

IRIDIUM SPA

FOR RESERVATIONS

Hotel Extension: 3180

Level 6, The St. Regis Kuala Lumpur

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SIGNATURE RITUALS

The Iridium Signature Rituals are offered in the private sanctuary of luxurious Single and Double Suites, with its own treatment room replete with thermal facilities including a sauna, jacuzzi, and rainshowers, as well as its own dressing room and relaxation area. All rituals begin with a detailed consultation, and are customised to suit your needs.

THE HERITAGE TEA AFICIONADO

210 MINS

MYR1,520

30 mins Body Exfoliation - 15 mins Scalp Massage - 45 mins Red Chai Tea Bathing Ritual - 60 mins Bespoke Massage - 60 mins Bespoke Facial

Inspired by The St. Regis Afternoon Tea, the ritual begins with a Rice and Matcha Green Tea exfoliation, rich in anti-oxidant properties. The Red Chai Tea Bathing Ritual, consists of a blend of cardamom, cinnamon and red peppercorns to help improve blood circulation.

THE POLO CONNOISSEUR

150 MINS

MYR1,158

20 mins Himalayan Salt Bath – 40 mins Body Wrap – 90 mins Relaxation Massage

The Polo Connoisseur ritual starts with a muscle soothing bath, while the body wrap detoxifies and cleanses the system. A personalised relaxation massage with powerful essential oils works to revive fatigued muscles focusing on Polo playing specific areas in the upper body and legs, such as the muscle groups of the trapezius and lats, pectorals, biceps and triceps, quads and hamstrings.

SLEEP COUTURE

120 MINS

MYR928

30 mins Body Exfoliation - 75 mins Hot Stone Massage - 15 mins Scalp Massage

After a complete body exfoliation, Hot Stone Massage works on the vital energy point to re-balance the body, finishing with deeply soothing scalp massage to assist with sleep-related disorders.

BODY

RELAXATION MASSAGE	60 MINS	MYR448
	90 MINS	MYR548
	120 MINS	MYR648

Relax and rejuvenate aching muscles while experiencing maximum hydration. The application of Serenity massage oil enriched with lavender essential oils, inspires a superlative massage experience and transports you to a state of sublime tranquility.

THERAPEUTIC MASSAGE	60 MINS	MYR498
	90 MINS	MYR598
	120 MINS	MYR698

Our signature deep tissue massage is a medium to firm massage which eases chronic muscle tension throughout the entire body. Using deep movements and stretching techniques concentrate on specific areas of concern to help relieve discomforts and sport related tensions.

HOT STONE THERAPY	60 MINS	MYR458
	90 MINS	MYR558

Warm volcanic stones are applied with richly infused massage oil to ease the body, loosening muscles, alleviating pain and reduce inflammation as well as relaxing and toning the body.

In Suite Treatment

Relaxation and Therapeutic massage are available with an additional charge of MYR65.

FOOT REFLEXOLOGY

60 MINS

MYR448

Promotes sleep, increases liver function, treats migraines and headaches, increases blood circulation, speeds up healing of wounds, helps prevent foot and ankle injuries, decreases the effects of depression and anxiety, relieves effects of edema in pregnant women and swollen feet.

STEM CELLS SILKY SKIN

40 MINS

MYR408

A complete body exfoliation to cleanse and stimulate circulation. Infusing the skin with the latest de-aging actives and natural organ and comfrey plant stem cells blended with green coffee, avocado, shea butter and other potent ingredients.

STEM CELLS PHYTO-ELITE

40 MINS

MYR408

A body wrap proven to dissolve unwanted fat and cellulite deposits while also reducing sagging skin and repairing sun damage. This treatment will result in an envious youthful-looking body.

FACE — PEVONIA

LUMINOUS “C” & “SEA” FACIAL

90 MINS

MYR520

A radical-free facial treatment for dull and dehydrated skin. This facial combines the high potency of vitamin “C” with a stimulating freeze-dried seaweed, rendering skin firmer, brighter, more rejuvenated, and velvety-soft. An excellent treatment for smokers, sunbathers, and sun-damaged skin with our soft lift-off mask.

MYOXY CAVIAR FACIAL

90 MINS

MYR740

Opulent de-aging treatment lavishes your skin with pure caviar and a revolutionary blend of phytol extracts: Escutox® to smoothen wrinkles, strengthen elasticity, and render your skin full of life. This luxurious, de-aging mask treatment increases skin oxygenation, moisture, and suppleness while reducing signs of aging.

