



# ONE SPA

RACV CAPE SCHANCK RESORT



## One Spa Philosophy

You deserve a break, and on that note, One Spa has created a selection of pampering experiences designed to relax, restore and uplift. In the caring hands of our dedicated spa professionals, at each One Spa you visit, you can rest assured that your individual needs and having a memorable experience is our priority. Our exclusive skin and lifestyle range by Comfort Zone, has been chosen for its integrated and results oriented approach to skincare, with more than 20 years of wisdom inspiring its science based formulas. Combining well appointed spa facilities, with genuine service and skincare that visibly improves skin, body and mind, One Spa gifts you the reward you deserve and a journey to remember.

**One Spa at RACV Cape Schanck Resort** is a luxurious, architecturally stunning day spa retreat on the beautiful Mornington Peninsula. Designed with pure relaxation in mind, you'll be submerged into another world as you enter the tranquil, well-appointed spaces to escape and be pampered. One Spa also offers a warm Hammam bathing space with a vitality pool, relaxation pool, thermal stone steam room, and immersive showers.

One Spa offers members a discounted price as noted with an **'M'** on the menu. If you are new to One Spa, please speak to our Spa Hosts to find out how you can receive member rewards and prices.

One Spa is for every body. Look out for the codes listed next to each treatment.

Ⓒ Couples Ⓜ Men Ⓟ Pregnancy

**Spa Soirees** – We cater to the 'girls day out' and other group bookings.

**Wedding Parties** – We offer grooming preparation packages for the special day.

**Special Care** – If you have health limitations, please chat to a Spa Host for guidance.

**Youth** – We are happy to create a package for the young of heart and age.



## One Spa Experiences

We have you covered with our most popular spa rituals.

### Escape // 3.5 hours

This total top-to-toe TLC offers a well deserved indulgence.

**\$440 | M \$400**



*Body Polish & Wrap : Scalp Therapy : Water Therapy :  
Hot Stone Massage : Customised Spa Facial :  
Hand & Foot Therapy : Refreshments*

### Unwind // 2.5 hours

There is nothing to do, but sigh with full body contentment.

**\$325 | M \$295**



*Scalp Therapy : Body Wrap : Water Therapy :  
Massage : Refreshments*

### Indulge // 2 hours

A day spa favourite that treats face and body for complete renewal.

**\$264 | M \$240**



*Full Body Massage : Customised Spa Facial : Refreshments*

### Nurture // 1.5 hours

Treating four zones for muscle soothing and radiance reviving results.

**\$205 | M \$185**



*Hot Stone Back Massage : Express Spa Facial :  
Scalp & Foot Therapy : Refreshments*

### Reward yourself with an added therapy:

Water Therapy | Page 7

Hand & Foot Therapy | Page 18

*\*Enjoy complimentary Hammam Bathing when booking any of these Spa Experiences.*

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## Spa Time

Create your own spa journey by selecting your favourite treatments below.

### Retreat // 4 hours

Indulge mind, body and soul.  
Choose any 4 x 60 minute options below.

**\$540 | M \$480**



### Rejuvenate // 3 hours

Enjoy a voyage of blissful discovery.  
Choose any 3 x 60 minute options below.

**\$410 | M \$370**



### Rebalance // 2 hours

Pamper for pure relaxation.  
Choose any 2 x 60 minute options below.

**\$280 | M \$255**



1. Body Scrub & Water Therapy
2. Body Wrap
3. Relaxation or Muscle Ease Massage
4. Customised Spa Facial
5. Express Facial & Scalp Therapy
6. Back Massage & Foot Massage
7. Manicure Ritual
8. Pedicure Ritual

### Restore // 90 mins

Choose any 3 x 30 minute options below.

**\$215 | M \$195**



### Revive // 60 mins

Choose any 2 x 30 minute options below.

**\$145 | M \$130**



1. Body Exfoliation
2. Back Massage
3. Express Facial
4. Express Manicure
5. Express Pedicure or Foot Massage
6. Scalp Therapy
7. Makeup
8. Water Therapy

*Note: If you are pregnant, please speak to our Spa Hosts so that we can assist with creating the appropriate package.*



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## Signature Escapes

Local rituals capture a sense of place.

