

# spa & sport

swissôtel SYDNEY



spa menu

## INFORMATION & RESERVATION

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## Welcome to Best Day Spa & Sport at Swissotel Sydney CBD

Take time to indulge in a range of luxury spa treatments at Spa & Sport.

Our treatments range from rebalancing and revitalizing through to beautifying the body, all within the soothing surrounds of our urban and holistic spa facility. Each of our spa therapies begin with the Welcome Vitality Touch, a foot cleansing ritual combining the use of warm towels infused with essential oils. Your spa therapy journey ends with a final light touch and refreshing mist for your face to bring your body's awareness back together as one.



## PRODUCTS

Spa & Sport at Swissôtel Sydney is also proud to use an exclusive selection of anti-ageing French, Swiss and Australian products across all spa treatments. To learn more about Sothys and Pürovel labels, along with their active organic ingredients, please feel free to speak to one of our Spa & Sport therapists.

## PÜROVEL SIGNATURE MESSAGES

### PÜROVEL MOUNTAIN MEADOW MESSAGE

This customised relaxation massage uses long, smooth strokes to relax muscles and aid both the lymphatic and circulatory system.

60 MIN / 90 MIN | \$185 / \$240

### PÜROVEL ALPINE SPRING MESSAGE

A relaxation style massage with medium pressure that eases tension and stimulates blood flow. A perfect massage for active people who need subtle muscle recovery.

60 MIN / 90 MIN | \$190 / \$250

### PÜROVEL MOUNTAIN STONE MESSAGE

Our signature Pürovel aromatherapy blend combines essential oils with hot stones to create deep internal heat and release the muscles.

60 MIN / 90 MIN | \$200 / \$255

## ESSENTIAL MESSAGES

### SENSORIAL AROMA MESSAGE

stimulate the senses | relax mind and body | nourish your skin

A customised, relaxing body massage using Sothys essential and fragrant oils, enhance your massage experience by hand selecting one of our Sothys aromatherapy blends of essential oils.

60 MIN / 90 MIN | \$200 / \$255

### REMEDIAL MESSAGE - JANGGY (muscle - tissue)

eases muscle tension and pain accumulated in specific areas.

Created exclusively by our experienced team of Spa therapists that blends the techniques of native Australian aromatherapy and remedial massage. Pressure is applied to your muscles through a variety of trigger point methods to release tension.

60 MIN / 90 MIN | \$210 / \$260

### DEEP - TISSUE MESSAGE

alternates between deep and firm pressure | encourages blood flow | helps eliminate toxins

Tailored to your needs using specialized techniques which promote energy balance, increase suppleness, stimulate lymph and blood circulation. Ease muscle stiffness and tension, while also inducing a state of therapeutic relaxation and stress relief.

60 MIN / 90 MIN | \$210 / \$260



## MASSAGE ENHANCEMENTS

### ORANA (welcome) VITALITY FOOT TREATMENT

A foot cleansing and exfoliating ritual, combining the use of warm towels and native essential oils. Followed by a stimulating foot massage and soothing balm with extracts of menthol and eucalyptus which will cool, condition, and soothe feet.

15 MIN | \$40

### BODY BRUSH

A traditional technique to gently exfoliate dead skin cells, bringing blood and oxygen to the skin. This technique helps to speed up the process of eliminating waste via lymph stimulation and assist with the prevention of dry skin and premature ageing.

15 MIN | \$40

### PARAFFIN TREATMENT

A warm lotion is applied while gently massaging your hands and/or feet. Then warm paraffin is applied, utilizing a plastic liner. After the paraffin is removed, your hands and/or feet are left soft and nourished.

10 / 20 MIN | \$40 / BOTH \$70

### BODY MASK

Regulate healthy cell function while replenishing and hydrating your skin with natural oils that help improve skin elasticity and plumpness.

Customise your treatment by choosing from our Detoxifying & Balancing, Revitalizing & Rejuvenating, and Native Botanical Body Masks.

30 MIN | \$95

## SOTHYS FACIALS

### ESSENTIAL FACIAL

This introductory facial, suitable for all skin types is customised selection of Sothys products that addresses the current needs of your skin. Thorough cleansing followed by the application of an ampoule and treatment mask refresh the skin while a relaxing facial massage helps alleviate stress and provide a sense of wellbeing.

60 MIN | \$195

### ORGANIC FACIAL TREATMENT

The Sothys organic certified facial treatment combines sensoriality and efficiency. Enjoy a moment of deep relaxation with a face and scalp cocooning massage, unique to this treatment. Complete with a hand massage and Orana foot treatment.

