A SINGULAR SANCTUARY

Experience a rare retreat at The St. Regis Spa, a sensorial escape honoring the art of decadence. The spa pays homage to the original Iridium Room at The St. Regis New York, where the city's aristocrats and iconoclasts once gathered to revel in a private world of spectacle and glamour.

A modern jewel box designed for indulgence and defined by joie de vivre, St. Regis Spa is an enclave apart - a private invitation to experience the extraordinary. From lush surroundings to precious ingredients, every aspect of this spa sanctuary is custom-designed to captivate and celebrate.



CAROLINE'S COLLECTION

Caroline Astor, better known only as 'Mrs. Astor', was the curator of the upper echelons of New York society during the latter half of the 19th century. As matriarch of one of the great dynasties of New York City, she was a symbol of luxury, opulence and taste. Paying homage to Caroline's passion for innovation, refinement and vibrancy, this collection of treatments is unique to each Iridium Spa, crafted from the very best experiences and ingredients to create distinguished and perfectly tailored experiences.

ILLUMINATE & LIFT

90 minutes AED 1440

A ritual designed to reveal youthful radiance. This treatment blends advanced skincare with rare botanicals for immediate, visible results. AHAs refine the complexion, while a plumping facial massage lifts and energizes. A bio-cellulose mask firms and smooths, as Rose Stem Cells and Porcelain Flower Oil restore softness and vitality.

Performed with SOTHYS Products.

QUEEN OF EGYPT

120 minutes AED 1250

Immerse yourself in a luxurious ritual inspired by Queen Cleopatra.

Infused with incense and myrrh, symbols of purity and youth, this exotic treatment hydrates, tones, and rejuvenates the skin. Crafted with Dead Sea salts and red clay, it restores radiance and inner balance. Alqvimia's essential oils bring harmony to body and mind, leaving you wrapped in charm, serenity, and well-being.

Includes: Dead sea salt scrub, red clay mask, basalt hot stone massage, and mini facial with Alginate Seaweed Mask.

THE 400

180 minutes AED 2050

An homage to New York's golden age of elegance, this immersive experience blends rare ingredients with modern elegance. Begin with a full-body exfoliation to smooth and awaken the skin, followed by a deeply relaxing aromatic massage. A triple-active facial completes the journey, enhancing youthfulness, plumpness, and luminosity.

Performed with SOTHYS Products.

MOROCCAN ROYAL INDULGENCE

90 minutes AED 950

Waken your senses with a revitalizing full-body ritual. Begin with eucalyptus black soap and a Kessa glove cleanse, followed by a honey-sugar scrub to smooth and brighten. A rhassoul clay mask with neroli purifies and replenishes, while the Mint Cryo Foot Ritual relieves tension. Finish with Argan Face Elixir, Hair Serum, and Anti-Fatigue Body Oil - a nourishing blend of Argan, Sesame, and Macadamia oils to energize and hydrate.

MOROCCAN HAMMAM

60 minutes AED 750

A traditional cleansing ritual that begins with a warming herbal steam and black soap body wash. A gentle kese mitt exfoliation softens and revives the skin, followed by a purifying clay mask and a rinse. The experience concludes with the application of a luxurious body milk, leaving the skin supple, refreshed, and enriched.

Includes: Steam, black soap cleanse, kese mitt exfoliation, purifying clay mask.



FACE RITUALS

Bringing St Regis guests high performance, high precision treatments. Using the best of innovation, technology and patented ingredients to provide clinically proven results. All treatments are suitable for all skin types, all year round for men and women alike.

LUXURY CAVIAR

60 minutes AED 1090

An anti-aging treatment for devitalized, dry, or mature skin. Harnessing the regenerative power of caviar stem cells, this treatment delivers intensive revitalizing care through WHERTEIMAR's exclusive Pure Extraction Technology. Rich in vitamins and oligo-elements, it deeply hydrates, firms, and visibly improves skin texture - restoring radiance with uncompromising precision.

HYDRASENS

60 minutes AED 920

A gentle yet effective treatment designed for all skin types, especially sensitive or delicate skin. This soothing ritual calms and decongests while reinforcing the skin's natural defenses. Collagen renewal is supported, leaving the complexion visibly comforted, protected, and balanced.

BOOST & BRIGHTEN

60 minutes AED 920

Recharge and illuminate with this detoxifying facial designed to combat environmental stress. Skin is reoxygenated and visibly refreshed, revealing renewed clarity and resilience to fatigue and pollution.

Performed with SOTHYS Products.

INSTANT YOUTH

75 minutes AED 990

A targeted treatment to firm and accentuate facial contours. Salicylic acid refines texture, while a deep anti-wrinkle massage smooths and energizes. A derma-lifting mask and layered Youth Serums complete the ritual, revealing visibly younger, more radiant skin.

