

IRIDIUM SPA

THE ST. REGIS MALDIVES VOMMULI RESORT
VOMMULI ISLAND, DHAALU ATOLL
REPUBLIC OF MALDIVES
STREGIS.COM/MALDIVES
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Wrapper Back

Wrapper Front

IRIDIUM SPA MALDIVES

LITERALLY MEANING 'OF RAINBOWS,' THE WORD IRIDIUM' COMES FROM THE GREEK MYTHOLOGICAL GODDESS IRIS, WHO TRANSCENDS SEA AND SKY AS AMESSENGER AND IS MANIFESTED AS A RAINBOW. AND TODAY, IRIDIUM ITSELF IS ONE OF THE MOST PRECIOUS AND RAREST ELEMENTS ON EARTH. A TRANSITION METAL OF THE PLATINUM FAMILY, IRIDIUM IS THE SECOND MOST DENSE ELEMENT IN THE WORLD AND IS TEN TIMES LESS ABUNDANT THAN PLATINUM. RARE AND REFINED FROM ARRIVAL TO DEPARTURE, IRIDIUM SPA PROVIDES GUESTS WITH THE RAREST OF LUXURIES: TIME. IT IS HERE WHERE GUESTS CAN ENJOY EXCLUSIVE ACCESS TO ONE OF THE WORLD'S MOST COVETED BENEFITS. TIME DEDICATED TO YOU. WHETHER FOR HALF AN HOUR OR HALF A DAY, IT IS ABOUT THE INDIVIDUAL MOMENTS THAT ARE TAILORED PRECISELY TO YOU – GUIDING YOU THROUGH A SPECTRUM OF MOODS – WHETHER YOU WISH TO BE ENERGIZED, SIMPLY WIND DOWN OR COMPLETELY TAILOR YOUR OWN EXPERIENCE.



MASSAGES

IRIDIUM SIGNATURE TOUCH

90 min.

Indulge in a carefully tailored, signature spa experience which rejuvenates your senses and takes you into a tranquil bliss. Experience a fusion of traditional Asian techniques applied to your body with pure natural oils to feed your skin with vital nutrients. This is followed by a warm sand bundle from Vommuli Island's beach, which is dipped in virgin coconut oil, and rubbed over the upper back to penetrate organic minerals into the skin, relieve muscle tension, and improve blood circulation.

BAMBOO RHYTHM

60 min. / 90 min.

A full body massage using heated bamboo sticks to deploy deeply into the muscles, the treatment creates improved blood supply, fostering the restoration of body's natural equilibrium.

LAVA SHELL MASSAGE

90 min.

A body treatment using tiger-striped clam shells as a massage tool, filled with lava gel and activator liquid to produce self-heating. The heat from the lava shells will gently relax and smooth away knots. The shells also give off calcium ions when heated, which transfers to your skin during the massage. Calcium can help to firm and regenerate the skin. The massage can boost circulation of blood and lymph, soothe aches and pains, and relax you.

ESSENCE OF BALI

60 min. / 90 min.

A profoundly rejuvenating massage handed down from generation to generation using the unique technique of skin rolling, long kneading strokes, and natural aromatic essential oils. It renews and heals the inner mind and calms the muscles.

DEEP IN THE TISSUE

90 min.

An intense massage focused on the deeper layers of tissue using elbows and forearms to create firm pressure, as well as deep stroking and kneading movements. The cross-fiber technique ensures relaxation for deep-seated muscles.

MASSAGES

THAI MASSAGE

90 min.

A massage with a history of more than 2,500 years that is performed by stretching the body to relieve muscular tension as well as provide mental stability. This continuously choreographed massage concentrates on the energy line to synergize the healing process.

THE MOTHER-TO-BE

60 min.

To achieve an overall sense of well-being, focus on yourself with this relaxing experience. It starts with a cleansing massage using a calming cream. The process also nourishes and softens your skin during the months when it needs extra care, giving a radiant appearance to the skin. This is the ideal treatment to prepare the skin the skin. This is the ideal treatment to prepare the skin for changes during pregnancy.



