



ST. REGIS

ABU DHABI

THE SPA



MENU

A Singular Sanctuary

Experience a rare retreat at St. Regis Spa, a sensorial escape honoring the art of decadence.

The spa pays homage to the original Iridium Room at The St. Regis New York, where the city's aristocrats and iconoclasts gathered to revel in a private world of spectacle and glamour.

A modern jewel box designed for indulgence and defined by joie de vivre, St. Regis Spa is an enclave apart—a private invitation to experience the extraordinary. From lush surrounds to precious ingredients, every aspect of the spa sanctuary is custom created to captivate and celebrate.



Caroline's Collection

Caroline Astor, better known only as 'Mrs. Astor', was the curator of the upper echelons of New York society during the latter half of the 19th century. As matriarch of one of the great dynasties of New York City, she was a symbol of luxury, opulence and taste. Paying homage to Caroline's passion for innovation, refinement and vibrancy, this collection of treatments is unique to each St. Regis Spa, crafted from the very best experiences and ingredients to create distinguished and perfectly tailored experiences.

ILLUMINATE & LIFT

90 minutes

This revolutionary treatment captures the best of science and rare ingredients with instant, visible results to preserve the youth of the skin. AHA's remove congestion whilst a plumping facial massage lifts. A tightening bio-cellulose mask firms and Rose Stem Cells and Porcelain Flower Oil repair skin damage and leave a soft, dewy finish. This facial is available with or without a post treatment homecare gift.

Performed with SOTHYS Products

FLAWLESS GARDEN ROSE

90 minutes

Capture a moment of escapism with this sensory experience, inspired by delicately perfumed gardens. A skin softening granita scrub revives tired skin after which a full body massage with a precious Porcelain flower oil to soothe and deeply relax.

Performed with SOTHYS Products

THE 400

150 minutes

Inspired by the gilded age of New York High Society, this face and body experience elegantly and stylishly combine the rarest ingredients for a sensorial escape for mind and body. After a full body reviving granita scrub smooths skin, drift away with an aromatic relaxing full body massage. Continue the luxury with a triple active facial for youth, plumping and radiance.

Performed with SOTHYS Products

RADIANT RENEWAL RITUAL

90 minutes

Embark on a refined skincare journey with The Method Augustinus Bader. This bespoke treatment starts with a gentle exfoliation, followed by a targeted fascia massage to enhance tissue metabolism and cellular repair. Conclude with a lavish body cream envelopment, proven to diminish cellulite and reveal softer, smoother skin. Harnessing the potency of TFC8® renewal complex, this ritual revitalizes, soothes, and firms the skin for a radiant glow.

Includes: Dry body scrub, fascia massage, firming body envelopment.

Performed with Augustinus Bader Products



Wellness

Our wellness rituals are unique to St. Regis Spa. Crafted to restore energy and welcome mindfulness, we recommend immersion into this world of wellbeing. These experiences are designed to balance the body's energetic pathways and establish harmony between the physical, mental, and spiritual self. Each ritual results in a naturally restored sense of wellbeing and a livened spirit, impeccably crafted to deliver the ultimate sense of balance.

SOUND HEALING RITUAL

90 minutes

Experience a transformative journey that restores balance and harmony to your mind, body, and spirit through the powerful resonance of sound frequencies. Begin your journey with a rejuvenating Himalayan Salt Scrub to reveal your skin's natural radiance. Follow with the soothing vibrations of Tibetan Singing Bowl, aligning your energy centers and promoting profound relaxation. Complete your experience with a healing massage to release tension, enhance circulation, and invigorate your entire being. This unique treatment promises an unparalleled sense of tranquility and well-being.

MAGNESIUM REJUVENATION

90 minutes

Immerse yourself in our Magnesium Rejuvenation Treatment. Your journey commences with an invigorating body scrub to exfoliate and cleanse your skin, enhancing blood circulation and promoting natural detoxification. Following this, a full body massage awaits, expertly designed to melt away muscle tension, leaving you feeling revitalized and infused with renewed energy.

