

# IRIDIUM SPA



# IRIDIUM SPA - RARE AND REFINED.

*A spectrum of rare and refined services, that inspires design and product selection of the Iridium Spa and leave guests with the experience of the very finest imaginable.*

*It is here, that guests can enjoy exclusive access to one of the world's most coveted benefits and are provided with one of the rarest luxuries: time.*

## HISTORY AND MEANING

*Just as with the St. Regis brand, where we look to our heritage for inspiration and to inform our language and service of today, we use the word "iridium" to find history and create meaning.*

*Literally meaning "of rainbows," the word "iridium" comes from the Greek mythological goddess Iris, who transcends the sea and sky as a messenger and manifests as a rainbow.*

*Today, iridium is also one of the most precious and rarest metals on Earth. A transition metal of the platinum family, iridium is the second densest element in the world and ten times less abundant than platinum.*

## THE EXPERIENCE

*Time dedicated to you; this forms the core of our service at Iridium Spa.*

*It is about the individual moments that are tailored to each of the guests, guiding them through a spectrum of moods – whether they wish to be energized or simply unwind. Dedicated attention and personal time is what makes Iridium Spa unique.*

*Each spa experience is personally crafted to meet the elemental needs of each guest, be it for half an hour or half a day. From a selection of the finest teas served throughout the journey to a range of signature treatments that turn back time, each moment is thoughtfully dedicated to enhance the experience at Iridium Spa. Our spa associates are trained to deliver the very best spa treatments – uniquely suited to our guests – in a seamless and discreet manner.*



## IRIDIUM RITUALS

*Time is of the essence, and that is why with every Iridium Signature Ritual you can enjoy a full day of relaxation with access to the Athletic club, beach and outdoor pool.*

*Discover the secrets of nature worldwide, exclusively at Iridium Saadiyat Island. Themed spa experiences from all over the world in an upscale atmosphere. Discover the beauty secrets of exotic lands without having to travel the distance.*

### *ASIAN FUSION RITUAL 120 mins*

*An energizing massage with shiatsu techniques and heated lava stones finished off with a facial treatment using Asian aromas – stimulates vital energy and relaxes the body and soul.*

### *EDEN OF AFRICA 120 mins*

*An exclusive massage inspired by African techniques activates, strengthens and harmonizes your vital energies, reduces stress and leads to deep relaxation. The Sahara facial treatment that follows, leaves your skin vitalized, strengthened and beautifully soft and supple.*

*Every guest receives a unique souvenir to serve as a memory of this unforgettable experience*

### *BELEZA BRAZIL SUNSET RITUAL 120 mins*

*Experience the richness of water and the power and warmth of the rainforest. The switch from invigorating tropical rain showers to an activating foam treatment and a firm, warming massage strengthens you and replenishes your energy levels. The final touch of this experience will be a unique Brazilian facial.*

### *THE IRIDIUM OF BEAUTY 120 mins*

*Discover the power of the ocean with this award winning shell massage. A high-energy ingredient obtained from a deep-sea micro-organism works with anti-oxidative properties to protect the skin thoroughly against the effects of stress. Thermo-active and UV-activated, it generates heat, which further enhances its effect on the skin in our hot climate. This “seacret” will leave you absolutely rejuvenated.*

*Effects of this Iridium signature treatment can be seen over weeks*

## SIGNATURE MASSAGES

### IRIDIUM SIGNATURE MASSAGE 60/90 mins

*Time is in the hands of your therapist. This is a result oriented massage with deep-tissue work which incorporates penetrating kneading techniques, cross-grain strokes and trigger-point releases. This massage gets into the belly of the muscle attachments, and while some guests find it strong, it is therapeutic. Pressure can be adjusted.*

*Recommended for those with chronic tension or light muscle injuries.*

### ASIAN SPELL 60/90 mins

*Originating from Bali, to balance the energy centers and posture of the body, this is a gentle technique and aims to make you feel relaxed and calm throughout. The massage therapist applies aromatherapy oil of your choice throughout this session. This massage helps increase blood, oxygen and energy flow.*

