



one • spa

RACV City Club
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 City Club

One Spa at RACV City Club is a tranquil spa retreat conveniently located in the heart of busy Melbourne, offering a rejuvenating escape from the demands of everyday life. Enter our urban oasis and indulge in an extensive menu of revitalising face and body treatments, allowing the caring hands of our spa professionals to relieve tension and awaken your senses.



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

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 : Personalised Spa Facial : Pressure Point Scalp, Neck & Shoulder Massage

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

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

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 : Personalised Spa Facial

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

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

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

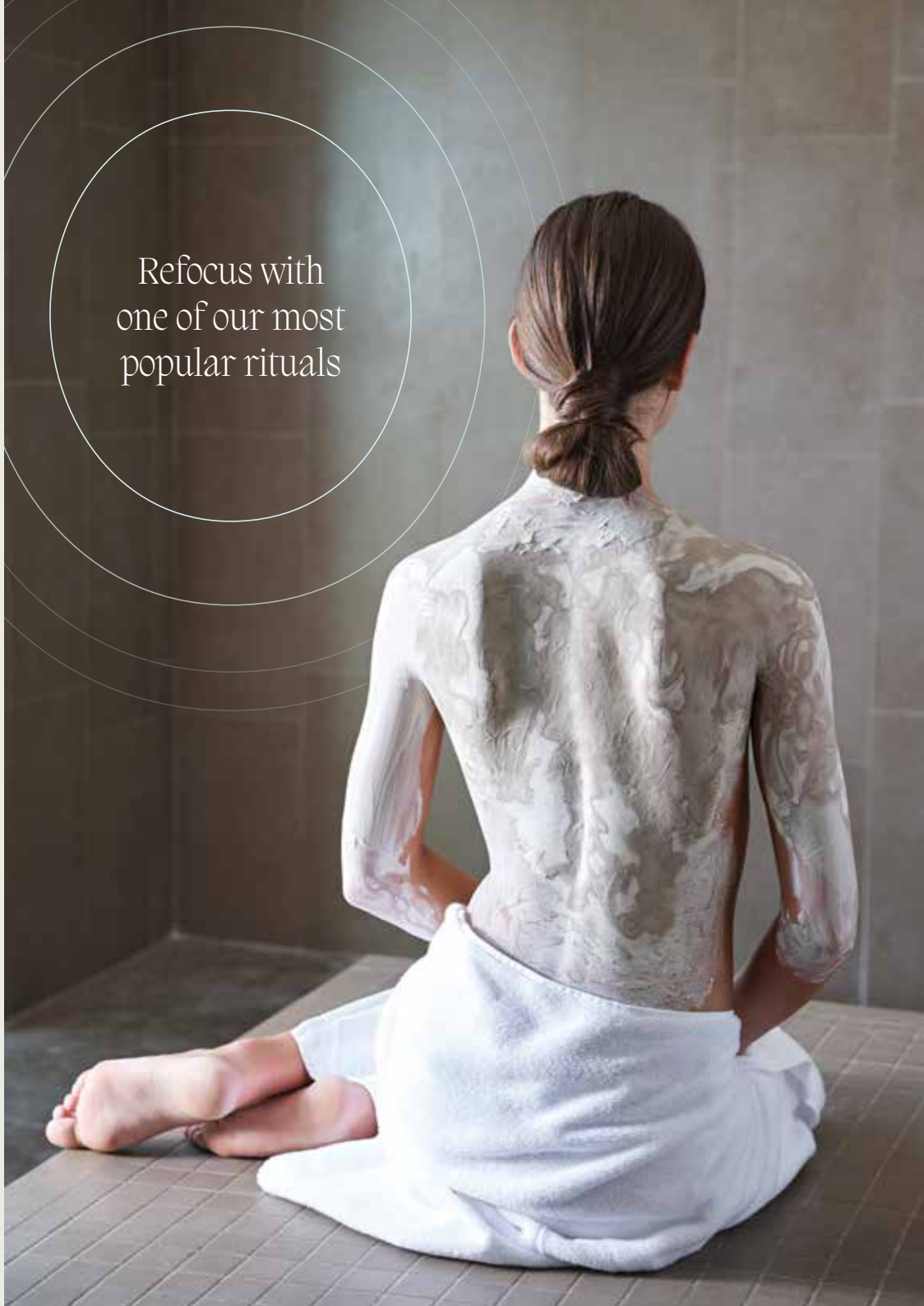
Mother Nurture // 1.5 hours

\$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

Aromatic Steam Ritual // 30 minutes

Journey in your own private steam room complete with a self-care pamper tray including indulgent body scrub, hair mask and body hydrator.

Single \$95 | M \$85

Duo \$155 | M \$140

Amber & Orange Swiss Shower // 30 minutes

Enjoy an invigorating jet shower massage teamed with a DIY aromatic scrub, conditioning hair mask and body hydrator designed for pure nourishment.

Single \$95 | M \$85

Duo \$155 | M \$140

Hydrotherapy Ritual // 45 minutes

Immerse yourself in a tranquil hydrotherapy soak, complete with a self-care pamper tray including indulgent body scrub, hair mask and body hydrator.

Single \$105 | M \$95

Duo \$165 | M \$150

Water Therapy Enhancements // 30 minutes

Enhance your spa experience, let your body unwind with a 30-minute water therapy.

Single \$80 | M \$75

Duo \$120 | M \$110

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Facial Therapy

Advanced Performance Facial // 1.5 hours

\$280 | M \$255

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

\$200 | M \$180

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)

LED - Light Therapy Upgrade

\$35 | M \$30

Enhance your facial by incorporating a LED light therapy treatment tailored to your specific needs.

