



ONE SPA

RACV CITY CLUB



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 City Club is a cosy day spa retreat in the Melbourne CBD. As you step through the door, aromatic scents and peaceful sounds invite a sense of calm and respite from the hurried pace of the streets outside. Warmly appointed, with all details considered, One Spa offers comfortable treatment rooms, a retail boutique, a hair salon, makeup studio, private change room facilities and a relaxation area that is cosily cocooned in the centre of the spa. Locally inspired rituals have been created with your every need in mind and water therapies include; a steam shower, swisse shower and a japanese bath tub.

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.

\$450 | M \$410



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.

\$335 | M \$305



Scalp Therapy : Body Wrap : Water Therapy :

Massage : Refreshments

Indulge // 2 hours

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

\$270 | M \$245



Full Body Massage : Customised Spa Facial : Refreshments

Nurture // 1.5 hours

Treating four zones for muscle soothing and radiance reviving results.

\$210 | M \$190



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 16

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.

\$555 | M \$495



Rejuvenate // 3 hours

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

\$420 | M \$380



Rebalance // 2 hours

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

\$295 | M \$270



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

Restore // 90 mins

Choose any 3 x 30 minute options below.

\$220 | M \$200



Revive // 60 mins

Choose any 2 x 30 minute options below.

\$150 | M \$135



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

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



Signature Escapes

Local rituals to inspire pampering and relaxation.

Body Bliss // 2.5 hours

Complete body bliss awaits with this experience.

- Body Scrub
- Hot Stone Massage
- Express Pedicure

\$290 | M \$275



Sacred City // 2.5 hours

A natural organic ritual to inspire health and wellbeing.

- Water Therapy of your choice
- Sacred Nature Body Scrub
- Sacred Nature Hydration Massage
- Sacred Nature Facial
- Herbal Tea

\$340 | M \$325



Glamour // 2 hours

Step out in style with a ritual that adds all the right glamour touches.

- Makeup
- Spa Manicure
- Hair Styling – Wash & Blow Wave
- Glass of Sparkling Wine

\$175 | M \$160



Urban Getaway // 60 mins

Deep cleansing relaxation to escape.

- Detox Back Scrub & Mud Mask
- Hot Towel Compress
- Back Massage
- Foot Massage

\$150 | M \$135



Water Therapy

Add a water therapy to cleanse and uplift and enhance your spa experience.

Japanese Bath Tub // 30 mins

Sink into the deeply soothing effect of a deep tub of warm water blended with an aromatic blend of tranquillity oils to relax body, mind and soul.

\$65 | M \$59



Steam Shower // 30 mins

Seated on a bench enjoy a private aromatherapy steam room, with mist showers, hand held showers, white lights and music.

\$65 | M \$59



Add a DIY body scrub and monticelli body mud (\$10pp or M \$8pp)

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



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

Facial Therapy

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

Customised Spa Facial // 60 mins **\$160 | M \$145**

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

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

Age Defying Facial // 75 mins **\$205 | M \$185**

This Sublime Facial offers a solution for the different stages of aging.

- Active Lift – Intensive yet luxurious, this age management facial lifts your skin and brings immediate rejuvenation.
- Hormone Aging – This treatment counters thinning of the skin, extreme dryness and loss of skin density.

Sacred Nature Facial // 45 mins **\$140 | M \$125**

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:

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:

Makeup (Page 19) : Express Therapy (Page 17)

Massage Therapy (Page 14) : Body Therapy (Page 11)

