

HOURS OF SERVICE

Massage therapy:

Daily 9am-10pm

Beauty therapist on duty:

Friday and Saturday 10am-5pm

Beauty therapy may be arranged on other days by appointment in advance. For enquiries or to make an appointment please contact The Health Club or Concierge.

Our Health Club staff and therapists are available to help you tailor your selection of treatments. Please contact The Health Club on the Mezzanine Level to secure your appointment.

Should you wish to cancel your appointment, we require a minimum of two hours notice otherwise a 50% cancellation fee will apply. No shows will be charged the full treatment fee.

For non-hotel guests, to confirm a treatment of 60 mins or more duration we may request credit card details to secure your booking.

We recommend you arrive 15 mins prior to the commencement of your treatment to enable you to change into a robe and slippers and complete the necessary health questionnaires at a comfortable pace. This will allow you to enjoy the full extent of your treatment.

All prices quoted are valid for 2007. Prices are subject to change without notice. A surcharge applies to public holidays.

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Radisson
Plaza Hotel
Sydney

THE HEALTH CLUB TREATMENTS



After a hectic day in the heart of the city, whether you've had a colourful day of shopping, a stressful meeting or just pounding the pavement enjoying Sydney's beautiful sights, take some time to rebalance your inner spirit at The Health Club. Unwind with a relaxing massage or pampering treatment, correct imbalances, clear your mind, explore your senses.

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THE HEALTH CLUB

Our massage and beauty therapy menu, together with our holistic products and professional therapists provide the perfect opportunity for you to rebalance and revitalise.

MASSAGE THERAPY

Reduce stress, muscle tension and tiredness with a therapeutic massage. Select from Relaxation, Remedial, Deep Tissue, Sports, Pregnancy massage and Reflexology.

Massages In the Health Club

Mon-Fri	9am-8pm	8pm-10pm
Sat, Sun, P.Hols	9am-5pm	5pm-10pm
90 mins	\$150	\$185
60 mins	\$105	\$155
30 mins	\$ 65	

Massages are also available in your guest room during these hours, an additional fee does apply.

BEAUTY THERAPY

SPA PACKAGE

Jet Lag Recovery Package 90 mins \$170

An express facial and body massage, our most popular treatment. The perfect way to rebalance and enjoy your stay with us even more.

SKIN CARE

Spa Facial 80 mins \$140

Equally effective for men and women, our Spa Facial is the perfect treatment to cleanse, rehydrate and revitalise your skin. Your treatment includes a skin care analysis, exfoliation, steam and mask, as well as a relaxing scalp massage.

SPA BODY

Exfoliation 45 mins \$80

Our mineral salt scrub will purify and refresh your skin. The combination of mineral-rich sea salts, natural kelp and balance of aromatic essential oils will make your skin feel and look silky smooth. A rejuvenating experience.

Body Wrap 45 mins \$80

Our seaweed and mineral-enriched mud wrap is blended with aromatic botanical extracts and fruit enzymes to nourish and rehydrate your skin. An excellent treatment to revive after flying long hours in a plane or sitting in air conditioning for long periods.

Exfoliation and Wrap Combination 90 mins \$150

Nutrients contained in the body wrap product will penetrate the skin's deeper layers more readily immediately following skin exfoliation. This is a great way to revive and rebalance energy after travel or long meetings.

SPA GROOMING

Spa Manicure 75 mins \$95

For men or women, our Spa Manicure includes nail shaping and filing, cuticle work, skin exfoliation and a calming hand massage. A paraffin dip to lock in moisture and choice of polish (if desired) completes your treatment.

Spa Pedicure 75 mins \$95

For men or women, this is the ultimate care for your feet. As well as nail and cuticle care, your Spa Pedicure includes a warm, relaxing foot soak, exfoliation and foot massage. A paraffin dip to lock in moisture and choice of polish (if desired) completes your treatment.

Express Manicure or Pedicure 30-45 mins \$65

Your express treatment will be custom designed according to your needs, e.g. cuticle work, re-shape or change of polish. Your therapist will assist you with your requirements.

Waxing

Half Leg	\$30	Full Leg	\$50
Bikini	\$25	Brazilian	\$70
Under Arm	\$25	Half Arm	\$30
Full Arm	\$40	Back or Chest	\$50
Lip and Chin	\$20	Eyebrow	\$30

Tinting

Eyesh Tint	\$25
Eyebrow Tint	\$20