### Mornington Melt // 2 hours

Complete body bliss awaits with this top-to-toe degustation experience.

- Full Body Exfoliation
- Body Wrap
- Full Body Massage
- Scalp Massage
- Complimentary Hammam Bathing

**\$258 | M \$235**



### Peninsula Pamper // 90 mins

Escape the pace of life and enjoy a little time out.

- Full Body Massage
- Hydrotherapy Bath
- Sparkling Wine and Chocolate Covered Strawberries

**\$182 | M \$170**



### Hammam Journey // 45 mins

Morocco meets Peninsula, and tradition meets contemporary in this cleansing ritual.

- Black Soap 'Savon Noir' Skin Softening
- Traditional 'Kessa Glove' Body Exfoliation
- Atlas Mountain Clay & Rose Water Body Mud
- Argan Oil Scalp Massage
- Refreshing Douse with Mandarin Water

**\$130 | M \$115**



*Note: The Hammam Journey is available from Monday to Friday only.*

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## Water Therapy

Add a water therapy to cleanse and uplift.

### Hammam Bathing // 3 hours

Dream away the time in our contemporary hammam and relaxation area, which includes:

- Relaxation Pool – A heavily salted pool heated to a relaxing warm temperature.
- Vitality Pool – Reclining lounges and moulded seats with water pressure jets are suspended in a warm salt chlorinated pool.
- Thermal Stone Steam Room – Heated floors, walls and stone seat are complemented with additional steam and mist sprays.
- Immersive Showers – Offering cool, mild, warm and hot raindrop water therapy.

**\$56 | M \$49**



### Hammam Upgrade // 2 hours

Add time in the Hammam before or after the treatment of your choice. Available at the special upgrade price when adding to any treatment of 60 minutes duration.

**\$28 | M \$25**



### Bath Soak // 30 mins

Lie back and be immersed in our signature bath blend.

**\$65 | M \$59**



### Hydrotherapy Bath // 30 mins \*

Massage jets work on pressure points all over the body.

**\$65 | M \$59**



### Swisse Shower // 30 mins

Six jets of warm water pummel the muscles for a whole body water massage providing relief and satisfaction.

**\$65 | M \$59**



### Vichy Rain Shower Ritual // 60 mins

Dry body brushing followed by a full body sugar and salt exfoliation to stimulate the senses before surrendering to the relaxing feeling of 7 warm showers moving across and around the body.

**\$145 | M \$130**



*An additional fee of \$30 (M \$27) when sharing a water therapy as marked by asterix.*

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## Facial Therapy

Your complexion will sing our praises with the skin defining results of Comfort Zone skincare.

### **Customised Spa Facial // 60 mins** **\$155 | M \$140**

We are going to spoil you with so much tailored attention you will never want this facial to end.

*\* Increase to a 90 minute facial for an extra \$60 (or M \$55).*

- Hydra Memory Facial – rejuvenating, hydrating for dry and dehydrated skin.
- Active Pureness Facial – deep cleansing for congested, problematic skin.
- Recover Touch Facial – multi-vitamin replenishment to treat tired, stressed skin.

### **Age Defying Facial // 75 mins** **\$200 | M \$180**

This sublime facial offers profound cellular renewal, active lifting from within, youth enhancing, age prevention, radiance and luminosity.

### **Calming Facial // 60 mins** **\$160 | M \$145**

Ideal for the delicate and sensitive types, this fragrance free facial is a remedy that reduces redness and rosacea to leave the skin visibly re-hydrated.

### **Sacred Nature Facial // 45 mins** **\$135 | M \$119**

Organic ingredients nourish and protect the skin with all sorts of goodness. Ideal for anyone recovering from illness or committed to eco-certified skincare.

#### **Enhance your Facial Therapy with an added 15 minute indulgence:**

Eye Mask | Reduce fatigue, dark circles and puffiness (\$40 or M \$35)

Scalp Massage | Release physical and mental tension (\$35 or M \$30)

Foot Massage | Restore and revive tired feet (\$35 or M \$30)

#### **Reward yourself with an added therapy:**

*Hammam Bathing Upgrade (Page 7) : Makeup (Page 19) :*

*Express Therapy (Page 17) : Massage Therapy (Page 14) : Body Therapy (Page 11)*





## Body Therapy

One Spa scrubs and wraps offer total body indulgence.