Skin Regimen

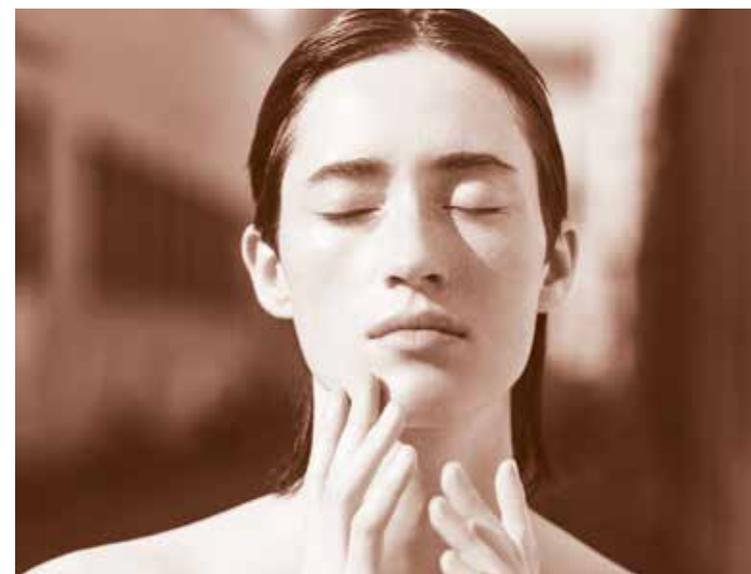
A modern skincare approach, clinically proven to reduce the effects of stress and lifestyle aging on both skin and mind. The range is designed to meet the needs of modern multitaskers, who live in today's fast paced times, constantly connected and on the front line. For urban dwellers who want to be the best version of themselves, while coping with the effects of daily stress and pollution, those unavoidable, critical factors of city living.

Urban Longevity Facial // 60 mins **\$160 | M \$145**

The perfect antidote to modern fatigue and urban lifestyle. This facial is ideal to renew the skin and counteract the effects of stress and pollution. Customisable to correct dullness, dehydration and first signs of wrinkles.

Urban Detox Facial // 60 mins **\$160 | M \$145**

Designed to detox the skin from pollution and purify the pores. A unique peel off mask with plant based charcoal effectively rebalances and energises the skin





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.

\$150 | M \$135

(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.

\$150 | M \$135

(C) (M) (P)

Body Active Therapy // 60 mins

An invigorating and remodelling active massage and body treatment designed to sculpt and eliminate toxins.

\$150 | M \$135

(C) (M)

Sacred Nature Face & Body Ritual // 90 mins

Enveloping the best of nature with Ecocert®-certified organic ingredients. This deeply nourishing and embracing ritual features a facial, body treatment and nourishing massage.

