

# REMÈDE®

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## SPA



### ST REGIS

BAL HARBOUR

ABU DHABI    ASPEN    ATLANTA    BAHIA BEACH    BALI  
BAL HARBOUR    DEER VALLEY    DOHA    MEXICO CITY  
PUNTA MITA    SAN FRANCISCO    SINGAPORE



## REMÈDE SPA MENU BAL HARBOUR

### REMÈDE SPA

Remède Spa is committed to creating an exceptional experience for each guest. From champagne and truffles, to luxurious throws and customized 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.

### CUSTOMIZATION

Remède Spa recognizes each guest, each face, each body is unique. We customize every treatment to meet your individual needs and deliver the benefits you seek. No luxury is spared in our quest to create unparalleled results and experiences.

### SIGNATURE SELECTIONS

For guests who desire locale-inspired experiences, each Remède Spa offers an exclusive selection of treatments featuring techniques and ingredients inspired by its region's distinct characteristics and unique traditions.

Our signature treatments bring the luxury of Bal Harbour to your spa experience. Embrace the fresh ocean breezes and glamorous fashion with a true escape of indulgence and relaxation – the ultimate time for yourself to improve your sense of well-being and feel completely rejuvenated.



## GENTLEMEN

### THE REMÈDE CUSTOMIZED MEN'S FACIAL

An extension of the Remède Customized 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, moisturizing and UV protection, as well as a warm paraffin foot wrap, foot and scalp massages, and eye and lip treatments.

90 minutes - \$329 | 60 minutes - \$239 | 30 minutes\* - \$159

\*Does not include extractions or microdermabrasion

### THE REMÈDE CUSTOMIZED MASSAGE

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa technician will customize your massage using specialty products including aromatherapy blends and warm paraffin, and will utilize a variety of techniques to achieve ultimate relaxation and rejuvenation.

90 minutes - \$319 | 60 minutes - \$229 | 30 minutes - \$149

### CHAIRMAN'S DELUXE PACKAGE

The following services are recommended for male guests seeking a complete Remède Spa experience.

- The Remède Customized Men's Facial
- The Remède Customized Massage
- The Remède Manicure
- The Remède Pedicure

4.5 hours - \$575

Gentlemen's Hair Services available





## SKINCARE

### THE REMÈDE CUSTOMIZED FACIAL

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

90 minutes - \$329 | 60 minutes - \$239 | 30 minutes\* - \$159

\*Does not include extractions or microdermabrasion

### RESTORATIVE FACIAL

Designed to fulfill the needs of each guest and skin type, this treatment is infused with personal care and attention, whether to treat problem skin, to restore balance and quench thirsty tissue, or to correct the inevitable effects of the environment.

50 minutes - \$189

### BLUE DIAMOND FACIAL

This firming and brightening treatment helps to revitalise dull, lacklustre skin. Blue Diamond Facial restores skin fitness, essential to the youthful behaviour of skin cells. The traditional Hungarian facial massage will accelerate the oxygenation of the skin to re-energise and lift.

\*90 minutes include a 15 minute eye-treatment, arnica, and vitamin K to remove puffiness and dark circles and a gentle massage using cooling dermaglobes soothes and relaxes the eye contour for brighter refreshed eyes.

90 minutes - \$459 | 60 minutes - \$339

## REMÈDE SIGNATURE FACIAL SELECTION

### BAL HARBOUR “24-KARAT DESIGNER FACIAL”

Our most sumptuous and transformative facial gives beauty sleep new meaning with a combination of 11 age-defying remedies including rare Hungarian Moor mud, exotic Queen of Hungary mist, Gold Flash firm serum, instant plumping cream, gold sugar scrub and gold oil. All expertly applied in a special 90-minute treatment to restructure the skin, leaving it luminous, silky and hydrated with immediate radiance.

90 minutes - \$339



## MASSAGE

### THE REMÈDE CUSTOMIZED MASSAGE

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa technician will customize your massage using specialty products including aromatherapy blends and warm paraffin, and will utilize a variety of techniques to achieve ultimate relaxation and rejuvenation.

