



ST REGIS

ABU DHABI

THE SPA



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THE ST. REGIS ABU DHABI

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THE SPA AT THE ST. REGIS ABU DHABI

The Spa at The St. Regis Abu Dhabi is committed to creating an exceptional experience for each guest. From Champagne and truffles, to luxurious throws and customised treatments, our goal is to surpass all expectations and to help you escape to a sanctuary of indulgence and relaxation. Our staff is dedicated to making your visit spectacular.

CUSTOMISATION

The Spa at The St. Regis Abu Dhabi recognises each guest, each face, each body is unique. We customise each treatment to meet your individual needs and to deliver the benefits you seek. No luxury is spared in our quest to create unparalleled results and experiences.

ELEMIS SELECTIONS

From state-of-the-art BIOTEC facials to rejuvenating body treatments, find your perfect self-care moment with ELEMIS, an award-winning innovative and global British skincare brand with over 30 years of expertise.

FIVE-STAR SKINCARE

THE CUSTOMISED FACIAL

After a one-on-one consultation and skin analysis, your spa therapist will design a facial to address your individual needs, from reducing fine lines, to recuperating from a long flight, to addressing acne-prone skin. With a focus on anti-aging, the Customised Facial includes a thorough cleansing, exfoliation, extractions, face massage, mask, moisturising and UV protection. Each facial is made complete with a warm paraffin foot wrap, foot and scalp massages.

90 minutes* – AED 865

60 minutes – AED 680

30 minutes** – AED 380

*Includes eye, lip and scalp treatment.

**Does not include extractions or microdermabrasion.

LA VALLÉE CAVIAR COLLAGEN BOOST TREATMENT

The signature La Vallée Caviar Collagen Boost Treatment, with its high-tech powerful formula and ingredients such as the exclusive Nutrisea Caviar Extract, vitamins and antioxidants provide optimal and visible results on the regeneration and anti-aging process. A symbol of luxury and biotechnology, with Caviar extract, the appearance of the skin is instantly smoothed, plumped and firmed and will leave you with a radiant complexion.

60 minutes – AED 850

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

ELEMIS FACE | TECHNOLOGY

ELEMIS PRO-GLOW GENIUS FACIAL+

The Ultimate Age-Defying Experience

Harnessing the powerful benefits of all 6 ELEMIS BIOTEC 2.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration.

An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

Supercharged with ELEMIS BIOTEC 1.0: Ultrasonic, Microcurrent, Galvanic, Light Therapy & Oxygen.

75 minutes – AED 850

ELEMIS PRO-GLOW RESURFACE FACIAL+

Reveal Stunningly Smooth Skin

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines.

Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

Supercharged with ELEMIS BIOTEC 1.0: Ultrasonic, LED Light Therapy & Galvanic.

60 minutes – AED 790

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ELEMIS PRO-GLOW FACIAL+

Your recipe for soothing

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself.

In one treatment, the skin is calmed and soothed.

Supercharged with ELEMIS' BIOTEC I.O: LED Light Therapy & Oxygen.

60 minutes – AED 710

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

FIVE-STAR MASSAGE

THE CUSTOMISED MASSAGE

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your spa therapist will customise your massage using specialty products including aromatherapy blends and warm paraffin, and will borrow from a variety of techniques to achieve ultimate relaxation and rejuvenation.

90 minutes	–	AED 850
60 minutes	–	AED 615
30 minutes**	–	AED 360

**Does not include paraffin.

FOUR HANDS WAVE

A truly sublime spa experience, this “four hand massage” incorporates the exacting skills of two therapists working together in rhythmic harmony. The technique combines five different massage styles of Japanese Shiatsu, Thai Massage, Hawaiian Lomi Lomi, Swedish and Balinese. Performed using specially-blended aromatherapy massage oils, the healing hands of our therapists will help to calm the nervous system, warm and relax muscle tissue and promote the growth of healthy new skin cells, ultimately resulting in total relaxation and suppleness of the skin. A paraffin foot cocoon completes this unforgettable experience.

80 minutes	–	AED 1190
50 minutes	–	AED 830

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BALINESE MASSAGE

Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems.

80 minutes – AED 720

50 minutes – AED 545

TENSION RELIEF MASSAGE

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

80 minutes – AED 720

ORIENTAL FOOT MASSAGE

A dynamic treatment that is based on the principles of Reflexology, linking the reflex zones on the feet to organs and systems in the body. Pressure is applied to various zones on the feet using the thumbs, fingers and palms to induce relief from pain, illness and stress. Combined with a nourishing cream, Oriental Foot Massage is particularly beneficial for the relief of tension headaches, poor circulation and a sluggish digestive system.

50 minutes – AED 480

COUPLES MASSAGE

Create a private sanctuary together as you indulge in a Customised Massage side-by-side in your own treatment room.

