

The first part of the paper discusses the importance of understanding the local context in which a project is implemented. This involves a thorough analysis of the social, economic, and cultural factors that may influence the success or failure of the intervention. It is essential to engage with local stakeholders from the outset to ensure that the project is relevant and sustainable.

The second part of the paper focuses on the design and implementation of the project. This includes the development of a clear and concise project plan, the identification of key activities and milestones, and the establishment of a robust monitoring and evaluation system. It is crucial to maintain flexibility throughout the implementation process to respond to any unforeseen challenges or changes in the local context.

The third part of the paper discusses the importance of communication and reporting. This involves the development of a communication strategy that outlines the key messages and the channels through which they will be disseminated. It is also essential to establish a regular reporting mechanism to keep stakeholders informed of the project's progress and to provide a platform for feedback and discussion.

The final part of the paper discusses the importance of sustainability and the need to build local capacity. This involves the development of a sustainability plan that outlines the strategies for ensuring the long-term viability of the project's outcomes. It is also essential to invest in the training and development of local staff to ensure that they have the skills and knowledge to manage and maintain the project's results.

Your ideal day spa experience awaits at The Spa at Park Hyatt Sydney. Drawing on the teachings of the dreaming, The Spa's philosophy is born of the stories connected to the natural essence of our land.

Connecting every treatment to the sun, the wind, the water, the flowers and the earth, we enrich and renew with truly holistic treatments, providing inspiration for personal discovery, while delighting the senses.

Each treatment is tailored perfectly to you and delivered through a tranquil sensory journey. Intimate, private treatment rooms become your sanctuary where you are our sole focus.



the spa dream time

Escape to The Spa and reinvigorate wellness with our holistic Dream Time experience, designed to pamper your whole being, connecting you and your inner spirit.

Restoring balance and harmony to the body and mind as you embrace new energy into your life. Retreat into the Dream Time experience and enjoy a haven of contemplation and relaxation that will renew and reactivate your very being.

caviar dream

3 hours

Our signature facial and body spa ritual combines the decadence and luxury of protein rich caviar and powerful antioxidants with the calming and balancing benefits of wild lavender. This uplifting experience instantly reinvigorates your wellbeing, leaving you feeling rejuvenated and renewed.

- Caviar facial
- Lavender Dreams body treatment

australian awakening

5.5 hours

This indulgent full-body experience will relax and restore natural beauty with a ginger renewal with hot stones treatment, followed by our signature advance lifting and age-defying facial. End this indulgent experience with a dream deluxe manicure and pedicure before retreating to a delightful spa lunch on the harbour. Leave completely revived and refreshed.

- Ginger Renewal
- K-lift facial
- Light lunch with a flute of Champagne
- Dream Deluxe manicure
- Dream Deluxe pedicure

the spa dream time

divine dreaming

2.5 hours

Designed exclusively for absolute relaxation, enjoy the calming benefits of our revitalising spa rituals that will leave you relaxed and ready for a brand new day. This spa ritual includes a 30 minute facial and 30 minute body scrub, a 60 minute massage and a mini pedicure.

- Refresher facial
- Thermal Mineral body scrub
- Swedish or deep tissue massage
- Mini pedicure

spa awakening

2.5 hours

Renew skin to a youthful and smooth appearance with our 60 minute signature facial with an ampoule enhancement, and surrender to the relaxing strokes of a 90 minute massage.

- Swedish or deep tissue massage
- The Spa signature facial with ampoule enhancement

essential enlivening

2 hours

Restore balance to the body and ease muscle tension with a calming 60 minute aromatherapy massage with essential oils and our 60 minute signature facial that will leave your skin hydrated and revived.

- Aromatherapy massage
- The Spa signature facial

the spa time rituals

Immerse into your own personal oasis and indulge in a tailor-made spa experience. Our Time Rituals allow you to book time rather than a specific spa treatment for a personalised spa experience you can call your own.

Create your unique Time Ritual experience and select from the following 30 minute treatments:

choose

Three treatments	90 minutes
Four treatments	120 minutes
Five treatments	150 minutes

facial

Refresher facial
Eye Rescue

body

Thermal Mineral body scrub
Turkish Salt scrub
Organic Native Hibiscus
Organic Melaleuca Myrtle

massage

Back
Scalp
Foot

nails

Mini manicure
Mini pedicure

the spa organic

Embrace urban tranquility with The Spa's signature organic rituals, drawing inspiration from every corner of the globe and derived from nature. These treatments are handcrafted using organic products from the World Heritage listed Blue Mountains. Pure, natural ingredients that are ethically sourced and gathered directly from the earth.