Suitable for all skin types, including sensitive skin.

60 MIN | \$195

### SOOTHING FACIAL FOR DELICATE SENSITIVE SKIN

Ultra-calming, de-sensitizing, and soothing treatment for sensitive and reactive skin. A double layer cocooning mask in combination with our unique decongesting facial massage with chilled porcelain spoons (cryotherapy) immediately calms and soothes your skin.

60 MIN | \$200

### CLARIFYING FACIAL FOR BLEMISHES & ACNE PRONE SKIN

Our targeted treatment for oily, problematic & blemished skin. This treatment works in 3 phases by exfoliating, deep cleansing and clarifying with anti-bacterial actives. Concentrated formulas featuring tea tree oil, healing essential oils and glycolic and salicylic acids offer multi-benefits to help reduce oil, absorb impurities, exfoliate, soothe, and balance the skin.

60 MIN | \$200

### INSTANT RADIANCE TREATMENT (TIRED SKIN)

Targets sallow or prematurely ageing skin with hyperpigmentation. Sothys GL peel coupled with pure Vitamin C provides a radiant glowing complexion and boosts collagen, adding freshness and a youthful glow to your skin.

60 MIN | \$210

### SOTHYS INTENSIVE EYE TREATMENT

Combining science and nature this intensive spa-only treatment uses a specific cryogenic massage technique and active ingredients to assist in alleviating the visible signs of ageing around the eye area. Fine lines are smoothed, dark circles appear lightened, and puffiness is reduced.

45 MIN | \$140



## ADVANCED SKIN TREATMENTS

### ANTI-AGING PRO-YOUTH TREATMENT

Combined with a scientific approach, Sothys Anti-Aging Intensive Treatment uses the BP3 tri-complex of saffron, sophora and peptides to restore the skin's youth. Exfoliating, stimulating massage and a double dermo-filling mask leave the skin feeling fresh, plump, and youthful.

90 MIN | \$300

### HYDRA-INTENSIVE FACIAL WITH HYALURONIC ACID

This replenishing and hydrating treatment is our solution to quench thirsty skin and combat dehydration. A combination of hyaluronic acid and patented Boletus extract reactivate the skin's natural hydration levels to reveal a more youthful complexion. Moisturizing serums, ultra-nourishing massage cream and enveloping mask restore the skin's natural softness and suppleness.

90 MIN | \$300

### DETOX ENERGIET™ LUXURIOUS INTENSIVE FACIAL TREATMENT

Breathe new life into your skin with our detoxifying anti-pollution facial treatment. A trio of highly active ingredients; Organic elderberry, Siberian Ginseng and detoxifying peptides work in synergy to recharge and boost the skin's metabolism, giving it the vital energy it needs to defend itself against environmental stress. A six-phase treatment utilizing a detoxifying massage, a depolluting triple action scrub combined with an oxy-generating serum and energizing mask helps to rebalance the skin and achieve a luminous, glowing complexion.

90 MIN | \$300



## SOTHYS COSMECEUTIQUE PEELING TREATMENTS

### COSMECEUTIQUE GL PEEL

Sothys Professional GL Peel combines glycolic & salicylic acid to refine the texture of the skin, bringing instant radiance, smoothing & revealing a brighter and more even complexion. Exceptional results on sun-damaged and prematurely aging skin, the GL peel may assist in unclogging and smoothing oil-congested skin to refine the texture of open pores and prevent breakouts.

\*This peel may also be added to most other SOTHYS Treatments to intensify results and maximise benefits. Not recommended for sensitive skin types.

\*A series of 5-10 treatments recommended for optimal results, while using prescribed Sothys professional skin care at home.

30 / 50 MIN | \$120 / \$175

## FACIAL ENHANCEMENTS (ADD-ON ONLY)

### SOTHYS GL PEEL

A gentle, yet effective dual-action exfoliation using an active combination of glycolic and salicylic acids to help remove dead surface cells to reveal a clearer, more even complexion.

10 MIN | \$80

### LED SPA TREATMENT GL PEEL

Refresh and revitalise with this non-invasive skin rejuvenation system. Photo-dynamic LED therapy, using light of varying wavelengths, penetrate the skin to improve its overall appearance and texture. LED therapy uses three different light sources – green, blue, and red light. Completely painless, this therapy rebalances and heals cells, improves skin tone, and diminishes fine lines.

20 MIN | \$85

### PARAFFIN TREATMENT

A warm lotion is applied while gently massaging your hands and/or feet. Then warm paraffin is applied, utilizing a plastic liner. After the paraffin is removed, your hands and/or feet are left soft and nourished.