HANDS AND FEET TREATS

OXYGEN HANDS

30 min.

This deeply nourishing and relaxing hand massage will ease muscle tension in the hands caused by external aggressors. Discomfort will instantly disappear to reveal radiant, revitalized skin.

OXYGEN FOOT

30 min.

Erase years of stress and reveal smooth, supple, and comforted skin. This hydrating treatment will deeply renew and replenish your skin.

FOOT REVIVER

45 min.

Deep thumb strokes and pressure points utilizing energizing aromatic oils will nourish your skin and increase the energy flow in your feet. This restorative delight will repair and recover your feet from any tension.

ACUPUNCTURE

This time-tested, 5,000-year-old traditional medicinal system promotes the natural self-healing process by stimulating specific acupoints in the body. This authentic procedure relaxes the body, reduces pain, and increases body functions as well as effectively treating chronic or acute pain, migraines, sciatica, sports injuries, and more. The goal of acupuncture is to unblock disorders in the flow of qi or life energy, which allows the body to heal itself. Our qualified acupuncture therapist identifies any issue through personalized consultations and will create customized sessions for you. Initial treatment is for 90 minutes, which includes consultation with our wellness consultants. Further sessions will be 60 minutes.

ACUPUNCTURE CURATIVE JOURNEYS

The following packages will include one personalized consultation with our acupuncturist and one initial treatment for 90 minutes. Further sessions will be 60 minutes.

STRESS ELIMINATOR

3/5 Days

A bespoke session customized for reducing stress, calm the qi, and enhance your ability to thrive in stressful environments.

PAIN RELIEVER

3/5 Days

These effective and beneficial sessions are crafted to reduce pain and provide muscle relaxation by focusing on specific body areas.

BODY TREATMENTS

DETOX MARINE ESSENCE

60 min.

A complete reclamation process that will purify and help regenerate your skin cells using bamboo microfibers. The body is wrapped in marine nutrients to feed the skin with vital minerals, and concludes with a nourishing lavender body lotion to retain your hydrated skin.

DIAMOND EXPERIENCE

60 min.

Take a journey through an unprecedented sensory experience. Enjoy a smoothing and nourishing exfoliation followed by a regenerating massage with the exquisite absolute Damask rose oil that will transport you to a complete state of relaxation and well-being.

REVIVING JUNIPER GLOW

60 min.

Toning and deep cleansing organic salts will buff away dull, dry skin from the body using energizing and stimulating blends of pure juniper berry, cypress, and rosemary. After a rinse, juniper berry body lotion is applied to deeply hydrate and nourish your skin and to leave you feeling rejuvenated.

DAMASK ROSE RADIANCE

60 min.

A mixture of Damask rose, rose geranium, and lavender with organic salts are swirled over your body to remove dead skin cells. This treatment will leave your skin soft, smooth, and glowing. After a rinse, nourishing rose body lotion is applied on the body to keep your skin smooth as silk and to harmonize your senses.

MARINE BODY WRAP

60 min .

A combination of aloe vera, pure peppermint, and lavender essential oils as well as active marine algae is

applied on the body to re-mineralize and balance. This purifying body therapy brings equilibrium to skin tissue, boosts lymphatic activity, and provides essential trace elements with slimming and firming benefits. A full application of natural essential oils with a relaxing back massage completes the ritual. This will harmonize and rejuvenate the spirit.