*Recommended for those seeking release of anxiety and calmness.*

### SWEDISH MASSAGE 60/90 mins

*This classic Swedish massage, characterized by moderate pressure and long strokes that run along the grain of the muscle, is ideal for relaxation, ease of muscle tension and to improve circulation.*

*Recommended for those seeking complete relaxation or just some pampering. If you are a beginner, this is where you should start.*

### AROMA STONE THERAPY 75/120 mins

*Based on ancient Indian healing methods, the hot basalt stones are placed upon the energy points of the body. Aromatherapy combined with heat melts down all tension as firm massage techniques detoxify your body to leave you completely rejuvenated*

*Recommended for relief of muscle tension and toxins.*

### ANCIENT TRADITIONAL THAI MASSAGE 60/90 mins

*A traditional Thai treatment, lie on a special Thai mattress as the therapist works on your body, through a series of unique stretches designed to release muscular tension. This technique combines yoga-like movements during the course of the massage.*

*Ideal for those seeking complete rejuvenation and restoration of energy levels*

### FOUR HANDS ON MASSAGE 60/90 mins

*This treatment is performed by two therapists, applying similar rhythmic movement while combining five massage styles - Japanese, Shiatsu, Thai, Swedish and Balinese - all ensuring pure relaxation and relief of tight muscles.*

*The absolute pinnacle of a wellness experience and ideal for the connoisseur*

### BACK, NECK AND SHOULDER 30/60 mins

*For those who are in a rush, and have no time to take a full body massage, enjoy a neck and shoulder massage to help you relax, reducing the muscle tension and stress.*

*Ideal for fast and result-driven stress relief.*

### REFLEXOLOGY 30/60 mins

*Reflexology is based on the principle that there are reflex zones in the hands and feet relating to every organ, gland and system of the body. Pressure is applied to the bottom of the feet to release tension and balance the body. This treatment helps you relax, improves blood flow and reduces pain for a number of ailments.*

*Recommended for general body balance and those suffering from minor health issues.*



## HIGH SKIN REFINER 100 mins

*For skin ravaged by time and weather, this exceptional facial restores elasticity and radiance. Targeted ingredients work to compensate for the visible effects of hormonal deficiencies with the support of leading technologies. This award winning anti-ageing facial will leave you amazed.*

## BESPOKE SKIN 100 mins

*A purifying treatment that rebalances combination to oily skin. Large pores, breakouts or greasy patches are treated to perfection and an overall feeling of weightless, purified skin is achieved*

## BRIGHTENER SCULPTOR 45 mins

*This treatment supports the skin metabolism and activates the cell regeneration. The specialized process lightens up the skin and diminishes dark spots by using powerful active ingredients, a step closer to flawless skin.*

## ULTIMATE FACE LIFTING COLLAGEN

### BOOSTER 60 mins

*Ideal to prevent reduction of skin firmness, the appearance of wrinkles and premature skin aging. Hydro-intensive ingredients help replenish the skin with moisture and repair natural hydration levels to their maximum.*

## 3 DIMENSIONAL AMPOULE APPLICATION 45 mins

*Healthy, beautiful skin in an instant. Experience this unique treatment, during which as many as five ampoules are applied to your skin to treat every possible concern with long-lasting effect. The results speak for themselves.*

## MICRODERMABRASION 60 mins

*Look years younger in a day, with State of the art MicroDermabrasion Treatment. Reduces fine lines and wrinkles. Eliminates dark pigments and age spots. Smoothens acne and chickenpox scars. Leaves skin silky, smooth and glowing. Pain free and no recovery time. Great for sun damaged skin.*

## MEN'S FACIALS

### ENERGY RELEASE 60 mins

*Renewed strength and vitality for a man's demanding skin, including a firm neck massage. Removes office pallor and gives skin a fresh, strong and vibrant appearance.*

### TIME OUT 45 mins

*Especially tailored for the modern man. Take time away from time to relax and calm the stressed male skin.*

### ORBITAL GROOMING 30 mins

*Relaxation, deep cleansing, massage and restorative elixirs are all combined to provide a unique face treatment. This treatment has been specifically designed to rejuvenate tired and overworked eyes. Your eye area will be treated with a special awakening serum to immediately remove the puffiness and achieve maximum overall results. 30 mins of pure bliss.*