Australian White Flannel

120 minutes

This indulgent full-body ritual is a degustation of treatments offering a complete sensory head-to-toe experience. Let the dreaming begin with a coconut and jasmine rice full-body exfoliation, followed with a facial, body soufflé application and foot massage. Continue the journey with a warming cocoon ritual using Australian white flannel and bush flower extracts, blended with healing aloe vera, hydrating watermelon, anti-aging ginseng and fruit actives that are rich in vitamin C. This experience rejuvenates your skin and connects you with your inner joy.

Australian Sea Kelp

90 minutes

Nurture optimal health with this detoxifying treatment, activating energy reserves and cleansing the body. Condition and smooth the skin with a full-body exfoliation, followed by a detoxifying cocoon ritual using Australian green and blue clay and sea kelp rich in amino acids, vitamins and minerals, combined with organic Australian aloe vera juice, gotu kola and vitamins B and C. A deep conditioning hair and scalp treatment will complete the experience, releasing toxins and stress.

Australian Uplift

30 minutes

Restore clarity with this age-old holistic therapy. A luxurious head and scalp massage relieves mental fatigue, calms the mind and releases tension. Deep conditioning quandong and plum scalp masque stimulates rest for the mind and strengthens the hair. Finish with a shower and leave feeling light and renewed.

the spa organic

Native Hibiscus

60 minutes

Restore radiance and hydration with this finely detailed all-organic body exfoliation, using detoxifying Australian hibiscus blended with fine jasmine rice, coconut and camellia oils to rejuvenate even the most sensitive skin. This is followed by a full-body massage-style body soufflé application to leave the skin glowing and nourished.

Native Clay and Hot Oil

90 minutes

A full-body massage ritual using anti-inflammatory herb and plant extracts combined with heat to provide long lasting muscular pain relief. A ring of Australian clay is placed on the back, into which hot, therapeutic oils continuously flow, gently releasing spinal tension.

iKou Signature White Flannel Flower Anti Ageing Facial 90 minutes

Showcasing iKou's signature sensory technique, this spa journey delivers high performance, visible anti-ageing results that tone, firms & hydrates. Radiant skin is revealed with Desert Lime Face Polish, and organic ingredients from Australian plant, fruit and flowers is infused into the skin with a relaxing acupressure facial massage.

De-Stress Organic Facial

90 minutes

This calming spa facial focuses on collagen regeneration, healing, nourishing, hydrating and renewing elasticity using organic and wild harvested Australian fruit and flower extracts. This sensory facial includes an aromatherapy scalp, foot, arm and lower leg massage with the use of Geranium, Lavender and Clementine for a deeply relaxing experience.

Melaleuca and Myrtle

60 minutes

Condition and smooth the skin with this full-body exfoliating treatment. The energising elements of native Australian melaleuca and myrtle blend to polish away dullness, preparing the skin to absorb the ultimate hydrating effect of our custom-blended jojoba and macadamia moisturiser.





the spa facial

Radiate new health and beauty.

Caviar facial

90 minutes

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein caviar and powerful antioxidants. Caviar products infuse the skin with age-defying nutrients to smooth fine lines and improve texture while an AcuLift massage firms, tones and hydrates to restore radiance, leaving skin supple, healthy and luminescent.

K-Lift Age Management treatment

90 minutes

A customised Kerstin Florian facial, this anti-aging facial delivers to improve muscle tone, smoother skin and a lifted facial contour. This high performance spa ritual using kinetic energy and a multi-phase approach combining advance Red LED Light, Impulse Micro Current and a Transdermal Delivery System leaves your skin with a youthful, smooth and lifted appearance.

Correcting Advance Repair facial

90 minutes

A results-oriented facial treatment tailor made to address specific skin conditions including hyperpigmentation, fine lines and premature aging. Begin the ritual with an exfoliating or enzyme peel to renew the skin followed by a deep-cleansing massage that promotes circulation. A refreshing masque will balance and nourish the skin and a heated hand treatment completes the experience.

Antioxidant Vitamin C facial

90 minutes

This oxygenating, anti-aging facial uses ingredients that are brimming with antioxidants, including natural spirulina algae rich in proteins, vitamins, minerals and botanical extracts. Designed to combat premature aging, hyperpigmentations; this facial includes a luxurious face and scalp massage, and a hydrating hand treatment, leaving skin younger, smoother and with a healthy glow.

the spa facial

The Spa Signature facial

60 minutes

Our essential deep cleansing facial is a purifying treatment suitable for any skin. A relaxing facial that rejuvenates and nourishes the skin. Our signature facial includes a gentle exfoliating peel, a luxurious facial massage and a deep cleansing masque using botanical extracts. A heated hand treatment completes this blissful experience. Choose to customise your experience with a K-Lift or Ampoule facial enhancement add-on.

Aromatherapy facial

60 minutes

Reconnect with nature, spirit and your inner self with this deluxe facial based on the ancient and influential art of Aromatherapy. Centred around a global bouquet of skin renewing aromatic oils; this facial imparts complete vitality and relaxation. It also includes a specially created aromatherapy facial, scalp and foot massage.