### Aromasoul Body Scrub // 45 mins

Travel to faraway places whilst your skin is polished and renewed using one of four aromatic blends. Choose from - Oriental, Indian, Arabian and Mediterranean.

*\* An alternative scrub is used during pregnancy.*

**\$110 | M \$99**

(C) (M) (P)

### Hydration Therapy // 60 mins

Revitalisation is in store following a full body exfoliation and a warm silky gel mask. Replenish, quench and restore moisture for soft smooth skin.

**\$145 | M \$130**

(C) (M) (P)

### Detox Mud Therapy // 60 mins

Delicious detoxification and the end of muscle aches and pains can be found in a purifying full body exfoliation and a comforting cocoon of thermal monticelli mud.

**\$145 | M \$130**

(C) (M) (P)

### Slim & Tone Therapy // 60 mins

Calling in the Body Strategist with the power of active marine ingredients and effective massage techniques, your slim and sculpted body is on its way.

Upon booking, our Spa Host will discuss your goals so this treatment is prepared and tailored to your specific needs.

**\$145 | M \$130**

(C) (M)

### Sacred Nature Therapy // 45 mins

A gentle and organic certified body polish, warm compress and express body massage delivers a delicate balance of health and purity. Ideal if sensitive or recovering from illness.

**\$115 | M \$105**

(C) (M) (P)

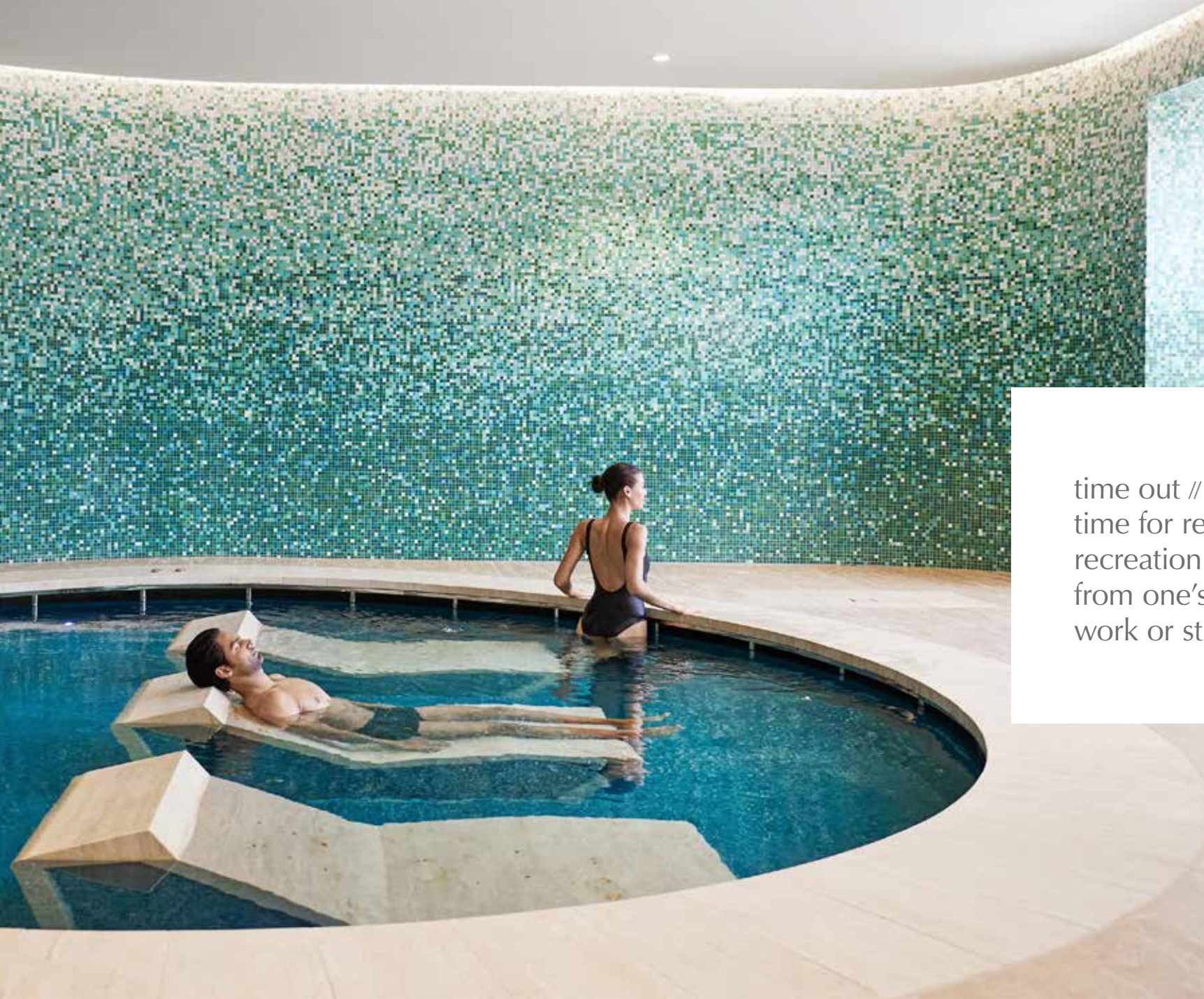
### Sacred Nature Face & Body Ritual // 90 mins

