

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

DIAMOND GLOW JOURNEY

220 minutes

Be prepared to glow with a relaxing treat that introduces Iridium Spa's gemstone-infused elixir. Diamond powder, known for its anti-oxidant and brightening properties, is combined with the sensual notes of jasmine and ylang ylang essential oils, creating a calming cocoon that melts away any stress and calm the mind and body.

- Welcome Ritual
- Exfoliating Body Scrub
- Soothing Milk Bath
- Tension Relieving Massage
- Flawless Diamond Facial

EXQUISITE GEMOLOGY JOURNEY

150 minutes

Your journey towards peace begins at Iridium Spa. The anti-aging body scrub and smoothing body wrap tones the skin while the full body massage with ingredients derived from precious gemstones completely relaxes the body and mind.

- Welcome Ritual
- Anti-aging Body Scrub
- Mineral Body Wrap
- Gemology Relaxing Massage

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

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

GEMSTONE PURIFYING OCCASION

120 minutes

Allow a personalized gemstone candle treatment captivate you as it purifies your mind and body, leaving your skin feeling moisturized and nourished.

- Welcome Ritual
- Purifying Body Scrub
- Candle Butter Body Massage

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.

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.

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.

TENSION RELIEF MASSAGE

80 minutes / 110 minutes

This massage uses a combination of acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen, and energy around your body; which will boost your circulation and target knotted tissue to address physical issues.

TUI NA

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 BY GEMOLOGY

Luxurious Gemology head-to-toe body treatments pamper the body by active ingredients extracted from the precious gemstones. They stimulate the energy and vitality levels of your body. More than a simple care, it enhances the inner serenity, brings you to travel the sumptuous world of gems and return with a glowing and awakened soul and body.

DISCOVER TREASURES FOR YOUR BODY

"Previous gems are a source of life's essential minerals. Luxurious and effective, they lavish their prized ingredients on the skin." Chrystelle Lannoy

MINERALIZING

45 minutes

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

ANTI-AGING MINERAL

45 minutes

This is an anti-aging mineral treatment, using a body wrap derived from natural plant and fruit extracts such as raspberries and cranberries which are rich in antioxidants. The product will be applied all over the body and leave your skin feeling regenerated and toned.

SLIMMING

45 minutes

Key ingredients in this unique slimming treatment are tea leaves and cocoa broad bean that help to remove toxins, increase circulation and minimize the appearance of cellulite to leave your skin feeling moisturized and firm.

SKIN CARE BY GEMOLOGY

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
- Jade Hydrating
- Ruby Radiance

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.

SKIN CARE BY INTRACEUTICALS

A must-have treatment of Hollywood stars, supermodels and beauty enthusiasts alike. The signature Intraceuticals Oxygen Treatment uses therapeutic-grade oxygen and Hyaluronic Acid, an ingredient naturally found in the skin, to deliver specialized active serums to the skin. The unique technology and specially formulated procedure leave skin looking noticeably brighter, firmer, and more flawless immediately following the treatment.

INTRACEUTICALS SIGNATURE

OXYGEN TREATMENTS

REJUVENATE

50 minutes

This skin quenching treatment provides the ultimate in intense hydration. The Rejuvenate Serum contains vitamins and antioxidants that dramatically lift, tone and hydrate the skin.

Skin Type: all

REJUVENATE BOOSTER

60 minutes

Enhance your Rejuvenate results with:

- *Collagen - State-of-the-art collagen-building peptides for extra firming and tightening.*
- *Vitamin C+3 - Three forms of vitamin C work together to protect and promote healthy glowing skin.*
- *Vitamin A - A new form of Retinol that refines and defines.*
- *Antioxidant - Natural super fruits from the Australian Rainforest protect and balance travel-weary skin*

OPULENCE

60 minutes

Reveal a more radiant you! The Opulence Treatment combines botanical brighteners and super concentrated Vitamin C to brighten and balance dull, uneven skin tone. Pigmentation is minimized, leaving your skin luminous, toned and more radiant.

Skin Type: uneven and dull skin

ATOXELENE

30 minutes

This targeted treatment is the perfect, non-surgical alternative to more invasive procedures, the Atoxylene Treatment natural amino acids instantly firm, lift and plump your skin for a dramatically reduced appearance of fine lines and wrinkles.

Skin Type: All

THE ULTIMATE ANTI-AGEING TREATMENT

80 minutes

Get the best of both worlds. For even more remarkable results, allow the powers of the Rejuvenate or Opulence Treatments and Atoxylene to combine and instantly hydrate the skin, minimize the appearance of dark spots, enhance brightening, reduce the appearance of fine lines and wrinkles while tightening and firming for a more defined facial contour.

Skin Type: All

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.

TIMELESS IRIDIUM HAND TREATMENT

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 IRIDIUM FEET TREATMENT

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

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

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
- Custom Skin care

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

Daily 2:00–10:00 PM

Iridium Salon

Available by appointment only

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.

GIFT CERTIFICATE

Gift certificates are available for purchase. For any inquiries, please contact the Iridium Spa desk at +853 8113 4949. Guests staying at the hotel, please contact St. Regis Butler Service for assistance.

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".



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