

**IRIDIUM
SPA**



RARE AND REFINED

Born from the DNA of the St. Regis brand, Iridium Spa honors each address with the bespoke touches of a unique spa experience. The first in India, Iridium Spa at The St. Regis Mumbai offers a spectrum of rare and refined services.

Literally meaning “of rainbows”, the word Iridium comes from the Greek mythological goddess Iris. Iridium is also one of the most precious and rarest metals on Earth, a transition metal of the platinum family and second densest element in the world.

Iridium Spa takes pride in offering bespoke and sophisticated treatments by award-winning therapists setting the brand apart internationally. Iridium Spa has nine treatment rooms of which six are equipped with a luxurious steam and bathtub facility. To provide a popular experience, the Spa houses a Thai treatment room as well as a Couple’s Therapy Suite for a more intimate setting. The expanse of the Wellness Floor is 22,000 square feet, including The St. Regis Athletic Club, Swimming Pool and Iridium Spa.



BODY MASSAGES

IRIDIUM SIGNATURE

90 / 120 minutes

This signature massage will be tailored as per the level of pressure you prefer. This massage uses a luxurious blend of the rose flower and healing flower immortelle, which will leave you feeling relaxed. Designed to focus on relieving tension areas, knots and sore spots.

AROMATHERAPY

60 / 90 minutes

A holistic experience based on the application of carefully blended essential oils and the use of pressure point massage techniques to promote physical, psychological, and spiritual well-being. Our unique meditative angel oil with extracts of rose, jasmine and sandalwood, will completely calm your senses.

HEALING VOLCANIC STONE

90 minutes

Hot Stone Therapy is a Native American practice that has been in use for generations. The penetrating heat of the stones allows muscles to warm and relax, relieves muscle and tissue tension and increases blood circulation. This warm radiating effect creates a sense of comfort, calm and balance.

NECK, SHOULDER & BACK

45 minutes

The neck, shoulders and upper back are the pathway for all 'Nadis' or energy points converging at the brain. This therapy releases tension with firm yet precise massage techniques starting from the base of the spine. This soothing and energizing massage helps restore energy levels to the entire body.

SCALP REJUVENATION

30 minutes

Relieves tension and mental exhaustion by focusing on pressure points along your scalp. Soothing scalp massage helps in improving blood circulation to the hair roots which rejuvenate hair follicles and stimulate hair growth.

BALINESE DEEP TISSUE

60 / 90 minutes

A deep tissue massage that relieves tension and knots using a variety of muscle release techniques; suited to facilitate lymphatic drainage. The therapist uses a special aromatherapy oil blended with juniper berry and cypress flushes away toxins and reduce muscle fatigue.

ANCIENT THAI

60 / 90 / 120 minutes

This therapy is an ancient and sacred system of healing that combines gentle rocking and rhythmic compressions with targeted point pressure and assisted yoga stretches. This dry Thai massage revitalizes both body and mind, and balances the energy flow leaving you revived.

SPORT & FITNESS

60 minutes

Curated to tackle muscle tension and pressure knots in the area of your choice. We use a detox body oil made of cypress and juniper berry which warms the skin and increases blood circulation. This massage is recommended after a gym workout or any strenuous physical activity as it reduces lactic acid build up.

FOOT REFLEXOLOGY

60 minutes

A nourishing foot massage with focus on reflexology pressure specific points with our blended aroma signature oils. A wonderful treat for your tired feet, improving peripheral circulation leaving the body detoxified and de-stressed.



FULL BODY TREATMENTS

ANTI-CELLULITE

60 minutes

This anti-cellulite treatment is focused on mild lymphatic drainage. The body's micro-circulation is accelerated while the appearance of dimples is reduced. Beginning with pressure movements on targeted areas and detoxification using sea salt and mineral-rich Hungarian thermal mud, a dimple vanisher is then massaged on the skin.

GOLD BODY THERAPY

90 minutes

Gold is a mineral with anti-inflammatory properties that helps repair skin. This treatment involves an invigorating exfoliation using a gold sugar scrub, made using fair-trade cane sugar to refine the texture of the skin by eliminating dead cells. The final touch is a massage with fragrant oil enriched with gold particles.