## BODY TREATMENTS

### HERB & OIL PEELING 30 mins

*Sage, Rosemary or Lemon Balm.*

*Enjoy a skin exfoliation using any of the three herbs of your choice. Nature's soothing products will pamper your skin leaving it silky soft.*

### MILK & SALT PEELING 30 mins

*Enjoy skin exfoliation using a mixture of lactic acid (milk based) and minerals (sea salt). A rich and invigorating treat for your skin.*

### SAADIYAT ISLAND INDULGENCE 60 mins

*A relaxing body treatment for those who are in need of more than just exfoliation. This treatment combines fruit enzymes with a special sea sand polish complex, enriched with minerals, to help remove dead skin. Pure coconut oil provides lasting hydration and a comforting steam will help open up the pores to absorb and lock in the moisture, keeping the skin supple.*

### INTENSIVE BODY PACK 45 mins

*This power packed body wrap showers your body with vital vitamins and traces elements in the deepest layers of the skin. This is an intensive treatment, developed specifically to deeply calm and regenerate the skin.*

### POST-NATAL REMODELAGE 45 mins

*This treatment is aimed specifically at the stomach areas. The products used firm the skin and rebuild the collagen to reduce stretch marks. This treatment is perfect for new mothers and women who have recently lost large amounts of weight.*

## ANTI-CELLULITE WRAP 45 mins

*This wrap targets the upper thighs and buttocks, firming and toning the skin tissue by using deeply penetrating alkalizing ingredients. The result is skin that is noticeably more supple with a more even surface texture.*

## DETOX BODY WRAP 90 mins

*This detoxifying body treatment includes a stimulating exfoliation with herbs of your choice blended in with a deeply cleansing aromatic algae body mask to purify the body and stimulate circulation. Finish off with an invigorating shower.*

## ULTIMATE IRIDIUM DETOX THERAPY\* 120 mins

*This deeply purifying body treatment includes a complete detox body wrap to ensure that old toxic waste is broken loose and the body PH Level is rebalanced. As a final touch to this treatment, a full body massage is performed to create a lymphatic drainage. An invigorating scalp massage and foot reflexology will further assist in the cleansing process, as all energy meridians in the system are activated. The ultimate rejuvenation.*

*\*Results of this cleansing ritual will be felt over weeks.*

## IRIDIUM HAMMAM RITUAL 75 mins

*Experience the traditional Hammam scrub and finish off with a soothing 30-minute massage using the traditional highly therapeutic argan oil mixed with essential oils to nourish your skin and to complete your oriental experience.*

*Every guest receives a unique souvenir to serve as a memory of this unforgettable experience*

## ORIENTAL DESERT SAND SCRUB 60 mins

*Enjoy the essence of either Orange or Patchouli flowers imported from the heart of the Atlas Mountains, an invigorating Gommage with desert sand, followed by the application of our unique oriental body milk lotion that will hydrate and soften the skin. The products used in this treatment are award winning.*

## RHASSOUL CLAY WRAP 90 mins

*Feel completely at peace as the body is cleansed and exfoliated with desert sand scrub using your choice of aromatherapy oil, followed by a full body Rhassoul mud application. Wrapped in a heated blanket to lock the moisture and help absorb the beneficial minerals of the clay, which only can be found in this unique mud, this body wrap is renowned for its ancient healing powers.*

# IRIDIUM JOURNEY FOR TWO

# FACIAL ADDITIONS

*All of our couple treatments will be offered in our private suite where you are invited to indulge in a foot ritual, Jacuzzi with your choice of essential oils and a wide variety of tea rituals.*

## **DESERT ESCAPE** 150 mins

*Ideal for those in need of a getaway, relax in the privacy of our couples treatment suite and enjoy an hour long massage of your choice followed by a facial, tailored to meet your individual needs.*

## **TIME TOGETHER** 120 mins

*Starting with an invigorating body scrub using Iridium's signature products and completed with a full body massage, this treatment is sure to leave you and your partner feeling renewed and pampered.*