**\$220 | M \$198**

### Reward yourself with an added therapy:

*Hammam Bathing Upgrade (Page 7) : Water Therapy (Page 7)*

*Express Therapy (Page 17) : Massage Therapy (Page 14) : Facial Therapy (Page 8)*



time out //  
time for rest or  
recreation away  
from one's usual  
work or studies.



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## Massage Therapy

Tame tension, relax the nervous system and leave with peace of mind.

**Relaxation Massage // 60 mins** **\$130 | M \$115**

Classic effleurage strokes, rhythmic touch and traditional Swedish techniques relieve tension and fatigue from sore, tired muscles.

(C) (M)

**Muscle Ease Massage // 60 mins** **\$140 | M \$125**

Firm to deep pressure tames deep seated tension and muscular tightness to promote freedom from restriction and pain.

(C) (M)

*\* Increase the above massages to 90 minutes for an extra \$52 (or M \$50).*

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**Hot Stone Massage // 90 mins** **\$220 | M \$198**

Warm stones and aromatic oils combine to offer a massage of muscle melting proportions.

(C) (M)

**Tranquility Pro Sleep // 60 mins** **\$140 | M \$125**

A good night's sleep, a rested nervous system and profound relaxation await after you've been treated to a synergy of essential oils, sound, soft brushes and gentle Ayurvedic techniques.

(C) (M)

**Mother To Be // 60 mins** **\$130 | M \$115**

You're pregnant and you deserve to be pampered and restored to peace, wellbeing and connection during this very special time.

(P)

*\* Available after first trimester.*

**Reward yourself with an added therapy:**

*Hammam Bathing Upgrade (Page 7) : Water Therapy (Page 7)*

*Express Therapy (Page 17) : Body Therapy (Page 11) : Facial Therapy (Page 8)*





## Express Therapy

Effective remedies to soothe and calm in under an hour.

### Recovery // 45 mins

Tension dissolving recovery for cleansing, relaxing and peace of mind.

*Back Scrub : Hot Stone Back Massage : Scalp Massage*

**\$110 | M \$99**

(C) (M) (P)

### Renewal // 45 mins

A complexion boost to send puffiness, dark circles and lacklustre skin packing.

*Express Facial : Eye Mask*

**\$110 | M \$99**

(C) (M) (P)

### Remedy // 45 mins

The ideal rescue remedy for busy people on the move.

*Scalp : Hand : Foot Massage*

**\$110 | M \$99**

(C) (M) (P)

### Massage Therapy // 30 mins

A massage to focus on the areas you most need attention.

**\$80 | M \$72**

(C) (M) (P)

### Facial Therapy // 30 mins

This express facial leaves skin vibrant, energised and lifted.

**\$80 | M \$72**

(C) (M) (P)

### Scalp Therapy // 30 mins

Scalp, neck and shoulders are soothed with relaxing tranquility techniques.