LED - Light Therapy - Individual Session // 30minutes

\$100 | M \$90

Promote healing and skin rejuvenation, treat acne, rosacea, pigmentation and aging concerns with a customised LED light therapy session.

LED - Light Therapy - Series of Five Sessions // 30minutes

\$400 | M \$350

Promote healing and skin rejuvenation, treat acne, rosacea, pigmentation and aging concerns with a customised LED light therapy session.

LED - Light Therapy - Series of Ten Sessions // 30minutes

\$700 | M \$600

Promote healing and skin rejuvenation, treat acne, rosacea, pigmentation and aging concerns with a customised LED light therapy session.

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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 being cocooned whilst tension is 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.

Remedial* // 1 or 1.5 hours

Massage Pressure: Firm

1 hour \$180 | M \$165

1.5 hours \$260 | M \$235

Your therapist will assess your muscles and tissues to establish which areas to focus on, using expert strokes and techniques designed to loosen points of stagnation and improve blood flow.

** Private healthcare rebates may be available dependant on your insurance provider.*

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.

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.

Release // 1 or 1.5 hours

Massage Pressure: Medium

1 hour \$180 | M \$165

1.5 hours \$260 | M \$235

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

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

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.

Hand & Arm Therapy // 30 mins

An aromatic exfoliation to stimulate circulation and smooth the skin followed by a hydrating hand and arm massage focused on relieving tension.

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.

Full Body Scrub // 30 mins

Rejuvenated, soft skin awaits you with a customised full body exfoliation, allowing for deeper hydration and nourishment.

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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

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.

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, 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.

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.

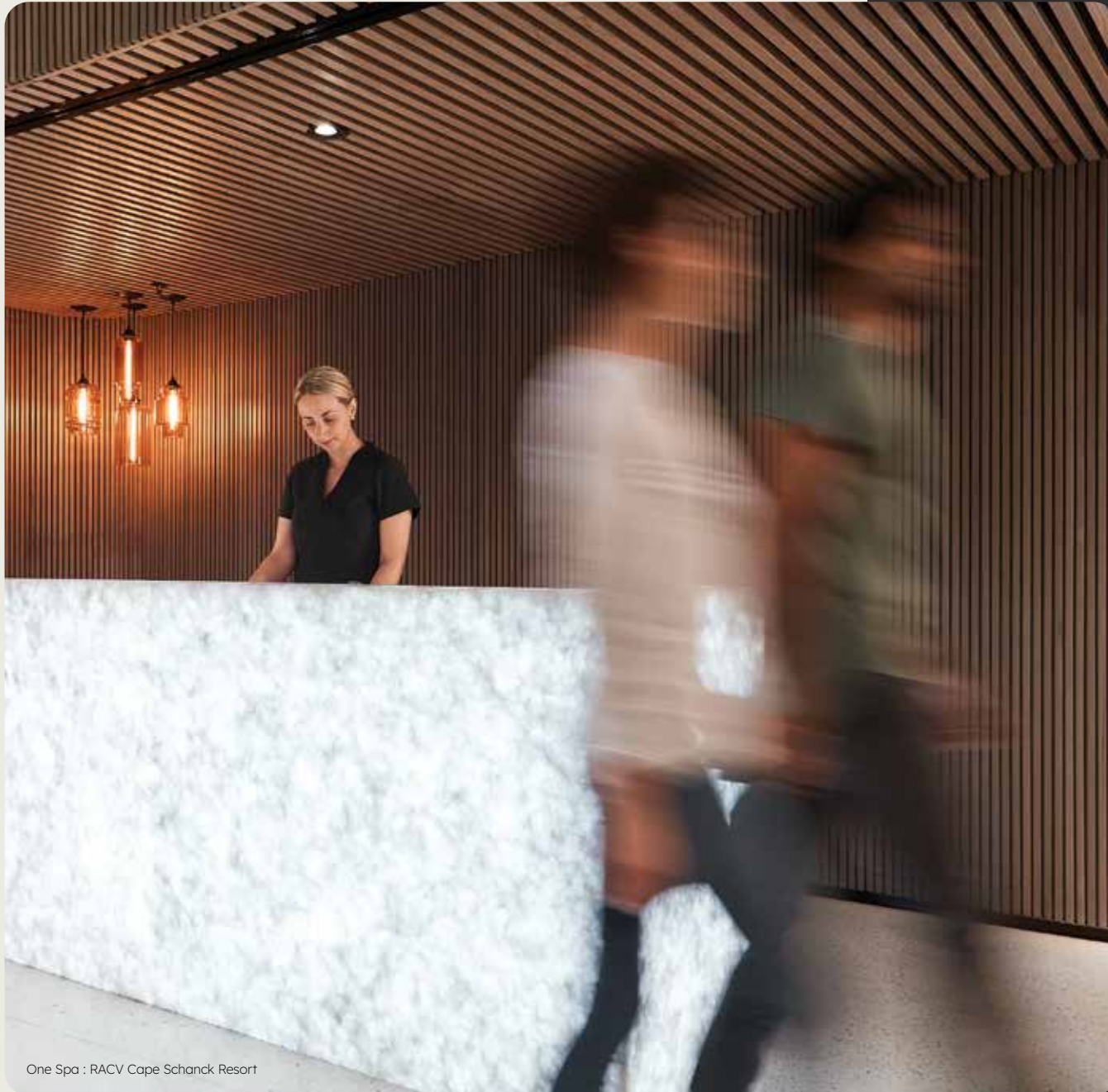
Returns

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 : RACV Cape Schanck Resort

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

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