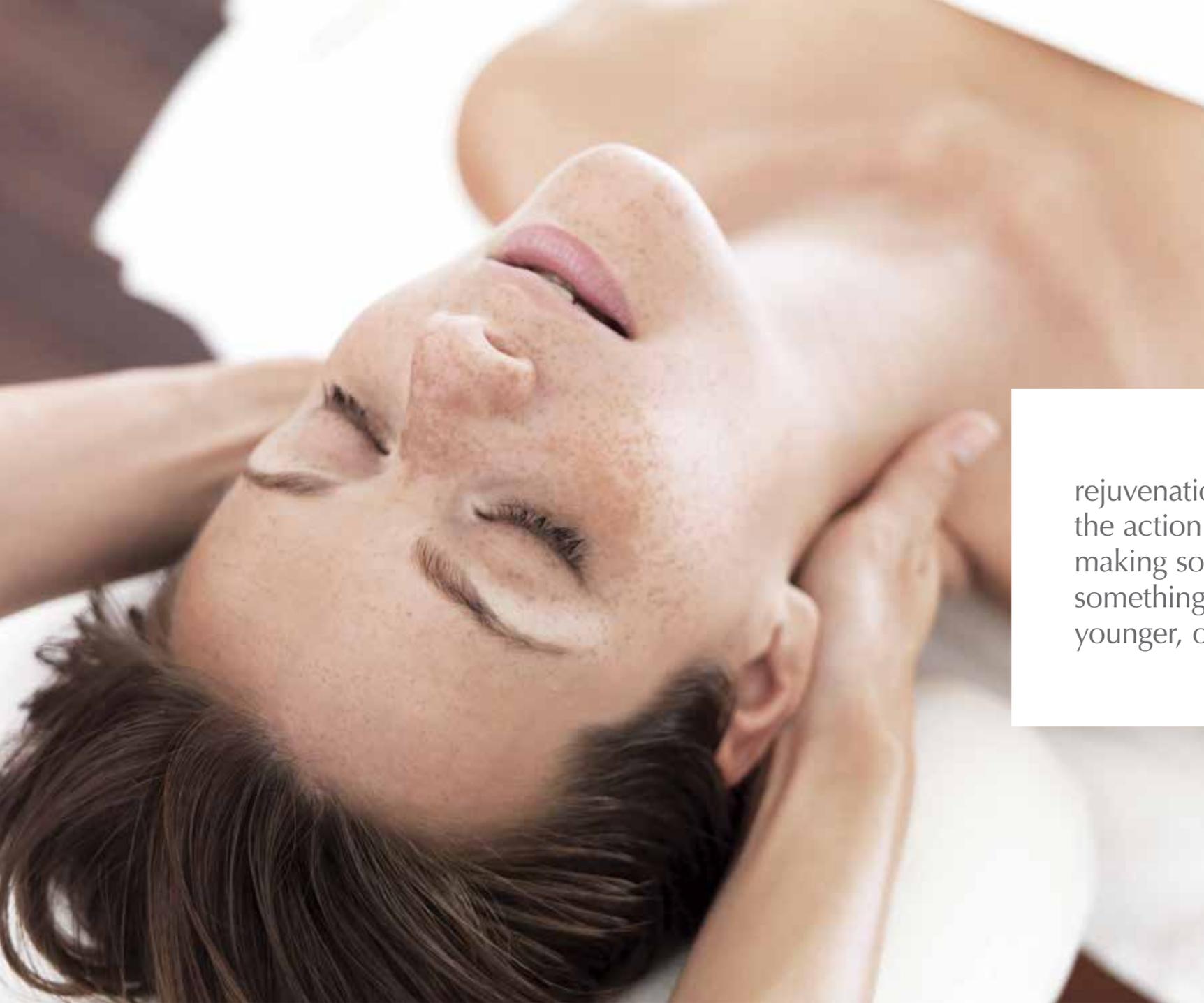
\$225 | M \$205

(C) (M) (P)

Reward yourself with an added therapy:

Express Therapy (Page 17) : Water Therapy (Page 7)

Massage Therapy (Page 14) : Facial Therapy (Page 8)



rejuvenation //
the action or process of
making someone or
something look or feel better,
younger, or more vital.

Massage Therapy

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

Relaxation Massage // 60 mins \$135 | M \$118

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

Muscle Ease Massage // 60 mins \$145 | M \$130

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

Please speak to our Spa Host at time of booking as this treatment or a Remedial Massage is dependent on therapist availability (private healthcare rebates may apply dependent on your insurance provider).

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

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

Warm stones and aromatic oils combine to offer a massage of muscle melting proportions. (C) (M)