IMMUNITY RECHARGE

60 minutes

Indulge in the utmost luxurious rejuvenation and recharge your body with this powerful relaxation massage, featuring a patented formula with the highest concentration of magnesium, designed to rejuvenate and restore your body. As the magnesium melts into your skin, experience immediate relief from muscle fatigue, enhanced detoxification, improved sleep quality, and an awakening of profound well-being.



Massage

Curate and bespoke your own massage experience with the choice of three sensory escapes from the scent bar and a choice of delicate and nourishing textures.

PERFORMANCE

90/60 minutes

Intuitive and intense, a strong massage specially designed for precision and results. This treatment helps to release deep-seated tension, reduce muscle soreness, and promote circulation aiding muscle recovery to enhance performance.

STRESS RELIEF

90/60 minutes

Sensorial and awakening, a massage journey that harmonizes techniques from around the world. A stress relieving treatment that uses mobilizing movements and firm massage to ease away tension and restore energy levels.

RELAXATION

90/60 minutes

Deep relaxation of mind and body, a fully bespoke massage using light to medium pressure. Choose your sensory escape from the Scent Bar which will then be blended with a nourishing oil. A true feeling of balance.

RE-ENERGIZE

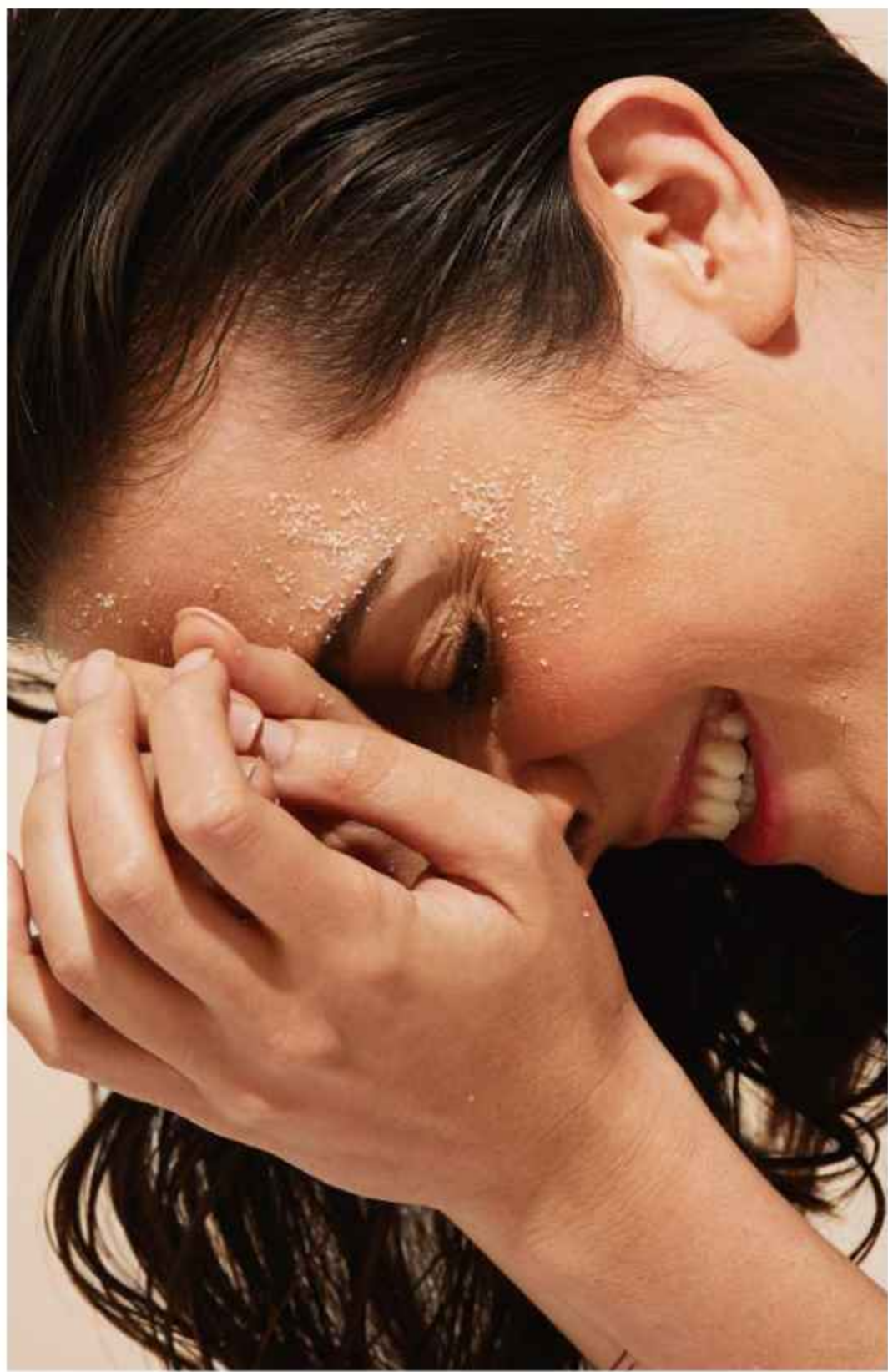
90/60 minutes

An energizing treatment that focuses on a Japanese reflex-inspired foot massage to soothe and relieve tension, which also encompasses the full body with a soothing and sweeping massage to warm the muscles and invigorate the mind.

HOT STONES

90 minutes

Inspired by ancient traditions, this indulgent therapy uses meticulously heated stones to generate soothing energy and promote inner balance. Experience the luxurious sensation as the warmth of the stones melts away tension and deeply relaxes muscular tissues, transporting you to a state of serene tranquility.



Body

Marrying classic body treatments with elegant innovation to present both a luxurious and results driven experience.

IMMERSIVE RELAXATION

90 minutes

A deeply hydrating and relaxing aromatic body ritual with delicate scents of cherry blossom and lotus. A warmed enzymatic scrub works whilst a reflex-inspired foot massage relieves tension. Exfoliating gloves slough off the peel revealing glowing skin, ready for the nourishing warmed shea butter massage.

