

THE ST. REGIS MACAO  
THE LONDONER MACAO, ESTRADA DO ISTMO,  
S/N, COTAI, MACAU SAR, P.R. CHINA  
PHONE: 853 8113 4949

# IRIDIUM SPA

# RARE & REFINED

## DISCOVER IRIDIUM SPA AT THE ST. REGIS MACAO

### WELCOME RITUAL

*Each spa treatment begins with a welcome ritual that prepares you for your treatment, allowing you time to begin relaxing and focusing on yourself. You will first be served with a signature tea, which you can enjoy as your feet soak in a relaxing water ritual to ease your stress. During this time, your therapist will introduce and explain your treatment, and will then infuse you with your signature gemstone as well as assist you in realigning your breathing before the actual treatment begins.*

### IDENTIFYING YOUR SIGNATURE GEMSTONE

*This is a unique concept specific to Iridium Spa at The St. Regis Macao, which enhances your spa experience with your personalized signature gemstone. A digital questionnaire helps us to identify your body's needs for that specific day. Based on this, we will present you with your signature gemstone, which will help you to realign your mind, body and soul to leave you refreshed and energized after each treatment.*

# IRIDIUM JOURNEY

## TIMELESS IRIDIUM JOURNEY

200 minutes

*A timeless journey that captures the essence of Iridium Spa; we will create a journey specific to you, based on your signature gemstone.*

- Welcome Ritual
- Signature Scrub
- Signature Massage
- Custom Skin Care

## REVITALIZING JOURNEY

170 minutes

*Invigorate your senses, energize your chi; this Asian-based ritual takes you through centuries-old Asian massage traditions, and is infused with exotic influences to balance and energize your mind, body and soul.*

- Welcome Ritual
- Signature Bath Ritual
- Signature Scrub
- Iridium Asian Combination Massage

## BALANCING AQUAMARINE JOURNEY

160 minutes

*Feeling the stress of daily life and looking to rebalance you body? This balancing journey encourages your whole body to de-stress and realign with your natural body elements, leaving you with a sense of peace and tranquility.*

- Welcome Ritual
- Signature Massage
- Signature Hair Ritual

## SIGNATURE IRIDIUM COUPLE'S PROGRAM

220 minutes

*This complete Iridium Spa treatment is best enjoyed as a couple. Every element in this program is based on your signature gemstone, which will aid you in relaxing and enjoying a complete journey. Enhance this experience with one of our signature VIP Suite Enhancers.*

- Welcome Ritual
- Signature Bath
- Signature Massage
- Custom Skin Care

## MOTHER-TO-BE

80 minutes

*A complete body treatment for expecting mothers, this treatment program is suitable for women who have passed their first trimester. The focus is to add nutrition back to the skin, as well as help to reduce the effects of stretch marks and ease muscle aches in the legs and lower back.*

- Welcome Ritual
- Sensitive Skin Scrub
- Mother-to-be Massage

# SIGNATURE MASSAGE & TRADITIONAL MASSAGE

## SIGNATURE MASSAGE

### IRIDIUM PERSONALIZED GEMSTONE

80 minutes / 110 minutes

*A signature treatment at Iridium Spa at The St. Regis Macao, the massage begins with discovering which gemstone suits you best. Each element of this treatment will be based on your signature gemstone, including the customized massage oil and the incorporation of your gemstone in the massage that applies a unique technique to focus on your specific needs – all of which will energize and rebalance your body.*

## TRADITIONAL MASSAGE

### THAI

80 minutes

*Thai massage releases tension, increases vitality and creates wholeness of mind, body and spirit. This unique, comprehensive therapy combines elements of yoga, acupressure, gentle twisting, deep stretching and meditation.*

## HOT STONE GEM BALANCE

110 minutes

*Harnessing the warmth from heated smooth volcanic stones, this luxurious massage combines your gemstone-specific massage oil as well as your gemstone for a unique, customized technique that releases stored tension from within muscular tissues. The focus is to warm your muscles, allowing them to relax so that the therapist can focus on releasing tension and restoring your body's balance with the aid of your signature gemstone.*