COCONUT AND VANILLA BODY WRAP

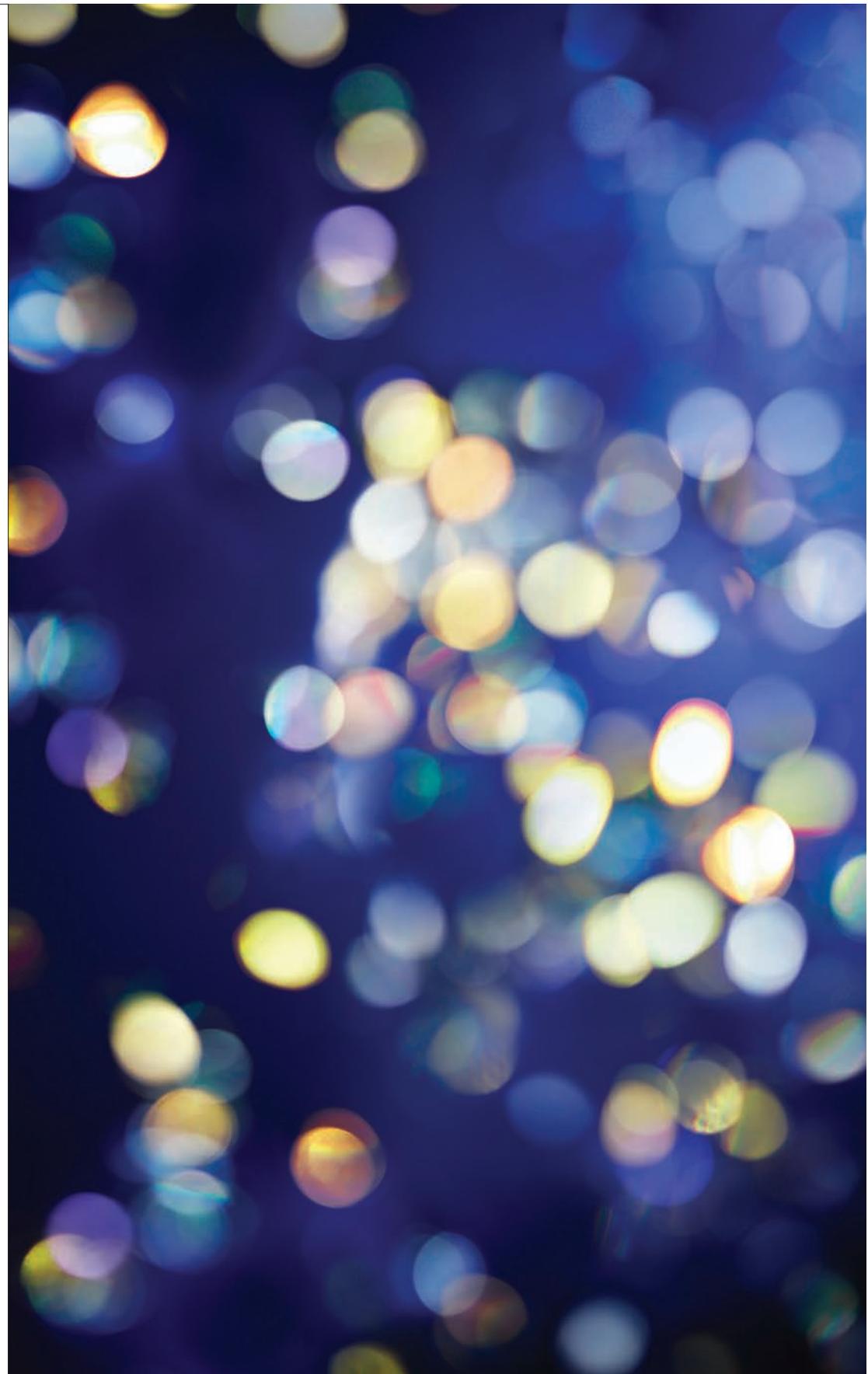
60 min.

A deliciously fragrant body envelopment is used to enrich and soothe stressed skin for a relaxing spa experience that celebrates the richly fragrant bounty of Asia. During this exotic body wrap treatment, your body will be cocooned with tropical coconut milk with pure natural vanilla and a botanical mask, followed by an application of virgin coconut oil with a relaxing back massage to balance the well-being.

SUN SOOTHER BODY WRAP

60 min.

A curative and cooling blend of natural aloe vera, cucumber, and asparagus with herbal oil and pure lavender essentials will be applied to your body, which is then cocooned in banana leaves for maximum effect. Lavender body lotion will be applied on the body to complete the treatment.



