



spa & sport

Lev III, 68 Market Street, Sydney NSW 2000

Telephone: +61 2 9238 7777

www.cityspaandsport.com.au

vitality massages

PUROVEL MOUNTAIN MEADOW MASSAGE

This customised relaxation massage uses long, smooth strokes to relax muscles and aid both the lymphatic and circulatory system. Deep breathing with our signature Purovel aromatherapy blend starts the relaxation process and prepares you for this nourishing body, mind and skin massage.

60/90 minutes **\$120/\$180**

PUROVEL ALPINE SPRING MASSAGE

A relaxation style massage with medium pressure eases tension and stimulates blood flow. Deep breathing along with our signature Purovel aromatherapy blend clears the mind and breathing passages. A perfect massage for active people who need some muscle recovery.

60/90 minutes **\$120/\$180**

PUROVEL MOUNTAIN STONE MASSAGE

Our signature Purovel aromatherapy blend combines essential oils with hot stones, to create a deep heat massage to release muscles and melt away stress.

60/90 minutes **\$135/\$190**
Couples 60/90 minutes **\$240/\$340**

SWEDISH ALPINE MASSAGE

An energising and vivifying massage using gentle to firm flowing movements intended to improve circulation and tissue elasticity, promoting complete body and mind relaxation.

30/60/90 minutes **\$70/\$120/\$180**

REMEDIAL MASSAGE

A specific massage tailored to your needs using specialised techniques which promote energy balance, increase suppleness, stimulate lymph and blood circulation, easing stiffness and tension, inducing a state of therapeutic relaxation and stress relief.

60/90 minutes **\$120/\$180**

PRE & POST-NATAL MASSAGE

Increases energy levels, alleviates discomfort and increases circulation. This massage is deeply relaxing.

60/90 minutes **\$120/\$180**

SPORTS MASSAGE/DEEP TISSUE MASSAGE

Features deep strokes, finger pressure and trigger point therapy. This is proven to be effective for the release and reduction of tension within the muscles. Improves circulation and encourages the removal of waste products such as lactic acid. This massage is suitable to treat the entire body or target specific areas.

60/90 minutes **\$130/\$190**

FOUR HANDS MASSAGE

A unique and wonderful massage experience. Two therapists provide a perfectly synchronised treatment using a variety of techniques. The sensation of four hands caring for your body in synergy is incredibly nurturing and helps to remove all tension.

60 minutes **\$230**

Alpeor body therapies

CANDLE BACK MASSAGE

A massage provided with warm oil from a candle which envelops the entire back. Relieves tension due to bad posture and physical strain.

50 minutes **\$105**

COMFORT HYDRATING NOURISHING MASK/WRAP

A specific triple action treatment wrap: hydration, nutrition and protection, which enhances the health and appearance of the skin.

30 minutes **\$80**

DETOXIFYING BODY MASK/WRAP

A warming body mask will deeply stimulate and improve your blood microcirculation. This wrap will also alleviate the body of toxins and restore firmness.

30 minutes **\$80**

REVITALISING LEG MASSAGE

Removes and relieves stiffness, stress and irritations caused by the demands of modern living. Legs are freed from tension and your circulation improved. This therapy is ideal for those who suffer from water retention (including pregnant ladies).

40 minutes **\$85**

REVITALISING LEG MASSAGE AND ADVANCED LEG WRAP

This treatment begins with a warm compress of essential oils. Relax and enjoy a soothing massage that drains, relieves and improves circulation. Energising with controlled cold intensity the therapy concludes with a peel-off leg wrap.

75 minutes **\$140**

body refreshers

PURIFYING BACK THERAPY

A facial designed for the back. Deep steam cleanse, invigorating exfoliation, purifying pore extraction, revitalising mask and relaxing massage customised to your skins needs.

60 minutes **\$120**

DYNAMIC SCRUB/GOMMAGE AUX CRISTAUX DES PRAIRIES

This dynamic body polish is a dual phase massage/exfoliation therapy. It reactivates your microcirculation and detoxifies the skin. Choose from our Spa selection of Coffee, Floral, Coconut, Chocolate and Green tea scrubs, finished with a soothing application of hydrating moisturiser.

50 minutes **\$90**

partial - day spa packages

ALPINE VITALITY

Dynamic Gommage/Scrub, Alpine Massage and Hydrating Nourishing Body Wrap. A firming and stimulating body scrub which enhances and clarifies the skin. This is followed by a relaxing massage using a hydrating and nourishing mask/wrap to deeply nourish and protect the skin.

90 minutes **\$195**
Couples (90 minutes) **\$330**

VITALITY PACKAGE

Revitalise all your senses. Choose any full body massage of your choice and Alpeor Signature Facial.

A signature treatment leaving you replenished and relaxed.

120 minutes **\$220**
Couples (120 minutes) **\$400**

ALPINE BODY PACKAGE

Purify your body into a mountain escape with our Dynamic Gommage/Scrub, Swiss Mountain Meadow Massage and Detoxifying Mask (Wrap).

135 minutes **\$260**
Couples (135 minutes) **\$465**

SERENITY PACKAGE

Escape to a place of pure serenity with our Gentle Body Exfoliation, Soothing Massage, a Hydrating Nourishing Body Wrap and Nourishing Facial.

165 minutes **\$340**
Couples (165 minutes) **\$560**

MEN'S ALPINE PACKAGE

Treat yourself to some much needed man time and unwind with your choice of a full body Massage, Dynamic Body Scrub and Alpine Express Facial.