## **IRIDIUM HALF DAY** 4 hours

*After a thorough consultation with your therapist to tailor the treatments to your needs, your journey begins with an exfoliating seaweed wrap focusing on cellulite and water retention. This is followed by an hour long full body massage of your choice where the pressure will be adjusted to your needs. Lastly, your therapist will conduct a skin analysis and recommend a bespoke facial.*

*As an addition to any full treatment booked, indulge in a selection of express treatments and complete your Iridium experience.*

## **IRIDIUM SMOOTHING EXFOLIATION** 15 mins

*Highly effective exfoliation using a unique blend of active ingredients, gives your face a deep and thorough cleanse.*

## **EYE REVIVER** 25 mins

*Total rejuvenation of the whole eye area using awakening eye serum combined with a special massage sequence to decongest the gentle eye area and eliminate dark circles and fine lines. A progressive eye mask is applied to guarantee long lasting effects.*

## **EXPRESS FACIAL** 30 mins

*Experience a basic facial inclusive of a thorough cleansing, toning, exfoliation and mask application to complete your spa experience.*

## **INDIAN FACE MASSAGE** 15 mins

*Indulge in a heavenly face massage to deeply relax the senses by stimulating Indian Marma Points.*

## **ULTIMATE COLLAGEN REFILL** 15 mins

*A unique collagen booster blend, deeply massaged into the layers of the skin to iron out fine lines and wrinkles, leaving a glowing complexion.*



*As an addition to any full treatment booked, indulge in a selection of express treatments and complete your Iridium experience.*

**SCALP DREAM** 15 mins  
*The perfect finish for every treatment, our scalp massage uses a combination of techniques from all over the world to relieve every bit of tension.*

**ARABIC FOOT AND ANKLE MASSAGE** 15 mins  
*A unique Arabian style foot and ankle massage that will assure total relaxation.*

**FOOT RESCUE PACKAGE** 25 mins  
*A true relief for tired feet, receive a fresh herb and mint scrub followed by a stimulating lymph massage to relieve swollen ankles and aching joints.*

**HOT STONE NECK & SHOULDER  
 INDULGENCE** 20 mins  
*A total melt down of any tension in the upper back, using original Balinese lava stones.*

*Private hotel suites are the pinnacle of the Iridium Spa concept. Fully personalized and exclusive, expect a bespoke wellness experience that you will cherish forever.  
 The following packages can be altered to your needs in the individual suite chosen.*

**MOROCCAN EXPERIENCE**  
*In the midst of a typical Moroccan spa suite, enjoy a full day of pampering and relaxation with your friends or family. Enjoy top-to-toe treatments with face and body rituals that can be catered to your needs.*

*Private suite experience  
 Eucalyptus infused black soap ritual in the steam Moroccan Hammam  
 Full body massage  
 Light Iridium meal  
 Exclusive facial  
 Arabian foot and ankle massage  
 Tea ritual*

**THAI EXPERIENCE**  
*Escape for a day to the sweet scents and soothing traditions of Thailand's most indulgent pampering. Book our Thai Spa suite and disconnect from your daily routine.*

*Private suite experience  
 Detox body wrap  
 Enjoy a blend of essential oil fragrances in the privacy of your steam room  
 Light Iridium Spa meal  
 Thai massage  
 Exclusive facial  
 Arabian foot and ankle massage  
 Tea ritual*

**CONTEMPORARY EXPERIENCE**  
*A rejuvenating, urban escape set to leave you spoilt and relaxed.*

*Private suite experience  
 Saadiyat Island body scrub  
 An invigorating Vichy shower  
 Massage of your choice  
 Light Iridium Spa meal  
 Exclusive facial  
 Arabian foot and ankle massage  
 Tea ritual*

# IRIDIUM ETIQUETTE

## SPA ETIQUETTE

*A spa is where we seek tranquility, peace and serenity. Kindly silence your mobile phone when you arrive at the spa.*

*Please respect the other guests' right to privacy.*

## CANCELLATION POLICY

*Kindly book all treatments in advance to ensure availability of your choice of service and time.*