90 minutes - \$319 | 60 minutes - \$229 | 30 minutes - \$149

### HOT STONE TREATMENT

Combined with intensive deep tissue massage, hot stones are used to revive fatigued muscles and rebalance the body.

60 minutes - \$229 | 90 minutes - \$319

### RESTORATIVE MASSAGE

A traditional customized massage with light to deep pressure combined with your choice of aromatherapy oils creating a wonderfully customized relaxation experience.

50 minutes - \$189 | 80 minutes - \$279

### REFLEXOLOGY

This treatment begins with a stimulating warm salt scrub that gently buffs and hydrates the feet using fresh mint, vanilla and coconut oil extracts. Afterwards, a 25-minute session of reflexology.

45 minutes - \$179

### PRE-NATAL HARMONY

This special harmonious massage is designed to indulge the expectant mother-to-be. This treatment includes a warm stress relieving oil with essences of Sweet Almond and Jojoba, which is very nourishing to the skin and promotes elasticity. This treatment is designed to ease and calm the mother's union with her body and relieve stress for optimal relaxation.

60 minutes - \$229 | 90 minutes - \$319



## WELLNESS BODY MASSAGE

### ROYAL MUSCLE REJUVENATION

For centuries in Thailand, the herbal poultice was used on warriors returning from battle as a medical treatment for their wounds and injuries. Inspired by the Healing Traditions of Thailand this massage is designed to increase energy flow, soothe muscle tension and heighten a sense of emotional well-being. The combination of the therapeutic massage and pressure points allows you to experience balance, relieve stress and detoxify. This ancient healing art has been used as a way of life for centuries in treating soreness, enhancing relaxation and rejuvenation.

90 minutes - \$329

### CUSTOMIZED SPORTS MASSAGE

A full body massage geared toward athletes of every kind, from world-class professionals to weekend joggers. A specialized service including deep tissue and sports massage techniques to manipulate, ease and open muscle tissue, and release toxins. The technique is specific to the athlete's sport of choice, focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements.

90 minutes - \$329





## BODY TREATMENT

### THE REMÈDE CUSTOMIZED BODY TREATMENTS

Wonderful alternatives to the Remède Customized Massage, our Remède Customized Body Treatments are designed to relax, hydrate and improve the appearance of skin overall. Experience a luxurious, professional-strength exfoliation without irritation; and transformative wraps that promise prolific benefits.

### THE REMÈDE CUSTOMIZED 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 an application of vitamin-rich emulsion that leaves skin incredibly soft and luminous.

60 minutes - \$209

### THE REMÈDE CUSTOMIZED WRAP

Whether you seek cleansing or nourishing benefits, your Remède Spa therapist will customize a body wrap to meet your individual needs. Select essential oils to either detoxify or soothe sore muscles, and experience a revitalizing seaweed wrap and scalp massage. Skin will be left feeling noticeably softer and intensely moisturized.

60 minutes - \$259

## SIGNATURE BODY TREATMENT

### BAL HARBOUR BODY WRAP

Our restorative signature wrap begins with a full-body exfoliation using a nourishing combination of sea salts, Hungarian Moor mud and soothing treatments, followed by a cleansing mask. Relax with a gentle scalp and stone body massage as your skin soaks up the benefits of a rich blend of essential oils. Your skin will feel noticeably softer and moisturized.

90 minutes - \$359



## NAIL SERVICES

### THE REMÈDE MANICURE

A classic manicure including nail shaping, cuticle care, paraffin mask, relaxing hand massage and expert polish application.

50 minutes - \$75

### CLASSIC MANICURE

This traditional manicure including nail shaping, cuticle care, buffing and soothing massage. An application of polish completes the session.

40 minutes - \$55

### ANTI-AGING MANICURE

The Remède Manicure that includes a signature micro-exfoliating treatment containing a proprietary blend of antioxidant vitamin C and hydramagnetic amino acid that visibly lightens skin and reduces the appearance of sun spots.

