



**ST REGIS**

NEW YORK



REMÈDE  
SPA  
BY THE ST. REGIS NEW YORK

## The Spa

Located in the lower lobby level of the hotel, our Spa is committed to creating an exceptional experience for each guest. From champagne and a relaxing environment, to luxurious throws and customized treatments, our goal is to surpass all expectations and help you escape to a sanctuary of indulgence and relaxation. Our staff is dedicated to making your visit spectacular.

## Customization

Our Spa recognizes that each guest, each face and each body is unique. We customize each treatment to meet your individual needs, and to deliver the benefits you seek.

## Signature Products and Expertise

Long known for exceptional customization, Laboratoire Remède has created a dynamic skincare system that allows for customized regimens for each individual. Discover Laboratoire Remède expert therapies and experience synergistic, innovative formulas designed to address specific skin concerns, while promoting stable, healthy and youthful-looking skin.





## SKIN CARE

### The Remède Customized Facial

After a one-on-one consultation and skin analysis, your 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 Customized Facial includes a thorough cleansing, exfoliation, extractions, face massage, mask, moisturizing and UV protection.

### The Remède Customized Gentleman's Facial

An extension of the Customized Facial, this treatment addresses the specific skin care needs of men, with close attention paid to ingrown hairs and uneven skin tone caused by sun damage, stress and travel. The facial includes a thorough cleansing, exfoliation, extraction, face massage, mask, moisturizing and UV protection.

### The St. Regis Refresh

In the city that never sleeps, constant activity can take its toll on the complexion, leaving it sallow and tired-looking. This facial uses effective, but gentle poly-hydroxy acids which provide intense exfoliation without irritation to restore brightness, and the most stable form of Vitamin C to even skin tone for a smooth appearance. The use of a stimulating collagen mask provides a lifting and firming effect on the skin with maximum hydration. After this facial, you will emerge looking as though you had a full eight hours of sleep, with energized, lifted and radiant skin.

## MASSAGE

### The Remède Customized Massage

Whether you seek relief for overexerted muscles or simply want an escape for your mind and body, your Spa therapist will customize your massage using specialty products and a variety of techniques to achieve ultimate relaxation and rejuvenation.

*\*Please note other holistic services we also offer are listed on page 9 of this brochure.*

### Thai Massage

In this ancient healing art, Thai Massage combines yoga-like stretches with deep acupressure massage to relieve tension. The Thai Practitioner uses her thumbs, palms, forearms, elbows, knees and feet to stretch muscles and tendons, open joints and balance energy. The effect is one of deep relaxation, rejuvenation and well-being.

*\*Please dress in loose, comfortable clothing.*

### Jet Lag Massage

Traveling through time zones can leave one feeling exhausted mentally and physically. Our jet lag massage can help refresh your mind for a meeting or relax for a good night's sleep. These treatments will target the specific areas that are affected by sitting in one position for long periods of time—neck, back, glutes, hips and legs.

- 60 minute Jet Lag Sleep Massage: Deep compressions help release tight muscles while slow massage techniques relax and soothe the body promoting sleep.
- 30 minute Jet Lag Energizing Massage: Deep compressions help release tight muscles while brisk massage techniques stimulate circulation and help clear the mind and leave you feeling invigorated and refreshed.

### Hot Stone Treatment

Hot stones are combined with intensive deep tissue massage and used to revive fatigued muscles and rebalance the body.

### Couple's Massage

Create a private moment together as you indulge in side-by-side Customized Massages.

### In-Room Massage

Inquire about availability of in-room massage services with the Spa reservationist.

*\*Kindly note, a supplemental charge is applied for any in-room treatment.*





## HOLISTIC SERVICES

Many of our therapists also provide holistic services that can be offered as stand-alone treatments or incorporated into an existing massage. These include:

- Reflexology
- Gemstone Reflexology
- Assisted Stretching
- Spinal Reflex Analysis (SRA)
- Bowenwork
- Vibration Sound Therapy
- Reiki
- Ayurvedic Massage
- Pranic Healing
- Integrative Sports Therapy
- Pre- and Post-Event Sports Massage

Kindly note, these services are subject to the availability of the therapist. Please ask our Spa receptionist for more details.

## PERSONAL SERVICES

The following personal services are available upon request and are subject to availability.

### Personal Training

Our Fitness Center is reserved for the use of hotel guests. Personal training can be arranged in advance by our reception team for guests who require detailed instruction and motivation.

### Yoga & Pilates

Work one-on-one with a Yoga or Pilates instructor, either in the Fitness Center or in your room.

## SIGNATURE BODY TREATMENT SELECTIONS

### The St. Regis Refresh Wrap

Taking advantage of the vibrancy and prolific cultural offerings of New York can often leave one running on empty by the end of the day. This restorative treatment is designed to provide mental, physical and emotional energy with an enzymatic exfoliating polish, a nourishing serum body wrap and a soothing massage with a deeply hydrating moisturizer. Guests will feel calm, rejuvenated and ready for the next adventure the 'Big Apple' has to offer.