10 / 20 MIN | \$40 / BOTH \$70



## SIGNATURE BODY RITUALS

### HANAKASUMI RITUAL

body exfoliation with Japanese inspired technique | relaxing & aromatic massage with Asian essence

A unique experience of Japanese inspiration, this enchanting sensorial journey is filled with floral notes of Cherry Blossom and Lotus Flower to relax the body and nourish the skin. A unique, invigorating foot massage flows into a relaxing full body massage using warmed aromatic shea butter to bring blissful relaxation to your mind, body and soul.

90 MIN | \$320

### ORIENTAL SENSATIONS RITUAL

body exfoliation with Moroccan terracotta stone | relaxing & aromatic massage with Amber – myrrh modelling oil

This aromatic body ritual features hypnotic notes of amber and myrrh. Featuring an exclusive body exfoliation with handmade Moroccan pumice stone and enzymatic exfoliation nectar for soft, smooth skin. A relaxing massage with warmed amber oil entices the senses with warm, sweet, and woody notes for an unforgettable sensorial experience. To recreate the Oriental ambiance at home, the Moroccan pumice stone is gifted to each guest post treatment.

90 MIN | \$300

### SENSORIAL ESCAPE BY SOTHYS

personalised body exfoliation | personalised relaxing aroma massage | warm nourishing body wrap

A personalised sensorial experience tailored to your needs with your choice of fragrant escape. Experience the comforting sensation of our warm hydrating/nourishing wrap. Choose from Frangipani & Plum, Cinnamon & Ginger, Lemon & Petitgrain or Orange & Cedarwood. Sweet-salty exfoliation combining sea salt and sugar customized with a selection of botanical essences for velvety, smooth skin followed by a relaxing massage to nourish and hydrate your skin.

110 MIN | \$340

## EXFOLIATING BODY TREATMENTS / ENHANCEMENTS

### SALT SCRUB WITH GERANIUM & LAVANDER

A blend of mineral salts from the Himalayas, France and the Dead Sea enriched with uplifting essential oils of lavender, geranium, rosemary, and chamomile.

30 / 50 MIN | \$85 / \$170

### SOTHYS SALT & SUGAR SCRUB

A customised exfoliation combining sea salt and natural sugar grains. Personalised with your choice of fragrant escape: Lemon and Petitgrain / Invigorating fresh citrus, floral Orange and Cedarwood / Citrusy, woody and warm Cinnamon and Ginger / Spicy and tonic

30 / 50 MIN | \$95 / \$180



## TREATMENTS FOR MEN

### MEN'S ESSENTIAL FACIAL

deep cleanse | steam if appropriate | skin exfoliation | ampule | facial massage | personalised mask | neck, shoulder and scalp massage

This energising & deep cleansing treatment combines liquid volcanic rock extract to detoxify and hyaluronic acid to replenish skin. De-stress with a scalp, face, neck, and shoulder massage to induce immediate relaxation.

60 MIN | \$195

### MEN'S EXECUTIVE RESCUE

body exfoliation | remedial massage | men's essential facial

An energising and deep cleansing exfoliation, a JANGGY (muscle tissue) Remedial Massage and a Men's Essential Facial.

150 MIN | \$490



## MAKURA (mother) PREGNANCY SPA TREATMENTS

### **PREGNANCY MASSAGE - MANANGA (mother & child)**

relaxing, soothing | stimulates blood circulation | eases fluid retention and swollen feet

A calming and soothing massage experience provides relaxation and helps relieve physical discomfort during this beautiful time of change. Improve skin elasticity, increase energy levels and circulation.

\*Supportive cushions available

60 / 90 MIN | \$190 / \$240

### **MUMS HEAD TO TOE INDULGENCE**

body exfoliation | body massage | essential express facial | scalp massage

Gently and safely target the areas prone to stress and tension with a gentle body exfoliation which is followed by a soothing massage, easing aching muscles while relaxing and restoring. Finishing with an essential express facial to suit your skin's needs. This indulgent treatment leaves your body relaxed and skin glowing.

120 MIN | \$370

## COUPLES PACKAGES

### **NOWRA (you & me) COUPLES BLISS**

orana (welcome) vitality foot treatment | wellness massage | essential express facial | cheese/fruit platter | sparkling wine

A wellness massage using aromatic oils and freestyle techniques combined with a customised essential express facial. Complete your pampering with a cheese/fruit platter and two glasses of chilled sparkling wine.

