



Sheraton
On the Park
HOTEL



On The Park
rejuvenation
DAY SPA



On The Park rejuvenation DAY SPA

A warm welcome to On The Park Rejuvenation Day Spa, our scenic haven on level 22 at Sheraton on the Park.

Your wellbeing is our passion. Regain your focus and rejuvenate during your escape from daily life.

Our range of spa experiences include classic and contemporary massages, skin care treatments, nail services and more. Share a time out with your partner to romance the senses or enjoy a full day spa retreat with your best friends. Each of our treatments is exquisitely designed to provide ultimate nourishment for body and spirit.

Our Spa Angels are specialized experts in Aromatherapy, Beauty Therapy, Massage Therapy, Homeopath and Make-up Artistry and will create the perfect time out high above the city.

We look forward to welcoming you soon.

Facilities:

- Indoor heated swimming pool and Jacuzzi
- Sauna / steam (male and female)
- Full spa services with five treatment rooms
- Couples treatment room
- Multi-functional fitness centre with Personal Trainer services
- Outdoor terrace overlooking Hyde Park

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

To make reservations call 02 9286 6830

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

ontheparkrejuvenation.com.au
facebook.com/sheratonontheparksydney

facilities

Little Treats

Paraffin Wax (Hands or Feet) 15 min **\$25**

NAILS

Quick Fix Manicure 30 min **\$80**

Quick Fix Pedicure 30 min **\$80**

(File cuticles, clean and shape + standard paint)

Rejuvenation Manicure 60 min **\$120**

Rejuvenation Pedicure 60 min **\$120**

(Scrub, mask, massage, nail work and standard paint)

WAXING - Ladies

Full leg **\$65**

Half leg **\$40**

Full arm **\$50**

Half arm **\$35**

Underarm **\$30**

Lip or chin **\$20**

Eyebrow shape **\$40**

Eyebrow tint **\$25**

Eyelash tint **\$35**

Eyelash and brow tint **\$50**

Brazilian **\$75**

Bikini **\$45**

WAXING - Men

Eyebrow shaping **\$40**

Back **\$75**

Chest **\$65**

Back and shoulder **\$85**

Tailored Massages

Our menu of massages will suit your every need to relax and rejuvenate. Select from Remedial, Relaxation or Deep Tissue Massage.

30 minutes **\$85** 60 minutes **\$145** 90 minutes **\$195**

Hot Stone Massage

60 minutes **\$180** 90 minutes **\$240**

Invigorating Massage

A soft flowing massage using cream and scrub to gently exfoliate and renew your skin while distressing your tension.

50 minutes **\$135**

Specialized Aromatherapy Treatments

Experience a massage dedicated to your emotional, physical and mental needs with the selection of specific oils.

30 minutes **\$98** 60 minutes **\$155** 90 minutes **\$210**

In Room Massage

Whilst staying at Sheraton on the Park, enjoy a tailored treatment in the privacy of your room.

60 minutes **\$165** 90 minutes **\$235**

Sacred Scalp Massage

Indulge in a deeply relaxing scalp massage with pressure points using warm exotic oil through hair and scalp.

20 minutes **\$55**

saving
face

FROM
head
TO
TOE

Facial Specialties

Terre & Mer, Organic Ritual 90 minutes **\$215**
Purely Eco Organic Facial emerging two essential ingredients of orange blossom and olive to fuse and cocoon the skin boosting cellular regeneration, leaving your skin hydrated, soft and reenergized ***All skin types.**

Advanced Hydra Moisture 75 minutes **\$175**
Hydrating in every sense with a fresh enveloping mask that encourages the active ingredients to infuse and hydrate leaving you with softer, smoother and suppler skin.
***Dry/Dehydrated/Change of seasons.**

Classically French 60 minutes **\$145**
Gentle cleansing, exfoliation and massage plus tailored mask therapy to treat your skin type. ***All skin types.**

Chrono-Detox 45 minutes **\$95**
Powerful antioxidant and three step purity solution that captures and neutralizes the skin from suffocating pollution to protect against ageing.
***Tired/Problematic/Dry skin.**

Anti-Ageing Specialized Facials

Smoothing Collagen 60 minutes **\$175**
A pure Collagen facial that's softens, smoothes and brightens the complexion.
***Dry/Tired Skin 25 years and up.**

Filling Hyaluronic 70 minutes **\$185**
Reduces expression lines, ideal for skins that are dehydrated with active filling spheres. The skin plumps up and evens out.
***Tired Skin/ Fine Lines 35 years and up.**

Lifting Serum 90 minutes **\$215**
A treatment for aging skin to push silicium production, important for the synthesis of collagen and elastin causing the skin to sag and wrinkle.
***Deep wrinkles/lifeless and ageing skin.**

Body

Body Balance Exfoliation 30 minutes **\$115**
Gentle exfoliation followed by a calming soothing moisturizer.