50 minutes - \$95

### GEL POLISH

Add the latest in gel polish technology to any manicure or pedicure, for up to two weeks of perfect polish: chip free, mirror finish & no dry time. For optimal results, a maintenance visit every two weeks is encouraged.

Add-On Gel Application \$40 | Add-On Shellac/Gel/Acrylic Removal \$25

### THE REMÈDE PEDICURE

A classic pedicure including buffing, nail shaping, cuticle care, exfoliation, paraffin mask, relaxing massage and expert polish application.

50 minutes - \$95

### CLASSIC PEDICURE

This traditional pedicure including nail shaping, cuticle care, buffing and soothing massage. An application of polish completes the session.

40 minutes - \$80

### MICRO-EXFOLIATING PEDICURE

The ultimate Remède Pedicure with a supremely softening treatment including an amino acid peeling mask to exfoliate, smooth and moisturize dehydrated feet.

70 minutes - \$125

### 24 - KARAT HAND/FOOT TREATMENT

Dazzling as it is, gold is a mineral with proven anti-inflammatory properties; it helps to heal the micro-damage inflicted daily and to revitalise the skin. This treatment involves an invigorating exfoliation with a golden sugar scrub and a soothing massage with an oil redolent of ylang-ylang and enriched with gold particles. Guaranteed to leave the hands and feet soothed, hydrated and radiant.

Hand, 60 minutes - \$135 | Feet, 60 minutes - \$155





## FINAL TOUCH

### SHAMPOO & STYLE

From \$100

### GIRL'S SHAMPOO & STYLE

Under 12 yrs. \$50

### LADIES CUT

From \$155

### MEN'S CUT

\$85

### BOY'S CUT

Under 12 yrs. \$40

### MEN'S SHAVE

\$100

### GLAZE

From \$75

### KERATIN

From \$400

\*All services inclusive of Shampoo & Style and scalp massage.



## WAX

### WAX

Remède Spa uses a gentle, aromatherapeutic wax for fast, effective and painless hair removal.

### FACIAL WAX

Lip or Chin - \$49

Cheeks - \$49

Brow - \$59

Ear - \$39

Nose - \$39

### BODY WAX

Full Arm - \$79

Half Arm - \$69

Underarm - \$69

Full Leg - \$119

Half Leg - \$90

Brazilian Bikini - \$129

Basic Bikini - \$109

Chest - \$89

Stomach - \$49

Full Back - \$129

Half Back - \$109





## BRIDAL/GROOM JOURNEYS

### CUSTOM WEDDING PARTY RETREATS

Customize your own wedding retreat with your most important wedding party guests in mind. Please inquire with a spa concierge about customizable options for your special day.

## SPA WITHOUT WALLS

The St. Regis Bal Harbour Resort is your paradise. You can take the extraordinary Remède Spa experience to other areas of our beautiful resort, from the comfort of your suite, residence, or balcony overlooking the sea, or to a private air conditioned villa. Choose a customized massage, couples massage, or other soothing treatment.

Contact a spa concierge to arrange your special Spa Without Walls experience. Prices vary.

### CABANA, OCEAN FRONT DAY VILLA AND OUTDOOR MASSAGE EXPERIENCE

Enjoy a Remède Customized Massage Experience in the comfort of your residence or room. Additional fee for Ocean Front Villa.

90 minutes - During Spa Hours \$469 | After Spa Hours \$639

60 minutes - During Spa Hours \$379 | After Spa Hours \$459



## COUPLES SUITE

### REMÈDE SPA SHARED INDULGENCE

Share the Remède Spa experience and allow our therapists to create an extraordinary escape for two.

- The Remède Customized Couples' Massage
- The Remède Customized Couples' Facial
- The Remède Customized Bath

2.5 hours - \$950 per couple

### BODY BUFF, BATH & CORAL GEMSTONE MASSAGE FOR TWO

Share the relaxing and therapeutic benefits of this treatment with someone special. Created especially for couples, the experience begins with a spray of Queen of Hungary Mist, followed by a detoxifying **Body Buffing Balm** of mud and sea salts to soothe and exfoliate the entire body. Luxuriate in a calming **bath of healing thermal salts** before concluding with a warm **Couples Gemstone Massage** that uses coral gemstones and shimmering oils enriched with gold particles to restore comfort to sore muscles and leave skin feeling fresh, young and velvety smooth.

