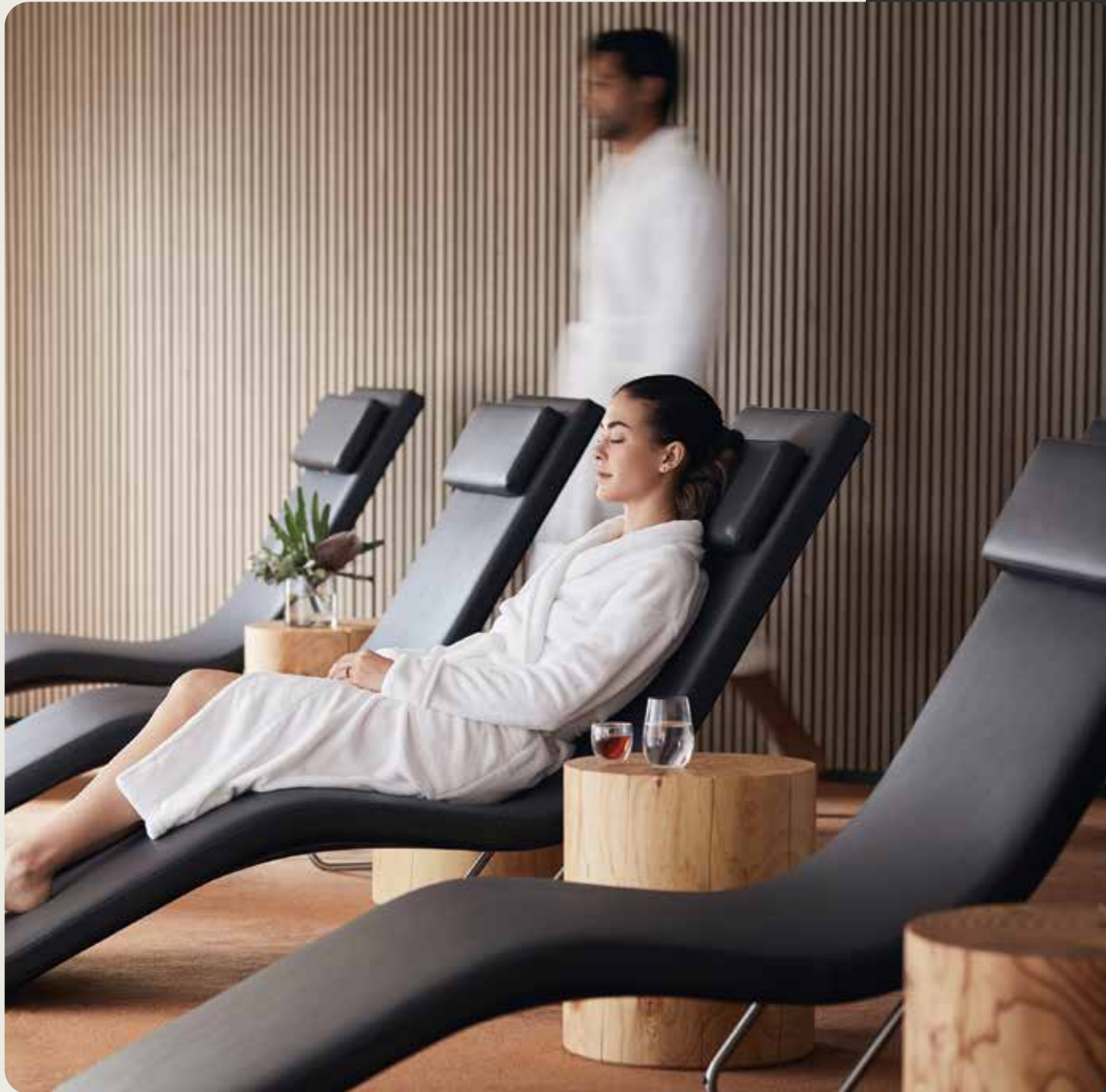




one • spa

**RACV Cape Schanck Resort**  
Spa Menu



## One Spa Philosophy

Welcome to One Spa, a place of calm where ordinary life is left at the door. Here, it's quiet. And here, the rest of the world fades. Allow yourself to surrender while skilled hands give you the attention you deserve. No distractions, no demands. Just your senses and a new realm. Feel as though you're floating with deeply restorative treatments using our radiant, LaGaia Unedited luxury skincare range. One Spa isn't about transforming who you are. It's about finding your centre and bringing you back into focus. Back to the one who feels like you.