Includes: Enzymatic peel, exfoliating scrub, focused foot massage and flowing body massage.

CELEBRATION OF THE SENSES

90 minutes

A sensorial, awakening ritual to energize and unseat tension – this treatment is a truly elevated experience. A warmed enzymatic exfoliating syrup is gently worked into the body with exfoliating gloves. A deep massage with heated amber oil unseats tension whilst stretches and mobilization movements re-energize.

Includes: Enzymatic exfoliation, amber oil massage.

REFINED SILHOUETTE

60 minutes

Designed to maintain the body's youth using proven formulas and techniques. A citrus full body scrub prepares the skin to receive a technical toning body serum formulated with active ingredients that work on skin firmness in harmony with a stimulating massage to improve the appearance of the body's contour.

Includes: Citrus scrub, firming massage.

PLUSH BODY POLISH

30 minutes

Toning or softening, a full body scrub that can be tailored using exquisite fragrances from our Scent Bar – breathe in and let the aromas quiet the mind whilst the expert hands of the therapist use sugar and salt to soften and hydrate the skin.

Includes: Full body sugar and salt exfoliation.

FLAWLESS GARDEN ROSE

60 minutes

Capture a moment of escapism with this sensory experience, inspired by delicately perfumed gardens. A skin softening granita scrub revives tired skin after which a relaxing targeted massage with a precious Porcelain flower oil to soothe and deeply relax.

Includes: Granita body scrub, targeted massage.



Face

Bringing St. Regis guests high performance, high precision treatments. Using the best of innovation, technology and patented ingredients to provide clinically proven results. All treatments are suitable for all skin types, all year round for women and men alike.

BOOST & BRIGHTEN

60 minutes

Revive youthfulness with a brightening and detoxifying facial. Recharge your skin and treat it with a burst of energy to help it defend itself against the harmful effects of environmental stress. The skin appears reoxygenated as if it can breathe more easily with a renewed resistance to fatigue and pollution.

Performed with SOTHYS Products

PROFOUND HYDRATION

75 minutes

A deeply hydrating facial. A powerful plumping effect with ceramides to repair the skin's moisture barrier and rebuild. This technical facial includes four different types of skin drenching hyaluronic acid for all layers of the skin and Boletus extract to stimulate hyaluronic acid production.