110 MIN | \$680

### **MALBAR (magic stone)**

full body exfoliation | back and legs massage with hot stones | essential express facial | scalp massage | cheese/fruit platter | sparkling wine

A full body salt and oil exfoliation, back, neck, shoulder and legs massage with hot stones. Included is a focused express facial tailored to your skin's unique needs and is finished off with a stress reducing scalp massage to revive and recharge. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax.

130 MIN | \$790

### **THOORUNA (together) COUPLES SENSORIAL PACKAGE**

full body exfoliation | 90min sensorial aroma relaxing body massage | warm nourishing body wrap | cheese/fruit platter | sparkling wine | sensorial spa gift

A sensorial escape with full body exfoliation and a customised relaxing body massage using Sothys essential and fragrant oils, personally selected by each guest to enhance the massage experience. This wonderfully soothing and rejuvenating experience is ideal for sharing that special time together in our couple's spa room. Enjoy a cheese/fruit platter and two glasses of chilled sparkling wine. Take your experience home with a complimentary Sothys nourishing body elixir.

150 MIN | \$950

## SPA & SPORT PACKAGES

### AUSTRALIAN DISCOVERY

personalized body exfoliation | personalized relaxing aroma massage | warm nourishing body wrap | essential facial by Sothys | lifting eye treatment

Begin the ritual with a personalized sensorial experience by Sothys tailored to the needs of your wellbeing. A sweet-salty exfoliation combining sea salt and sugar, customized with a selection of botanical essences, a relaxing massage to nourish and hydrate your skin. The comforting sensation of a hydrating/nourishing wrap is applied warm onto your skin. Complete with an essential facial by Sothys for radiant and glowing skin.

180 MIN | \$570

### SENSORIAL SPA INDULGENCE

orana (welcome) vitality foot treatment | sensorial relaxing aroma massage | essential facial by Sothys

A luxurious package with all the traditional spa treatments, including an essential Sothys facial, sensorial relaxing aroma massage and a welcome vitality foot treatment. The ultimate treat that pampers your body and soul.

130 MIN | \$400

### REVIVING HOT STONE ESCAPE

full body exfoliation | back and leg massage with hot stones | essential express facial | scalp massage

Unravel tension, instantly boost your complexion, and relax your body and mind. A full body salt & oil exfoliation, legs, back, neck and shoulder massage with hot stones, a focused express facial tailored to your skin's unique needs and finished with a stress reducing scalp massage. Our experienced therapist will soften and warm target muscles to ease aches and pains as well as help to relieve muscle tension.

120 MIN | \$370

### PURIFYING BACK RITUAL

back exfoliation | back massage | balancing mask | leg massage

Refresh and renew with this stress-relieving back treatment. Beginning with a welcome touch ritual, followed by a deep cleansing exfoliation across your back combined within an aromatherapy and balancing mask to purify and refine skin. While the back mask takes effect, tension, and fatigue in the back of the legs is released with a targeted massage.

60 MIN | \$210

## SPA & SPORT PACKAGES

### SOUL RETREAT

orana (welcome) foot treatment | back and neck massage | essential express facial | lifting eye treatment | scalp massage

Revitalize and recharge your body beginning with a foot cleanse and exfoliating treatment that combines the use of warm towels and an infused with essential oils. Relax as your therapist gently soothes fatigue away with a stress relief back and neck massage, relaxing scalp massage and an intensive personalised express facial to revitalise tired skin.

70 MIN | \$240

### THE URBAN ESCAPE

Choose any of the following treatment options and build your own spa package:

Two Treatments:	60 min	\$195
Three Treatments:	90 min	\$290
Four Treatments:	120 min	\$360
Five Treatments:	150 min	\$450

- Back, Neck and Shoulder Massage
- Exfoliating Body Treatment of your choice
- Warming Body Wrap of your choice
- Nourishing Full Body Massage
- Hot Stone Massage | back, neck and shoulder
- Essential Express Facial | deep cleanse – exfoliation – personalised mask – scalp massage
- Soothing Hand Treatment | hand exfoliation – nourishing mask – hand massage
- Invigorating Foot Treatment | orana foot treatment – peppermint mask – foot and lower leg massage
- Hair and Scalp Treatment | massage the hair and scalp with a nourishing warm oil and mask



## SPA WELLNESS EXPERIENCES

**Sauna** Maintained between 75-90°C, the dry heat soothes and warms muscles, relieves tension from your body and minimises joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines and headaches, or as a way of warming the body after an intense workout. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

**Outdoor Swimming Pool** Bathed in natural light, the 15m outdoor heated pool is a private sanctuary for rest and relaxation.





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