LUX BODY SCRUB

60 minutes

Enriched with antioxidants and essential vitamins, this treatment protects your skin from radical damage caused by environmental toxins and removes dead cells, in turn promoting cell growth. This scrub supplements nutrients and a radiant glow to the skin.

CLASSIC HUNGARIAN

90 minutes

This treatment begins with a vigorous yet gentle brushing of the body followed by a detoxifying exfoliation using sea salts, Hungarian Moor mud and capsicum peptide. A deep cleansing mask is then applied onto the body followed by a scalp massage to dismiss stress while the mud cleanses the body.

LUX BODY WRAP

45 minutes

Rich in humic acid, plant extracts, minerals and trace elements, this mask nurtures and moisturizes the skin. Its nourishing effect is prominent as it has more than 380 active oligo elements. This popular mask treatment activates the cellular metabolism.

BESPOKE SCRUB AND WRAP JOURNEY

120 minutes

Treat yourself to a massage with nutritious oils, exfoliating scrubs and wraps designed to rejuvenate your skin. After you revel in a refreshing shower, a bespoke aromatherapy massage will leave you feeling cleansed and revitalized.

TRADITIONAL MESSAGES

ANGASHANTAM

60 / 90 minutes

This holistic massage for the full body is based on traditional Ayurvedic practices. The intent is to deal with the three Doshas (Vata/Pitta/Kapha) and achieve an inner sense of calm and equilibrium. Pure Ayurvedic oils are used in this therapy to de-stress and detoxify your body.

HERBAL HOT POULTICE

60 / 90 minutes

A warmed muslin bag of herbs is used to diminish pain and swelling. This poultice is specially made from dried leaves, roots, peels and flowers of 18 therapeutic herbs like lemongrass, leaf curcuma and ginger root. The treatment aids in reducing back and joint stiffness, helps expel toxins and strengthens the immune system.

FOUR SENSES RETREAT

90 minutes

Traditional synchronized full body massages given by two therapists using herbal infused sesame oil; the therapy improves physical rigor, sleep patterns and eye sight. The therapists perform fast long relaxing strokes to improve blood circulation in the body and muscles.

FACIAL TREATMENTS

BIOLOGIQUE RECHERCHE SCULPT

75 minutes

Introducing for the first time in India, Biologique Recherche is renowned worldwide for regenerating, sculpting and anti-aging treatments. Rich in Collagen Natif serum, walnut extract and hyaluronic acids, this treatment is recommended to purify your epidermis, brighten your complexion and face contouring.

OMOROVICZA'S GOLD

80 minutes

Perfect for sensitive, dry and mature skin, this powerful anti-inflammatory gold serum revives elasticity and vitality. The combination of peptides reduces the appearance of wrinkles and plumps up the skin. A gold mask deploys hyaluronic acid in three different forms to nourish the skin. A Hungarian massage then lifts and firms the skin finished with a golden shimmer oil.

BLUE DIAMOND BRIGHTENING

80 minutes

The facial is a firming and brightening treatment that helps to revitalize lackluster skin. This traditional Hungarian facial will accelerate the oxygenation of the skin, in turn restoring and energizing it. Followed by chilled derm-a-globes, the facial reduces pore size, soothes redness and leaves your skin with a radiant glow.

CLARIFYING FACIAL

60 minutes

For oily and combination skin types, indulge in this Hungarian Moor mud treatment which draws out impurities for deep cleansing. This calcium- and magnesium-rich mask is made with a combination of Hungarian Moor mud and French clay to draw out all pore-clogging oils and toxins. It nourishes your delicate facial skin by lifting and plumping it.

IRIDIUM BATHS

ROYAL BATH

30 minutes

Designed to soothe the body and calm the nerves, this luxurious bath is prepared with fresh flowers and precious oils that are easily absorbed by the skin. The pink grapefruit oil along with other citrus oils facilitate lymphatic drainage, detoxification and refreshes the mind.

RENEWING ROSE BATH

30 minutes

Geranium, frankincense and rose will nourish the body and uplift your spirits. The experience is tailored to relax your senses with exquisite rose bath oils and salts. It helps soften your skin, balance your senses and relax your mind.

FOR THE GENTLEMEN

Presenting treatments for today's gentlemen who recognize the power of grooming. Men have thicker skin and our signature products are specifically designed for men's skin. Long work hours, stressful environments and the hustle and bustle of life, these therapies address men's grooming, anti-aging and problematic skin.