Performed with SOTHYS Products

INSTANT YOUTH

75 minutes

A treatment for visibly younger skin designed to firm and lift the face contour. Salicylic acid evens out texture, whilst a deep anti-wrinkle massage smooths the skin. A dermo-lifting mask and layered Youth Serums complete this treatment.

Performed with SOTHYS Products

HYDRAFACIAL

75/60/30 minutes

This award-winning treatment that deeply cleanses, exfoliates, extracts and hydrates the skin with super serums. Lymphatic Drainage promotes detoxification, personalized boosters target specific skin concerns, and LED Light Therapy reduce visible signs of aging.

- 75 minutes: Three-step process, personalized boosters, Lymphatic Drainage, LED Light Therapy.
- 60 minutes: Three-step process, personalized boosters, LED Light Therapy.
- 30 minutes: Three-step process, super serums.

SUPERIOR RENEWAL

90/60 minutes

A luxurious and intensive facial using specialized formulas to unveil a luminous complexion. A revitalizing fascia massage sculpts and invigorates the skin while facilitating the activation of TFC8®. A mask ritual soothes and calms the skin post-stimulation. Complete the journey with a serum and moisturizer duo for a truly radiant and illuminated visage.

- 90 minutes: Triple Cleanse, Sheet Mask.
- 60 minutes: Double Cleanse, Cream Mask.

Performed with Augustinus Bader Product



Men

A collection devised to ensure solutions are provided for common concerns. Through customization and a focus on balancing relaxation, luxury and tension release, these treatments are perfectly balanced for our male guests.

PERFORMANCE

90/60 minutes

Intuitive and intense, a strong massage specially designed for precision and results. This treatment helps to release deep-seated tension, reduce muscle soreness, and promote circulation aiding muscle recovery to enhance performance.

STRESS RELIEF

90/60 minutes

Sensorial and awakening, a massage journey that harmonizes techniques from around the world. A stress relieving treatment that uses mobilizing movements and massage to ease away tension and restore energy levels.

BOOST & BRIGHTEN

60 minutes

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PROFOUND HYDRATION

75 minutes

A deeply hydrating facial. A powerful plumping effect with ceramides to repair the skin's moisture barrier and rebuild. This technical facial includes four different types of skin-drenching hyaluronic acid for all layers of the skin and Boletus extract to stimulate hyaluronic acid production.

*Enhance Your Experience with
The Cryo-Eye Contour*

15 minutes

A high impact cryo-eye treatment that helps immediately reduce signs of tiredness and ageing while cooling porcelain spoons reduce visible dark circles and puffiness.



Enhancements

Tailor your treatment with exquisite additions which boost results and enhance your St. Regis Spa experience.

MASSAGE, BODY & FACE ENHANCEMENTS

Cocooning Creme

This velvety texture envelops and moisturizes the skin resulting in a smooth and youthful glow. Introduce to any massage of your choice.

Shea Butter

A rich pre-melted butter that deliciously warms the body when applied to the skin, for a supple and silky sensation. Introduce to any massage of your choice.

Nourishing Balm

Nourishing and protective, the warming hydrating texture results in super soft skin. Introduce to any massage of your choice.

Hot Stones

Warmed stones bathed in oil are used to release physical stresses and strains whilst encouraging relaxation. Introduce to any massage of your choice.

Gilded Mask

Enhance your treatment with KNESKO's high-performance masks and serums to reveal and boost your skin's natural beauty. Choose from Nanogold, Diamond, Rose Quartz and Amethyst Masks.

Hydration Ampoule

Achieve a huge boost in hydration while experiencing your body treatment. An ampoule rich in beautifully hydrating, active ingredients will be applied to face, neck and décolleté before applying moisture-boosting finishing products.

Refreshing Leg Gel

A cooling and refreshing gel designed specifically for tired feet and legs.

Age-Defying Hand Treatment

Immediately brightening, this hand treatment plumps the skin whilst revealing a clear and uniform skin tone. Including the Sothys Glysalac Pro Peel treatment.

Warm Paraffin

A warm application of soothing, moisturizing paraffin to your chosen area - upper or lower back, hands, or feet. Ideal for easing muscle tension, relieving stiffness, and hydrating dry skin.