## THERAPEUTIC

80 minutes / 110 minutes

*This is a muscle-specific form of massage and is typically used before, during, and after athletic activity. It is a medium to strong full body pressure massage that uses intense strokes to focus on the muscles relevant to the particular athletic activity. The purpose of the massage is to prepare your body for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries.*

## IRIDIUM ASIAN COMBINATION

80 minutes / 110 minutes

*Realign your chi with this massage using age-old Asian massage techniques that are known for their benefits to alleviate muscle tension and balance the body. This unique combination of techniques incorporates the long stroking movements of Lomi Lomi, whilst stretching out the body with traditional Thai Massage and manipulating the muscles with traditional Tui Na.*

## TUINA

80 minutes / 110 minutes

*This massage is adapted from Tui Na, an energizing body therapy that was developed in China over 2,000 years ago. By working on specific Chinese acupuncture points and meridian lines in the body, the therapist helps to promote the release of blockages in the energy system, allowing balance and vitality to return to the body.*

## TREATMENT ENHANCER

### PERSONALIZED GEMSTONE SCRUB

40 minutes

*Enhance your body treatment experience with a customized gemstone pre-treatment body scrub. The focus of this scrub is to remove any dead skin cells whilst preparing your skin in order to maximize the effects of your body treatments. Allow the spa host to assist you in discovering which scrub is best suited for you.*

### IRIDIUM CUSTOMIZED GEMSTONE BATH

20 minutes

*Water is the essence of a traditional spa. Relax your body while infusing in a blend of your signature gemstone and essential oils, which will transform into an essential escape for your well-being. Experience the hydro and aromatherapy of your own private air bath within your spa suite.*

### REVITALIZING EYE TREATMENT

30 minutes

*This rejuvenating eye treatment by Gemology uses essential extracts of gemstones and their minerals to focus on tired eyes. The core of this treatment will assist in diminishing dark circles and puffy eyes as well as minimizing fine lines. This experience is a key enhancer to any facial or enjoyed as an added element to your body treatment.*

### VIP SUITE ENHANCER

30 minutes

*Enhance your spa experience in your private VIP suite by selecting one of these treatment enhancers:*

#### *Sleep Enhancer*

*A sleep package in a box, this set can be used in your treatment or bought separately. It consists of a selection of sleep enhancing items put together in one elegant package to increase the benefits of your sleep pattern. This is ideal for the frequent traveler or someone who is looking to balance their sleeping cycle.*

*The sleep enhancer is an added treatment experience to any massage or facial treatment, which you can enjoy as part of your in-spa experience or in the comfort of your suite.*

#### *Healthy Snack*

*Enjoy a light meal from the Iridium Spa healthy menu, ideal after your treatment or whilst enjoying one of our extended spa journeys. Ask your spa host for the menu.*

## BODY CARE

### MINERALIZING

45 minutes

*Cocoon your body in a mineral rich body wrap that will aid in nourishing and remineralizing your skin, leaving you looking refreshed and hydrated.*

### SLIMMING

45 minutes

*Key ingredients in this unique slimming treatment will help to remove toxins, increase circulation and minimize the appearance of cellulite to leave your skin feeling moisturized and firm.*

### ANTI-AGING MINERAL

45 minutes

*This is an anti-aging mineral treatment specifically created for Iridium Spa at The St. Regis Macao. The treatment includes a unique combination of ingredients to revitalize, hydrate and energize the skin, leaving a natural glow whilst protecting the skin against the effects of aging and loss of tone.*

# SKIN CARE

*Advanced skin care by Gemology with the use of up to 20 gemstones and their precious trace minerals.*

## BEAUTY FROM PRECIOUS TRACE MINERALS

*“With time and repeated aggressions, skin deficiency happens and the complexion becomes dull and wrinkles deepen. The vocation of Gemology products is to restore the lost balance. To fight against the signs of skin aging, Gemology has innovated the use of gems in all their forms, with a philosophy that grows around three values: prevent, repair and protect.” Chrystelle Lannoy*