SLIM & TRIM

SHRINKING VIOLET

90 min.

This specially made unisex formulated wrap creates immediate effect with real inch loss that stays. The shrinking violet oil is a nanoceutical solution that penetrates the skin in seconds and breaks down fat in the body.

ANTI CELLULITE

90 min.

A distinctive massage method using fast and firm kneading on cellulite-affected zones of the body to help eradicate stagnation, stimulate micro-circulation, increases drainage of excess fluid on the body, and shrink cells.

FACIALS

THE O2 RELAX

PURIFIES · BRIGHTENS · BALANCES

60 min.

Awaken your skin with the revitalizing energy of pure oxygen to decongest, brighten, and clarify a dull complexion. Perfect for the frequent flier and urbanite whose skin suffers from everyday aggressors.

CITRUS ESSENCE

REVITALIZES · STIMULATES · FIRMS

60 min.

Drench your skin with the antioxidant power of vitamin C. This nutrient rich treatment revitalizes the senses, stimulates the production of collagen, reduces inflammation, and intensely hydrates skin.

THE CURE

DETOXIFIES · RESTORES · HYDRATES

75 min.

This deep cleansing facial includes an innovative enzymatic detox and steam to open and purify the pores as well as a meticulous extraction process, revealing extraordinarily soft and radiant skin.

DIAMOND EXPERIENCE

ENERGIZES · RENEWS · REVITALIZES

90 min.

Energize your skin with this treatment designed to reboot dull skin from environmental stress and DNA damage. It improves definition of facial contour, and dramatically restores elasticity, skin texture, and tone.

SIGNATURE RITUALS

CAVIAR JOURNEY

210 min.

Begin the journey with a deep breathing exercise, an exfoliation using bamboo and fruit enzymes, and a stimulating body buffing technique to refine texture and brighten skin. Utilizing anti-aging caviar proteins to firm, tone, refine, and deeply hydrate the skin, results are immediate, leaving skin looking supple, healthy, and luminescent. This is followed by a therapeutic massage using the finest Neroli Massage Oil enriched with magnesium to enhance the serenity of the mind and circulation as muscles relax and tension dissipates. The Caviar Journey concludes with a lavender bath whilst sipping a glass of Champagne, savoring a delectable caviar, and gazing out at the Indian Ocean from your bathtub.

ROYAL OXYGEN

150 min.

Restore your inner balance with the ultimate experience in luxurious body care by oxygenating your skin through this intensely hydrating and detoxifying face and body ritual. The ritual begins with an exfoliation to renew the skin. The body is then cocooned with a mask and a relaxing full body massage is performed to oxygenate the skin and restore the body equilibrium.

ROYAL CITRUS

150 min.

Drench your skin with an intensely hydrating, firming C+C ritual for the face and body.

This revitalizing ritual includes an exfoliating wrap formulated with mandarin, and a soothing antioxidant facial. The treatment is completed with a luxurious application of body cream.

PUNARNAV

150 min.

An exceptional blend of authentic Ayurvedic treatments using natural herbal oil infused with 15 different varieties of herbs. The treatment begins with herbal body exfoliation to purify the body followed by a full body massage using a warm herbal bundle to deeply soothe and soften the muscles. The shirodhara process will take you to a blissful state of serenity and lingering consciousness.

ULTIMATE MALDIVIAN HAFLA

180 min.

Experience a splendid spa journey that begins with a soothing coconut milk foot soak and is followed by a gentle, tropical hibiscus body exfoliation to polish your skin to perfection. Be enveloped in a delectable Mococa body wrap, linger in your tropical dream whilst your skin being restored and hydrated. Soak in a warm bath of revitalizing, tropical essential body oils while overlooking the Indian Ocean. Be transported to a blissful state of mind with an Iridium full body massage using natural Maldivian sea shells, warm virgin coconut oil and as you reach the end of the journey, let your mind float away with an enzymatic facial.



