

## RARE AND REFINED

An array of refined services provides the very finest experience imaginable, at the Iridium Spa, St. Regis Saadiyat Island. Born from the DNA of the St. Regis brand, Iridium Spa honors each address with the bespoke touches of a unique spa experience.

Iridium Spa takes pride in offering bespoke and sophisticated treatments by award-winning therapists setting the brand apart internationally.

## HISTORY AND MEANING

As with the St. Regis brand, where we look to our heritage for inspiration to form 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 the sky as a messenger and manifests as a rainbow. 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 of the world and ten times less abundant than platinum.

**TIME DEDICATED TO YOU:** *This is the essence of Iridium Spa.*

It is about the individual moments that are tailored precisely to you – guiding you through an array of senses – whether you wish to be energized, simply wind down or tailor your own experience. Our therapists are trained to provide you with the very best personally crafted spa experience. Guided by your specific needs, each moment is carefully designed to enhance your experience and your time spent at the Iridium Spa.

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## IRIDIUM SIGNATURE TIME RITUALS

The Iridium Time Rituals are inspired by the core of the Iridium Spa: Time dedicated to you. All of the rituals are a luxurious blend of various treatments, expertly combined to offer you the ultimate Iridium Spa offerings. You can personally choose how you would like to spend your time and benefits you would like to experience.

### **Ayurvedic Inspired Time Ritual**

**180 Mins AED1560**

This ritual is the most bespoke treatment, where our therapists use a holistic approach to tailor make your experience. 'Ayurveda' is based on an ancient holistic medical system. Our Ayurvedic inspired ritual aims to bring balance, focus and energy for those experiencing high levels of stress, anxiety or poor sleeping patterns. Dosha (body types) specific blended oils help release any toxins or blocked energy and restore, with an immense feeling of calm and warm sense of wellbeing, while feeling physically cleansed and renewed on a deep emotional level.

Includes: Body exfoliation – Bespoke Body Wrap - Facial Element - Scalp Massage - Bespoke Body Massage

### **Asian Spell Time Ritual**

**180 Mins AED1340**

A luxurious treatment for the ultimate experience in indulgence and relaxation. A sumptuous scrub rich in texture prepares the skin followed by a free flowing Asian Spell Massage that focuses on deep relaxation

whilst energizing the body. This is followed by the Skin Radiance Facial. Celebrating the benefits of tea and nourishing oils, this ritual uses products rich in antioxidants and techniques that deeply restore.

Includes: Body exfoliation — Body Massage – Scalp Massage– Facial

**Deeply Nourishing Time Ritual****180 Mins AED1340**

A nurturing treatment, perfect for stressed and dry skin. A body brush and a cooling polish, improves lymphatic flow and prepares the skin, followed by a body wrap with a luscious blend of deeply nourishing body cream and marine mud, rich in mineral content. During the wrap, a facial cleanse and mask with a scalp massage is performed. An Aromatherapy Massage adds to the stimulation of circulation, giving a natural glow of health.

Includes: Body exfoliation – Mud Wrap - Facial Element- Scalp Massage - Aromatherapy Massage

**Detoxifying Time Ritual****180 Mins AED1340**

A cleansing treatment that stimulates the natural detox process of the body, leaving the mind relaxed and rested. Indulge in a Sea Salt Body Exfoliation, a purifying Marine Algae Wrap application, a facial cleanse and mask, and finally finish off with a scalp massage. Once you have taken a refreshing shower, a tailor made Aromatherapy Massage using detoxifying oils takes place, leaving you with the sense of well-being, lightness and revitalization.

Includes: Body Exfoliation – Algae Wrap- Facial Element- Scalp Massage- Aromatherapy Massage

**Iridium Hammam Time Ritual****180 Mins AED 1340**

This indulgent Hamman experience will transform you into deep relaxation. After the rituals of the Iridium Transformed treatment, allow yourself to ease away with the most bespoke massage. An infused blend of Argan oil with your personal selection of aroma enriches your skin leaving you profoundly rejuvenated.

**Time Together****On Application**

Build your own couples Iridium Spa Experience that is like no other. The spa team will assist you in selecting the finest and most memorable experience just for the two of you, with treatments of your choice from the menu. All 'Time Together' experiences take place in our Couple's Suite.

Treatment time must be 120 minutes per person or more. An additional 30 minutes is booked on top of your treatment for the use of the private Jacuzzi.

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**IRIDIUM DAY PROGRAM****Time to Escape****180 Mins AED1950**

Perfect for when you want to escape from everyday stresses and spend time relaxing and rejuvenating depleted energy levels. With the help of our spa team, select one of our beautifully crafted Time Rituals. Arrive early to prepare your body and mind for your personalized day of revitalization and once you feel restored, head to the Turquoise Restaurant for a healthy 3 course meal to complete your day.