### The St. Regis Recoup Body Polish

Improve skin texture and appearance with a rich body polish that will gently resurface your skin. A three-step process of dry brushing to stimulate the lymphatic system followed by a fruit enzyme polish to exfoliate the skin culminates with an application of vitamin-rich emulsion that leaves the skin incredibly soft and luminous.

## WAX SERVICES

The Spa uses a gentle, aromatherapy-infused wax for fast and effective hair removal.

### Facial Wax

Offering lip or chin, cheeks, brow and ear services.

### Body Wax

Offering full arm, half arm, underarm, full leg, upper leg, lower leg, Brazilian bikini, basic bikini, chest, stomach, back, half back, full leg/bikini, full leg/Brazilian, upper leg/bikini and upper leg/Brazilian services.

## RESERVATIONS

For reservations please call extension 6715, stop by in person at our Spa reception or kindly call 212.339.6715. A credit card is required for all guests not residing in the hotel. We highly recommend booking treatments in advance to secure preferred appointment times and treatments.

## GIFT VOUCHERS AND RETAIL PURCHASES

Personalized gift vouchers are available to purchase for any treatment or for a specific dollar amount. A selection of luxurious skincare products are also available at our Spa. All purchases may be mailed directly (shipping surcharge applies), collected in person or delivered to your room.





## Spa Guidelines

- Guests of the Spa must be at least 16 years of age.
- Cell phone use is prohibited on Spa premises and all cellular devices should be turned off prior to entering Spa reception.
- The Spa is not responsible for any lost or stolen items.

## Arrival Procedures

We recommend that you arrive at the Spa at least 30 minutes prior to your scheduled appointment time so that you can enjoy the optimal Spa experience. We also recommend showering prior to your service in order to receive maximum treatment benefit. Please note that should you arrive late for your treatment, we may have to shorten the duration of your service so as to not inconvenience other guests. Full rates would still apply in this instance.

## After-Hours Treatment

A supplemental charge applies on services between 9:00 p.m. and 9:00 a.m.

## Cancellation Policy

Should you need to cancel your appointment, we require notification 24 hours in advance. Full payment is required should cancellations be received after this time.

## Automatic Gratuity

For your convenience, a 20% service charge will be added to all Spa treatment prices upon check-out. Should you wish to increase or reduce this amount based on your service satisfaction, please notify a front desk attendant upon check-out. Envelopes are provided at the front desk should you wish to leave a cash gratuity.

## SPA SERVICES PRICING

### Massage

THE REMÈDE CUSTOMIZED MASSAGE	90 MIN \$270	60 MIN \$185	30 MIN \$115
THAI MASSAGE	90 MIN \$270	-----	-----
JET LAG MASSAGE	-----	60 MIN \$185	30 MIN \$115
HOT STONE TREATMENT	90 MIN \$285	-----	-----
COUPLE'S MASSAGE	90 MIN \$540	60 MIN \$370	-----

\*Spa Massage services provided after hours will be charged as follows:

- between 9:00 p.m. and 11:30 p.m. and between 8:00 a.m. and 9:00 a.m. 90 min \$330, 60 min \$230.
- between 11:30 p.m. and 8:00 a.m. 90 min \$440, 60 min \$340.

\*\*Supplement charge for in-room treatments between 9:00 a.m. and 9:00 p.m. \$45; between 9:00 p.m. and 9:00 a.m. \$65.

### Skincare

THE REMÈDE CUSTOMIZED FACIAL	90 MIN \$285	60 MIN \$195	30 MIN* \$125
THE ST. REGIS PORE REFINING FACIAL	90 MIN \$285	60 MIN \$195	-----
THE ST. REGIS ROYAL FACIAL	90 MIN \$360	-----	-----
THE REMÈDE CUSTOMIZED GENTLEMEN'S FACIAL	90 MIN \$285	60 MIN \$195	30 MIN* \$125

\*Does not include extractions or microdermabrasion.

### Signature Body Treatment Selections

THE ST. REGIS REVITALIZING MINERAL SCRUB	-----	60 MIN \$195	-----
THE ST. REGIS ROYAL BODY WRAP	90 MIN \$340	-----	-----

### Wax Services

FACIAL WAX					
LIP OR CHIN	\$18	BROW	\$35	CHEEKS	\$20
EAR	\$18				
BODY WAX					
FULL ARM	\$50	UPPER LEG	\$65	CHEST	\$60
HALF ARM	\$40	LOWER LEG	\$45	STOMACH	\$30
UNDERARM	\$30	BRAZILIAN BIKINI	\$75	BACK	\$70
FULL LEG	\$95	BASIC BIKINI	\$45	HALF BACK	\$40

### Personal Services

PERSONAL TRAINER	-----	60 MIN \$125	-----
YOGA*	90 MIN \$245	60 MIN \$175	-----
PILATES*	90 MIN \$235	60 MIN \$170	-----

\*Supplement per additional guest, \$45.

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