AYURVEDIC RITUALS

Ayurveda is an ancient Indian medicinal system, which is considered one of the most sophisticated and powerful mind-body health systems. More than a mere system of treating illness, Ayurveda is a science of life in which ayur means life and veda means science or knowledge. It offers a body of wisdom designed to help people stay vibrant and healthy while realizing their complete human potential. At Iridium, we offer Ayurveda in its greatest form with pure recipes under the guidance of our Ayurvedic doctors and therapist. The treatments performed are completely authentic and the products used are pure and natural. All 2-hour treatments include an abhyanga full body massage.

ABHYANGA

75 min.

An energizing, revitalizing, and synchronized four-handed massage performed by two therapists massaging the entire body with warm medicated Ayurvedic herbal oils. The ritual enhances and nourishes the body and increases the immunity. This traditional Ayurvedic treatment is recommended for daily practice to adjourn the sign of aging.

SHIROABHYANGA

45 min.

Known as champi, this head massage uses Ayurvedic herbal oils applied warm and performed gently but firmly over the head, neck, and shoulder areas. This immensely calming treatment will help in conditioning the hair and scalp guiding you to a sound sleep afterwards.

SHIRODHARA

120 min.

Experience a blissful sense of inner peace through a treatment which involves pouring a steady stream of warm herbal oil onto the third eye chakra on the forehead. This ritual is performed always preceding the abhyanga treatment to prepare the body for an exceptional journey towards enlightenment.

CHOORNA SWEDA

120 min.

This authentic massage is carried out using a bundle of herbs and power heated in medicated oil. The effective strokes of the bundle strengthen the muscle and tone the skin to eliminate harmful toxins through perspiration. This relaxing treatment is ideal for treating muscle aches and various diseases like arthritis.

AYURVEDIC RITUALS

NAVARAKIZHI

120 min.

This deeply nourishing treatment using bundled navara, a variety of medicated rices enriched with vitamin E cooked in milk with herbs. The mellow strokes of the bundle feed the skin and cleanse the circulation channels, which removes metabolic waste to leave you with the softest skin.

JAMBIRA PINDA SWEDA

120 min.

A refreshing blend bundled with fresh lime and grated coconut infused with Ayurvedic herbs and spices as well as castor oil to deeply nurture the skin. The bundle will be used warm to massage the body to enhance blood circulation, heal pigmentation, and reduce body aches.

UDVARTHANA

60 min.

Refine and tone the body by exfoliating with warm Ayurvedic herbal powder rubbed in an upward direction over the body. This energizing method will improve the skin complexion, provide tremendous stress relief, and ultimate refreshment.

UTHEJANA

45 min.

Polish the body with curative natural ingredients that exfoliate the skin, and improve your skin health from the inside with the nourishing properties and antioxidant content of a selection of herbs.

KATI VASTI

45 min.

A fostering back treatment using warm medicated oil, which is pooled on a targeted area of the back, kati vasti uses this treatment to strengthen the muscles and ligaments that rope the spine. It deeply lubricates the joints and relieves lower back and spine related pains.

TARPANA

45 min.

This soothing treatment revitalizes and rejuvenates tired, dry, rough, and injured eyes. A dough barrier is placed around the eyes to hold the medicated and sterilized ghee, which is gently poured into open eyes. – *Please Note: This treatment will be performed only after a consultation with our Ayurvedic wellness consultant.*

NASYA

30 min.

This is one of the five Ayurvedic detoxification therapies used to clear the airways. The nose is the gateway into the head, sinuses, and deeper into the lungs. Nasya treatment commences with a forehead, neck, and face massage, followed by gently introducing a small amount of oil into the nostrils. The treatment enhances the mental and sensory acuity, promotes mental clarity, and emotional happiness – *Please Note: This treatment will be performed only after a consultation with our Ayurvedic wellness consultant.*

KARNA POORANAM

30 min.

