



MELBOURNE

CROWN SPA
TREATMENT MENU



YOUR TIME. YOUR JOURNEY.

Crown Spa provides a tranquil oasis for those seeking a holistic spa experience for a renewed sense of mind, body and spirit.

Our intent is to provide personalised moments of self-care that foster an enhanced state of wellbeing. We do so with expertly trained therapists, curated treatments and our industry leading partners, La Prairie and Subtle Energies.

Your time is precious and the journey is your own at Crown Spa.

AQUA RETREAT

Water in all its uses, gives us the ability to rehydrate, refresh and soothe the body, which forms the basis of our Aqua Retreat facilities.

The steam room provides heat to warm the body and eliminate toxins. The therapeutic swiss shower will stimulate the senses and our vitality spa is the perfect refuge for tired bodies.

The Aqua Retreat truly offers exceptional wet facilities to complement your Crown Spa treatment or simply, as a rejuvenating experience of its own.

The Aqua Retreat and indoor pool is complimentary to guests with treatments of an hour or longer; or alternatively guests can purchase an access pass.

AQUA RETREAT ACCESS

Use of the Aqua Retreat including vitality spa, steam room and Swiss shower. Please note the Aqua Retreat Pass is only available to guests of Crown Towers.	From \$85
---	--------------

AQUA RETREAT AND POOL ACCESS

Unwind and spend the day poolside and in our leisurely Aqua Retreat facilities.	From \$140
---	---------------

A surcharge applies to spa treatments on Friday to Sunday and public holidays.





SPA TREATMENTS

MASSAGES

RELAXATION

Let us take you on the journey to ultimate relaxation. Our spa therapists use light to medium pressure utilising gentle lymphatic techniques and rhythmic flowing movements.

From
\$200 - 1 hour
\$260 - 1 hour 30 minutes

THERAPEUTIC

A firm but relaxing spa massage designed to invigorate and energise the body and mind, utilising a variety of massage techniques and gentle muscular stretching.

From
\$210 - 1 hour
\$280 - 1 hour 30 minutes

DEEP TISSUE

A deep rhythmic massage focused on releasing areas of muscle tension and mobilising fatigued muscles. Perfect for muscular aches and pains, recovery post work out and to alleviate tightness and problem areas.

From
\$220 - 1 hour
\$290 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

BLISSFUL MARMA MASSAGE

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balancing aligns vital energy centres. The 90 minute treatment includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

From
\$240 - 1 hour
\$300 - 1 hour 30 minutes

HOT STONE MASSAGE

Enjoy deep relaxation as the soothing massage of hot stones works to de-stress muscles, allowing tightness and tension to melt away.

From
\$300 - 1 30 minutes hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

PACKAGES

CROWN SPA ULTIMATE

Enjoy on your own or with a friend; your ultimate spa escape hosted in our Deluxe Suite leaves nothing to chance ensuring you feel pampered from head to toe. Including a La Prairie Pure Gold Radiance facial, a Relaxation massage, spa cuisine, manicure and pedicure. This heavenly combination ensures total body relaxation, with a polished finish.

From
\$935 - 5 hours 15 minutes

REJUVENATION

This spa experience in our Deluxe Suite optimises relaxation with your own private spa and steam bath. Your luxurious Rasayana Detox body wrap, including exfoliation and lotion application is followed by our Caviar Lift facial designed to instantly give a youthful radiant tone. Finish with a wash and blow wave to complete your rejuvenation.

From
\$795 - 4 hours

CELLULAR RESTORATION

Rebalance, revitalise, renew. Drawing on potent active ingredients, enhance cell regeneration and repair, with this indulgent treatment experience. Your restoration process begins with a purifying body exfoliation and a phytonutrient rich wrap, which tightly tones the skin, before being transported to a state of deep relaxation with our signature marma massage. Our customised age-defying facial completes this opulent journey, restoring cellular radiance and vitality on every level of being.

From
\$685 - 3 hours 15 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

INDULGENCE

For pure indulgence, we have combined a Hot Stone massage that will melt away tension, a Subtle Energies Advanced Anti-Oxidant facial to refresh fatigued skin and an Essential pedicure to soothe and moisturise tired legs and feet.

From
\$630 - 3 hours 30 minutes

CELEBRATION

This indulgent package includes a one hour Relaxation massage and La Prairie Skin Caviar Essential Facial. Renowned for its results by leaving skin deeply hydrated, nourished and glowing. The Celebration package will leave you feeling renewed and content.

