

Hilton Day Spa

Hilton on the Park - Melbourne
Level 2, 192 Wellington Parade
East Melbourne

**Please contact the Hilton Day Spa to book your treatment.
Tel: 03 9412 3190 Email: dayspa.melbourne@hilton.com**

Hilton Day Spa

At Hilton Day Spa it's all about you. Professionally trained therapists approach their work with you as artists seeking to reveal your inner self. At Hilton Day Spa, you'll experience a peaceful and tranquil sanctuary.

Only the Finest

Hilton Day Spa, use the finest Pevonia Botanica products. Pevonia's powerful elixirs promote inner improvement, not just surface changes. Natural extracts from the earth and the sea are combined with exotic aromatherapy essences utilising cutting-edge Swiss technology. Free of sensitisers - mineral oil, alcohol, artificial colour, fragrance, petro-chemicals and not tested on animals. Pevonia is our first choice, because it is as friendly to the earth as it is to the beautiful people who use it.

Spa Amenities

As a guest of Hilton Day Spa you have complimentary use of our facilities including our relaxation lounge, outdoor heated swimming pool, whirlpool spa, sauna and steam room.

Twin Treatment Rooms

Make your day memorable and enjoy your experience with a special friend or loved one. Ideal for couples seeking a romantic retreat, friends and colleagues celebrating special occasions. Perfect for bridal parties, corporate events and birthdays.

Business Hours

Monday - Friday:	10am - 6pm
Saturday:	9am - 7pm
Sunday:	10am - 5pm

Extended hours are available by appointment only.



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Reservations

Bookings are essential for all treatments. Credit Card details or alternatively a monetary deposit of 50% of the treatment value is to be provided for all treatments at the time of booking. If using a Gift Certificate, please quote your Certificate number at the time of booking and present your Certificate prior to your treatment.

Cancellation Policy

Cancellations and/or rescheduling of appointments require 24 hours notice. Cancellations or rescheduling with less than 24 hours notice will incur a 100% cancellation fee.

Health Considerations

Our highly trained therapists can advise you which treatments are ideal and/or make recommendations to suit your requirements.

Etiquette

Please ensure all mobile phones are switched off prior to entering the spa. Children under 16 must be accompanied by an adult.

Payment

Hotel guests may charge any Hilton Day Spa services to their room account. We accept Bankcard, MasterCard, Visa, American Express, Eftpos and Cash for treatments and products.

Arrival Time

We suggest you arrive 15 minutes prior to your treatment so you can change into the appropriate attire and even spend some time relaxing in our spa lounge beforehand. Arriving late to an appointment will simply limit the time for your treatment and therefore the full value of your scheduled treatment will be applied.

Parking

Parking is available underneath the hotel for a discounted fee.

Treatment packages, courses and retail products are non-refundable, transferable or exchangeable.

Menu valid February 2009

Prices are subject to change.

A 10% surcharge to the listed prices in this directory applies on Saturday and Sunday.