120 minutes **\$250**

JET-LAG PACKAGE

Revitalise your body with a stimulating Dynamic Scrub, Invigorating Massage and refreshing Leg Wrap to rebalance your circulation and rest the body after a long flight.

120 minutes **\$250**
Couples (120 minutes) **\$450**

All packages include a complimentary fresh fruit salad and refreshing Herbal Tea.



day at the spa

Take a journey of extreme head to toe indulgence!

Your choice of Anti-Ageing Facial and Massage. This package includes Body Exfoliation, Hydrating Nourishing Body Wrap and finishes with Spa Foot Therapy and a Lacquer application for your hands or men's mini manicure.

6 hours **\$690**

A vitality lunch or dinner is included in our Day Spa Package, along with full use of all Spa facilities and an Alpeor skin care gift.



Alpeor signature facials

PURIFYING

A purifying deep cleansing and rebalancing facial with detoxifying massage for oily skin. This will revive the complexion and maintain healthy skin.

60 minutes **\$120**

MOISTURISING FACIAL - 'FRAÎCHES PRAIRIES'

This moisturising facial targets normal, combination or environmentally damaged skin. It utilises our proven hydration skincare revealing a glowing radiant complexion.

60 minutes **\$120**

NOURISHING FACIAL - 'RICHES MONTAGNES'

A multi-nourishing and revitalising facial treating dry skin. Deeply stimulated, the skin is supple, luminous and replenished.

60 minutes **\$120**

ALPINE EXPRESS FACIAL

This rapid facial treatment includes deep cleansing, exfoliation, facial steam, and customised mask. Alpeor Phyto-Technology leaves your skin looking pure and radiant.

40 minutes **\$90**

hand and foot therapies

SPA HAND THERAPY

A facial for your hands! Your experience starts with a soothing warm towel of essentials oils, a gentle exfoliation, cuticle repair, paraffin therapy, hydrating massage, mask and lacquer application.

90 minutes **\$150**

SPA FOOT THERAPY

A purifying mineral bath followed by a rapid exfoliation, cuticle repair, foot mask, paraffin therapy, relaxing massage, and lacquer application.

90 minutes **\$150**

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SPA AMENITIES DAY PASS

Full access to the Spa amenities include Rooftop heated swimming pool, Jacuzzi and Sauna.

Single pass **\$45**
Couple pass **\$80**

spa additions

| | |
|------------------------------|------|
| Anti-wrinkle eye treatment | \$35 |
| Paraffin Hand Treatment | \$15 |
| Paraffin Foot Treatment | \$15 |
| Eyeshadow/Brow Tint | \$22 |
| Chin/Lip/Eyebrow wax | \$22 |
| Standard Bikini/Underarm Wax | \$30 |
| Brazilian Wax | \$70 |
| Half Leg Wax | \$40 |
| Full Leg Wax | \$60 |
| Chest/Back Wax | \$60 |
| Half Arm Wax | \$30 |
| Full Arm Wax | \$40 |
| Dry-Brush Body Exfoliation | \$35 |

additional targeted massages

REBALANCING MASSAGE WITH ESSENTIAL OILS

Harmonizing and diverse experience uses enveloping movements for an incomparable feeling of well-being. Essential oils is used to stimulate the body and mind for a feeling of total relaxation.

60 minutes **\$130**
90 minutes **\$190**

spa appointments

SCHEDULING YOUR APPOINTMENT

To make an appointment please call (02) 9238 7777 or send us an enquiry email to: spasport.sydney@swisotel.com

You can request appointment online upon visiting our website: www.cityspaandsport.com.au

Spa services are offered daily beginning at 8 am.

requesting a therapist

You may request a male or female therapist when scheduling treatments. However we cannot guarantee this preference. All of our highly skilled therapists are professionals and are extensively trained to provide you with the utmost comfort during your spa experience.

arrival

Please arrive 30 minutes before your first scheduled appointment to complete and sign the Health Questionnaire.

You will be given a Spa robe and slippers to change into before your treatment. Our therapists will only expose the portion of your body that is being treated at the time.

valuables

Please leave your jewellery and other valuables at home or in the safe deposit boxes located in your hotel room. In addition a small personal safe box can be issued at the front desk of the Spa.

prior to your spa services

To begin your time of relaxation, we recommend use of the Sauna Jacuzzi and Shower prior to your service.

Please arrive at the Spa Reception Desk 10 minutes prior to your first Spa service.

cancellation policy

Please notify the Spa a minimum of 24 hours for a single or couple reservation or 7 days for a group, should you need to cancel or re-schedule to avoid a 50% charge for the service.

All no-show appointments will be charged at full value.

late arrivals policy

Unfortunately, late arrivals may not receive an extension of scheduled treatments. Should you arrive earlier, view our tips for beginning your relaxation.

medical conditions and allergy concerns

Upon arrival, you will complete a brief health history questionnaire to assist the spa technicians in providing with maximum safety and comfort during your visit. We encourage you to disclose any pertinent health conditions that may affect your spa experience. Please also consider completing and signing the health questionnaire prior to your visit to expedite your check in process.

access of the spa amenities

Use of the Spa amenities are complimentary for day spa guests. The rooftop heated swimming pool and Jacuzzi is an added benefit extended to packages with two or more services and partial day Spa packages.

additional pool services

The Swisotel provides spa guests with dining in the comfort of their spa robes at the pool. Orders can be made at the Spa reception or directly using the phone located on the wall near the pool entry doors. Swisotel Pool menu is available to download.