From
\$495 - 2 hours

TRANSFORMATION

Feel renewed after this decadent spa experience. The Cinnamon and Walnut Body Buff will eliminate toxins and dead skin cells from the body, while the Subtle Energies Holistic Age-Defying facial will restore cellular radiance to the skin. End your day with a wash and blow wave to complete your transformation.

From
\$490 - 2 hours 45 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

SUBTLE ENERGIES BODY TREATMENTS

PEARL INFUSED REMINERALISING BODY MASK

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate. Whilst cocooned in this mineral mask experience, receive a Subtle Energies signature facial marma massage, using potent anti-ageing actives of mogra and Indian rose to release tension and stress, and restore balance.

From
\$320 - 1 hour 30 minutes

RASAYANA DETOX BODY WRAP

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of spiked ginger lily, spirulina and green tea envelop your body providing the ultimate detox. Intense nourishment is then delivered as your body is smothered with a customised experience of aromatic infused body butters, lotions or oils. Leave with skin glowing and body and mind re-energised.

From
\$280 - 1 hour 15 minutes

CINNAMON AND WALNUT BODY BUFF

A rejuvenating light to medium exfoliation using cinnamon bark and walnut shells, blended with the uplifting aromatics of tulasi, limbu and wild turmeric. This scrub buffs away dead skin cells, detoxifying and reducing signs of cellulite. The treatment includes hot compressing in between the exfoliation process and is completed with a personalised full body hydration. An ideal treatment to relieve jet lag and tired skin.

From
\$220 - 1 hour

HIMALAYAN ENERGISING BODY POLISH

This invigorating ritual begins with a deep exfoliating body polish using mineral rich and ionising Himalayan crystal salts to release toxins, stimulate circulation, reduce the signs of cellulite and relieve built up tension. Skin will be visibly radiant and stress will be soothed away with the active effects of rare Ayurveda Aromatherapy oils blended within the scrub. The treatment includes hot compressing and ends with a personalised full body hydration.

From
\$220 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

LA PRAIRIE FACIALS

PLATINUM RARE FACIAL

The Platinum Rare Facial utilises Platinum Rare Cellular Life Lotion to focus on detoxification and includes the most powerful rejuvenating product, Platinum Rare Cellular Night Elixir, to leave the skin feeling new-born. Through the science of Haute-Rejuvenation, continuous renewal occurs across the layers of the skin in a virtuous loop, appearing to reverse visible signs of aging.

From
\$700 - 1 hour 30 minutes

PURE GOLD RADIANCE FACIAL

The golden drops of La Prairie's Pure Gold Radiance Concentrate visibly lifts, firms, and brightens the skin. Gentle heat and specially selected masks help to enhance the penetration of precious Pure Gold serum, smoothing the skin, leaving it vibrant and radiant.

From
\$500 - 1 hour 30 minutes

PLATINUM RARE ESSENTIAL FACIAL

The Platinum Essential Facial merges high performance pampering with Platinum's unique age defying technology. This treatment takes the classic facial and turns it into a sumptuous top-to-toe experience using La Prairie's Platinum Rare collection. Indulge in the ultimate in luxury and rejuvenation and discover firm, youthful and radiant skin with the pure incandescence of Platinum.

From
\$480 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

WHITE CAVIAR ILLUMINATING FACIAL

This luminous La Prairie treatment drenches the skin with moisture while fulfilling a promise to brighten and firm with exquisite caviar properties. Finishing with a pampering massage, the skin's translucency is restored and you're left with a glowing complexion.

From
\$450 - 1 hour 30 minutes

CAVIAR LIFT FACIAL

Experience pure luxury with a treatment that instantly firms the skin and perfects its tone and texture. Your skin will feel reborn when La Prairie Skin Caviar Liquid Lift is applied to the face and eye area using warm globes, followed by a relaxing massage. This decadent treatment will transform even the duller complexions into radiant, luminous skin.

From
\$420 - 1 hour 30 minutes

SKIN CAVIAR ESSENTIAL FACIAL

This result driven treatment infuses pure luxury with the decadence of caviar using La Prairie's iconic Skin Caviar collection. Experience the legendary lifting and firming of caviar, including La Prairie's signature eye and face massage to create deeply hydrated, nourished and glowing skin.

From
\$350 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

SUBTLE ENERGIES FACIALS

ADVANCED ANTIOXIDANT FACIAL

Designed for dry, sensitive, or damaged skin, this intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalises tired ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated.

From
\$240 - 1 hour
\$295 - 1 hour 30 minutes

HOLISTIC AGE-DEFYING FACIAL

Harnessing the potent blend of ancient cellular wisdom and modern science, this customised facial delivers a unique anti-ageing treatment experience. The signature facial Marma massage reduces stress and anxiety whilst restoring cellular radiance and leaving the skin visibly smoother.

