

CAVE CLUB

CHOOSE A MEMBERSHIP



INFRARED SAUNA
\$34



FLOAT THERAPY
\$64



MASSAGE THERAPY
\$100

Become a Cave Club member today and receive exclusive discounts across all our services. Each membership provides 1 x service credit per month, and accrued credits are valid for up to three months. Members can access unlimited discounted sessions at any of our City Cave locations.

Our members receive discounted pricing across all services no matter which membership they belong to. Sign up online at www.citycave.com.au/memberships or by visiting one of our centres.

Memberships are for a minimum term of 3 months. Massage memberships amount for 45 minutes, with longer durations available at an additional cost.

INTERESTED IN FRANCHISING?

At City Cave, we are always looking to partner with passionate people to expand our health and wellness community.

If you're interested in owning your own City Cave and making a difference in your community, visit: www.citycave.com.au or contact us at: franchise@citycave.com.au

GIFT CARDS AVAILABLE


Give the gift of wellness with our City Cave gift cards. Our gift cards can include any of our services, or amount to a dollar value so that your special someone can choose their very own City Cave experience. See our website for more information: www.citycave.com.au/giftcards



CITYCAVE™
FLOAT & WELLNESS CENTRE

West Melbourne

Opening Hours 9am-9pm

 Shop 15, 185 Rosslyn Street, West Melbourne

 0459955446

 westmelbourne@citycave.com

 City Cave West Melbourne

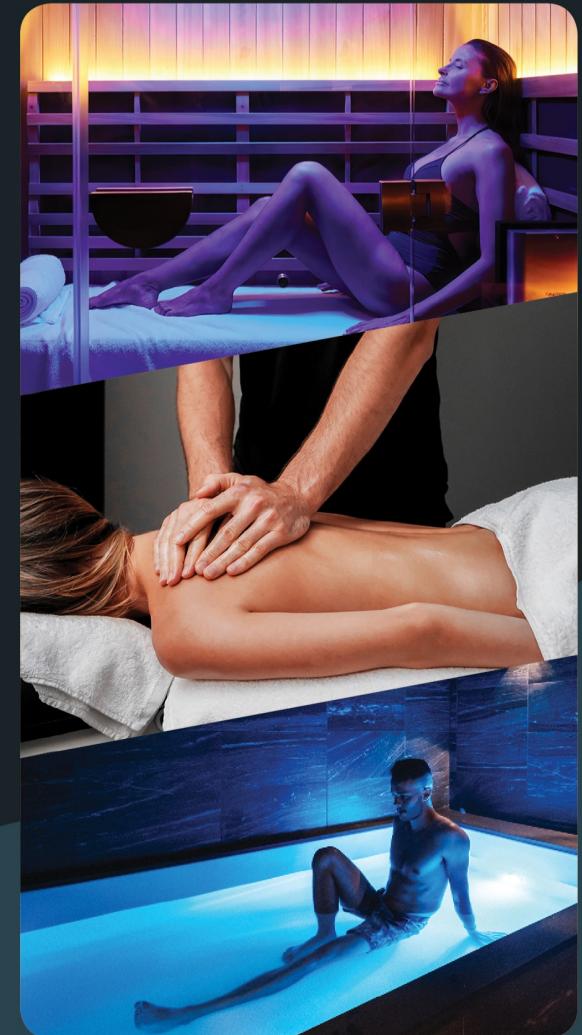
 @city.cave.westmelbourne



SCAN ME

CITYCAVE™
FLOAT & WELLNESS CENTRE

WEST MELBOURNE



FLOAT THERAPY

Our Float Therapy pools offer a natural way to de-stress and rejuvenate your mind and body. By lying in a pool with 400 kg of Epsom Salts heated to your body temperature, you're transported into a deep state of relaxation. You'll enter a near-zero gravity state, reducing the external sensory input into the brain and offering a variety of benefits from pain reduction to enhanced creativity and improved sleep.



FLOAT THERAPY PRICE

FLOAT THERAPY INTRO PACK <small>NEW CUSTOMERS ONLY</small>	(3 X FLOATS)	\$179
FLOAT THERAPY	(60 MIN)	\$89
COUPLES FLOAT THERAPY	(60 MIN)	\$104
6 PACK FLOAT THERAPY	(SAVE \$165!)	\$369
FLAUNA	(45 MIN IR SAUNA + 60 MIN FLOAT)	\$119
COUPLES FLAUNA	(45 MIN IR SAUNA + 60 MIN FLOAT)	\$149

INFRARED SAUNA PRICE

INFRARED SAUNA INTRO PACK <small>NEW CUSTOMERS ONLY</small>	(4 X IR SAUNAS)	\$144
INFRARED SAUNA	(45 MIN)	\$45
COUPLES INFRARED SAUNA	(45 MIN)	\$60
10 PACK INFRARED SAUNA	(SAVE \$12!!)	\$329
SAUNAGE	(45 MIN IR SAUNA + 45 MIN MASSAGE)	\$150



INFRARED SAUNA

Unlike a traditional Sauna, Infrared Saunas don't heat the air around you. Instead, they use heat and light technology to warm your body directly. This technology provides extensive health benefits, including relieving pain, increased circulation, skin purification and muscle relaxation. You can bring a book, listen to your favourite podcast, or simply relax. Our Infrared Sauna will leave you feeling de-stressed, detoxified, and invigorated.

MASSAGE THERAPY

From sports injuries to back pain, we offer a range of Massage Therapy techniques to release muscle tension and calm your body and mind. Combining Massage with Float Therapy or an Infrared Sauna will enhance the benefits of your massage.

WHICH MASSAGE IS BEST FOR YOU?

Our Massage Therapists will work with you to create a personalised treatment. We offer three duration options to suit your schedule and budget. Feel free to mention your massage preferences or any requirements when you book.

MASSAGE THERAPY PRICE

MASSAGE INTRO PACK <small>NEW CUSTOMERS ONLY</small>	(3 x 45 MIN MASSAGES)	\$300
45 MIN MASSAGE	(45 MIN)	\$110
60 MIN MASSAGE	(60 MIN)	\$130
90 MIN MASSAGE	(90 MIN)	\$180
FLOATAGE	(60 MIN FLOAT + 45 MIN MASSAGE)	\$169

COMPLETE WELLNESS PACK

Treat yourself to the full City Cave experience with our Complete Wellness Pack. Relax and reset your body with this luxurious experience, which encompasses a **45 min Infrared Sauna**, **60 min Float Therapy Session** and a **45 min Massage Treatment**. This package can be completed in any order, but we recommend starting with the Infrared Sauna treatment for optimal results. This treatment will release tension throughout your entire body, allowing you to feel restored and rejuvenated.

COMPLETE WELLNESS PACK	\$209
COUPLES COMPLETE WELLNESS PACK	\$339