2 hours - \$860 per couple

### COUPLES CUSTOMIZED MASSAGE

Create a private sanctuary together as you indulge in a Remède Customized Massage side by side in a large and sublimely glamorous treatment room.

90 minutes - \$640 | 60 minutes - \$480 | Add-On Bath 20 minutes - \$80

### CUSTOM COUPLES EXPERIENCE

Customize your experience in the privacy of your suite.

Please inquire with a spa concierge about customizable options.





## SPA JOURNEYS

### REMÈDE SPA JOURNEYS

#### REMÈDE SPA SANCTUARY

Allow Remède Spa to indulge you in a day of decadence. After a series of treatments customized to your preferences and a gourmet light lunch, you will leave knowing you escaped to a bespoke spa sanctuary, a magical departure from reality that leaves you feeling rejuvenated.

- The Remède Customized Facial
- The Remède Customized Massage
- The Remède Customized Body Polish
- The Remède Manicure
- The Remède Pedicure
- Light Lunch

6 hours - \$825

#### REMÈDE SPA ESCAPE

Escape to Remède Spa for a morning or an afternoon of indulgence. Remède Spa technicians will restore your vitality from head to toe in just a few hours.

- The Remède Customized Facial
- The Remède Customized Massage
- The Remède Manicure
- The Remède Pedicure

4.5 hours - \$575

### SPA SIGNATURE JOURNEY

#### BAL HARBOUR RESTORATIVE GOLD PACKAGE

A restorative ritual that applies the healing and anti-inflammatory properties of gold to leave you feeling relaxed, younger and visibly refreshed. Your journey begins with our signature **Bal Harbour Body Wrap**, a full-body exfoliation using a nourishing, soothing combination of sea salts and Hungarian moor mud, a cleansing mask, and then a stone body massage to soak up the benefits of a rich blend of essential oils. The decadent body treatment is followed by our exclusive **Bal Harbour 24-Karat Designer Facial** that nourishes, repairs and reduces the depth and appearance of fine lines and wrinkles. Finally, a **24-Karat Hand/Foot Treatment** concludes this royal journey. Return home with a **Gold Body Set** with Gold Shimmer Oil, Gold Sugar Scrub and a special body cream to continue your transformative Remède Spa experience.

5 hours - \$2,000 per couple





## SPA GUIDELINES

- Guest of Remède Spa must be at least 16 years of age to receive a massage or facial only when a parent or legal guardian is present in the guest room or private treatment room during the entire massage or facial and the service is provided by a same-gender therapist.
- Remède Spa is a non-smoking environment.
- Cell phone use is prohibited on spa premises and all cellular devices should be turned off prior to entering spa reception.
- Remède Spa is not responsible for any lost or stolen items.

### ARRIVAL PROCEDURES

We recommend that you arrive at Remède Spa at least 30 minutes prior to your scheduled appointment time so that you can enjoy the optimal spa experience. We also recommend showering prior to your service in order to receive maximum treatment benefit.

Please note that should you arrive late for your treatment, your technician may have to shorten the duration of your service to avoid inconveniencing other guests. Full rates would still apply in this instance.

### CANCELLATION POLICY

Should you need to cancel or reschedule your appointment, we require notification 24 hours in advance. Full payment is required should cancellations be received after this time.

### AUTOMATIC SERVICE CHARGE

For your convenience, a 20% automatic service charge will be added to all Remède Spa treatment prices upon check-out. Should you wish to increase or reduce this amount based on your service satisfaction, please notify a front desk attendant upon check-out. Envelopes are provided at the front desk should you wish to leave a cash gratuity.

### DINING

The Remède Spa offers a full dining menu through Private Dining. A room number or credit card must be provided at the time of order.

### SPA GIFT CERTIFICATES

Spa gift certificates make the perfect gift for loved ones, friends, co-workers, employees, clients and anyone else with whom you would like to share the Remède Spa experience.