90 minutes – AED 1560

60 minutes – AED 1110

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

FIVE-STAR BODY TREATMENTS

THE CUSTOMISED WRAP

Whether you seek cleansing or nourishing benefits, your The Spa at The St. Regis Abu Dhabi therapist will customise a body wrap to meet your individual needs. Skin will be left feeling noticeably softer and intensely moisturised.

Oriental Detoxifying Wrap – Deep cleanse, exfoliation and a purifying natural volcanic clay body wrap.

Rejuvenating Body Wrap – Relieves stress, reduces water retention, improves drainage and skin elasticity with a combination of body firming serum and pink clay mask.

60 minutes – AED 550

THE CUSTOMISED BODY POLISH

Improve skin texture and appearance with a selection of rich body polishes that will gently resurface your skin. After exfoliation, an indulgent warm shower will awaken the senses and prepare the body for a nourishing moisturiser application that leaves skin incredibly soft and luminous.

60 minutes – AED 490

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SIGNATURE SELECTION

OASIS INDULGENCE

A body ritual rooted in Arabic traditions, with captivating indigenous exotic scents and textures. Experience a revitalising desert sand and salt scrub infused in Argan Oil, to restore moisture and balance, leaving the skin supple and radiant. A massage steep in traditions will follow; using the sensual oil and application of a warm, energising khemoussa pouch which contains three types of mints, ideal for improving circulatory systems, skin tone and texture.

90 minutes – AED 895

ELEMIS BODY

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

60 minutes – AED 600

ELEMIS INTENSELY CLEANSING SALT SCRUB – LIME AND GINGER

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

45 minutes – AED 510

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FOR MEN

THE CUSTOMISED MEN'S FACIAL

An extension of the Customised Facial, this treatment addresses the specific skincare needs of men, with close attention paid to ingrown hairs and uneven skin tone caused by sun damage, stress and travel. Includes a thorough cleansing, exfoliation, extractions, face massage, mask, moisturising and UV protection, as well as a warm paraffin foot wrap, foot and scalp massages and eye and lip treatments.

90 minutes* – AED 865

60 minutes – AED 680

30 minutes** – AED 380

*Includes eye, lip and scalp treatment.

**Does not include extractions or microdermabrasion.

ELEMIS BIOTEC SUPER-CHARGER FOR MEN

Reveal Stunningly Smooth Skin

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines.

Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear. Supercharged with ELEMIS BIOTEC I.O: Ultrasonic, LED Light Therapy & Galvanic.

60 minutes – AED 790

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REVIVING BACK RENEWAL

Experience a deep cleanse, exfoliation and purifying mask designed to specifically focus on the back, to stimulate circulation and cell renewal. A 30-minute Customised Massage concentrates on the neck, back and scalp to relax and soothe tight muscles and leave you feeling brand new.

60 minutes – AED 520

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SPA PACKAGES

Each Customised Facial and Massage included in the following packages reflects a 60-minute treatment.

ST. REGIS SPLENDOUR

Immerse yourself in this opulent package; featuring lavish but result driven treatments for the face and body.

First, experience a body microdermabrasion designed to resurface and improve imperfections, uneven pigmentation and stretch marks. Relax with a revitalising body mask packed with vitamins and antioxidants to soften, soothe and refresh the skin.

Relaxation continues with a 60-minute Customised Massage, including warm paraffin on the upper or lower back and feet. A luxurious facial designed to treat specific skincare needs will follow, with a regenerating mask enhanced with microcurrent to lift, tone the muscles and improve cellular turnover. Conclude with a vitamin filled oxygen mist to ensure the face is left glowing.

Next, indulge in healthy and succulent Afternoon Tea at Crystal Lounge. An experience beyond expectation awaits.

Splendour Body Treatment, Customised Massage, Splendour Facial, and Afternoon Tea at Crystal Lounge.

4.5 hours – AED 3200

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SPA INDULGENCE

Share The Spa at The St. Regis Abu Dhabi's experience and allow our technicians to create an extraordinary escape for two.

- Refreshment and relaxation time
- The Customised Couples' Massage
- The Customised Couples' Facial

2.5 hours – AED 2300 for two persons

SPA SANCTUARY

Allow The Spa at The St. Regis Abu Dhabi to indulge you in a day of decadence. After a series of treatments customised to your preferences and an Afternoon Tea, you will leave feeling as though you escaped to the islands for the day, a magical departure from reality that leaves you feeling rejuvenated.

- The Customised Body Polish
- Refreshment and relaxation time
- The Customised Massage
- The Customised Facial
- Afternoon Tea

4.5 hours – AED 1610

CHAIRMAN'S DELUXE PACKAGE

Designed to address men's specific grooming needs, this combination of luxurious services leaves him looking refined and feeling relaxed.

- The Customised Men's Facial
- The Customised Massage
- Afternoon Tea

3 hours – AED 1200

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WEDDING PARTY WELLNESS

The bride and her bridesmaids and friends can enjoy the wedding day countdown together with a fun, relaxing spa day that gets everyone dance and picture ready.