## THE DIAMOND EXPERIENCE

### DIAMOND ANTI-AGING CARE

*80 minutes*

*This facial uses products that are uniquely formulated with powdered diamonds and combined with poinsettia and orchid to deliver the ultimate experience in precious skin care. Your skin will feel relaxed and radiant with wrinkles visibly softened.*

### WHITE PEARL ILLUMINATES CARE

*80 minutes*

*This facial harnesses the combined action of diamond and mother-of-the-pearl to help your complexion regain its radiance. A specially prepared pearl textured mask leaves your skin visibly lighter, cool and hydrated. Perfect for an evening out and for those seeking a natural glow.*

### MINERAL & COLLAGEN CARE

*80 minutes*

*This precious skin care treatment set, when complemented with diamond, jade or ruby, results in the ultimate benefits of collagen on the skin. Choose from three options to best suit your skin's needs:*

### Diamond Youth

*Complement your care program with the anti-aging power of diamonds. Diamond micro-emulsion stimulates cell renewal and reduces the appearance of fine lines and wrinkles, while 100% pure collagen sheets help to improve your skin's texture to revitalize, tone and deeply hydrate.*

### Jade Hydrating

*Complement your care program with the luxurious power of jade to reveal your skin's natural glow through a regenerative, moisturizing and nourishing action. Perfect for all skin types, the treatment utilizes the benefits of your skin's collagen for immediate improvement on texture, leaving you with a pleasant sensation of well-being.*

### Ruby Radiance

*Complement your care program with the regulating power of ruby and red jasper to unveil the glow of healthy and fortified skin. Deep restructuring action leaves your skin profoundly hydrated thanks to a pure collagen mask, which will immediately improve the texture, tone and radiance of your skin.*

# SKIN CARE

## THE PRECIOUS

### AMETHYST COMBINATION CARE

*70 minutes*

*This treatment is specially formulated for combination skin and helps to tighten the pores and smoothen the epidermis. Delicate amethyst refines the skin's texture, while ginseng acts as a natural skin enhancer to improve dull skin.*

### SMITHSONITE SENSITIVE CARE

*70 minutes*

*Calm and protect your skin with fast-acting Smithsonite. This treatment reduces redness and the pulling effect from excessive dryness so there's no more discomfort! You'll be amazed at the rapid benefits and protective action of this gemstone. Ideally suited for sensitive skin.*

## HANDS & FEET CARE

*We offer first class sole therapy with a difference-fusing health and beauty to provide outstanding care that visibly transforms your hands and feet. Performed to the highest standards, our nail technicians are professionally trained by Margaret Dabbs London to offer optimum results-driven luxury. All treatments use Margaret's award-winning Fabulous Hands and Fabulous Feet products. The products are all treatment remedies, as well as being anti-aging, healing and luxurious to use and scented with mandarin and geranium.*

### IRIDIUM MANICURE

*60 minutes*

*The Iridium Manicure is designed with and utilizes the amazing, award-winning range of Margaret Dabbs products. It focuses on reshaping the nails, pushing back the cuticles, as well as treating and nourishing the skin before your polish is applied.*

### IRIDIUM PEDICURE

*60 minutes*

*The Iridium Pedicure is designed with and utilizes the amazing, award-winning range of Margaret Dabbs products. It focuses on reshaping the nails, pushing back the cuticles, as well as treating and nourishing the skin before your polish is applied.*

### TIMELESS MANICURE

*80 minutes*

*This timeless indulgence captures the elements of our Iridium Manicure and so much more. The signature manicure treatment creates outstanding results and pampers you with the full range of Margaret Dabbs products, and finishes with a wonderful hand and lower arm massage. Simply the best manicure you can find.*