One Spa.  
Return to the world as one.

## One Spa RACV Cape Schanck Resort

Step into our luxurious, architecturally stunning retreat, designed with pure relaxation in mind. Leave stress behind as the tranquil spaces invite you to settle in and be pampered. Make the most of this time for you indulging in Hammam Bathing, a dip in the vitality and relaxation pools, a thermal stone steam and immersive showers.



A timeless ritual.  
Elevated

## One Spa Rituals

### Driftaway\* // 3.5 hours

\$550 | M \$500

The ultimate treatment experience to melt your worries and cares away.

Body Exfoliation & Hydration Wrap : Pressure Point Scalp, Neck & Shoulder Massage : Unwind Full Body Massage : Advanced Performance Facial

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### Serenity\* // 2.5 hours

\$400 | M \$365

Be taken on a journey to a far-away place as you escape everyday life with some time for you.

Akwaterra Face & Body Exfoliation : Unwind Full Body Massage : Customised Spa Facial : Pressure Point Scalp, Neck & Shoulder Massage

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### Vitality\* // 2 hours

\$340 | M \$310

An indulgent and invigorating body ritual that revitalises and deeply nourishes tired, dull skin, head to toe.

Body Exfoliation & Thermal Mud Wrap : Pressure Point Scalp, Neck & Shoulder Massage : Akwaterra Massage : Full Body Hydration

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### Exhale\* // 2 hours

\$340 | M \$310

Unwind with this perfect haven for the mind, body and soul.

Hydrotherapy Soak : Unwind Massage : Antidote Facial : Pressure Point Scalp, Neck & Shoulder Massage

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### Radiance\* // 2 hours

\$340 | M \$310

Indulge in this classic day spa favourite to create a relaxed mind and radiant glow.

Unwind Full Body Massage : Customised Spa Facial

\* Enjoy 1 hour of complimentary Hammam Bathing when booking any of these Spa Rituals.

RACV Members receive special prices as marked with an 'M'.

Speak to your Spa Therapist to find out how you can receive Member rewards and prices.

**Harmony // 1.5 hours**

**\$270 | M \$245**

Enjoy unparalleled relaxation and tranquility.

Focused Bian Stone Massage : Antidote Facial

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**Thermal Escape // 1.5 hours**

**\$270 | M \$245**

Escape with One Spa's signature ritual to boost circulation, detoxify the body and deeply restore moisture.

Body Exfoliation & Thermal Mud Wrap : Facial Cleanse & Exfoliation : Pressure Point Scalp, Neck & Shoulder Massage : Full Body Hydration

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**Calm // 1.5 hours**

**\$270 | M \$245**

An invigorating and uplifting treatment designed to reduce stress and calm a busy mind.

Back Exfoliation & Thermal Mud : Akwaterra Massage : Pressure Point Scalp, Neck & Shoulder Massage : Lower Leg & Foot Massage