Performed with SOTHYS Products.

PROFOUND HYDRATION

75 minutes AED 990

Immerse your skin in deep hydration with this plumping facial. Featuring three forms of hyaluronic acid and Boletus extract, this treatment restores the skin's moisture barrier and stimulates natural hydration. Ceramides repair and replenish, leaving the complexion supple and luminous.

Performed with SOTHYS Products.

CRYO-EYE CONTOUR

15 minutes AED 280

A rejuvenating eye treatment designed to reduce signs of fatigue and aging. Cooling porcelain spoons soothe puffiness and diminish dark circles, revealing a brighter and rested appearance.

Enhance your Profound Hydration Facial with this targeted add-on.

Enhance your Facial with this targeted add-on..



BODY RITUALS

Marrying classic body treatments with elegant innovation to present both a luxurious and results driven experience.

OPULENT RELAXATION
90 minutes AED 960

A deeply hydrating and calming ritual that begins with a warmed enzymatic peel and a reflex-inspired foot massage to ease tension. Exfoliating gloves gently reveal radiant skin, preparing the body for a flowing massage with warmed shea butter that nourishes and restores.

Includes: Enzymatic peel, exfoliating scrub, focused foot massage, and full-body massage.

CELEBRATION OF SENSES
90 minutes AED 960

Awaken the senses and release tension and stiffness with this elevated body ritual. A warmed enzymatic exfoliating syrup is applied using an exfoliating glove, followed by a deep massage with heated amber oil. Gentle stretches and mobilization movements re-energize the body, leaving you restored and uplifted.

Includes: Enzymatic exfoliation and amber oil massage.

FLAWLESS GARDEN ROSE
90 minutes AED 990

Inspired by the serenity of perfumed gardens, this ritual softens and revives the skin with a gentle scrub, followed by a soothing full-body massage using nourishing Shea Butter. A moment of pure escape, designed to deeply relax and restore.

Includes: Body scrub and full-body massage.

PLUSH BODY POLISH
30 minutes AED 400

A tailored full-body exfoliation tones or softens the skin while calming the mind, leaving the body refreshed and beautifully hydrated. This ritual uses sugar and salt, enhanced by your choice of exquisite fragrances from our Scent Bar.

Includes: Full-body sugar and salt exfoliation.



WELLNESS RITUALS

Immerse yourself in transformative experiences that calm the mind, restore the body, and awaken inner harmony through the essence of true wellness.

DETOX REVIVAL RITUAL

90 minutes AED 990

A revitalizing ritual designed to naturally cleanse and energize the body.
This treatment activates the detoxification process, helping eliminate toxins, excess fluid, and fatigue while restoring the skin's clarity and tone.

Includes: Dead Sea Salt Scrub, Dead Sea Mud Wrap and Lymphatic Drinage Massage.

ZEN & GLOW JOURNEY

90 minutes AED 990

Indulge in a truly immersive relaxation journey with The St. Regis Spa's Body Butter Candle Massage. This 90-minute treatment combines a soothing 60-minute body massage, enhanced by wooden body gua sha techniques, and a revitalizing 30-minute face massage with crystal gua sha. Experience the luxurious warmth of a body butter candle, which deeply hydrates, relieves tension, and reduces water retention. The treatment will conclude with a gentle scalp massage using a crystal comb. The treatment leaves the skin nourished and glowing, while gently cleansing the body, mind, and soul.

OASIS OF SERENITY

90 minutes AED 1090

A deeply calming ritual that nurtures both body and mind. Designed to restore inner balance and reconnect with your natural rhythm, this experience blends anti-stress body therapy with a soothing facial.

Includes: Dead Sea Salt Scrub, Jade Clay Wrap, Mini Facial with Alginate Seaweed Mask, and a farewell ritual with Tibetan bowl and Tunning Fork.

QUEEN OF EGYPT

120 minutes AED 1250

Wrap yourself in an aura of charm, fascination, and inner peace with this exotic fragrance inspired by Queen Cleopatra. Infused with incense—a symbol of absolute purity—and myrrh, the essence of eternal youth, it invites you to immerse your body and mind in a world of fragrances and pure sensations, leading to total serenity and well-being.

Based on the vitalizing properties of fruits, this facial and body treatment hydrates, regenerates, and rebalances the skin while toning and deeply nourishing it. The synergy of essential oils by Alqvimia restores balance and strength to the mind. Crafted with Dead Sea salts and red clay, this beauty ritual is infused with exotic fragrances and soft nuances of frankincense and myrrh.
It rejuvenates the skin, restoring its natural radiance while enhancing inner strength.