*Valid credit card information is required for all of our bookings.*

*Should you wish to reschedule or cancel your booking, we require 24 hours notice.*

*No show or last minute cancellation will incur a 100% charge either to your credit card or your room account.*

## SPA ATTIRE

*There are ample changing facilities in our spa, where bathrobes, slippers and disposables are provided for added comfort.*

*Please note that nudity is not tolerated under any circumstances. Swimsuits and/or shorts must be worn to use jacuzzi, steam, sauna, cold plunge and ice fountain area.*

## SPA ARRIVAL

*We recommend that you arrive at our spa reception 30 to 45 mins prior to your first scheduled appointment. This will allow us time to discuss your requirements and give you the chance to take advantage of our complimentary facilities ( steam, sauna, ice fountain and relaxation area) to help you ease into your treatment.*

*Please note, late arrivals will not receive an extension of scheduled treatment if we have other guests scheduled directly after your appointment.*

## HEALTH CONDITIONS

*Please advise us while making your reservation as well as when you arrive to the spa of any health, skin or food allergies, injuries or health conditions that could disturb your experience.*

## VALUABLE LOSS OR DAMAGE

*Iridium Spa and the hotel are not responsible for any loss or damage to your valuables.*

*We advise you to use our in-room safe if you are residing with us. For day spa users please ask our Concierge team for safes at the lobby area.*

## REFUND POLICY

*All returns will be accepted for exchange within ten days of purchase, if presented unopened with the original packaging and original receipt. No credit card or cash refunds will be issued.*

## SPA RETAIL AREA

*Our retail area offers a wide selection of products. To continue your spa experience at home, please ask our trained reception staff for consultation on what will be suitable for your skin type.*

## CLEANLINESS

*Safety, health and cleanliness is our dedication and promise to you and to ourselves. All of our equipment is cleaned, sanitized and sterilized after each use.*

## AGE REQUIREMENT

*You must be 16 years old and above to access or use the spa facilities and treatments.*

## ACCIDENTS OR INJURIES

*Iridium Spa & The St. Regis Saadiyat Island Resort, Abu Dhabi are not liable for any accidents or injuries that might happen during your visit.*

## ALCOHOL & CIGARETTES

*The use of alcohol and cigarettes are not permitted within the spa facility.*

## THE IRIDIUM SPA MONTHLY PROMOTION

*Iridium prides itself on delivering unique treatment packages, on a seasonal basis. Please ask the reception about ongoing promotions that will enhance your wellness experience.*

## SPA GIFT VOUCHER

*Iridium gift vouchers can be redeemed for a range of spa services and offers. Please ask our spa reception for further details.*

## OPERATIONAL HOURS

*9:00 am – 10:00 pm*

# IRIDIUM SPA

## TREATMENTS

	DURATION	PRICE
<i>PRIVATE SPA SUITES (9:00 am to 6:00 pm)</i>		
<i>Moroccan Experience</i>	<i>9 hours</i>	<i>3,125</i>
<i>Thai Experience</i>	<i>9 hours</i>	<i>3,125</i>
<i>Contemporary Experience</i>	<i>9 hours</i>	<i>3,125</i>
<i>ORIENTAL HAMMAM</i>		
<i>Iridium Hammam Ritual</i>	<i>75 mins</i>	<i>975</i>
<i>Oriental Desert Sand Scrub</i>	<i>60 mins</i>	<i>550</i>
<i>Rhassoul Clay Wrap</i>	<i>90 mins</i>	<i>775</i>
<i>FACIAL ADDITIONS</i>		
<i>Iridium Smoothing Exfoliation</i>	<i>15 mins</i>	<i>125</i>
<i>Eye Reviver</i>	<i>25 mins</i>	<i>230</i>
<i>Express Facial</i>	<i>30 mins</i>	<i>275</i>
<i>Indian Face Massage</i>	<i>15 mins</i>	<i>125</i>
<i>Ultimate Collagen Refill</i>	<i>15 mins</i>	<i>150</i>
<i>BODY ADDITIONS</i>		
<i>Scalp Dream</i>	<i>15 mins</i>	<i>125</i>
<i>Arabic Foot and Ankle Massage</i>	<i>15 mins</i>	<i>125</i>
<i>Foot Rescue Package</i>	<i>25 mins</i>	<i>200</i>
<i>Hot Stone Neck &amp; Shoulder Indulgence</i>	<i>20 mins</i>	<i>190</i>