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Personal Valuables

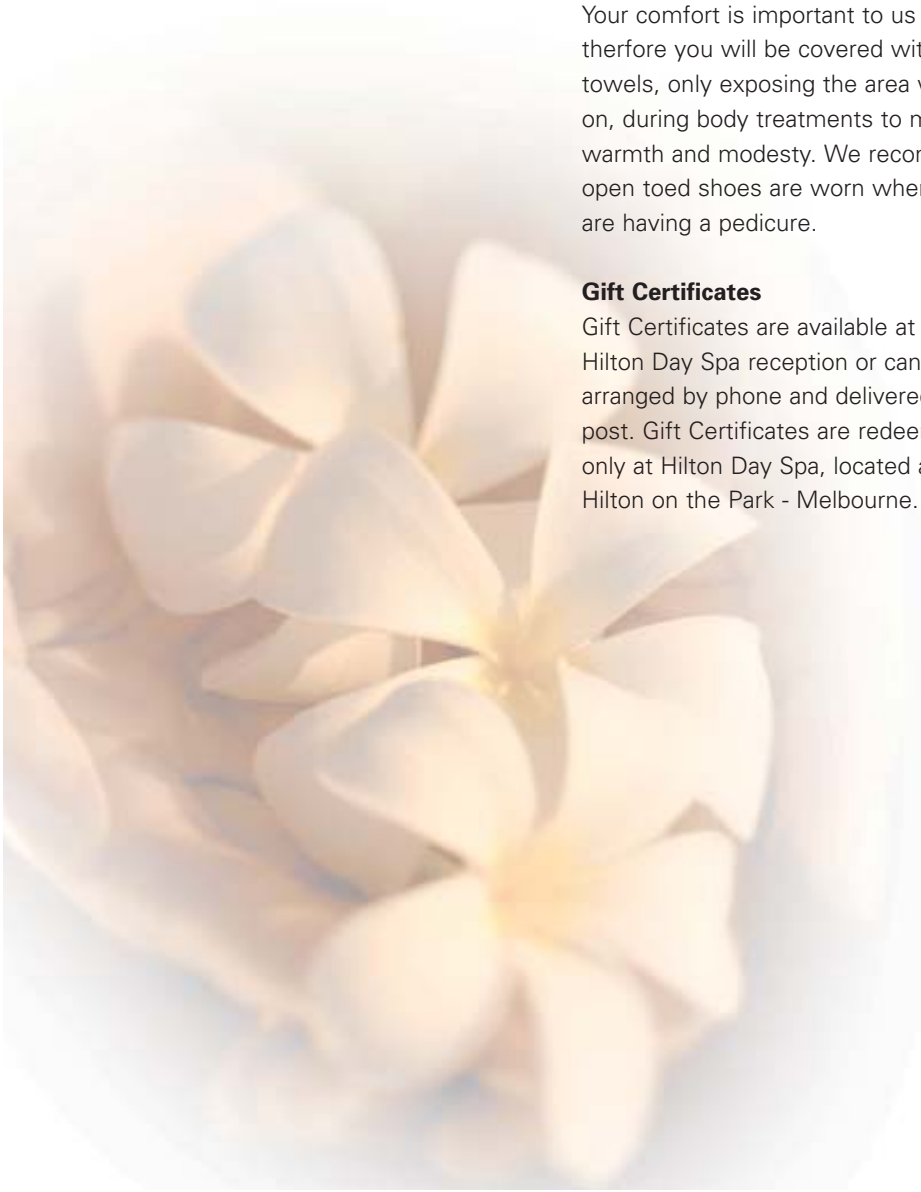
We provide lockers, however we request that you leave all valuable items at home. This establishment cannot assume any responsibility for lost or stolen personal items.

Attire

We provide robes, slippers and towels. Your comfort is important to us therefore you will be covered with towels, only exposing the area worked on, during body treatments to maintain warmth and modesty. We recommend open toed shoes are worn when you are having a pedicure.

Gift Certificates

Gift Certificates are available at the Hilton Day Spa reception or can be arranged by phone and delivered by post. Gift Certificates are redeemable only at Hilton Day Spa, located at Hilton on the Park - Melbourne.



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Spa Facial Enhancers

Anti-Age Caviar & Pearl Facial

75 minutes

\$220

Reveal rejuvenated radiance with this scientifically proven defense against ageing. Empower the skin with preserved elasticity and prolonged vibrance. Pevonia's opulent Myoxy™ Caviar high-performance treatment smoothes wrinkles and improves elasticity, increases oxygenation, counteracts photo damage, delivering extreme hydration and radiance.

Skin Fitness For Men -

Anti-Age Caviar Facial

75 minutes

\$170

Counteract the aging process with a proven-effective treatment specifically formulated for men. Rejuvenating Caviar and repairing freeze-dried Escutox replenish skin while counteracting ageing.

High Performance Facials

75 minutes

\$170

Discover your skin's true potential as we target specific concerns with customised, concentrated extracts infused with the aid of thermal and cooling lift-off masks. Scientifically formulated to counteract skin problems. A spectacular spa facial providing instant visible results.