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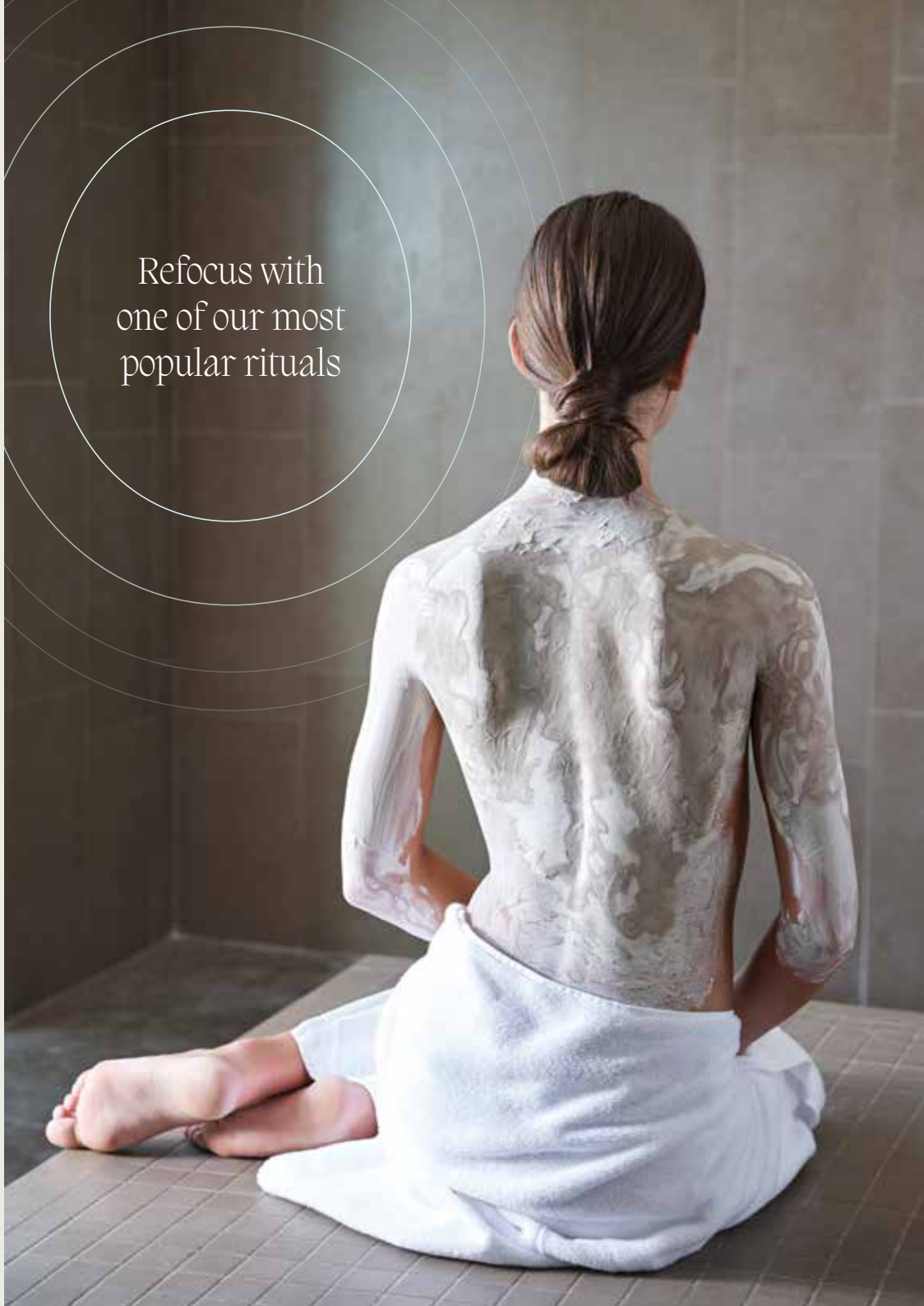
**Mother Nurture // 1.5 hours**

**\$270 | M \$245**

During this special time, take time to pamper you; restoring peace and self.

Pregnancy Facial : Pressure Point Scalp, Neck & Shoulder Massage : Leg & Foot Relief Massage

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Refocus with  
one of our most  
popular rituals



## Water Therapy

### Hammam Bathing Experience // 1 or 2 hours

Dream away the time in our tranquil Hammam Bathing facility, soaking up the relaxation pool, spa pool, thermal stone steam room and immersive showers.

1 hour \$45 | M \$40

2 hours \$65 | M \$60

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### Amber & Orange Vichy Experience // 75 minutes

Reawaken your senses with an amber bubble massage and orange exfoliation before surrendering to the soothing jets of the Vichy shower followed with a full body hydration treatment.

\$230 | M \$210

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### Tranquil Tub Soak // 45 minutes

Immerse yourself in a tranquil tub soak complete with a self-serve pamper tray of body scrub, hair mask and body hydrator.

\$100 | M \$90

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### Hydrotherapy Soak // 30 minutes

Enjoy an invigorating soak as concentrated massage jets work on pressure points all over the body to ease muscular aches and pains.

Single \$75 | M \$70

Duo \$120 | M \$110

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## Facial Therapy

### Advanced Performance Facial // 1.5 hours

\$270 | M \$245

Ultra-luxe and luminous, this anti-aging facial puts the extra in extraordinary. Pairing potent actives and antioxidants to repair environmentally stressed skin and enhance skin cell productivity with invigorating Akwaterra massage techniques for the ultimate facial experience.

### Customised Spa Facial // 1 hour

\$195 | M \$175

Restore a healthy, clear complexion with this deeply cleansing and luminating facial tailored to your skin.

- Botanical Infusion (hydrating & calming)
- Vitamin Infusion (radiance & clarity)
- Pro Combination (anti-aging activation).

## Body Therapy

### Energise // 1 hour

\$195 | M \$175

Refine skin tone and texture with a stimulating body and facial exfoliation encouraging gentle detoxification. An enriching lather of hydration concludes this ritual.