From
\$240 - 1 hour
\$295 - 1 hour 30 minutes

HOLISTIC CUSTOMISABLE FACIAL

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

From
\$240 - 1 hour
\$295 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.



ENHANCEMENTS

HIMALAYAN SALT EXFOLIATION

Eliminate dull skin with this deep exfoliating body polish using mineral rich and ionising Himalayan crystal salts to release toxins, stimulate circulation, reduce the signs of cellulite and relieve built up tension. Skin will be visibly radiant with the active effects of rare Ayurveda Aromatherapy oils blended within the scrub.

From
\$145 - 30 minutes

HEAD, NECK AND SHOULDER MASSAGE

This deeply relaxing treatment uses an exquisite blend of therapeutic ingredients such as neem and coriander seed to induce a sense of grounding. A combination of pressure point massage and stretches with traditional massage techniques will leave you with clarity and focus, whilst rejuvenating the scalp and releasing tension in the neck and shoulders.

From
\$145 - 30 minutes

RELAXING FOOT MASSAGE

Bring harmony to the entire body with this energising foot and leg treatment. A stimulating massage of the feet involving stretches and pressure points massage will invigorate and renew the entire body. It balances and calms the mind, assuring a peaceful night's sleep. Hot compresses complete this treatment.

From
\$145 - 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

HOLISTIC CUSTOMISABLE FACIAL

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. Toxins will be drawn out through a double cleanse, and a saffron and frankincense exfoliation followed by a purification mud mask.

From
\$145 - 30 minutes

PRIVATE SPA TIME – DELUXE SUITE

Enhance your treatment experience by upgrading for a private spa time in the luxury of our Deluxe or Indulgence Suites. This includes a spa bath and private steam shower.

From
\$95 - 30 minutes

PRIVATE SPA TIME – INDULGENCE SUITE

Enhance your treatment experience by upgrading for a private spa time in the luxury of our Deluxe or Indulgence Suites. This includes a spa bath and private steam shower.

From
\$150 - 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

FOR HIM

A DAY FOR HIM

For the active man to the constant traveller, this customised treatment journey balances and restores oneself, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish, to then be transported to a place of deep relaxation with a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial to complete this well being journey.

From
\$545 - 2 hours 30 minutes

A PACKAGE FOR HIM

Commence your journey in our Aqua Retreat before moving into one of our luxurious treatment rooms. Your firm but relaxing Therapeutic massage which will ease stress, improve circulation and release toxins from the body is followed by an essential manicure, complete with a relaxing hand massage. Finish with a haircut to complete your experience with one of our renowned stylists.

From
\$360 - 2 hours 30 minutes

SKIN CAVIAR ESSENTIAL FACIAL

This result driven treatment infuses pure luxury with the decadence of caviar using La Prairie's iconic Skin Caviar collection. Experience the legendary lifting and firming of caviar, including La Prairie's signature eye and face massage to create deeply hydrated, nourished and glowing skin.

From
\$350 - 1 hour

THERAPEUTIC MASSAGE

A firm but relaxing spa massage designed to invigorate and energise the body and mind, utilising a variety of massage techniques and gentle muscular stretching. This massage will revitalise even the weariest muscles, release toxins and alleviate stress and muscle tension tailored to your areas of concern.

From
\$210 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

HOLISTIC CUSTOMISABLE FACIAL

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

From
\$240 - 1 hour

MANICURE

Soothe and moisturise your arms and hands with an essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a relaxing hand massage.

From
\$130 - 45 minutes

PEDICURE

Soothe and moisturise your legs and feet with an essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a relaxing foot massage.

From
\$140 - 1 hour

GROOMING SERVICES

Hair Cut | Beard Trim | Waxing | Colour Services

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

PREGNANCY

Our range of pregnancy treatments are the perfect way to pamper a mother to be! Crown Spa is only able to perform treatments on expectant mothers during the second and third trimesters of a pregnancy to ensure the safety of both mother and baby. Please note that for guests in their 3rd trimester, a medical certificate from your doctor approving treatment is required.

PREGNANCY MASSAGE

Ease tired feet, legs and back with a revitalising and strengthening massage for mothers to be. This treatment is specifically designed to meet the needs of pregnant women and their changing bodies, relieving muscle aches and joint pains and improving circulation and mobility.

From
\$220 - 1 hour

SOOTHE AND ENRICH ANTIOXIDANT FACIAL

This intense enriching facial delivers an exceptional nutrient rich elixir that revitalises tired skin. The marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Emerge from this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated.