CYRO COLLAGEN EYE TREATMENT

30 MINS

MYR310

Personalised facial includes a consultation, cleanse, exfoliation, eye mask and finishes with an eye booster serum.

ENDERMOLGIE®

Endermologie® uses the latest technology and techniques to target anti-aging, detoxification, silhouette reshaping and body contouring. Its mechanical stimulation significantly accelerates the progress of cellular awakening and restores from within.

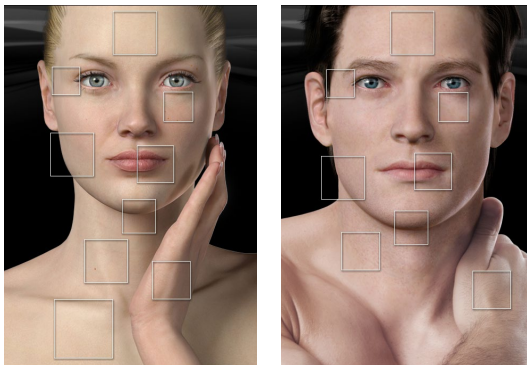
Endermologie® treatment stimulates the skin, creating an intense physiological awakening as if youth has been restored. The stimulated fibroblasts operate from within to produce a true metamorphosis of the skin.

Endermologie® treatment penetrates deeper epidermis and fat tissue layers. It awakens fibroblasts to produce firmer skin. Praised by thousands for over 30 years and approved by the rigorous FDA (Food and Drug Administration).

Endermologie® is a natural and pleasant technique that gently mobilises the tissues to boost circulatory exchanges, activates stubborn fat release, smoothens cellulite and durably firms the skin, wherever you want.



LPG FACE



EXPRESS

15 MINS

MYR428

Each session consists of 15 minutes per zone.

Choose from one or more of the following zones:

- ♦ Forehead
- ♦ Jaw line
- ♦ Mouth area
- ♦ Eye circles & puffs
- ♦ Double chin
- ♦ Décolleté
- ♦ Eye wrinkle
- ♦ Neck
- ♦ Hands

CLASSIC

45 MINS

MYR529

1. Fluid Mobilisation
Drains toxins and “reoxygenates” the skin for a purified and radiant complexion.
2. Glow
Gently exfoliates, reactivates the microcirculation to even out the complexion and improve skin glow.
3. Total Eye
Reduces puffiness and dark circles, fills in wrinkles around the eyes and lifts the eyelids to enhance the look.
4. Eye & Lip
Smooths wrinkles around the eyes and mouth, lifts the eyelids to enhance the look and replumps the lips.
5. Age-defying Re-plumping
Harmonises the volumes of the face, restores skin density while filling out wrinkles and fine lines from within.
6. Age-defying Skin Toning
Restores the skin’s suppleness and elasticity for a genuine natural lifting effect.
7. Age-defying Re-sculpting
Slims the face and the double chin while firming the skin to redefine the face’s contours.
8. Décolleté (for women only)
Redensifies the tissues from within, fills in wrinkles and firms the skin for a visibly smoothed décolleté.

ENDERMOLOGIE® EXCELLENT FACE TREATMENT

For intensive and visible result.

Combination of 45 mins Endermologie® treatment + 45 mins of facial treatment.

ENDERMOLIFT® LIFT & FIRM

90 MINS

MYR740

A targeted and rejuvenating treatment for maturing skin to address the most visible signs of aging. A hydrating double cleanse and gentle refining polish prep the skin before the Anti-aging & Firming Endermolift® Program begins to re-plump, firm and lift the skin. Combining the mechanical stimulation with special age-defying massage techniques and PEVONIA Lift & Firm product range, this luxurious treatment will minimise fine lines and immediately improve hydration levels.

TOTAL EYE PEVONIA

90 MINS

MYR740

Reduces puffiness and dark circles, fills in wrinkles around the eyes and lifts the eyelids to enhance the look. Removal of makeup, double cleansing and gentle refining skin polish prep the skin before the Total Eye Endermolift® Program begins. Continue with zonal massage, an application of Lift & Firm Eye Cream, and depart feeling deeply hydrated.