*Reservations are subject to availability at Turquoise Restaurant.*

*All Day Programs must be purchased in advance.*

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### **Iridium Hammam Experience**

Drawing on ancient bathing and cleansing rituals from various oriental cultures, the Iridium Hammam Experience is a journey that provides the benefits of a traditional Hammam in a very contemporary setting. The treatments are crafted with a promise to take you on a journey of awakening the senses and leaving you cleansed, with a feeling of deep relaxation and rejuvenation.

Literally meaning 'of rainbows', the word 'Iridium' comes from the goddess Iris of Greek mythology, who transcends sea and sky as a messenger and is manifested as a rainbow. The myriad colour lights of the exclusive Hammam Suite aim to reflect the essence of Iridium while promoting wellbeing through colour therapy.

The Iridium Hammam Experience follows cleansing rituals perfected through generations. In this time-honored process, the gentle heat of the steam is an integral part of the treatment, preparing your body to become receptive. Concentrated olive soap, infused with Argan and uplifting essential oils of eucalyptus, assists in softening the skin, and clarifying the respiratory tract. The transformative journey continues with the tactile application of varied textures, from an exfoliation with kese mitts, followed by a soft foam cleanse, all the while lying on a heated stone to engender a deep sense of soothing.

#### **Iridium Cleanse**

**60 mins AED 650**

A purifying ritual that begins with the application of concentrated olive soap, infused with Argan oil that softens the skin while the steam helps to open the pores and clear any congestion. A vigorous exfoliation with Kese mitts followed by a melting facial scrub of dates and Aloe Vera will leave your skin cleansed, your mind awakened and your body in bliss.

#### **Iridium Refined**

**90 mins AED 750**

The purifying Hammam cleanse is followed by application of Rhassoul body mask, a 100% natural clay rich in minerals. It removes impurities, rejuvenates tired and dull skin. A melting facial scrub rich in Argan oil and Aloe Vera, a hair cleanse and foaming loofah work will leave you feeling cleansed and nourished.

#### **Iridium Transformed**

**120 mins AED 960**

This luxurious experience commences with the application of Natural olive soap rich in Argan oil, followed by a steam bath that softens your skin for the vigorous Kese mitt exfoliation. A desert sand body scrub infused with your chosen aroma incorporating massage movements soothes away stress. Re-mineralizing Rhassoul body mask is applied to purify, improve tonicity and induce a healthy glow to the skin. A relaxing hair wash, a melting facial scrub and refreshing foaming loofah cleanse will leave you renewed and revitalized while experiencing deep relaxation.

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### **IRIDIUM BODY TREATMENTS**

#### **Contour & Firm Body Treatment**

**120 Mins AED 960**

An invigorating treatment carefully designed to target cellulite prone areas. Circulation is stimulated through a cooling body exfoliation with spearmint extracts and iced mitts, followed by a Detoxifying Algae Body Wrap. A combination of Lymphatic Drainage and Deep Stimulating Massage is performed to help the body eliminate toxins, tone the skin and revitalize the mind. A course of this treatment is recommended to maximize the effects.

Includes: Body Exfoliation – Algae Wrap- Scalp Massage- Detox Massage

**Mother to Be****90 Mins AED 770**

A deeply nourishing treatment, using products rich in moisture, that aid the skin with the changes during this special time. A gentle back exfoliation, is followed by a soothing body massage designed to target areas prone to stress and tension during or after pregnancy. The treatment aims to soothe your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalize.

*Treatment can be availed only after the first trimester.*

**Back Face & Scalp Treatment****90 Mins AED 770**

Renowned as ESPA's HERO treatment and loved by all, this ESPA experience includes a back cleanse and exfoliation, a back massage and a bespoke facial. Overall, delivering triple results to the body by targeting three key areas - the back, the face and the scalp, making the treatment ideal for everyone.

Includes: Back exfoliation – Back Massage - Bespoke Facial

**Hot Stone Back Face & Scalp Treatment****120 Mins AED 925**

The HERO treatment, enhanced with the use of hot stones during the back massage, eases away stress and tension, giving a deeper level of relaxation.

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**IRIDIUM MESSAGES****Classical Swedish Massage****60/90 Mins AED 520/720**

An ultimate classic massage that focuses on relieving aching muscles, relaxing tightened joints, loosening knots or simply soothing the tired body and mind. Techniques taken from the popular Swedish Massage are combined with stretches and joint release work to effectively leave you feeling physically revived and mentally relaxed.

**Aromatherapy Massage****60/90 Mins AED 520/720**

A holistic massage that uses the powers of Essential Oils to balance your body and mind, restoring a feeling of well-being. A sensory journey expresses what the body needs and the massage focuses on working together with pre-blended oils to achieve the results specific to your needs. Leaving you feeling energized, soothed, restored or revitalized.