From
\$240 - 1 hour

LEG MASSAGE

Bring harmony to the entire body with this energising foot and leg treatment, recommended for improving circulation and reducing swelling. A signature massage using a bronze kasa bowl technique will draw out excess heat and stimulate marma points of the feet and legs using unique oil blends. Hot compresses and the application of double cream or lotions complete this treatment.

From
\$145 - 30 minutes

Available as an upgrade to pregnancy treatments of over 1 hour.

GLOWING MUM-TO-BE

For complete pampering unwind with our 60 minute pregnancy massage along with a Subtle Energies Advanced Anti-Oxidant facial to ensure you leave feeling refreshed and glowing.

From
\$325 - 1 hour 30 minutes

COMPLETE PREGNANCY PACKAGE

Retain the memories of your Spa experience and continue the benefits of your pregnancy massage at home with three specially formulated body oils for use during pregnancy and on baby. Includes a gift of three Subtle Energies body oils.

From
\$295 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

A surcharge applies to spa treatments on Friday to Sunday and public holidays.



WELLNESS EXPERIENCES

JOURNEYS

EMPOWERING ME, A WOMAN'S JOURNEY

A journey to celebrate your inner and outer beauty. Begin with a gentle meditation, followed by a massage using active oils of empowerment and renewal, with a fusion of therapeutic techniques to increase your vital energy. A results-driven facial, tailored to bring harmony to your skin, using potent anti-ageing ingredients such as mogra, that also addresses emotional and hormonal balance.

Continue your treatment at home and purchase the Rejuvenate and Restore prescription kit (\$570).

From
\$420 - 2 hours 30 minutes

DETOX AND ADRENAL BOOST JOURNEY

A comprehensive purification process using highly potent active ingredients such as tulasi, wild turmeric and Indian lime that work as detox agents stimulating the cells and lymphatics. The journey commences with a guided meditation. An invigorating full body exfoliation is followed by a detoxifying wrap and concludes with Subtle Energies signature massage, that is a fusion of modalities that is deeply relaxing but energising.

Continue your treatment at home and purchase the Detox and Adrenal prescription kit (\$610).

From
\$420 - 2 hours 15 minutes

SLEEP SUPPORT THERAPY

Subtle Energies Sleep Support Therapy is a signature program based on clinical research and ancient practises, to assist sleep concerns and insomnia. A guided meditation begins the program while a full body Blissful Marma massage releases tension and realigns the body's rhythm. This is followed by a facial marma massage and the Nasya (nasal oil application), an ancient yogic technique for many concerns including sleep. Yogic pranayamas, that will positively impact the vital energy within completes the journey.

2 hours with Savasana \$370 | \$530 with prescription kit

2 hours 30 minutes with Shirodhara \$480 | \$640 with prescription kit

From
\$370 - 2 hours

THE RECOVERING TRAVELLER

A journey that assists in balancing the body by releasing any fluid retention and strengthens the immune system after a long flight. It begins with a guided meditation, followed by a signature massage using a fusion of modalities, including marma work, lymphatic drainage and a kasa bowl technique that draws out excess heat. Customising to individual needs, this experience can awaken or assist to bring about a restful slumber.

Continue your treatment at home and purchase the Detox and Adrenal prescription kit (\$445).

From
\$350 - 2 hours

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

WELLNESS

SHIRODHARA

A stress-releasing treatment during which warm oil is poured over the third eye, forehead and temples to soothe and calm the nervous system. It assists with treating stress, skin conditions and insomnia, while also enhancing emotional balance, helping to get in touch with your higher being. The experience starts with a facial marma massage, with Subtle Energies' enriching facial blend, enhancing the benefits of the traditional experience and giving your complexion a fresh and youthful glow.

From
\$410 - 1 hour

MUSCLE DESTRESS PODI PROGRAM

This signature journey starts with an aromatic foot soak followed by Podikhizhi (Podi), a remarkable therapy performed with dried herb powders wrapped in muslin bolus bags, dipped in warm oil and applied over the entire body. Focusing on areas of pain and inflammation, this therapy is effective for water retention, sports injuries, muscular and nerve pain, soft tissue inflammation and joint problems. This program concludes with a tension-relieving Blissful Marma massage.

From
\$490 - 2 hours

MEDITATION

Reduce stress and improve focus through this guided meditation, a perfect time-out from our busy lives.