### Nourish // 1 hour

\$195 | M \$175

Skin is revitalised with a full body Akwaterra exfoliation before a deeply nourishing body hydration. Tension is then eased with a scalp, neck and shoulder massage.



One Spa : RACV Torquay Resort

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# Massage Therapy



**Knowing Touch // 1 or 1.5 hours**

Massage Pressure: Medium

1 hour \$180 | M \$165

1.5 hours \$260 | M \$235

This unique Akwaterra facial and body massage incorporates both warmed and chilled ceramics to relax the mind and ease discomfort from tight, sore muscles.

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**Unwind // 1 or 1.5 hours**

Massage Pressure: Light - Medium

1 hour \$165 | M \$150

1.5 hours \$245 | M \$220

Melt away tension and relieve stress with the combination of traditional Chinese acupressure and aromatic massage techniques inducing deep relaxation.

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**Mother Earth // 1 hour**

Massage Pressure: Light - Medium

\$165 | M \$150

A gently nurturing massage, specifically tailored for mothers to be. Available after the first trimester.

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**Release // 45 minutes**

Massage Pressure: Medium

\$150 | M \$135

Allow our ancient pressure point and Bian Stone massage ease muscular aches and pains by targeting key areas of tension.

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## Hand & Foot Therapy

### One Spa Hand Ritual // 1 hour

\$135 | M \$125

A pamper for your hands, nails and cuticles to leave your skin soft and smooth with perfectly shaped and polished nails.

Exfoliation : Cuticles : Mask : Massage : File & Polish

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### One Spa Foot Ritual // 1 hour

\$135 | M \$125

Treat tired, neglected feet to some much-needed attention.

Foot Soak : Exfoliation : Cuticles : Heels : Mask : Massage : File & Polish



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## Extend, Enhance & Combine

Embrace the attention you deserve by adding to or tailoring your very own treatment session.

\$100 | M \$90 each

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### Resurface & Refresh Facial // 30 mins

Deeply cleansing and brightening, this facial will restore hydration and balance pH, leaving truly glowing skin.

### Gua Sha Facial Massage // 30 mins

Ancient facial massage techniques using Bian Stone will increase circulation, rebuild collagen and improve overall skin tone and radiance.

### Hair & Scalp Therapy // 30 mins

Let tensions slip away with this scalp & hair treatment, transporting you to ultimate bliss.

### Unwind Back Massage // 30 mins

Soothe tension and melt into relaxation with the perfect addition to any facial or body treatment.

### Back Indulge // 30 mins

An invigorating enhancement that deeply cleanses and detoxifies the back, warming aching muscles and easing life's tensions. The perfect addition to any full body massage.

### Foot & Leg Relief // 30 mins

Ease tension in sore, tired feet with a circulation boosting thermal scrub followed by a kneading massage before a nourishing balm repairs heels.

### Body Exfoliation // 30mins

Brighten and revitalise your skin with a full body exfoliation. The perfect addition to any massage treatment.

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# One Spa Booking Conditions

## 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 RACV members a discounted price. All prices are subject to change.

## Advance Booking

We do recommend booking in advance to avoid disappointment.

## Arrival Time

Please arrive 15 minutes prior to your scheduled treatment to change, fill out your consultation form and unwind in our relaxation lounge. A punctual arrival ensures you receive the full duration of your treatment as we endeavour to remain on schedule for each guest.

## Spa Attire

Please arrive to your appointment in whatever makes you feel comfortable. You will be provided with a personal locker, bathrobe, slippers, and disposable underwear for your treatment. 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. Our Spa Host will call or text to confirm your appointment 48 hours prior.

## Health Conditions

Your wellbeing is very important to us, and it is essential that you inform us of any health conditions, allergies, injuries, or pregnancy when scheduling your appointment as certain spa treatments may not be recommended. Certain medical conditions may require doctors' clearance. We will be happy to plan a tailored treatment for you. Heat treatments, including the Hammam Bathing facility are not suitable during pregnancy.

## Minimum Age

Some treatments may be suitable to enjoy for guests under the age of 18, when accompanied by a parent or guardian. Please check with One Spa directly regarding which treatments are suitable prior to making your booking. Please note that we do not perform treatments on children under the age of 16. The Hammam Bathing facility is also strictly limited to guests over the age of 16.

## Spa Etiquette

The spa environment is one of peace and tranquillity. Please respect all spa guests right to privacy and relaxation. 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.