Sensitive facial

60 minutes

This ultimate sensitive skin facial protects, corrects and rebuilds skin affected by environmental elements, rosacea, aggressive medical peels and laser treatments. Includes a unique alginate peel off masque to calm inflammation and uniquely nourish and heal each sensitive skin condition. A personalized home program is recommended to continue the esthetic correction.

Refresher facial

30 minutes

This deep cleansing facial based on organic Moor Mud, refines, softens and remineralizes dull, lifeless skin. Includes a skin analysis and short massage of the face and shoulders, as well as a heated hand treatment. The skin is left smooth, soft, clean and revitalised.



facial enhancements

Eye Rescue

An intensive eye treatment designed to diminish fine lines and wrinkles, reduce dark circles, relieve puffy eyes and improve clarity.

K-Lift

This anti-aging treatment delivers improved muscle tone, smooths skin and lifts facial contours using kinetic energy and a multi-phase approach combining advance Red LED Light, Impulse Micro Current and a Transdermal Delivery System. Choose this results-oriented treatment as a perfect add-on to a 60 minute facial.

Choose from:

- Eyes
- Lips
- Jaw line / neck
- Congestion

Scalp massage

15 minutes

Brow or lash tint

15 minutes

Brow wax and shape

15 minutes

the spa polish

Allow your skin to breathe, beautifully.

Ginger Crush

60 minutes

Experience the ultimate healing and soothing powers of ginger. Earthy minerals are combined with ginger's healing properties in an invigorating and detoxifying full-body exfoliation. The calming and balancing benefit of ginger includes a two-step invigorating full-body scrub. Drift away with a luxurious foot and pressure point scalp massage, while the skin deeply absorbs moisture replenishing organic oils.

Turkish Salt

60 minutes

An invigorating thermal mineral salt exfoliation applied in a two-step ritual, utilising thermal salt, rich in minerals and trace elements followed by a loofah scrub with Thermal Mineral Shower/Bath Gel.

Thermal Mineral body scrub

60 minutes

A deep cleansing two-step body exfoliation using an exfoliating body scrub derived from granulated pumice stone, thermal minerals and aromatherapy oils followed by a loofah scrub with Thermal Mineral Shower/Bath Gel and satin lotion application including massage therapy.



the spa cocoons

Immerse in the essentials for glowing, healthy skin.

Ginger Renewal

90 minutes

Relax in the calming and balancing benefits of ginger in this completely uplifting and rejuvenating spa experience which includes a two-step invigorating full-body scrub, a warm wrap, a full-body massage with stones applied on the back, neck and shoulders.

Lavender Dreams

90 minutes

Relax. Dreams of lavender fields kissed by French sun envelop your senses as you drift on waves of blue. Inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating spa experience which includes a two-step invigorating full-body scrub, a warm wrap, and a full body massage with stones applied to the back.

Brighter Body Scrub and Massage

90 minutes

Illuminate your body from head-to-toe with this results-driven treatment. A multi-active experience provides the ultimate in body exfoliation with a foaming Brightening Body Scrub, stimulating body buffing and radiant Brightening Body Peel. Ginger oil is coupled with Multi-Vitamin Firming Crème and massaged onto the skin, using long, relaxing strokes with a focus on the back, shoulders and neck. A Brightening Masque on the décolleté and a mini facial completes this truly brightening experience.

Detox Body Firming Treatment

90 minutes

Experience this intensive treatment designed to streamline, refine & firm body contours. An exclusive dry brush technique helps to exfoliate the skin, stimulate lymphatic drainage, increase blood flow and assist in the absorption of firming, active ingredients. A detoxifying nourishing spirulina mask is applied to the body followed by a deeply relaxing head massage. A thoroughly toning massage using a high performance slimming serum, helps to stimulate circulation, tone the skin and remove toxins. Cool compressions finish this firming experience to help sculpt and shape as multi-vitamin firming cream hydrates and brightens the body.

the spa massage

Experience a tailored massage to enhance relaxation, reduce stress, stimulate inner strength, regain balance and restore equilibrium of the senses.

Australian Uplift

30 minutes

Restore clarity with this age-old holistic therapy. A luxurious head and scalp massage relieves mental fatigue, calms the mind and releases tension. Deep conditioning quandong and plum scalp masque stimulates rest for the mind and strengthens the hair. Finish with a shower and leave feeling light and renewed.

Bamboo Massage

60/90 minutes

Bamboo is known to symbolise strength, youth, prosperity and peace. When incorporated into our daily lives, it forms a creative and spiritual expression of healing. This warm bamboo massage ensures healthy circulation and relieves muscle tension, resulting in deep relaxation and detoxification.