Tranquillity Pro Sleep // 60 mins \$145 | M \$130

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 \$135 | M \$118

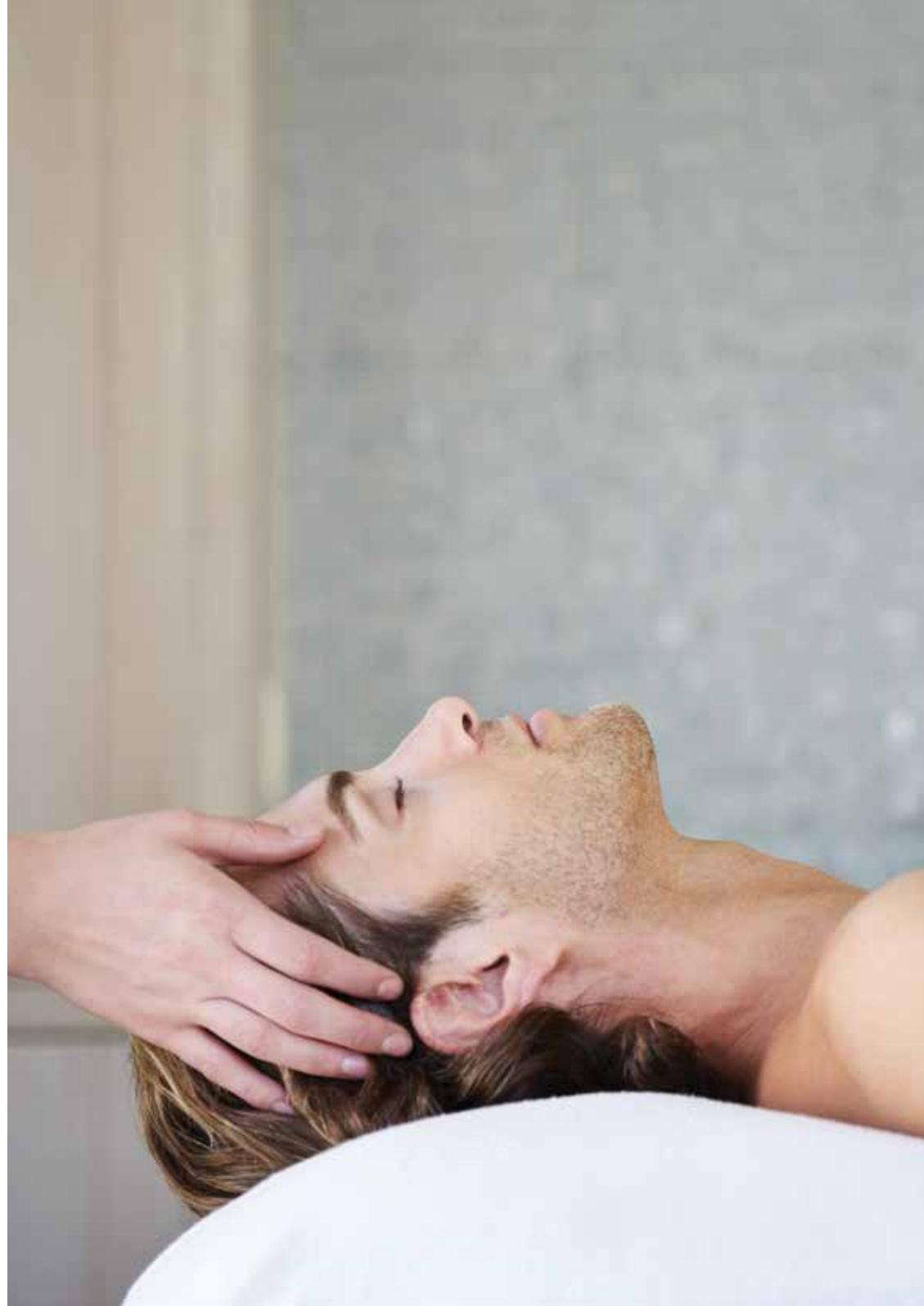
You're pregnant and you deserve to be pampered and restored to peace, wellbeing and connection during this very special time. (P)

** Available after first trimester.*

Reward yourself with an added therapy:

Express Therapy (Page 17) : Water Therapy (Page 7)

Body Therapy (Page 11) : Facial Therapy (Page 8)



Hand & Foot Therapy

Treat hardworking hands and feet to a little TLC.

Luxe Manicure // 60 mins \$115 | M \$105

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 \$125

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 \$90 | M \$80

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

Spa Pedicure // 45 mins \$90 | M \$80

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

Sole Therapy // 30 mins \$82 | M \$74

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

French Polish // 15 mins \$20 | M \$15

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.

Express Therapy

Effective remedies to soothe and calm in under an hour.

Recovery // 45 mins \$110 | M \$99

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

C M

Back Scrub : Hot Stone Back Massage : Scalp Massage

Remedy // 45 mins \$110 | M \$99

The ideal rescue remedy for busy people on the move.

C M P

Scalp : Hand : Foot Massage

Renewal // 45 mins \$115 | M \$105

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

C M P

Express Facial : Eye Mask

Sacred Nature Therapy // 45 mins \$115 | M \$105

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.

C M P

Massage Therapy // 30 mins \$82 | M \$74

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

C M P

Facial Therapy // 30 mins \$82 | M \$74

This express facial leaves skin vibrant, energised and lifted.

C M P

Scalp Therapy // 30 mins \$82 | M \$74

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

C M P

Note: Refer to Hand & Foot Therapies on page 16 for other express services.