PLATINUM FACIAL 60 minutes

Perfect for all skin types this treatment aids in cleansing and extraction. A mineral-rich Hungarian Moor mud mask draws out impurities, intensively cleanses and nourishes. A facial massage relaxes the skin and dismisses stress while stimulating micro-circulation. Finally, a scalp and shoulder massage to release tension.

CONTOUR REJUVENATION 30 minutes

This face and eye treatment applies diamond peptides and copper compounds to lighten and brighten the skin, while arnica and Vitamin K targets puffiness and dark circles. A gentle massage using cooling derm-a-globes soothes and relaxes the facial and eye contours for a refreshed look.

HYDRECLAT MASQUE P50 VISAGE 80 minutes

An anti-aging treatment to purify your epidermis, brighten your complexion and smoothen your face. Enriched with Collagen Natif serum, walnut extract and hyaluronic acids, this therapy immediately alleviates dryness and coarseness. This results in smooth and brighter skin.

DETOX SCRUB AND WRAP 90 minutes

A scrub that exfoliates the skin and rejuvenates tired skin. Natural black mask nourishes skin as it activates cellular metabolism, eliminates toxins and reduces the skins hypersensitivity. This moor is enriched with plant extracts, organic and inorganic substances, minerals and trace elements.

BRIDE AND GROOM RITUALS

Prepare for your big day with family and friends, or take a break from the wedding preparations at the Iridium Spa. Our wedding spa rituals help to enhance skin allowing it to glow and radiate while your body and mind enjoys the tranquility. We also specialize in three to six month bespoke packages to enrich, tone and dazzle your skin, making it perfect for your special day.

FOR THE BRIDE

- Lux Essential Massage (60 minutes)
- Lux Essential Facial
- Firming Eye Treatment
- Champagne & Truffles

FOR THE GROOM

- Platinum Facial
- Lux Essential Massage (75 minutes)
- Champagne & Truffles



SIGNATURE JOURNEYS FOR TWO

THE ST. REGIS DIVINE JOURNEY

180 minutes

Indulge in this treatment specially crafted for honeymoon couples and guests seeking a more intimate experience. Feel renewed and pampered after this enriching experience.

- Rejuvenating Gold Body Therapy
- Iridium Signature
- Tea Ritual
- Gold Facial

IRIDIUM JOURNEY

180 minutes

A sensory experience tailor made to induce relaxation with a holistic package for the face and body. An aromatic rose petals bath awaits you at the end of the journey.

- Blue Diamond Facial
- Relaxing Scrub
- Mind and Body Relaxing Massage
- Aromatic Rose Petals Bath

SEVEN CHAKRA REVIVAL

180 minutes

Customized to rejuvenate and awaken your senses while you witness an elevating experience of the seven energy points of the body.

- Divine Body Scrub
- Aromatherapy Massage
- Deep Cleansing and Pore Refining Facial
- Rose Spa Bath

HARMONY JOURNEY

120 minutes

This revitalizing journey begins with gentle exfoliation followed by a full-body scrub to renew the skin and relax the body. After a refreshing shower, a tailor-made aromatherapy massage leaves you refreshed and calm.

- Lux Scrub
- Iridium Signature

BESPOKE JOURNEY

90 minutes

Design your own therapy and allow your therapist to focus on your back, legs or other preferred areas. This is a deep-tissue massage using kneading techniques, cross-grain strokes and trigger-point releases. This massage gets into the belly of the muscle attachments, and while some guests find it strong, it is therapeutic.



INFORMATION

SPA RETAIL THERAPY

Our therapists will be happy to guide you on our after care spa products for best results after the treatments at the Iridium Spa retail counter.

SPA GIFT CERTIFICATE

Gift certificates make for the perfect giveaway for anyone - family, friends or business associates. Gifting an Iridium Spa therapy is convenient for any occasion, simply visit the reception or call us and we will manage the rest.

SPA EVENTS

We undertake spa events and planning. Spa events can be designed to best suit your needs and preferences.

HOURS OF OPERATION

Spa treatments services are available daily from 9 am – 10 pm. The St. Regis Athletic Club facilities are available 24 hours a day.