**\$80 | M \$72**

(C) (M) (P)

### Foot Therapy // 30 mins

The feet and lower legs are cleansed and massaged, leaving you happier and lighter.

**\$80 | M \$72**

(C) (M) (P)

*Note: Refer to Hand & Foot Therapies on Page 18 for other express services.*

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## Hand & Foot Therapy

Treat hardworking hands and feet to a little TLC.

### **Luxe Manicure // 60 mins** **\$115 | M \$104**

Lots of attention delivers polished hands you will be proud to wave about.

*Hand Cleanse : Exfoliation : Mask : Massage : Cuticles : Shape : File & Polish*

### **Luxe Pedicure // 75 mins** **\$140 | M \$126**

Tap dance into a luxurious experience that delivers tidy feet, fit for a star.

*Foot Cleanse : Scrub : Heels : Mask : Massage : Cuticles : Shape : File & Polish*

### **Spa Manicure // 45 mins** **\$89 | M \$79**

A personal grooming basic that offers a quick tidy of fingers and hands.

### **Spa Pedicure // 45 mins** **\$89 | M \$79**

Tired tootsies deserve a quick tidy of toes and a hydrating heel and foot treatment to finish.

### **Sole Therapy // 30 mins** **\$80 | M \$72**

Let your soles soak up some tranquility with a cleansing foot and leg scrub and a pressure point massage to refresh and energise.

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### **French Polish // 15 mins** **\$20 | M \$16**

For a natural finish, add french polish to your mani or pedi.

*Note: Please wear open toe shoes to ensure longevity of toenail polish.*

*Take care of polish by allowing sufficient drying time after your service.*

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## Grooming Services

One Spa offers makeovers and other finishing touches for a well groomed result.

### **Makeup Artistry**

Using ISSADA makeup, our artist will have you looking glam for that special occasion.

- Daytime | 30 mins
- Event | 60 mins
- Bridal | 75 mins

### **Makeup Consultation**

Time for a new look? Have a fun and informative consultation with a makeup specialist.

### **Spray Tan**

Achieve the holiday glow with our deluxe spray tan.

- Tan | 20 mins
- Body Exfoliation & Tan | 60 mins

### **Waxing and Tinting**

Waxing and tinting for ladies and gents is as comfortable and private as it gets.

*Note: Please refer to price list overleaf for full list of all Grooming Services.*

## Grooming Services

<b>Makeup Artistry</b>	Day Makeup (30 mins)	\$60   M \$54
	Event Makeup (60 mins)	\$96   M \$89
	Bridal Makeup (75 mins)	\$120   M \$109
	Makeup Consultation (15 mins)	\$35   M \$30
	<i>* Consultation redeemable on makeup purchase</i>	
<b>Spray Tan</b>	Tan (20 mins)	\$50   M \$45
	Body Exfoliation & Tan (60 mins)	\$110   M \$99
<b>Waxing</b>	<i>Ladies Waxing</i>	
	Eyebrow Wax	\$31   M \$28
	Lip / Chin	\$23   M \$21
	Lip, Chin & Eyebrows	\$64   M \$58
	Sides of Face	\$39   M \$35
	Underarm	\$28   M \$25
	Full Arm	\$42   M \$38
	Half Arm	\$29   M \$26
	Full Leg + Brazilian	\$109   M \$99
	Full Leg + G-String	\$98   M \$88
	Full Leg + Bikini Standard	\$85   M \$77
	Full Leg	\$66   M \$60
	Half Leg + Brazilian	\$83   M \$75
	Half Leg + G-String	\$70   M \$64
	Half Leg + Bikini Standard	\$65   M \$59
	Half Leg (Includes Knee)	\$41   M \$37
	Brazilian	\$66   M \$57
	Brazilian (Maintenance 6 weeks)	\$53   M \$48
	G-String Bikini	\$48   M \$44
	Bikini Line Standard	\$41   M \$37
	<i>Men's Waxing</i>	
	Chest	\$45   M \$41
	Neck	\$22   M \$20
	Back & Shoulders	\$57   M \$52
	Full Arm	\$47   M \$43
	Stomach	\$25   M \$23
	Full Leg	\$73   M \$66
Half Leg	\$48   M \$44	
Speedo Line	\$35   M \$32	
Eyebrow	\$26   M \$24	
<b>Tinting</b>	Eyelash Tint	\$34   M \$31
	Eyebrow Tint	\$29   M \$26
	Lash & Brow Tint	\$54   M \$49



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## One Spa Etiquette

### Opening Hours

Opening times may vary between locations. Please refer to the One Spa web page for more information: [www.racv.com.au/onespa](http://www.racv.com.au/onespa)

### Prices

One Spa has a set price on all services and offers members a discounted price. Please speak to our Spa Hosts to find out how you can receive member rewards and prices.

