete your journey with an express manicure and pedicure and warm paraffin hand and foot treatment. Take home a spa gift with you to remember your Spa Angels by.

HIGH TEA SPA PACKAGES

Me Time (minimum 4 people for this package)

Plan a day spa experience with friends, including a tailored 30 minutes massage each, followed by high tea in our Gallery Tea Lounge.

\$110.00 per person weekdays

\$125.00 per person weekends

You Me and High Tea 120 minutes \$350.00 per couple

Bring your partner or best friend and experience this package for two. Choose from either a 60 minutes tailored massage or a Classically French Facial followed by high tea in the Gallery Tea Lounge. * Couples Room can be requested.



Better together

Little treats

COUPLES PACKAGES

Couples Relaxation 90 minutes \$400.00 per couple

Unwind into blissful relaxation with a specialized Aromatherapy massage catered to suit your concerns, followed by a warm indulgent scalp massage using a nourishing Argan oil.

Couples Devine 150 minutes \$650.00 per couple

Start with a blissful relaxation journey with our signature Indoceane treatment, with a rich Mediterranean Sugar Scrub with citrus flavours, followed by a deep relaxing ayurvedic massage, a warm delicate body wrap and scalp massage. Complete your blissful relaxation with a Classically French Facial tailored to your skin.

Couples Complete Indulgence 390 minutes \$1,480 per couple

The ultimate spa package to share with some one close to you. Enjoy a full day together of pure luxury pampering. Start with a luxury oil sugar full body polish followed by a specially tailored full body massage. This is followed by the application of a warm decadent chocolate custard body wrap.

Break for lunch while enjoying the privacy of your room or the serene views on our terrace high above the city, with a glass of bubbles.

Emerge back into relaxation with a Classically French Facial and soothing eye treatment. Pamper hand and feet with a warm paraffin hand and foot mask and express manicure and pedicure. Before completion, relax with a luxurious warm oil scalp massage.

- Select from our specially designed packages above to share with a friend or loved one
- Create your own package from our spa menu. *Couples room can be requested.

LITTLE TREATS - NAILS

Express Manicure 30 minutes \$80.00 Express Pedicure 30 minutes \$80.00

(includes nail shape, cuticle tidy, moisturizer and vinylux polish)

Rejuvenation Manicure 60 minutes \$120.00

Rejuvenation Pedicure 60 minutes \$120.00

(Includes warm hand soak/foot bath, exfoliation, heal treatment, nail shaping, cuticle tidy, relaxation massage, moisturizing mask and vinylux polish)

- Paraffin Hand or Foot Mask 15 minutes \$30.00
- Frigi Leg Wrap 15 minutes \$50.00
- French Polish Upgrade 15 minute \$25.00
- Gel or Shellack Soak Off 15 minutes \$25.00

LADIES WAXING AND TINTING

Lip or Chin \$20.00
Half Arm \$35.00
Half Leg \$40.00

Under Arm \$30.00
Full Arm \$50.00
Full Leg \$65.00

Bikini \$45.00
Brazilian \$75.00
Extended Bikini \$60.00

Eye Brow Shape \$40.00

Eye Brow Tint \$25.00

Eyelash Tint \$35.00

Eyelash and Brow Tint \$50.00

Eye Combo (Eyebrow Shape and Tint, Eye lash Tint) \$60.00

MEN'S ESSENTIALS

Quick Fix Hand Tidy 25 minutes \$70.00

Eyebrow Tidy \$30.00

Quick Fix Foot Tidy 25 minutes \$70.00

Chest Wax \$65.00

Relaxation Manicure 60 minutes \$110.00

Back Wax \$75.00

Relaxation Pedicure 60 minutes \$110.00

Back and Shoulders \$80.00

Half Leg Wax \$65.00

Full Leg Wax \$85.00

SHERATON FITNESS

To help you perform at your best and gain the energy you need every day, we are here to support you in all your needs: from exercising, to nutrition, to simply relaxing - there is a variety of options to push you to the next level with Sheraton Fitness. The Health Club at On The Park Rejuvenation Day Spa features the very best workout equipment, a rooftop swimming pool, sauna and steam room and a private terrace overlooking Hyde Park.