### TIMELESS PEDICURE

*80 minutes*

*Creating a timeless moment for you and your feet, the Timeless Pedicure treatment is pure indulgence with long-lasting results. It uses the full range of Margaret Dabbs Fabulous Feet products and finishes with a footbath and wonderful foot massage.*

## SALON

### WAXING

*Caron Wax specializes on delivering high quality products to assist with hair removal services, allowing our therapists to deliver a treatment experience that is both safe and hygienic.*

### LIST OF WAXING SERVICES

Full Leg	60 minutes
Half Leg	40 minutes
Bikini	30 minutes
Full Arm	40 minutes
Half Arm	30 minutes
Underarm	25 minutes
Eyebrow	20 minutes
Upper Lip	20 minutes
Chin	20 minutes

### SALON

*Ladies' Blow Dry*

*Ladies' Cut & Blow Dry*

*Gentlemen's Cut & Blow Dry*

*Children's Cut*

*Color Service*

*Iridium Hydrating Hair Treatment*

*Design Style*

# IRIDIUM MAN

## BLUE AMBER SKIN CARE

60 minutes

*This comprehensive treatment protects skin from environmental damage and soothes and reconstitutes the skin's hydrolipidic layer. A new generation AHA, a complex of five fruit acids-purifies the skin from impurities and dead skin cells for an immediate radiant boost, so skin is smooth, calm and protected.*

## JADE TONING SKIN CARE

80 minutes

*The regenerative action of jade and its anti-stress properties allow this skin care program to tone and combat against signs of aging and fatigue. Your facial contour becomes smoother and firmer through an anti-oxidant effect that regenerates the epidermis.*

## RUBY & RED JASPER BALANCING SKIN CARE

80 minutes

*This treatment harnesses the combined actions of red jasper, ruby, chestnut and hazelnut to create a unique formulation that improves your skin's overall elasticity, while rejuvenating skin cells and balancing skin's overall tone.*

## FITNESS BODY CARE PROGRAM

170 minutes

*Ease your muscular aches and pains with this Signature Body Care program, which focuses on removing exercise-related toxins from your muscles, while easing muscular tension with muscle specific stretches.*

- Body Scrub
- Therapeutic Massage

## SPORTSMAN'S MANICURE

50 minutes

*This manicure is designed for the discerning gentleman and utilizes the invigorating, hydrating and healing effects of Margaret Dabbs products for the hands.*

## SPORTSMAN'S PEDICURE

80 minutes

*Margaret Dabbs unique formulation of foot care products is the ultimate in care for your feet, leaving your feet feeling refreshed, clean and hydrated.*

## BACK WAX

60 minutes

*Caron Wax delivers a soothing and hygienic waxing product that is ideal for coarse hair. The program will remove unwanted hair and help to calm the skin.*

## EYEBROW TRIM

20 minutes

*Designed specifically for men, this eyebrow-reshaping element complements your facial with a grooming service for natural-looking and trimmed eyebrows.*

# SPA GUIDELINES

## OPERATING HOURS

Iridium Spa

Monday to Sunday 2:00pm - 10:00pm

Iridium Salon

Monday to Sunday 2:00pm - 10:00pm

Closed every Tuesday

*(Advance reservation is required and subject to availability)*

## APPOINTMENTS

*We request that you arrive at least 20 minutes prior to your treatment time, providing you with ample time to check in and prepare for your spa experience. Should your arrival be delayed, please note that your treatment time will be reduced accordingly so that we may serve the next guest on time.*

## RESERVATIONS

*Walk-in appointments are welcome, however guests are encouraged to make arrangements in advance. All reservations must be secured with a credit card. To schedule your appointment(s), please call our Iridium Spa desk at +853 8113 4949. Guests staying at the hotel, please contact St. Regis Butler Service.*

## CANCELLATION POLICY

*The treatments selected are reserved especially for you with one of our professional practitioners. We request a minimum of 24 hours to cancel any service. Cancellation made with less than 24 hours' notice will incur a 50% cancellation fee. The full treatment charge will automatically be imposed for a "no show".*