### Advance Booking

We do recommend booking in advance to avoid disappointment.

### Arrival Time

Please arrive 20 to 30 minutes prior to your appointment to enjoy a refreshment, fill out your consultation form and unwind in the relaxation lounge. A punctual arrival also ensures you receive the full length of your treatment as we endeavour to remain on schedule for each and every guest.

### Spa Attire

Please wear whatever makes you feel comfortable. You will be provided with a personal locker, bathrobe, slippers and disposable underwear. Swimwear is required for water therapies.

### Cancellation Policy

The time for your experience has been exclusively reserved for you; however if your plans change, we do request the courtesy of 48 hours notice to cancel your appointment. Regrettably without due notice, the full charge of your scheduled treatment will be charged to you. A Spa Host will call or text to confirm your appointment 48 hours prior.

### Health Consultation

Your wellbeing is very important to us and it is essential that you inform us of any health conditions or pregnancy when scheduling your appointment as certain spa treatments may not be recommended. We will be happy to plan a tailored treatment for you.

### Spa Manners

The spa environment is clean and peaceful. Smoking and mobile phones are not permitted.

### Valuables

We regret that we cannot accept responsibility for the loss of personal items, including those left in lockers and bathrobes. We recommend that you leave valuables at home or in your room.

### Privacy & Modesty

Our caring and professional therapists have the utmost respect for your privacy and modesty and all personal information shared will remain confidential. It is our intention to provide a safe, healing environment based on trust where you can truly relax.

### Facilities

Luxury relaxation facilities have been created for your complimentary enjoyment.

### Minimum Age

Young people under the age of 16 must be accompanied by a parent or guardian when having a spa treatment and under 18 if having a water therapy (baths and swisse or vichy shower). The Hammam is strictly limited to adults and children under the age of 16 cannot use the Hammam – with or without adult supervision.

### Spa Cuisine

Light snacks and beverages are available on the spa cuisine menu.

### Retail Therapy

We have a wonderful selection of skincare, wellness and lifestyle products. Please speak with your therapist or Spa Host for assistance.

### Payment

We accept cash, eftpos and all major credit cards. In-house guests may charge spa therapies and products to their room account. Surcharges may apply to some cards.

### Returns

One Spa can only accept a product return with proof of purchase and where the product is deemed faulty. We adhere to the Australian Consumer Law and health and safety regulations when handling any requests for a return or refund.

### Gift Cards

One Spa is delighted to offer customised gift cards. Please ask a Spa Host for more details. Gift cards must be redeemed within 12 months. Please quote your voucher number when booking and present voucher on arrival.

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## One Spa Locations

**One Spa @ RACV Noosa Resort**

94 Noosa Drive  
Noosa Heads, Queensland 4567  
(07) 5341 6900  
onespanooasa@racv.com.au

**One Spa @ RACV Royal Pines Resort**

Ross Street  
Benowa, Queensland 4217  
(07) 5597 8446  
royalpines\_onespa@racv.com.au