The treatment includes a head, neck, and shoulder massage followed by the ears, which are filled with lukewarm herbal Ayurvedic oils. An essential treatment for lubricating the delicate ear canal, extricating impurities, refining hearing as well as a pure natural treatment for earaches, headaches, and tinnitus.

Please Note: This treatment will be performed only after a consultation with our Ayurvedic wellness consultant.

SHIROVASTI

45 min.

Shirovasti is a healing process in which warm medicated oil is made to stay stagnant on the scalp for a specific time. This treatment helps in treating depression, anxiety, insomnia, migraines and headaches. The duration of the procedure varies from individual to individual depending upon the conditions.

Please Note: This treatment will be performed only after a consultation with our Ayurvedic wellness consultant.

AYURVEDIC WELLNESS VOYAGES

Ayurvedic wellness programs are exclusive, bespoke courses designed by in-house Ayurvedic wellness doctors.

NAVIKARANA – (RENEWAL)

3 DAYS

- ◆ One wellness consultation with the Ayurvedic Doctor.
- ◆ One 75-min Abhyanga treatment
- ◆ Two 2-hr treatments – (Ayurvedic Doctor will decide the treatment after the consultation.)
- ◆ One private yoga session

ASHWASA – (RECOVERY)

5 Days

- ◆ Two wellness consultations with the Ayurvedic Doctor.
- ◆ One 75-min Abhyanga treatment
- ◆ Four 2-hr treatments – (Ayurvedic Doctor will decide the treatment after the consultation.)
- ◆ Two private yoga sessions

PUNARJANMA - (REBIRTH)

7 Days

- ◆ Two wellness consultation with the Ayurvedic Doctor.
- ◆ One 75-min Abhyanga treatment
- ◆ Six 2-hr treatments – (Ayurvedic Doctor will decide the treatments after the consultation.)
- ◆ Three private yoga sessions



GENTLEMEN'S RETREAT

MAGNESIUM MASSAGE

60 min. / 90 min.

This revitalizing wellness treatment promotes detoxification and healthy energy levels to improve sleep, muscle function, and overall well-being by replenishing commonly deficient magnesium levels.

EXPRESS DE-STRESS REMEDY

30 min. / 45 min.

This treatment targets key areas like head, neck, and shoulder tension with aromatherapy and acupressure to clear the mind, promote relaxation, and ease stiffness and pain. It concludes with a comforting, quick, and intensive hair repair massage. Please note that 30-minute treatments will not include hair repair session.

GENTLEMAN'S PURIFYING FACIAL

60 min.

A deep cleansing, therapeutic facial designed especially for the skin care needs of men. This luxurious treatment relaxes the skin as it refines pores and includes a deep purgative mask specially designed for sensitivity and razor burns.

TURKISH SALT SCRUB

60 min.

An invigorating and remineralizing exfoliation experience using thermal

salt, natural minerals, and a loofah scrub to thoroughly energize and smooth the body. The treatment will then take you for a quick rinse and conclude with an application of silky, satin lotion and a hydrating lavender body lotion.

HEALING GINGER RENEWAL

60 min.

Invigorate yourself with ginger's healing and warming properties infused in earthy minerals. This full body exfoliation process will keep your skin energized, and the pampering back, neck and shoulder massage with ginger oil and warm healing stones will keep you deeply relaxed.

ULTIMATE MINERAL WELLNESS KUR

90 min.

Experience the centuries-old European tradition of using medicinal mud, healing waters, and light massage therapy. This deluxe treatment has a detoxifying and relaxing effect which begins with a nourishing bath of Mineral Wellness Soak crystals followed by a 100% organic Moor Mud body wrap, a luxurious full body application of a remineralizing Body Crème, which rich in thermal minerals, and a revitalizing body oil.

IRIDIUM SIGNATURE LEGACY

4 Days

Hand-selected treatments for timeless rejuvenation

- ◆ 30-minute wellness consultation
- ◆ 90-minute Iridium Signature Touch Treatment
- ◆ 60-minute rose salt body scrub and Mococa body wrap
- ◆ 120-minute Shirodhara
- ◆ 210-minute Caviar Journey

IRIDIUM BLUE HOLE EXPERIENCE

120 min.