## 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.

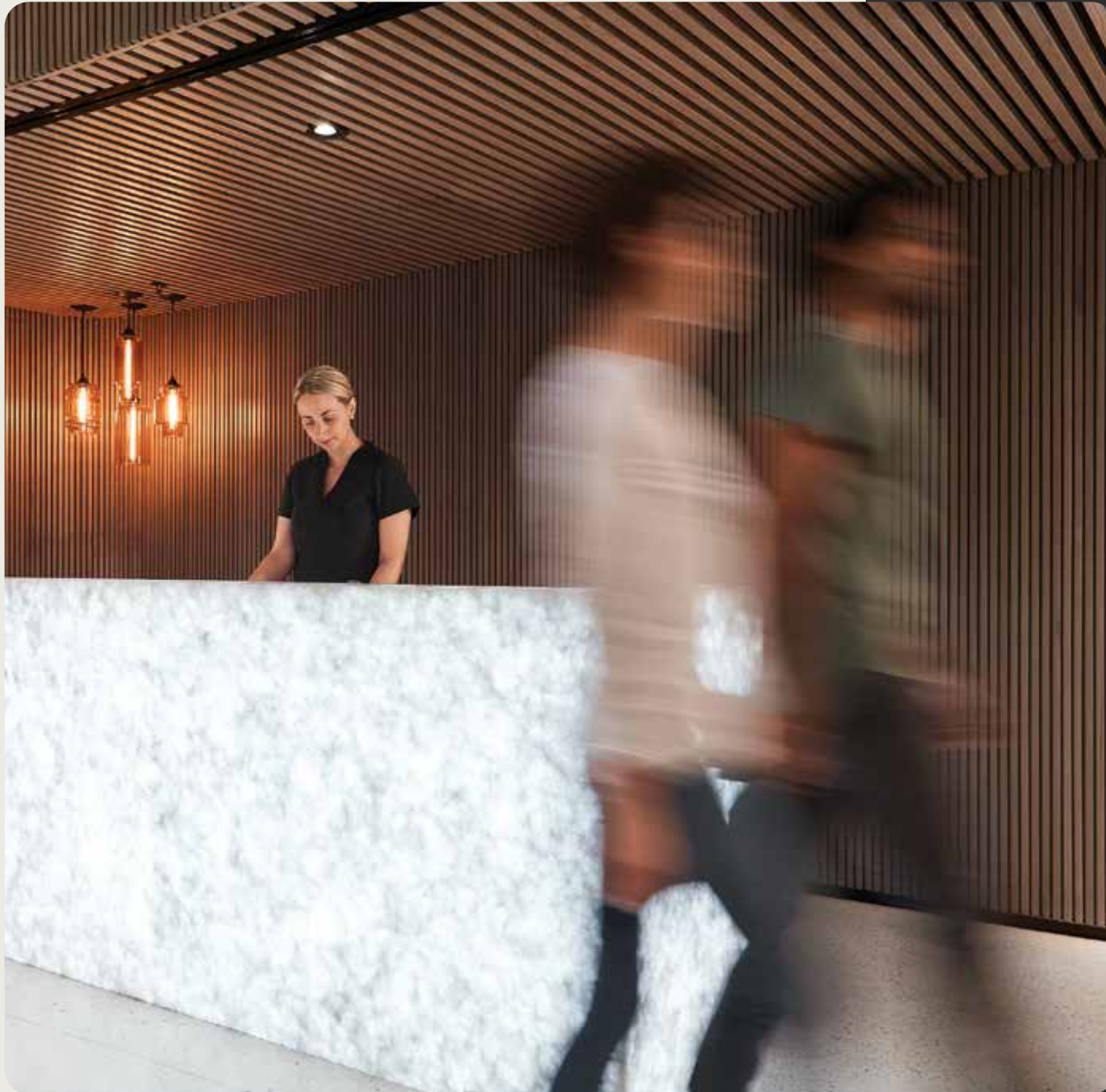
## Returns

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 monetary value gift cards. Gift cards must be redeemed within 3 years. Please quote your voucher number when booking and present voucher on arrival.





## One Spa Locations

### **RACV Cape Schanck Resort**

Trent Jones Drive  
Cape Schanck, Victoria 3939  
(03) 5950 8228  
capeschanck@onespa.racv.com.au

### **RACV City Club**

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

### **RACV Healesville Country Club & Resort**

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

### **RACV Noosa Resort**

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

### **RACV Royal Pines Resort**

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

### **RACV Torquay Resort**

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

# one • spa

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