Luminous 'C' & 'Sea' - Brightening & Hydrating

Blending a powerful concentration of stabilised Vitamin C with the latest high-tech formulation of pure, freeze-dried seaweed, this mask reduces fine lines, strengthens skin's elasticity, counteracts dark age spots and restores a youthful appearance, rendering skin visibly luminous!

Plantomer - Calming & Strengthening

Experience the best from nature's abundance: a unique combination of Laminaria Digitata from the depths of Brittany's Sea; and Propolis from the renowned Jura Mountains in France. This cool, gentle mask treatment soothes, heals, strengthens and deeply hydrates, leaving skin tight, refreshed, vital and healthy with an exceptional glow.

Oxy-Vital - Cooling, Calming & Healing

This is a cool rubber peel off mask specifically designed for skins that need cooling, calming and soothing. Enriched with aloe vera and calendula this mask is perfect for any face that needs healing and strengthening.



Hilton Day Spa

Spa Facial Essentials

Your skin therapist will tailor your treatment to suit your individual skin needs.

Anti Radical Facial

90 minutes

\$190

A totally indulgent treatment combining our Aromatherapy Facial with a luxurious hand, foot and leg massage to release blocked energy and tension, promoting deep relaxation.

Aromatherapy Facial

60 minutes

\$120

Restore healthy skin balance with this holistic facial incorporating pure essential oils and blended plant extracts that combine to normalise the pH of the skin.

Anti-Stress Facial

30 minutes

\$80

This treatment is ideal for someone who wants great results in the busiest schedule. Restore a natural skin balance to the face and ease the tension in the neck and shoulders.

Eyes, Lips, Neck, Bust

Experience the remarkable agemanagement benefits of these spectacular treatments - on their own or combine them with any face or body treatment.

Collagen Cryo – Eye Wrinkle Smoothing

30 minutes

\$80 (with facial \$45)

A freeze-dried marine based Collagen treatment to strengthen and smooth the delicate eye tissue leaving it firmer, more refined and beautifully hydrated.



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Ginko Biloba – De-Stress, Anti-Puffiness Reduces Dark Circles

30 minutes **\$80 (with facial \$45)**

A freeze-dried sheet mask rich in Ginko Biloba reduces puffiness and dark circles and visibly firms the eye contours.

Youthful Lip Smoothing Treatment

30 minutes **\$80 (with facial \$45)**

A deeply rejuvenating mask of Retinol with Collagen and Elastin to smooth, plump and hydrate the lips and lip area. Visibly reduces the appearance of fine lines and renders the skin more elastic and resilient.

Tinting

Lash **\$40**

Brow **\$30**

Lash & Brow **\$60**

Body Relaxing Rituals Geisha Spa

Relax in our private Geisha Aero Spa. Enjoy by yourself or with your partner. The perfect way to start your spa treatments.

Aromatherapy Spa – Soothe the Mind, Body & Soul

30 minutes **\$50**

Indulge in this Aromatherapy Spa with Aroma Oils that help to soothe the Mind, Body & Soul while nourishing the skin.

Milk Bath Spa – Moisturise, Protect & Build Elasticity

30 minutes **\$60**

Immerse yourself in what the ancient Egyptians believed to be the ultimate beauty secret. Indulge in the natural goodness of milk. Milk Bath leaves your skin feeling nourished, supple, smooth, healthy and refreshed.

Aromatic Mud Moor Spa – Stimulating & Healing

30 minutes **\$65**

Rejuvenate your skin with this luxurious mud spa. Vanquishes aches and pains, the Moor brings instead a state of deep relaxation and wellness into the very fibres of your being. Rich in natural Vitamins, Minerals and Enzymes, this unique Black Magma rejuvenates your skin and brings you back to healthy life.



Hilton Day Spa

Floatation Tank

30 minutes

\$50

60 minutes

\$85

Immerse yourself in heaven. Our floatation tank screens out external physical stimuli, creating a pure state of "sensory" relaxation. When you float, your brain responds to this deep relaxation by releasing endorphins, which help to relieve pain, improve mood and boost the immune system. 1 hour in the float tank feels like 4-8 hours of quality sleep.