**Deep Muscle Massage****60/90 Mins AED 520/720**

A massage focusing on areas of concern and tension. Relax while our expert's hands combined with forearm and elbow work ease your muscles. ESPA oils selected through a sensory journey together with deep pressure massage techniques to loosen tight and sore areas while opening joints with gentle stretching.

**Asian Spell Massage****90 Mins AED 720**

A deeply relaxing massage, created with various Asian techniques, including gentle rocking and Shiatsu. This massage works on pressure points along meridians of the body, to stimulate energy channels. Free flowing movements are reflective of ocean waves and a thousand hands which help improve circulation and rejuvenate a sluggish system. Particular stretches assist in unlocking stiff joints and improve the flow of vital force. You will experience a profound state of rest and sense of well-being.

**Traditional Thai Massage****90 Mins AED 720**

A traditional Thai Massage that takes place on a specially designed Thai Mattress which allows your therapist to work through a sequence of unique stretches designed to relieve muscular tension and stiff joints. This technique combines yoga-like movements during the course of the massage leaving you feeling supple and revived. You will be provided with a loose fitting Thai top and pajamas for this treatment.

**Hot Stone Massage****90 Mins AED 720**

A combination of powerful healing properties of hot stones, together with advanced massage techniques help restore a sense of balance and well-being. Heat from the stones help loosen sore muscles and allows the therapist to expertly provide relief to deep-seated tension.

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**IRIDIUM FACIALS****Skin Renewal Facial****90 Mins AED 750**

An intensive facial designed to combat wrinkles, loss of elasticity and reduce pigmentation. After a deep cleanse, a stimulating massage with special tools, help boost cellular energy followed by techniques aimed to tone and renew the skin. Products rich in antioxidants derived from 4 tea elixirs, deliver profound results. A youth and radiance mask brings years back to the skin, with a visible reduction of fine lines and a sense of self-renewal as well as a feeling of complete relaxation.

**Skin Radiance Facial****60 Mins AED 545**

This Detoxing Facial is the perfect treatment for tired and dull complexions. After cleansing and exfoliating the skin, a massage to boost the skin circulation and target tension areas is performed. A unique Detox Mask cleanses away all impurities and dullness leaving your skin looking radiant and fresh.

**Lift & Firm Facial****90 Mins AED 750**

An advanced facial using Super Active™ products to improve skin tonicity, firmness and enhance cellular regeneration. This facial uses Tri-ActiveR ingredients combined with specialized facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

**Bespoke Facial****60 Mins AED 545**

ESPA facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, including; cleansing, exfoliation, steam and a treatment specific massage, mask and intensive serum. Skincare products are chosen for your individual needs to achieve the best possible results.

**Men's Facial****60 Mins AED 545**

A Bespoke facial using ESPA Men's range. Products specially created to address the concerns of a man's skin.

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**IRIDIUM ADD ONS****Sea Salt Revitalizer****30 Mins AED 305**

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

**Four Teas Body Exfoliation****30 Mins AED 305**

Revitalize your skin with a sumptuous scrub rich in texture with nourishing shea butter, apricot oil, bamboo powder and tea extracts. This anti-oxidant rich treatment will leave you feeling radiant and fresh.

**Instant Glow Green Tea Facial****30 Mins AED 305**

Prepare to be led through a series of relaxing phases; cleansing, gentle steam, exfoliation and a Detox Facemask using decongesting green tea compresses. A massage focusing on your shoulders, neck and upper arms leaving you in pure bliss.

**Lift & Firm Eye Treatment****30 Mins AED 305**

Perfect for those who are concerned with the first signs of aging around the eyes. An effective firming and hydrating treatment, that reduces the appearance of fine lines and relieves tensions caused by eye strains. Includes cleanse, exfoliation, massage and application of the Lift and Firm Intensive Eye Serum.

**Foot Reflexology****30 Mins AED 305**

Pressure point work performed on the reflex areas of the soles of the feet, assist in releasing blockages and restore well-being.

**Relaxing Foot Massage****30 Mins AED 270**

Our therapists will gently work on tensions of the lower legs, ankles and feet. This massage is ideal after long walks, flights, car journeys or anyone who enjoys the sensation of feeling lighter on their feet.

**Back, Neck & Scalp Massage****30 Mins AED 270**

The ultimate de-stress massage. Your therapist will ensure that you drift off into a truly relaxing experience. This massage will focus on the shoulders, neck and scalp to relieve tension, de-stress and calm the mind, body & soul.

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*Advance Booking is recommended for preferred treatments and time.*

*All Prices are in UAE Dirhams and inclusive of 10% service charge, 6% tourism fee and 4% municipality taxes  
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