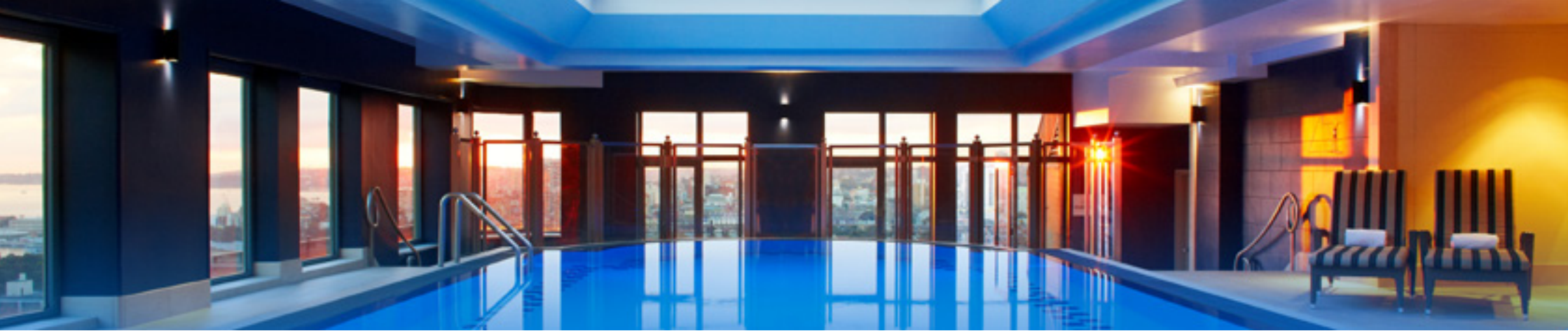
- Access to the fitness centre is complimentary for all hotel guests
- Day passes for external guests: \$60 adults \$30 children

MONTHLY MEMBERSHIP OPTIONS

SHERATON FITNESS MEMBERSHIP	OFF-PEAK MEMBERSHIP (9:00am to 5:00pm, Monday - Friday)
1 month \$140 per person	1 month \$90 per person
6 months \$840 per person	6 months \$540 per person
12 months \$1,680 per person	12 months \$1,080 per person

The membership includes the use of all facilities including the health club, indoor heated swimming pool, jacuzzi, sauna and steam room. Towels are provided with every visit. Members of Sheraton Fitness can take advantage of the latest technology and trends in fitness. Enjoy our unique facilities high above the city as well as exclusive discounts on spa treatments and in our dining venues at Sheraton on the Park.

- Personal Trainers available on request at an additional fee
- Group fitness available on request



Fitness perfection

PERSONAL TRAINING FITNESS PACKAGES

Light Legs (min 4 people) 105 minutes \$170.00 per person
60 minutes running group with personal trainer

- 45 minutes cooling recovery leg wrap to help reduce sore, achy legs and increase circulation and recovery after exercise or a 45 minutes leg and foot recovery massage

Fitness Detox package (min 4 people) 120 minutes \$220.00 per person
60 minutes walking or running group with a personal trainer

- 60 minutes detox body wrap to help with detoxing, body rebalancing, toning and slimming. Includes relaxing scalp massage

One to One 120 minutes \$240.00 per person

60 minutes one on one personal training session with your choice of either:

- 60 minutes recovery massage
- 60 minutes detox body wrap

Express Fitness package 60 minutes \$145.00 per person

30 minutes one on one personal training session with your choice of either:

- 30 minutes recovery massage
- 30 minutes recovery leg wrap

GIFT CERTIFICATES

On The Park Rejuvenation Day Spa Gift Cards 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 the Gift Cards are managed by a third party company - Gift Card Planet. The original gift card received by the recipient of Sheraton on the Park must be presented on redemption. Copies or expired vouchers cannot be accepted. Sheraton on the Park Gift Cards are not refundable for cash and no changes will be permitted. Once the form has been received by Sheraton on the Park, a team member will contact you shortly to arrange payment. The gift card can be used once only. The gift card cannot be redeemed for cash or changed. The gift card is governed by conditions of use and cannot be used to withdraw cash. To check the balance, card expiry and full conditions visit www.giftcardplanet.com.au. This card expires 12 months from the date of purchase. There are no refunds if the card is lost or stolen. This card can only be used at Sheraton on the Park eftpos facilities. Other terms and conditions apply.

The gift of giving



Reservations

MAKE A RESERVATION

Contact On The Park Rejuvenation Day Spa and Fitness to make your bookings. All Spa bookings with a value of \$350.00 or more will receive a complimentary car park. 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 - 9:00pm 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

CANCELLATIONS

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.

YOUR ARRIVAL

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.

PUBLIC HOLIDAY ADDITIONAL SURCHARGES

A 10% surcharge will be added to all treatments and personal training services on any public holiday.

SPA ETIQUETTE

We encourage you to utilize the facilities at On The Park Rejuvenation Day Spa. For a complete spa experience including: roof top indoor heated pool, jacuzzi, steam room and sauna (separated in male and female changing rooms) and fitness centre. We have a breathtaking terrace with sun loungers to relax. Use of facilities are available before and after your treatments.

Please bring your swim wear. 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 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.

LOCATION

On The Park Rejuvenation Day Spa and Fitness is located on level 22 at Sheraton on the Park, 161 Elizabeth Street, Sydney.

Secure parking is available via 138 Castlereagh Street. Charges apply, however all spa bookings of \$350.00 or more receive a complimentary car park for the duration of the treatment. Depending on your treatments, flat rates may apply.

On The Park
Rejuvenation
DAY SPA

Full experience



On The Park Rejuvenation Day Spa

Level 22, Sheraton on the Park
161 Elizabeth Street, Sydney, NSW 2000
Telephone: 02 9286 6830

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