LPG BODY - BEAUTY MODULE

EXPRESS

20 MINS

MYR408

Choose from one or more of the following zones:

Women

- ◆ Arms
- ◆ Waist
- ◆ Thighs
- ◆ Back
- ◆ Buttocks
- ◆ Knees
- ◆ Stomach
- ◆ Saddlebags
- ◆ Calves

Men

- ◆ Pecs
- ◆ Waist & Stomach
- ◆ Thighs

CLASSIC

45 MINS

MYR529

1. **Android Body**
Releases localised fat in depth (arms, back, waist and stomach) to slim the upper body.
2. **Gynoid Body**
Releases fat from saddlebags, slims thighs and smoothes cellulite.
3. **Shorty**
Releases fat from saddlebags, slims the stomach and thighs, smoothes cellulite.
4. **Total Care**
Refines the overall silhouette, smoothes the “orange peel” aspect and firms the skin.
5. **Cellulite Smoothing**
Smoothes cellulite on the buttocks and thighs, firms the skin.
6. **Aqueous Cellulite**
Stimulates the lymphatic circulation and smoothes aqueous cellulite (from water retention).
7. **Fluid Mobilisation**
Reactivates circulatory exchanges to soothe heavy legs symptoms.
8. **Skin Toning (for women only)**
Redensifies the skin from within for a naturally sculpted, more toned figure.

LPG BODY - SPA MODULE

CLASSIC

45 MINS

MYR529

1. Expert (for women only)
Releases localised fat deposits for a slender figure.
2. Cellulite Smoothing
Breaks down fat deposits and smoothes cellulite for softer firmer skin.
3. Endermo Skin-toning
Breaks down fat deposits and smoothes cellulite for softer firmer skin.
4. Sculpting Expert
Reharmonises volumes and re-establishes symmetry for a reshaped figure.
5. Fluid Mobilisation + Light Legs
Stimulates circulation and provides an immediate lightness sensation.
6. Endermo Mobilisation
Stimulates microcirculation and eliminates toxins for an immediate lightness sensation.
7. Expert Arms
Restores skin resilience for a lifting effect.
8. LPG Excellent Treatment
Removes localised fat deposits and regenerates face, neck and décolleté cells.
9. Re-sculpting Expert (for men only)
Resculpts the upper body for a firmer abdomen and defined pectoral muscles.
10. Sports Recovery
Provides a soothing, recuperative post-exercise deep muscle massage to relieve muscle soreness and tension leaving the body energised.

LPG BODY - FITNESS MODULE

CLASSIC

45 MINS

MYR529

1. Warm Up

Stimulates and stretches the muscles deep down to prevent risks of spasms and to avoid stiffness.

2. Recovery

Mobilises and stretches the muscles in depth to release toxins more easily, to reduce spasms and stiffness.

ENDERMOLOGIE® EXCELLENT BODY TREATMENT

For intensive and visible result

Combination of 45 mins Endermologie® treatment + 45 mins of body treatment.

ACQUEOUS CELLULITE

90 MINS

MYR740

Releases localised adipose deposits and smoothens cellulite for a more slender figure. Complete the treatment with a full body Therapeutic massage to eliminate toxins with Stem Cells Phyto-Elite and Vitality massage oil.

FIRMING & CONTOURING

90 MINS

MYR740

Stimulates collagen and elastin production to firm skin and restore its suppleness. Complete the treatment with a specific massage targeting problem areas with Lumafirm@Body Massage Gel.

IRIDIUM ENDERMOLOGIE® MAN

90 MINS

MYR740

This Endermologie® Program is specifically designed to address the concerns of men. Focus is put on the waistline and manning areas to firm and contour. Complete the treatment with a 30-min Deep Muscle Massage to enhance the effects of the programme and benefit fully.

ADD-ONS

Purchase any spa treatment to be eligible for the Add-Ons below:

EXECUTIVE BACK THERAPY 30 MINS MYR160

Back, neck and shoulder massage using Recovery massage oil chosen for your specific needs.

NECK, SHOULDER AND SCALP THERAPY 30 MINS MYR160

Soothes away stress, re-energises the spirit and balances the mind with this deeply therapeutic and nourishing neck, shoulder and scalp massage.

HAND AND FOOT THERAPY 30 MINS MYR160

This relaxing hand massage will ease muscle tension in the hand. Deep thumb strokes and pressure points utilising energising aromatic oils will nourish your skin and increase the energy flow in your feet.