Unwind yourself in our Blue Hole hydrotherapy pool, with a spectacular view of the Indian Ocean, that incorporates gentle and more powerful jets of water massages. This delivers exceptional therapeutic properties for the body with cleansing of the skin. The warm salt water helps relieve pain and induces muscle relaxation. It also increases buoyancy which in turn gives a greater range of movement.

IRIDIUM SIGNATURE BATH RITUALS

DIVINE DUO

40 min.

Rekindle the romance as you smooth each other's skin with a natural pure rose oil and Himalayan crystal salt scrub. Relish the moment with a private view of the beautiful Indian ocean while sipping Champagne with fresh berries.

PURE PARADISE

40 min.

Relax and calm your spirit by sinking into the soothing bliss of an aromatherapy bath with an exclusive, pure essential oil blend of sweet orange, bergamot, cedar wood, ylang ylang, sandalwood, jasmine, rose, and cinnamon along with Champagne and our homemade chocolate lollypops to elevate the experience.

TAMING & PURIFYING

40 min.

This recovery body dip will envelope you in rich lavender essence oil and a mineral infusion of fucus seaweed, laminaria algae, and mineral-rich sea crystals, which stimulate circulation and assist in overall detoxification. A specially prepared detox juice will be served to cleanse your body from the inside.



TIME TO SPA

Daily 9.00 am–10.00 pm

SCHEDULING AN APPOINTMENT

To schedule an appointment for your preferred treatment, please inform your personal St. Regis Butler. To ensure your preferred time and service is available, we recommend booking in advance. All spa appointments and packages are subject to availability and a cancellation policy.

SPA ETIQUETTE

To maintain a peaceful atmosphere and to respect other guest's right to privacy, we kindly request that your mobile phone and other electrical equipment are silenced or switched off when you arrive at the spa. The Iridium Spa team reserves the right to ask you to do so whilst in the spa.

ARRIVAL TIME

We recommend that you arrive 15 minutes prior to your first scheduled appointment. This will allow us time to discuss your requirement. Please note, late arrivals will not receive an extension of scheduled treatment if we have other guests scheduled immediately after your appointment.

SPA ATTIRE

Changing locker facilities are available in our changing rooms as well as inside the treatment rooms, where bathrobes, slippers, and disposables are provided for added comfort.

RESTRICTION ON THE USE OF SPA AND FACILITIES

The use of alcohol and tobacco are strictly prohibited.

ST REGIS IRIDIUM SPA

We are delighted to help you for any inquiries. Should you need further assistance, please contact your personal St. Regis Butler.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies, or injuries which could affect your choice of treatment when making your spa reservation. This will allow us to assist you in selecting best experience for you and allow us to prepare any amendment that may need to be made to a treatment room or room set up.

MINIMUM AGE

Guests of Iridium Spa must be 16 years old and above to access or use the spa facilities and treatment. Should you require assistance with childcare, please allow us to assist you in making the necessary arrangement prior to arriving for your treatment.

CANCELLATION POLICY

Should you need to cancel or reschedule, a 6-hour notice is required before the scheduled treatment. A 50% cancellation fee will apply for appointments cancelled within 6 hours. For non-arrival or treatments cancelled within 1 hour of your scheduled time, the full price of the service will be charged. Late arrivals will shorten your treatment time.

PRICES

All prices are quoted in US dollars and are subject to 10% service charge and applicable government taxes which may change at any time.

VALUABLES

Iridium Spa at The St. Regis Maldives Vommuli Resorts are not responsible for any loss of valuables at any time on the spa premises. We advise that you leave valuables in the safe in your guest room. Please ensure any valuables put in your robe pockets are removed after your treatment. Lockers in the changing rooms and treatment rooms are provided for temporary holding of personal belongings.

LOST PROPERTY

Any valuables left behind are handed over to the hotel lost and found department and we have no liability for such items.