Body Cleansing & Rejuvenating Rituals Exfoliation

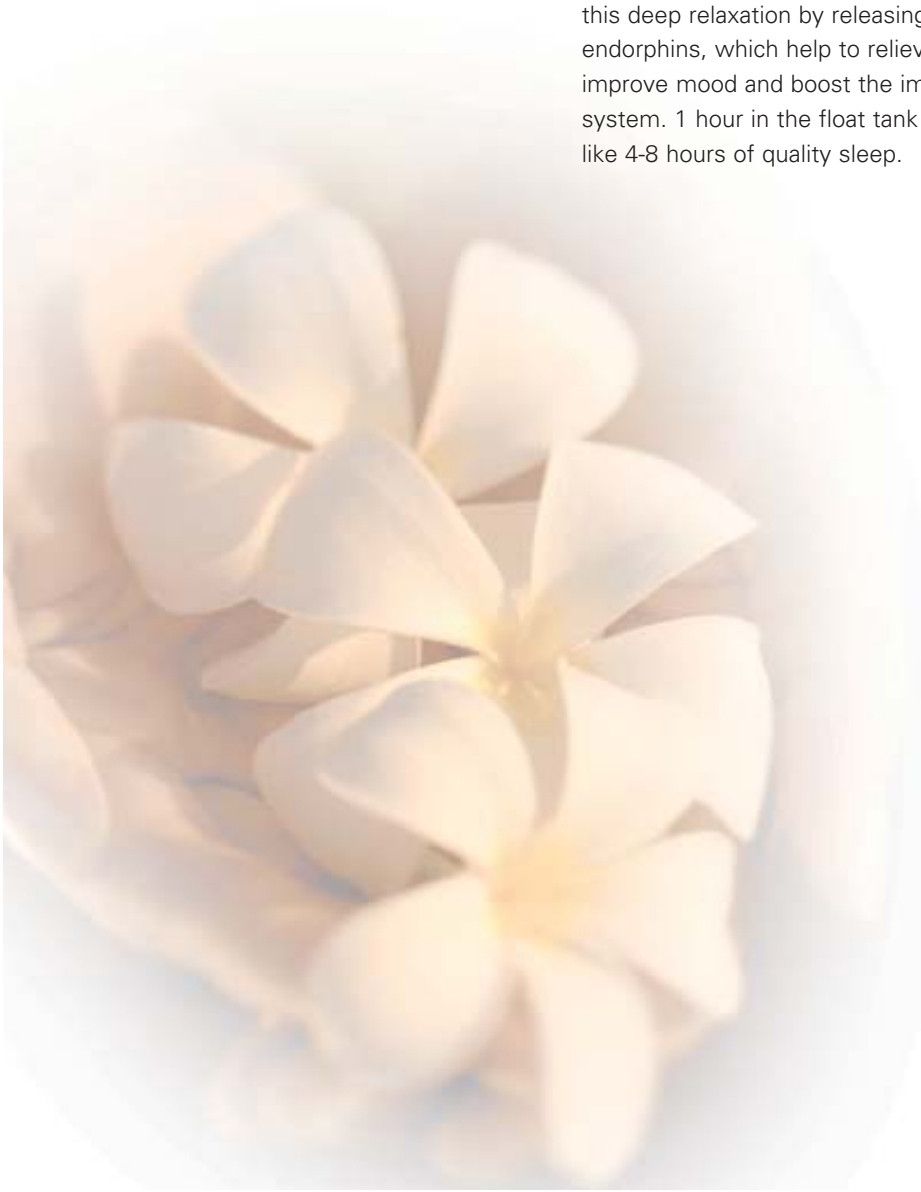
Truly smoothing and cleansing treatments for the skin. Utilising the therapeutic benefits of ingredients from the earth and sea. The result is silky-smooth, soft, glowing skin. We recommend 'Dry Body Brushing' before your exfoliation treatment to increase body circulation. Dry Body Brushing is included before all body treatments.

Creamy Body Polish - Nourishing & Softening

45 minutes

\$100

Your skin is gently buffed with a creamy blend of Rose and Chamomile essential oil with gentle jojoba nut granules that polish away dead cells revealing a silky soft skin.



