

REMÈDE®

SPA



REMÈDE SPA MENU

ABU DHABI

REMÈDE SPA

Remède Spa 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

Remède Spa 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.

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.

ELEMIS SELECTIONS

Remède Spa is pleased to announce the addition of indulgent services featuring Elemis, an award-winning British skin and body care brand combining natural ingredients with scientific breakthroughs in sophisticated formulas.

FIVE-STAR SKINCARE

THE REMÈDE CUSTOMISED 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, to recuperating from a long flight, to addressing acne-prone skin. With a focus on anti-aging, the Remède 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, and eye and lip treatments.

90 minutes* - AED 650

60 minutes* - AED 450

30 minutes** - AED 325

*Choice of microdermabrasion or peel.

**Does not include extractions or microdermabrasion.

ELEMIS FACIAL

ELEMIS TRI-ENZYME RESURFACING FACIAL

Peel away the years for smoother, more radiant skin

Clinically proven to visibly resurface by up to 75%* and increase skin smoothness by up to 32%* after just one treatment. This unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin.

60 minutes – AED 600

ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL

Anti-wrinkle facial with proven results

Clinically proven, after just one treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised techniques with anti-ageing formulations leave a firmer, uplifted, youthful-looking appearance.

75 minutes – AED 600

*Independent Clinical Trials.

FIVE-STAR MASSAGE

THE REMÈDE CUSTOMISED MASSAGE

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa technician 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 700

60 minutes – AED 495

30 minutes – AED 275

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 975

50 minutes – AED 695

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 595

50 minutes – AED 450

WARM STONE MASSAGE

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

50 minutes – AED 475

ASIAN HEAD MASSAGE

This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

50 minutes – AED 475

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 450

COUPLES MASSAGE

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

90 minutes – AED 1260

60 minutes – AED 890

FIVE-STAR BODY TREATMENTS

THE REMÈDE CUSTOMISED BODY TREATMENTS

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

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

60 minutes – AED 380

THE REMÈDE CUSTOMISED WRAP

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

60 minutes – AED 380

SIGNATURE BODY TREATMENT

OASIS INDULGENCE

A traditional body ritual using a selection of essences from this region such as Patchouli and Orange Blossom. 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 an energising *khemoussa* pouch which contains three types of mints, ideal for improving circulatory systems, skin tone and texture. A phial with desert sand is offered at the end of the ritual as a souvenir from your wonderful journey.

90 minutes – AED 750

INDONESIAN JAVANESE LULUR

This exfoliation and body cleansing ritual have been used in royal palaces of Central Java since the 17th century. A fragrant treatment, it is made from a blend of powdered spices and sweet woods, including turmeric and sandalwood. It is believed to soften, refine and deep cleanse the skin and popular for brides-to-be. The body is coated with the paste, left to dry slightly before being removed with gentle long strokes. Yoghurt is applied to further soften and nourish the skin.

50 minutes – AED 275

ELEMIS BODY TREATMENT

ELEMIS EXOTIC LIME AND GINGER SALT GLOW

An exotic ritual, this invigorating body polish features a light body brushing, followed by an application of warm Japanese Camellia Oil, and all-over exfoliation with Elemis' signature lime and ginger infused salt scrub. Skin is left soft, smooth, replenished and absolutely glowing.

45 minutes – AED 290

REMÈDE FOR MEN

THE REMÈDE CUSTOMISED MEN'S FACIAL

An extension of the Remède 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 650

60 minutes* - AED 450

30 minutes** - AED 325

*Choice of microdermabrasion or peel.

**Does not include extractions or microdermabrasion.

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 Remède Customised Massage concentrates on the neck, back and scalp to relax and soothe tight muscles and leave you feeling brand new.

60 minutes – AED 420

MUSCLE EASE MASSAGE

This deep tissue sports massage is an effective way to assist with muscle relaxation. It is designed to increase flexibility, relieve muscle tightness and improve circulation and recovery time.

50 minutes – AED 450

SPA PACKAGES

REMÈDE SPA PACKAGES

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

ST. REGIS SPLENDOUR

Immerse yourself in an unforgettable luxury experience available exclusively at the Remède Spa at The St. Regis Abu Dhabi. This opulent package is for those seeking the ultimate spa day and will amaze even the most seasoned of spa goers, featuring lavish but result driven treatments for the face and body.

First, experience our diamond microdermabrasion performed on the face and entire body. Designed to whisk away dry damaged skin while helping to resurface and improve imperfections, uneven pigmentation and stretch marks.

Relax with an exfoliation of exotic enzymes to further soften, brighten and firm, while warm therapeutic paraffin is painted over the face and body, allowing the most advanced ingredients to feed the skin. Peptide rich body butters ensure skin is left feeling like silk. A mask specific to your needs accompanied by a vitamin filled oxygen mist ensures the face is left glowing. Next, indulge in healthy and succulent lunch at our Spa Cafe. Luxury and relaxation continue with a 50-minute muscle melting warm stone massage.

An experience beyond expectation awaits.

4.5 hours – AED 2600

REMÈDE SPA SANCTUARY

Allow Remède Spa to indulge you in a day of decadence. After a series of treatments customised to your preferences and a gourmet light lunch, 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 Remède Customised Body Polish
- The Remède Relaxation Ritual
- The Remède Customised Massage
- The Remède Customised Facial
- Light Lunch

4.5 hours – AED 1260

CHAIRMAN'S DELUXE PACKAGE

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

- The Remède Customised Men's Facial
- The Remède Customised Massage
- Light Lunch

3 hours – AED 930

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 Remède Customised Body Wrap or Body Polish
- The Remède Customised Facial or Massage
- Light Lunch

3 hours – AED 850 per person

REMÈDE SPA SHARED INDULGENCE

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

- The Remède Relaxation Ritual
- The Remède Customised Couples' Massage
- The Remède Customised Couples' Facial

2.5 hours – AED 1580 for two persons

ASIAN DISCOVERY

Experience the delights of traditional Asian treatments; a great way to cleanse while softening your skin and complemented with your choice of relaxing massage.

- Indonesian Javanese Lulur
- Balinese Massage or Asian Head Massage
- Foot Massage

2 hours 10 minutes – AED 750

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 Customised Body Wrap
- The Remède Customised Massage

2 hours – AED 740

SPA GUIDELINES

REMEDE SPA 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

At Remède Spa, 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 premise is prohibited.

AGE REQUIREMENT

The minimum age requirement for access to the Remède Spa 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 AND TOURISM FEE

For your convenience, a 10% service charge and 6% tourism fee will be added to your final bill.

CANCELLATION POLICY

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