- The Customised Body Polish
- The Customised Facial or Massage
- Afternoon tea

3 hours – AED 1060 per person

GENTLEMAN'S CORNER

The perfect antidote to a stressful, busy day. Designed to release fatigue, restore energy and revitalise you from head to toe.

- The Customised Body Polish
- Balinese Massage
- Choice of 30-minute Customised Facial or Foot Massage

2 hours – AED 1120

SPA DETOX JOURNEY

Escape to The Spa at The St. Regis Abu Dhabi for a morning or an afternoon of indulgence and restore your vitality from head to toe in just a few hours.

- The Customised Body Wrap
- The Customised Massage

2 hours – AED 995

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ESSENTIAL ADDITIONS

As an addition to any full treatment booked, indulge in a selection of unique express treatments to target specific needs and enhance your spa experience.

FACIAL ADDITIONS

OXYGEN BOOSTER

An infusion of powerful vitamins and oxygen spray to boost immediate skin cell and collagen renewal, leaving your skin radiant and instantly hydrated.

30 minutes – AED 370

EYE RADIANCE

Total eye rejuvenation; combining gentle massage sequences to decongest the delicate eye area and a nutrient rich peel-off mask to reduce dark circles, puffiness, smoothes fine lines and leave the eye contour moisturised.

30 minutes – AED 280

EXPRESS FACIAL

This short yet effective treatment combines cleansing, exfoliation, face and eye moisturisation to uncover a clean, clear and refreshed complexion.

15 minutes – AED 170

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BODY ADDITIONS

BODY MICRODERMABRASION

Achieve immediate healthy skin glow with this effective chemical-free body exfoliation. The process removes dead skin cells, stimulates circulation and allows skin to absorb skincare products better. Suitable for dull skin texture, reducing hyperpigmentation and fine lines. Includes application of body butter.

Upper or lower back	–	AED 280
Hips or thighs	–	AED 280
Stomach	–	AED 280
Upper chest	–	AED 160

Duration: Maximum of 30 minutes for each area.

HOT STONE NECK & SHOULDER MASSAGE

A total meltdown for tension on the upper back, using warmed river stones. Highly recommended for sore and stiff muscles.

30 minutes	–	AED 250
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BACK REVIVER

Reveal clearer skin with a refreshing exfoliation on this hard-to-reach area.

15 minutes	–	AED 160
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FOOT MASSAGE

This short and effective massage on reflex points helps to restore the natural flow of body energy.

15 minutes – AED 120

HEAD & SHOULDER MASSAGE

This massage focuses on the head, shoulders and upper back to relax the muscles, ease tension and smooth the wrinkles from your mood.

15 minutes – AED 120

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

ENHANCEMENTS

Complement your treatment with our selection enhancements for added benefits, with no extra time added to your treatment booked.

WARM PARAFFIN

A warm application of moisturising paraffin on your preferred area of concern; upper or lower back to relax muscles, promote relaxation, relieve stiffness or alleviate chapped dry hands or feet to promote circulation.

Upper or lower back – AED 170

Hands or feet – AED 140

CUSTOM MASK BOOSTER

Algae Peel-Off Facial Mask that provides powerful hydrating effect, along with diverse active ingredients in the mask carefully selected for you. Provides a drainage effect reducing puffiness and dark circles under eyes, in addition to firming and toning the skin.

AED 150

EYE LIFT

A targeted microcurrent treatment that helps lift, tone and improve the look of fine lines and wrinkles around the eyes.

AED 150

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FRANGIPANI SCALP DREAM

The perfect finish for every treatment. A warm exotic Frangipani and coconut oil blend is used in combination with a stimulating scalp massage to relieve any remaining tension.

AED 130

FACIAL REJUVENATION

A stimulating facial massage to increase oxygen flow to the skin, improve lymph drainage and circulation, to achieve a toned and sculpted look.

AED 100

FOOT SCRUB

Revive with an exfoliation that will surely remove dead skin cells, smooth and improve the appearance of your feet.

AED 120

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SPA GUIDELINES

THE SPA AT THE ST. REGIS ABU DHABI ARRIVAL

We suggest you arrive 30 minutes prior to your scheduled appointment for an optimal spa experience and to allow a brief discussion about your treatment expectations. Arriving late will limit the time for your treatment, lessening its effectiveness and your pleasure.

SPA ENVIRONMENT

We strive to provide you with the most relaxing and soothing spa experience from the moment you arrive to the moment you leave. To ensure that guests can enjoy the tranquility of our spa, we respectfully request that all visitors keep noise level to a bare minimum. Usage of cellular phones and electronic devices are discouraged. Smoking and consumption of alcohol within the premises is prohibited.

AGE REQUIREMENT

The minimum age requirement for access to The Spa at The St. Regis Abu Dhabi is 16.

SPA ATTIRE

You will be provided with a robe and slippers for your comfort. A secured locker will be available for your personal belongings. The hotel is not responsible for any lost or misplaced items.

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

Please allow 24 hours' notice of cancellation to avoid a 100% charge. No-shows will be charged as full amount.