Sweet and Savoury Scrub 45 minutes **\$130**
Dry body brush followed by a tantalizing sweet and savory salt scrub soaked in a coating of oil to hydrate the skin.

Chocolate Custard Wrap 60 minutes **\$150**
A chocolate custard wrap that will soothe and hydrate the skin whilst wrapped in a cocoon, followed by an exotic scalp massage.

Indoceane Spa Ritual 90 minutes **\$195**
A treatment to discover the colours and fragrances that come together on your journey from the Mediterranean (scrub) to India (Qi massage) and China (wrap).

Polynesian Ritual 90 minutes **\$195**
A fusion of treats from the Polynesian Islands starting with a traditional body exfoliation ritual, sensory massage with herbal pouches and ending with a sacred gold sparkle.

Dead Sea Mud Wrap 90 minutes **\$195**
Experience the Dead Sea in the heart of Sydney with a brisk body scrub followed by application of Dead Sea Mud that renews, detoxes and revitalizes the body and skin while enjoying a sacred scalp massage.

Glow 60 minutes **\$160**
Quick brisk exfoliation followed by a self-tan application cream, developing a radiating tan that matches the skin tone.



your
rejuvenation.

better
together

Packages

- Energizing Blitz** 60 minutes **\$145**
30 minute power Personal Training session followed by a 30 minute restoring massage.
- Revive Me** 120 minutes **\$280**
A 60 minute specialized Aromatherapy Massage followed by our classically French facial tailored to your skin needs.
- Gentlemen’s Day Out** 180 minutes **\$310**
An express manicure and pedicure with nail buffing, an invigorating back exfoliation, a fully tailored body massage and express facial.
- Pampers Delight** 195 minutes **\$355**
Delight in this express manicure and pedicure with paraffin wax plus choose either a classically French facial or full tailored body massage, followed by an exotic scalp massage.
- Your Rejuvenation** 330 minutes **\$750**
Indulge in a full body scrub, followed by a chocolate mud wrap and eased into a full body massage. Break for a bite to eat on our terrace overlooking the city and Hyde Park. Emerge back into your treatments with a specialized facial and a sacred scalp massage. Ease back from your journey with an express manicure and pedicure and paraffin wax. Take home a spa memento with you to remember our Spa Angels by.

Specialties

- You, Me and High Tea** 120 minutes **\$345** per person
Bring your partner or best friend and experience this package for two by selecting either a 60 minute massage or facial followed by High Tea in The Gallery Tea Lounge.
*Couples room can be requested.
- Me Time**
Plan a day spa experience with friends, including a 30 minute massage each, followed by High Tea in The Gallery Tea Lounge.
\$99 per person (minimum of four people) weekdays
\$115 per person (minimum of four people) weekends and public holidays

WEDDING PACKAGE **\$850**

On The Park Rejuvenation Day Spa is a place for you to unwind and relax prior to your ‘big day’. Find your glow with our head-to-toe wedding package including:

- All you need waxing
- 60 minute facial
- 30 minute body scrub
- 60 minute massage
- Rejuvenating manicure and pedicure
- Eyelash and eyebrow tinting
- Make up trial

fitness
Perfection

full
EXPERIENCE

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 from \$30
- Monthly membership options

SHERATON FITNESS MEMBERSHIP	OFF-PEAK MEMBERSHIP (9:00am to 5:00pm)
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 and slippers 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 the dining venues at Sheraton on the Park.

Personal Trainers available on request at an additional fee.

Make a Reservation

Contact the Spa Angels to make your booking at On The Park Rejuvenation Day Spa.
t — 02 9286 6830
e — dayspa.sydney@sheraton.com
w — ontheparkrejuvenation.com.au
Opening Hours 6:00am – 9:00pm daily

Cancellations

We understand that sometimes you may need to change your schedule. Cancellations are required 4 hours prior to your appointment from Monday to Friday, 8 hours on weekends and 48 hours for all group bookings; any cancellations after this will incur a fee of 50%. Arriving late may require us to shorten the length of your treatment with full charges applied.

Gift Certificates

On the Park Rejuvenation Day Spa gift certificates are perfect for any occasion and are available for individual treatments, spa packages or predetermined denominations. Gift certificates can be mailed directly to you or the recipient. Purchases may be made over the phone with your credit card or at the spa reception.

Spa Etiquette

Please arrive 30 minutes prior to your treatment to ensure you avail the complete experience by using the steam and sauna as well as consultations.

Treatment will commence at appointment time.

Guests arriving after commencement time will incur a shortened spa experience.

On The Park Rejuvenation Day Spa
Level 22, Sheraton on the Park
161 Elizabeth Street, Sydney

Secure parking is available via 138 Castlereagh Street.



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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