Exquisite Extensions

Cryo-Eye Contour

15 minutes

A high impact cryo-eye treatment that helps immediately reduce signs of tiredness and aging while cooling porcelain spoons reduce visible dark circles and puffiness. Add to the *Profound Hydration Facial*.

Radiant Peel

15 minutes

Perfect to smooth and illuminate, refining the skin's texture and revealing a clear and uniform skin tone. Choose from gentle or instant radiance peels. Add to the *Profound Hydration Facial*.

Paraffin & Extractions

15 minutes

Utilizing warm paraffin to release clogged pores and reveal healthy, bright and clean skin with a healthy glow. Add to the *Boost & Brighten Facial*.

Targeted Massage

15 minutes

Increase your treatment time with a targeted massage, personalized to focus where you need it most.

Perk Eye

15 minutes

Enhance your HydraFacial experience with HydraFacial Perk Eye, the fast, refreshing way to hydrate and brighten your eyes. Includes a mini roller serum as a take home gift.

Perk Lip

15 minutes

Personalize your HydraFacial Experience with HydraFacial Perk Lip, a refreshing treatment that exfoliates, hydrates and plumps your lips for perfect pout. Includes a mini roller serum as a take home gift.



Spa Experiences

DIAMOND

120 minutes

Immerse yourself in the jewel in the crown, a sparkling journey of pure relaxation and bliss. Feel your tension melt away as expert hands soothe your muscles and rejuvenate your skin with luxurious products. Experience a profound sense of calm and well-being as your body is pampered from head to toe. Your skin will feel revitalized and radiant, while the stimulating scalp massage enhances circulation and deepens your relaxation. Emerge from this indulgent experience feeling utterly pampered, rejuvenated, and elevated in both body and mind.

Includes: 60 minutes full body ritual, 60 minutes bespoke facial.

Performed with Augustinus Bader Products

AMETHYST

150 minutes

Cherish yourself with Amethyst, a beautiful retreat designed to elevate your senses and rejuvenate your body. Immerse in calming aromas, feel your skin soften and hydrate, and experience deep relaxation as expert hands apply rich, warming products with soothing massage techniques. This exquisite experience leaves you profoundly hydrated and perfectly balanced.

Includes: Plush Body Polish, Relaxation Massage and Deep Hydration Facial.

Performed with SOTHYS Products

GOLD

120 minutes

Indulge in the opulence of Gold, a luxurious retreat designed to refine, rejuvenate, and relax. Experience the smoothing and illuminating effects on your skin, feel calming aromas and expert techniques soften and hydrate your body, and enjoy deep relaxation with a bespoke massage. Emerge with radiant, revitalized skin and a profound sense of tranquility.

Includes: 30 minutes Facial or Body Polish and Relaxation Massage.

Performed with SOTHYS Products

AFTERNOON TEA

Add to any Spa Experience:

Indulge in an exclusive and refined afternoon with the St. Regis iconic Afternoon Tea at the luxurious ambiance of Crystal Lounge. This cherished St. Regis ritual, celebrated at every St. Regis hotel worldwide, invites you to savor an array of exquisite sweet and savory bites paired with world-class tea infusions. Immerse yourself in timeless elegance and luxury.

Spa Guidelines

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

At Time of Reservation

Please inform the Spa of the following:

- Allergies, medical conditions or pregnancy
- A request for a specific therapist
- A gender preference for your therapist
- If you are celebrating any special occasions

Arrival Time

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow a brief discussion about your treatment expectations, and to enjoy the wet facilities: - jacuzzi, experience showers, saunas and steam rooms. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

Personal Belongings/Valuables

The hotel is not responsible for any loss, damage or misplacement of valuable items left unattended, whether in a changing room or elsewhere. Please leave your valuables at home or in your room safe.

Age Requirements

Guests must be 16 years of age or older to experience spa services or enjoy the Spa facilities, locker areas and relaxation areas. Massages and facials cannot be performed on anyone under the age of 16 years. Children, even if accompanied by an adult are not permitted within the spa facilities or treatment area.