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Body Glow Tanning

30 minutes

\$55

(with Body Exfoliation \$40)

Airbrush spray tanning for a healthy golden tan.

Body Wrap

75 minutes

\$170

Ancient rituals & ingredients unite with modern science modalities. These exceptional body treatments integrate holistic formulas for powerful therapeutic results. The complete body experience begins with the application of warm aromatic poultices, the body is then wrapped in steady warmth to deliver mineralising benefits as you relax and enjoy a soothing scalp massage.

Aromatic Black Moor Mud –

Muscle Easing & Immune Boosting

Gently vanquishes aches and pains, the Black Moor Mud brings a state of deep relaxation and wellness. Rich in natural vitamins, minerals and enzymes, this treatment rejuvenates your skin and brings you back to healthy life.

Your comfort is important to us therefore you will be covered with towels, only exposing the area worked on during body treatments to maintain warmth and modesty.



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Revitalising Body Massages

Your massage therapist will tailor your treatment to suit your individual needs.

30 minutes	\$80
45 minutes	\$110
60 minutes	\$120
90 minutes	\$180

Swedish / Relaxation

A gentle massage using long, soothing strokes to reduce muscular tension, increase circulation and wellbeing. Designed especially for those in need of stress reduction.

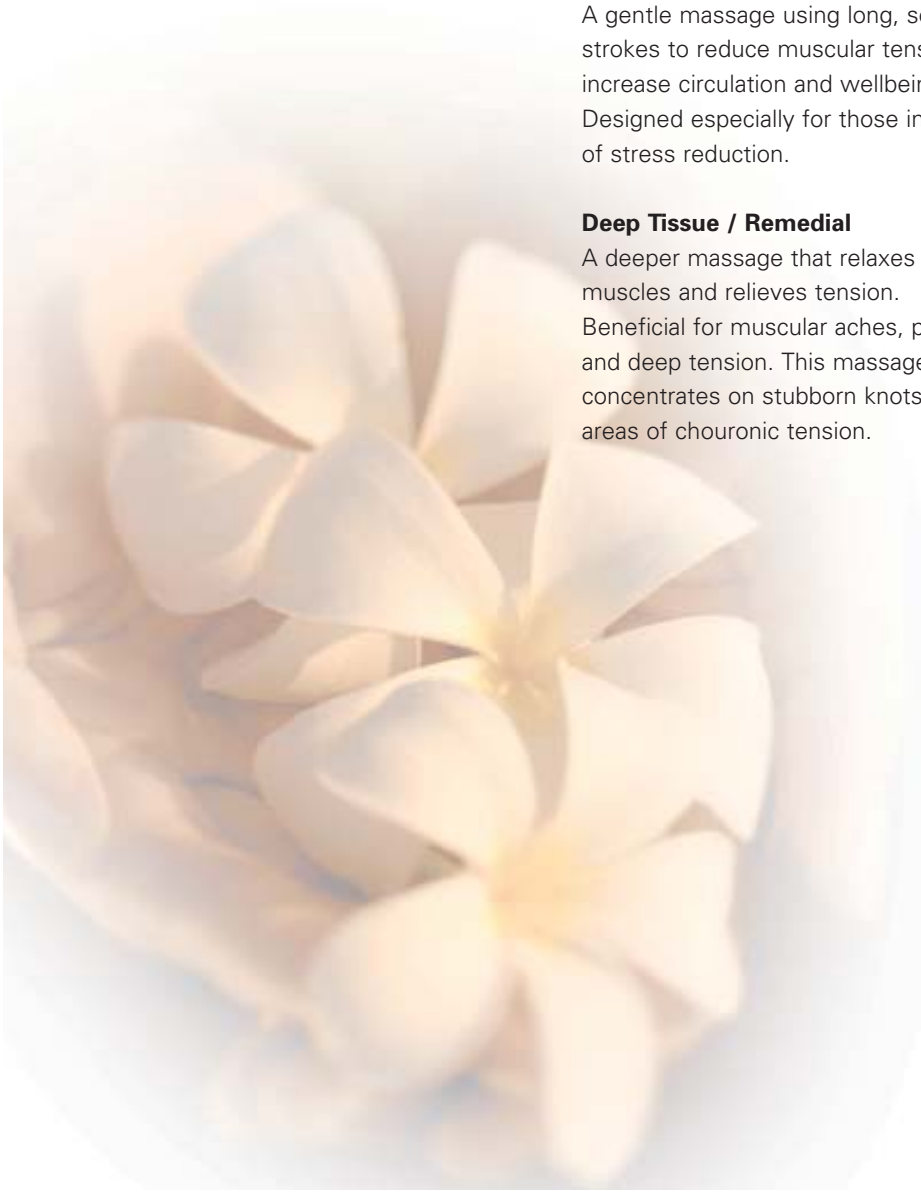
Deep Tissue / Remedial

A deeper massage that relaxes the muscles and relieves tension. Beneficial for muscular aches, pains and deep tension. This massage concentrates on stubborn knots or areas of chronic tension.

Pregnancy

In a word, "bliss". Specifically designed for the mothers-to-be.

A pillow will support the belly and make you completely relaxed and comfortable. This massage helps to reduce back and neck pain associated with pregnancy. Smooth, relaxing strokes will put both mother and baby at ease.



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Hand & Foot Treatments

Spa Manicure

45 minutes **\$85**