Native Clay and Hot Oil

90 minutes

A full-body massage ritual using anti-inflammatory herb and plant extracts combined with heat to provide long lasting muscular pain relief. A ring of Australian clay is placed on the back, into which hot, therapeutic oils continuously flow gently releasing spinal tension.

Deep Tissue massage

30 minutes / 60 minutes / 90 minutes

Swedish massage

30 minutes / 60 minutes / 90 minutes

Aromatherapy massage

30 minutes / 60 minutes / 90 minutes

couples at the spa

120 minutes

Indulge in a little personal time with someone special on a romantic escape at The Spa. Immerse in 90 minutes of relaxation with your choice of a Swedish or deep tissue massage for two, followed by 30 minutes of suite-time with a fruit platter and two glasses of chilled French Champagne. Bring your memorable experience home with you with a romance bath package with our compliments.

suite time at the spa

30 minutes

Before your treatment commences enjoy 30 minutes of ultimate relaxation in a double steam shower and a glass of chilled Australian sparkling wine and fruit platter for two.

the spa finishing

Add the perfect finish to your pampering experience.

dream deluxe Manicure 60 minutes or Pedicure 60 minutes
Essential oils hydrate and restore for a luxurious experience. Includes exfoliation, nail shaping, cuticle work, massage and polish. After your treatment, choose a nail polish of choice to take home.

time essentials Manicure 30 minutes or Pedicure 30 minutes
Express nail care for those who have regular manicures and pedicures.

Polish application 15 minutes
Please remove lacquer before service.

French polish 15 minutes
10 minute add-on treatment.

waxing

Lip	5 to 10 minutes	Chin	10 minutes
Half leg	25 minutes	Full leg	45 minutes
Bikini	20 minutes	Extended bikini	45 minutes
Half arm	20 minutes	Full arm	40 minutes
Under arm	15 minutes		

salon

Hair and makeup available on request.

the spa gentlemen

Unwind, revive and energise.

gentlemen's dream

3 hours

Escape reality and take time to restore balance to the body through relaxation. Emerge from this signature gentlemen's spa ritual with a new vitality, leaving refreshed and energised.

- Thermal Mineral body scrub
- Deep tissue massage
- Gentlemen's facial
- Gentlemen's pedicure

gentlemen's a la carte

Turkish Salt scrub

30/60 minutes

An invigorating thermal mineral salt exfoliation applied in a two-step ritual, utilising thermal salts, rich in minerals and trace elements, followed by a loofah scrub with Thermal Mineral Shower/Bath Gel.

Thermal Mineral body scrub

30/60 minutes

A deep cleansing two-step body exfoliation using an exfoliating body scrub derived from granulated pumice stone, thermal minerals and aromatherapy oils, followed by a loofah scrub with Thermal Mineral Shower/Bath Gel.

gentlemen's cures

manicure

45 minutes

pedicure

45 minutes

Fully detailed nail, cuticle and skin care, with half arm or half leg massage and nail buff.





spa etiquette

reservations

Reservations in advance are recommended for your desired treatments to avoid disappointment. To reserve your scheduled appointment, we require one of the following, a valid credit card, gift voucher number or room number at time of booking.

pre-arrival

We encourage you to arrive 15 minutes before your scheduled appointment to get comfortable, complete a consultation form and commence your relaxing journey with a complimentary herbal tea. A consultation form is compulsory for all guests and will only be required on your first visit. Late arrivals will limit your appointment time and payment for the full treatment will still apply.

health considerations

Please advise spa reception upon making your reservations of any allergies, ailments or disabilities, especially if you have high blood pressure or are pregnant, as some services may not be appropriate for you at this time.

facilities

You are required to arrive fresh for your appointment. Disposable underwear, robes and slippers are available. Please leave at home or deposit all jewellery and other personal items of value in your room safe as The Spa cannot be held responsible for lost or misplaced personal items.

access to rooftop pool and terrace

The Rooftop Pool and Terrace is available exclusively to residing hotel guests. Spa members with a valid membership card and a spa reservation of 90-minutes or more are entitled access to the pool.

spa etiquette

spa environment

We strive to provide you with the most relaxing and soothing spa experience from the moment you arrive, to the moment your journey concludes. We respectfully ask that mobile phones are turned off so that the tranquility of The Spa may be preserved. Smoking is not permitted. Your cooperation in providing a quiet environment is greatly appreciated.

cancellation

A minimum of six (6) hours' notice is required in advance of your scheduled appointment. 24 hours advance notice of cancellation is required for all spa packages or group reservations. Failure to arrive for your scheduled appointment will result in full charges of the scheduled service.

information privacy

Because we consider the privacy and confidentiality of your information to be of utmost importance, we access your information in accordance with the Global Privacy Policy for Guests (at privacy.hyatt.com) or by request from spa reception.

parking

Enjoy valet parking with our compliments when you book any hour treatment or longer. Subject to availability, conditions apply.