Treatment Recommendations

Shaving is not recommended prior to body treatments. Shaving is recommended, but not necessary for men prior to a facial. Your Spa experience is your time and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

Service Charge, Local Fees and Taxes

All prices are in UAE Dirham and are inclusive of all applicable service charges, local fees and taxes.

Cancellation Policy

If you must reschedule or cancel your appointment, please notify the spa at least 24 hours in advance of your appointment to avoid the full charged of the full-service fee.

Usage of Phones

Kindly note that usage of private mobiles phones is not recommended within the spa premises. If you wish to keep your phone close, kindly use in silent mode and avoid filming when in public area facilities. Video and image capture of other guests is strictly prohibited by local law.

Hours of Operation

Monday - Thursday, 11:00 AM - 10:00 PM
Friday - Sunday, 11:00 AM - 11:00 PM



ST REGIS

ABU DHABI

THE SPA

PRICING

Pricing

CAROLINE'S COLLECTION

ILLUMINATE & LIFT
90 minutes 1,200.00/1,200.00*

FLAWLESS GARDEN ROSE
90 minutes 980.00

THE 400
150 minutes 1,630.00

RADIANT RENEWAL
RITUAL
90 minutes 980.00

WELLNESS

SOUND HEALING
RITUAL
90 minutes 980.00

MAGNESIUM
REJUVENATION
90 minutes 930.00

IMMUNITY RECHARGE
60 minutes 700.00

MASSAGE

PERFORMANCE
90 minutes 920.00
60 minutes 720.00

STRESS RELIEF
90 minutes 860.00
60 minutes 660.00

RELAXATION
90 minutes 860.00
60 minutes 660.00

RE-ENERGIZE
90 minutes 860.00
60 minutes 660.00

HOT STONES
90 minutes 920.00

ENHANCEMENTS

Cocooning Creme
90.00

Shea Butter
90.00

Nourishing Balm
90.00

Hot Stones
90.00

Gilded Face Mask
280.00

Gilded Eye/Lip Mask
140.00

Gilded Neck Mask
160.00

Gilded Decolleté Mask
280.00

Hydration Ampoule
95.00

Refreshing Leg Gel
90.00

Age-Defying Hand Treatment
95.00

Warm Paraffin
100.00

**Inclusive of a post treatment homecare gift.*

All prices are in UAE Dirhams and are inclusive of all applicable service charges, and taxes.

St. Regis Spa is an enclave apart—a private invitation to experience the extraordinary.

BODY

IMMERSIVE
RELAXATION
90 minutes 1,120.00

CELEBRATION
OF THE SENSES
90 minutes 1,120.00

REFINED
SILHOUETTE
60 minutes 750.00

PLUSH
BODY POLISH
30 minutes 450.00

FLAWLESS
GARDEN ROSE
60 minutes 750.00

FACE

PROFOUND HYDRATION
75 minutes 970.00

INSTANT YOUTH
75 minutes 990.00

BOOST & BRIGHTEN
60 minutes 820.00

HYDRAFACIAL PLATINUM
75 minutes 1,350.00

HYDRAFACIAL DELUXE
60 minutes 1,150.00

HYDRAFACIAL SIGNATURE
30 minutes 850.00

SUPERIOR RENEWAL
90 minutes 1,200.00
60 minutes 890.00

MEN

PERFORMANCE
90 minutes 920.00
60 minutes 720.00

STRESS RELIEF
90 minutes 860.00
60 minutes 660.00

BOOST & BRIGHTEN
60 minutes 820.00

PROFOUND HYDRATION
75 minutes 970.00

EXQUISITE EXTENTIONS

Cryo-Eye Contour
15 minutes 280.00

Radiant Peel
15 minutes 100.00

Paraffin & Extractions
15 minutes 160.00

Targeted Massage
15 minutes 170.00

Perk Eye
15 minutes 350.00

Perk Lip
15 minutes 280.00

SPA EXPERIENCES

Diamond
120 minutes 1,400.00

Diamond with Afternoon Tea
1595

Amethyst
150 minutes 1,700.00

Amethyst with Afternoon Tea
1,895.00

Gold
120 minutes 1,100.00

Gold with Afternoon Tea
1,295.00

All prices are in UAE Dirhams and are inclusive of all applicable service charges, and taxes.