# IRIDIUM SPA

## TREATMENTS

*All of the below treatments are available for in-room treatments upon request for an additional charge.*

<i>IRIDIUM RITUALS</i>		
<i>Asian Fusion Ritual</i>	<i>120 mins</i>	<i>960</i>
<i>Eden of Africa</i>	<i>120 mins</i>	<i>960</i>
<i>Beleza Brazil Sunset Ritual</i>	<i>120 mins</i>	<i>960</i>
<i>The Iridium of Beauty</i>	<i>120 mins</i>	<i>1,100</i>
<i>SIGNATURE MESSAGES</i>		
<i>Iridium Signature Massage</i>	<i>60 / 90 mins</i>	<i>525 / 650</i>
<i>Asian Spell</i>	<i>60 / 90 mins</i>	<i>550 / 700</i>
<i>Swedish Massage</i>	<i>60 / 90 mins</i>	<i>550 / 700</i>
<i>Aroma Stone Therapy</i>	<i>75 / 120 mins</i>	<i>750 / 960</i>
<i>Ancient Traditional Thai Massage</i>	<i>60 / 90 mins</i>	<i>550 / 700</i>
<i>Four Hands on Massage</i>	<i>60 / 90 mins</i>	<i>960 / 1,400</i>
<i>Back, Neck and Shoulder</i>	<i>60 / 90 mins</i>	<i>325 / 550</i>
<i>Reflexology</i>	<i>30 / 60 mins</i>	<i>325 / 550</i>
<i>SIGNATURE FACIALS</i>		
<i>High Skin Refiner</i>	<i>100 mins</i>	<i>725</i>
<i>Bespoke Skin</i>	<i>100 mins</i>	<i>725</i>
<i>Brightener Sculptor</i>	<i>45 mins</i>	<i>490</i>
<i>Ultimate Face Lifting Collagen Booster</i>	<i>60 mins</i>	<i>550</i>
<i>3 Dimensional Ampoule Application</i>	<i>45 mins</i>	<i>490</i>
<i>Microdermabrasion</i>	<i>60 mins</i>	<i>625</i>
<i>MEN'S FACIALS</i>		
<i>Energy Release</i>	<i>60 mins</i>	<i>550</i>
<i>Time Out</i>	<i>45 mins</i>	<i>490</i>
<i>Orbital Grooming</i>	<i>30 mins</i>	<i>325</i>
<i>BODY TREATMENTS</i>		
<i>Herb &amp; Oil Peeling</i>	<i>30 mins</i>	<i>325</i>
<i>Milk &amp; Salt Peeling</i>	<i>30 mins</i>	<i>325</i>
<i>Saadiyat Island Indulgence</i>	<i>60 mins</i>	<i>550</i>
<i>Intensive Body Pack</i>	<i>45 mins</i>	<i>490</i>
<i>Post-Natal Remodelage</i>	<i>45 mins</i>	<i>490</i>
<i>SLIMMING AND DETOXIFICATION</i>		
<i>Anti-Cellulite Wrap</i>	<i>45 mins</i>	<i>490</i>
<i>Detox Body Wrap</i>	<i>90 mins</i>	<i>775</i>
<i>Ultimate Iridium Detox Therapy</i>	<i>120 mins</i>	<i>975</i>
<i>IRIDIUM JOURNEY FOR TWO</i>		
<i>Desert Escape</i>	<i>150 mins</i>	<i>1,150/pp</i>
<i>Time Together</i>	<i>150 mins</i>	<i>1,050/pp</i>
<i>Iridium Half Day</i>	<i>4 hours</i>	<i>1,550/pp</i>

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*All prices are in UAE Dirhams and inclusive of 10% service charge and 6% tourism fees*

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