**One Spa @ RACV Torquay Resort**

1 Great Ocean Road  
Torquay, Victoria 3228  
(03) 5261 1685  
onespa\_torquay@racv.com.au

**One Spa @ RACV Goldfields Resort**

1500 Midland Hwy  
Creswick, Victoria 3363  
(03) 5345 9600  
spa\_goldfields@racv.com.au

**One Spa @ RACV City Club**

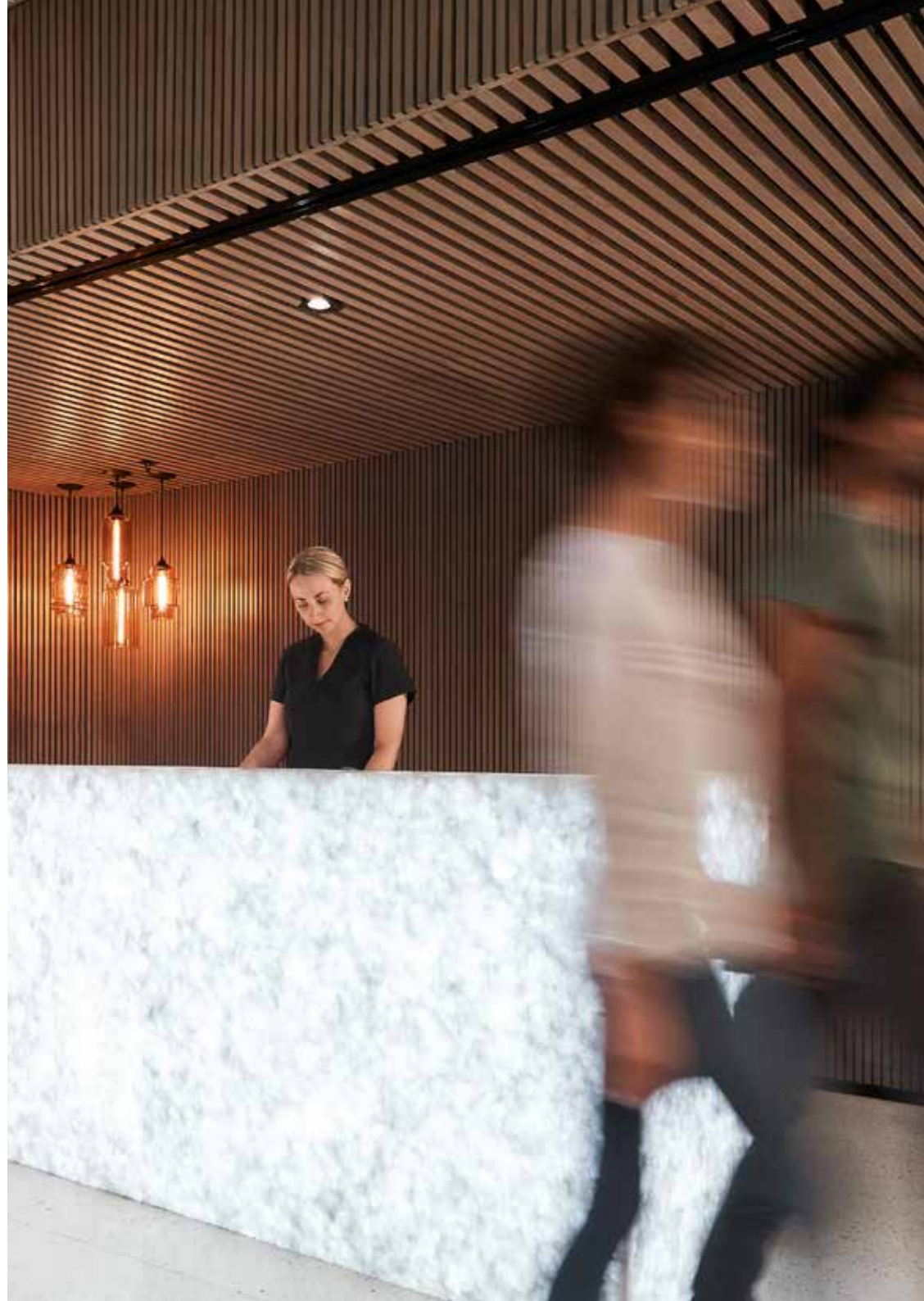
501 Bourke Street  
Melbourne, Victoria 3000  
(03) 9944 8884  
onespa@racv.com.au

**One Spa @ RACV Healesville Country Club**

122 Healesville-Kinglake Road  
Healesville, Victoria 3777  
(03) 5969 9388  
onespahealesville@racv.com.au

**One Spa @ RACV Cape Schanck Resort**

Trent Jones Drive  
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**RACV CAPE SCHANCK RESORT**

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**RACV** Resorts