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.

Hair Styling

Our hair styling team offer cutting, colouring and styling for everyday and special occasions.

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

Grooming Services

Makeup Artistry	Day Makeup (30 mins)	\$60 M \$55	
	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>		
Spray Tan	Tan (20 mins)	\$50 M \$45	
	Body Exfoliation & Tan (60 mins)	\$110 M \$99	
Waxing	<i>Ladies Waxing</i>		
	Eyebrow Wax	\$30 M \$25	
	Lip / Chin	\$22 M \$20	
	Lip, Chin & Eyebrows	\$66 M \$60	
	Sides of Face	\$40 M \$35	
	Underarm	\$30 M \$25	
	Full Arm	\$42 M \$35	
	Half Arm	\$30 M \$25	
	Full Leg + Brazilian	\$112 M \$102	
	Full Leg + G-String	\$100 M \$90	
	Full Leg + Bikini Standard	\$88 M \$80	
	Full Leg	\$68 M \$62	
	Half Leg + Brazilian	\$85 M \$75	
	Half Leg + G-String	\$72 M \$65	
	Half Leg + Bikini Standard	\$65 M \$60	
	Half Leg (Includes Knee)	\$42 M \$38	
	Brazilian	\$62 M \$55	
	Brazilian (Maintenance 6 weeks)	\$55 M \$48	
	G-String Bikini	\$50 M \$45	
	Bikini Line Standard	\$42 M \$38	
		<i>Men's Waxing</i>	
	Chest	\$46 M \$42	
	Neck	\$22 M \$20	
Back & Shoulders	\$58 M \$54		
Full Arm	\$48 M \$45		
Stomach	\$28 M \$25		
Full Leg	\$75 M \$68		
Half Leg	\$49 M \$45		
Speedo Line	\$35 M \$30		
Eyebrow	\$30 M \$25		

Grooming Services

Tinting	Eyeshadow Tint	\$35 M \$30
	Eyebrow Tint	\$28 M \$25
	Eyebrow Wax & Tint	\$50 M \$45
	Lash & Brow Tint	\$50 M \$45
	<i>Cutting</i>	
Hair Styling	Ladies Style, Cut & Finish	from \$95 M \$80
	Mens	\$60 M \$50
	Childrens	\$40 M \$35
	Fringe Trim	\$20 M \$15
	<i>Colour</i>	
	1/4 Foil	from \$95 M \$85
	1/2 Foil	from \$135 M \$115
	Full Head Foils	\$195 M \$175
	All Over Tint	from \$90 M \$80
	Regrowth	from \$90 M \$80
	Toner/Semi Permanent Colour	from \$45 M \$35
	Colour Correction	POA
	Fashion Colour	POA
	<i>Styling</i>	
	Wash & Blow Wave	from \$55 M \$50
	Blow Dry After Colour	from \$45 M \$40
	Hair Up Styling	from \$95 M \$85
	Special event appointments are also available	POA

One Spa offers members a discounted price as noted with an **'M'** on the menu.

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

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.

Cancer Treatments

Certain medical conditions, such as cancer, will require a doctor's clearance. As our therapists are not trained in specialist oncology massage, we may be unable to perform some treatments. If you are in doubt or have questions, please speak to the One Spa team when making your booking.

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.

Minimum Age

Young people under the age of 16 must be accompanied by a parent or guardian when having a treatment and under 18 if having a water therapy.

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.

Facilities

Luxury relaxation facilities have been created for your complimentary enjoyment.

Health Funds

Some of our One Spa massage therapists are registered with health funds. Please enquire with our Spa Host for specific details.

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. Please quote your voucher number when booking and present voucher on arrival.

Rewards

Your rewards can be viewed at the Kiosk tablets located at City Club and Healesville Country Club. Club Rewards are available throughout the year, as season and annual value rewards. Rewards can be redeemed by simply presenting your membership card at the time of payment.

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 9659
dayspa_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
Cape Schanck, Victoria 3939
(03) 5950 8228
onespa_capeschanck@racv.com.au



RACV CITY CLUB

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