ETIQUETTE

To maintain a peaceful atmosphere, we request that visitors keep noise to a minimum. We ask that you respect other guests' privacy by speaking softly and switching off your cell phones. Smoking is strictly prohibited within the spa and alcohol consumption is not advisable before undergoing spa treatments.

SPA RESERVATIONS

Prior reservations are recommended as appointments are subject to availability. Please call the Iridium Spa Reception at +91 (22) 6162 8299 or dial The St. Regis Butler Service directly from your room phone.

ARRIVAL

Please check-in at the reception desk of Iridium Spa at least 15 minutes prior to your scheduled appointment. After a shower, you will be able to enjoy the relaxation time.

SPECIAL CONSIDERATIONS

Guests who are pregnant, have high blood pressure or heart conditions are advised to consult their physician prior to the use of spa services and inform your therapist of any medical conditions, or if pregnant.

MINIMUM AGE

Guests of Iridium Spa must be at least 16 years and above to enter and use any of the spa facilities unless part of the Family Traditions at St. Regis experience.

CANCELLATION POLICY

We request a minimum of 4 hours to cancel any service. Cancellation made within less than 2 hours' notice will incur a 50% cancellation fee. The full treatment charge will be automatically imposed for a "no show".

PRICING

Iridium Spa reserves the right to modify and discontinue any treatment without prior notification.

PERSONAL BELONGINGS

We ask that guests not wear jewelry during visits to the spa. The St. Regis Mumbai accepts no responsibility for the safety of money and valuables of any kind brought onto the premises. Lockers in the changing rooms and safe locker in the treatment room are provided for temporary storage of personal belongings.



BODY MASSAGES

IRIDIUM SIGNATURE	90 minutes 8600 / 120 minutes 10500
BALINESE DEEP TISSUE	60 minutes 5500 / 90 minutes 7500
AROMATHERAPY	60 minutes 5500 / 90 minutes 7500
ANCIENT THAI	60 minutes 5800 / 90 minutes 7500 / 120 minutes 9000
HEALING VOLCANIC STONE	90 minutes 8600
SPORTS & FITNESS	60 minutes 5800
NECK, SHOULDER & BACK	45 minutes 4000
FOOT REFLEXOLOGY	60 minutes 5800
SCALP REJUVENATION	30 minutes 3000

FULL BODY TREATMENTS

ANTI-CELLULITE	60 minutes 5800
CLASSIC HUNGARIAN	90 minutes 8600
GOLD BODY THERAPY	90 minutes 10000
LUX BODY WRAP	45 minutes 5800
LUX BODY SCRUB	60 minutes 7500
BESPOKE SCRUB AND WRAP JOURNEY	120 minutes 11000

TRADITIONAL MASSAGES

ANGASHANTAM	60 minutes 5800 / 90 minutes 7500
FOUR SENSES RETREAT	90 minutes 10500
HERBAL HOT POULTICE	60 minutes 5800 / 90 minutes 7500

FACIAL TREATMENTS

BIOLOGIQUE RECHERCHE SCULPT	75 minutes 7800
BLUE DIAMOND BRIGHTENING	80 minutes 7800
OMOROVICZA'S GOLD	80 minutes 7800
CLARIFYING FACIAL	60 minutes 5800

All prices in Indian Rupees. Government taxes as applicable. We do not levy a service charge.

IRIDIUM BATHS

ROYAL BATH

30 minutes 3300

RENEWING ROSE BATH

30 minutes 3300

FOR THE GENTLEMEN

PLATINUM FACIAL

60 min 5800

HYDRECLAT MASQUE P50 VISAGE

80 min 7500

CONTOUR REJUVENATION

30 min 3500

DETOX SCRUB AND WRAP

90 min 9000

BRIDE AND GROOM RITUALS

FOR THE BRIDE

Price on request

- Lux Essential Massage (60 minutes)
- Lux Essential Facial
- Firming Eye Treatment
- Champagne & Truffles

FOR THE GROOM

Price on request

- Platinum Facial
- Lux Essential Massage (75 minutes)
- Champagne & Truffles

SIGNATURE JOURNEYS FOR TWO

THE ST. REGIS DIVINE JOURNEY

180 min 30000

IRIDIUM JOURNEY

180 min 28000

SEVEN CHAKRA REVIVAL

180 min 25000

HARMONY JOURNEY

120 min 20000

BESPOKE JOURNEY

90 min 17000