From
\$85 - 30 minutes





BEAUTY

HAIR

HAIR

Ladies Cut Including Blow Wave	From \$100
Ladies Restyle Cut Including Blow Wave	From \$130
Fringe Trim	From \$25
Children's Cut (12 Years and Under – Excludes Wash and Blow Wave)	From \$40

HAIRSTYLING

Blow Wave	From \$75
Classic Hair Up (Wash Not Included)	From \$100
Creative Styling (Wash Not Included)	From \$150
Permanent Wave	From \$115
Tonging (Dry Styling with Irons)	From \$50

COLOUR

Foils	From \$105
Semi Colour	From \$70
Tint (Full Head)	From \$130
Tint (Re-growth)	From \$115
Toner Application	From \$40
Balayage/Ombre	From \$280
Hair Contouring	From 280
INOA Hair Colour	Add \$10
Ritual Booster Treatments	From \$40
Intensive Treatment (With Heat)	From \$60
Olaplex Treatment	From \$85
Smartbond Treatment	From \$35

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

NAILS

ESSENTIAL MANICURE

Soothe and moisturise your arms and hands with an Essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a blissful hand massage and nail polish application.	From \$140 - 1 hour
--	------------------------

ESSENTIAL MANICURE – GEL POLISH

Soothe and moisturise your arms and hands with an Essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a blissful hand massage and nail polish application.	From \$150 - 1 hour 15 minutes
--	-----------------------------------

ESSENTIAL PEDICURE

Soothe and moisturise your legs and feet with an Essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a blissful foot massage and nail polish application.	From \$160 - 1 hour
---	------------------------

ESSENTIAL PEDICURE – GEL POLISH

Soothe and moisturise your legs and feet with an Essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a blissful foot massage and nail polish application.	From \$170 - 1 hour 15 minutes
---	-----------------------------------

SHELLAC REMOVAL

FRENCH APPLICATION

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

MAKEUP, WAXING AND TINTING

MAKEUP

Full Application	From \$100
Temporary Eyelash Application	From \$45
Bridal Parties Hair and Makeup	POA

SPRAY TAN

Naked Tan is the global pioneer of the two hour tan and is made from all natural ingredients. The Naked Tan spray tanning formulation wash 'n' wear in two hours is enriched with aloe vera for moisture, contains organic DHA, no parabens, no alcohol and is odour-free and interacts with the skin naturally. The divine aroma of coconut and vanilla bean with a hint of bliss is inspiring.	From \$75
--	-----------

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

WAXING

Full Leg Wax Half Leg Wax Arms Wax Underarm Wax Bikini Wax Brazilian Wax Chest Wax Back Wax Eyebrow Wax Lip/Chin Wax Ear/Nose Wax Full Face Wax	POA
---	-----

THREADING

Eyebrow Threading Upper Lip and Chin Threading Full Face	From \$25
--	-----------

TINTING

Eyelash Eyebrow Eyelash and Eyebrow	From \$25
---	-----------

A surcharge applies to spa treatments on Friday to Sunday and public holidays.



MOVEMENT

TRAINING AND FITNESS

PERSONAL TRAINING

Personal Training 30 minutes	From \$65
Personal Training 45 minutes	From \$75
Personal Training 1 hour	From \$85

SWIMMING LESSONS

Swimming Lessons Child	POA
Swimming Lessons Adult	POA

FITNESS CLASSES

Boxercise 30 minutes	From \$65
Spin Class 45 minutes	From \$65

WELLNESS CLASSES

Yoga 45 minutes	From \$65
Pilates 45 minutes	From \$75

A surcharge applies to spa treatments on Friday to Sunday and public holidays.



SPA ETIQUETTE

We welcome guests to book in advance to secure your preferred reservation time and date. All appointments must be guaranteed with a valid credit card. A minimum of 3 hours notice is required for cancellation of a single booking or 24 hours notice for bookings of four or more in order to avoid being charged in full.

We recommend that you arrive 45 minutes prior to your treatment so you can commence your spa journey starting in our Aqua Retreat facility. Late appointments will result in a shorter treatment time.

Crown Spa promotes an environment of tranquillity and relaxation, therefore use of mobile phones is prohibited in the spa.

Robes and slippers have been provided for your convenience. Professional draping is performed throughout the duration of your spa treatment.

The Aqua Retreat areas are designated male and female areas. No children under the age of 16 are permitted. These areas are a shared space with other guests and staff; we ask that you use robes and towels provided when moving around these areas.

Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.





LEVEL THREE CROWN TOWERS MELBOURNE
8 WHITEMAN STREET SOUTHBANK VICTORIA 3006 AUSTRALIA
TELEPHONE +61 3 9292 6182 CROWNSPA@CROWNTOWERS.COM.AU
CROWNSPAMELBOURNE.COM.AU