Soften and pamper your hands in an aromatic salt bath, traditional nail care, cuticle stimulation, followed by a wonderfully relaxing hand massage. Polish optional.

Spa Pedicure

60 minutes **\$100**

Soften and pamper your feet in an aromatic salt bath, traditional nail care, cuticle stimulation, followed by a wonderfully relaxing foot & leg massage. Polish Optional.

Spa Manicure & Spa Pedicure

1 hour 45 minutes **\$180**

Express Manicure

30 minutes **\$60**

Express Pedicure

30 minutes **\$60**

Essentials

Waxing For Her

	From
Lip	\$25
Chin	\$25
Brow	\$30
Standard Bikini	\$30
G-String Bikini	\$50
Underarm	\$30
Half Arm	\$40
Full Arm	\$50
Half Leg	\$50
Full Leg	\$70

Waxing For Him

	From
Half Leg	\$60
Full Leg	\$90
Back	\$60
Chest	\$50
Full Arm	\$70
Neck	\$30
Shoulders	\$40



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Spa Packages

Choose from the packages listed below or create your own spa package. Ask our team to customise a spa package especially for you.

Hilton Signature Pampering Retreat

4 hours 45 minutes **\$560**

Milk Bath Geisha Spa
Aromatherapy Body Salt Glow
Your choice of a Aromatic Moor Mud
Body Wrap, Anti-Stress Aroma Cocoon
or Slimming Detox Wrap
Full Body Massage (60 mins)
Aromatherapy Facial
Spa Pedicure
Fresh seasonal sliced fresh fruits

Relaxation Retreat

4 hours 15 minutes **\$475**

Aromatherapy Geisha Spa
Full Body Massage (60 mins)
Aromatherapy Facial
Spa Manicure & Spa Pedicure
Fresh seasonal sliced fresh fruits

Perfect Bliss

2 hours 45 minutes **\$300**

Aromatherapy Facial
Spa Manicure
Spa Pedicure

Rebalancing Retreat

2 hours 15 minutes **\$250**

Floatation Tank (30 mins)
Body Massage (45 mins)
Anti-Stress Facial (45 mins)

Luxury Package

1 hour 45 minutes **\$270**

Anti-Stress Facial
Aromatherapy Body Salt Glow
Body Massage (30 mins)

Touch of Heaven

2 hours **\$240**

Aromatherapy Facial
Full Body Massage

Escape for Men

1.5 hours **\$200**

Neck & Shoulder Massage (30 mins)
Aromatherapy Facial

Re-Energising Travel Treatment

1 hour 15 minutes **\$180**

Body Massage (30 mins)
Anti-Stress Facial

Mini Spa Package

1 hour **\$130**

Aromatherapy Geisha Spa
Anti-Stress Facial