IRIDIUM
SPA

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SPA ETIQUETTE

SPA OPERATIONS HOURS
10:00 AM to 10:00 PM daily

PRICES

All prices shown are inclusive of SST and prevailing applicable taxes. Taxes, levies or charges are subject to change in accordance with Malaysia Government legislation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time. Please be aware that we are unable to perform any massage or body treatments on expectant mothers within their first trimester (under 12 weeks pregnant) or prior to your first scan.

GIFT CERTIFICATE

Give someone the gift of time well spent. Iridium Spa Gift Certificate are available for purchase, please contact Iridium Spa Host for detail. Monetary value certificates may be redeemed for any service or retail products available. Vouchers are valid for six (6) months from date of purchase.

HOMECARE

Your therapist will advise you on selected products that have been used during your treatment. Should you wish to purchase any of these to take home with you, the Iridium Spa team will be delighted to assist you.

VALUABLES

Iridium Spa and the hotel are not responsible for any loss of valuables at any time on the spa premises. We advise that you leave your valuables at home or in the safe in your treatment room. Please ask your therapist for assistance before your treatment.

CLEANLINESS

Safety, health and cleanliness are our dedication and promise to you and to ourselves. All of our equipment is cleaned, sanitised and sterilised after each use.

LOST PROPERTY

Any valuables left behind are handed over immediately to the hotel's lost and found department and we hold no liability for any such items. Items will be kept for a period of 3 months only, after which in accordance with local laws, all items are handed over to the local authorities.

GRATUITIES

Are entirely at your discretion and although they are welcomed and appreciated, they are not expected or requested by any team members. If you wish to leave any gratuity for your therapist, you may hand it directly to him/her.

SCHEDULING AN APPOINTMENT

To schedule an appointment for your preferred treatment, please contact our Iridium Spa reception team who will be able to guide you to the right choice. If you are an in house guest, your St. Regis Butler can schedule an appointment on your behalf. To ensure your preferred time and service is available we recommend to book in advance. All spa appointments and packages are subject to availability and a cancellation policy.

RESTRICTION ON THE USE OF FACILITIES

The use of alcohol and tobacco is strictly prohibited. Spa Etiquette are set to seek tranquility, peace and serenity purposes. Kindly silence your mobile phone and other electrical devices when you arrive at the spa to respect privacy of other guests. The Iridium Spa team reserves the right to refrain you from using any such devices whilst at the spa.

SPA ATTIRE

There are ample changing facilities in our spa, where bathrobes, slippers and disposable amenities are provided for added comfort. As per local laws and customs, nudity is not allowed in our facilities. Therefore we advise that you bring a bathing suit if you wish to use swimming pool, jacuzzi and sauna. Sport shoes and attire are required in the Athletic Club.

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 allows us to assist you in selecting the best experience for you and allows us to prepare for any amendments that may need to be made to a treatment or room set up.

ARRIVAL TIME

We recommend that you arrive at our spa 15 minutes prior to your first scheduled appointment. This will allow us to discuss your requirements and fill in your consultation form and/or health questionnaire. Late arrival will result in reduction of treatment time and full treatment price will still apply.

SPA FACILITIES AND ACCESS

The following spa facilities are available within Iridium Spa. Facilities include sauna, rain showers, whirlpool jacuzzi, spa changing and relaxation areas. In order to maintain a relaxing atmosphere, the Spa facilities are exclusively for guests who have an appointment set and may only use the respective facilities at the time of their treatment. Please approach our spa host for further queries.

ACCIDENTS OR INJURIES

Iridium Spa shall not be liable for any accident and injury suffered by a member or guest.

AGE REQUIREMENT

Iridium Spa is an adult only sanctuary therefore guests must be 18 years old and above to access or use the spa facilities and treatments.

CANCELLATION POLICY

Should you need to cancel or reschedule, a 4-hour notice is required before the scheduled treatment. A 50% cancellation fee will apply for appointments cancelled within 4 hours. For non – arrivals or treatments cancelled within 1 hour of your scheduled time, full price of the service will be charged. Late arrivals will shorten your treatment time.

OUT OF OPERATION HOURS SURCHARGES

Additional MYR100 per treatment beyond the standard operation hours.

ST. REGIS IRIDIUM SPA

Should you need further assistance, please call +603 2727 3180 or email spa.kualalumpur@stregis.com.