MASSAGE

Curate your own massage experience with the choice of three sensory escapes from the scent bar and a choice of delicate and nourishing textures.

PERFORMANCE

60 | 90 minutes AED 720 | 960

Designed for precision and results, this invigorating massage blends firm techniques with the restorative properties of Arnica and Mandarin. Camphor and Cypress enhance circulation and recovery, making it ideal post-exercise or for those seeking a revitalizing reset.

STRESS RELIEF

60 | 90 minutes AED 720 | 960

A harmonizing journey that draws on massage traditions from all around the world to ease tension and restore energy. Mobilizing movements and firm pressure work in synergy to release stress and awaken the senses.

RELAXATION

60 | 90 minutes AED 670 | 890

A bespoke massage tailored to your preferences, using light to medium pressure for deep relaxation. Select your sensory escape from our Scent Bar, blended with your choice of hydrating cream or nourish oil to soothe both body and mind.

THAI MASSAGE

60 | 90 minutes AED 720 | 960

A traditional oil-free ritual that combines thumb, palm, forearm, and elbow techniques with gentle stretching. This treatment activates Marma points and energy meridians, promoting clarity, strength, and balance.

TARGET MASSAGE

30 minutes AED 400

Extend your wellness experience with a focused massage tailored to areas of tension or fatigue. Ideal as an add-on or standalone treatment for personalized relief.

MASSAGE & BODY ENHANCEMENTS

HOT STONES
15 minutes AED 150

Warmed stones, gently bathed in oil, glide across the body to release tension and encourage deep relaxation.

May be added to any massage of your choice.

POULTIES
15 minutes AED 150

This treatment relieves tension and enhances skin texture by gently rolling and kneading warm herbal compresses into the muscles.

May be added to any massage of your choice.

SHEA BUTTER

AED 80

A rich, pre-melted butter that envelops the skin in warmth, leaving it supple, silky, and deeply nourished.

May be added to any massage of your choice.

CANDLE CUPUAÇU BUTTER
AED 80

A luxurious butter derived from the Cupuaçu fruit, melted into a warm, aromatic balm that hydrates and comforts the skin.

May be added to any massage of your choice.

COCOONING CRÈME
AED 80

A velvety cream that envelops the body in softness, enhancing your massage with a deeply comforting touch.

May be added to any massage of your choice.

STEAM & SAUNA

30 minutes AED 250

Begin or conclude your spa experience with a steam and sauna session to relax muscles, open pores, and prepare the body for deeper absorption of treatments.

FACE ENHANCEMENTS

GEMCLINICAL COLLAGEN MASK
15 minutes AED 280

Designed with a triple-helix structure, this advanced mask delivers up to ten times more nutrients and active ingredients. Activated by body temperature, it creates the ideal environment for our expertly formulated serum to visibly rejuvenate and restore the skin's vitality.

AGE-DEFYING HAND TREATMENT
AED 90

A brightening ritual that plumps and refines the skin, revealing a clear and even skin tone. Featuring the SOTHYS Glysalac Pro Peel and steam infusion, this treatment opens pores and leaves the skin refreshed, radiant, and beautifully renewed.

CRYO-EYE CONTOUR
15 minutes AED 280

A rejuvenating eye treatment designed to reduce signs of fatigue and aging. Cooling porcelain spoons soothe puffiness and diminish dark circles, revealing a brighter and rested appearance.

Enhance your Facial with this targeted add-on.

STEAM AND EXTRACTIONS
15 minutes AED 150

A targeted deep-cleansing enhancement using steam and expert techniques to release congestion and reveal a healthy, luminous complexion.

Recommended with the Boost & Brighten Facial.

GLYSALAC PEEL
15 minutes AED 150

A refining enhancement that smooths and illuminates the skin, revealing a more even tone and polished texture.

Recommended with the Profound Hydration Facial.

FINISHING TOUCHES

MANICURE

60 minutes AED 350

Beautifully simple essential nail maintenance. A treatment including cuticle work, nail shape, hydrating cream, this will leave nails and hands feeling nourished and looking elegant.

OPULENT MANICURE

75 minutes AED 390

Enhanging the luxury of the essential manicure, this treatment raises the stakes with the inclusion of an extended massage and polish.

PEDICURE

60 minutes AED400

Perfectly delivered nail and foot maintenance. A treatment including cuticle work, nail shape, hydrating cream, this will leave nails and hands feeling nourished and looking elegant.

PLUSH PEDICURE

75 minutes AED440

An advanced pedicure, elevating the treatment with foot massage and polish to truly revive tired feet.

PLUSH PEDICURE

15 minutes AED 70

SPA ETIQUETTE & INFORMATION

Age Requirement

Guests must be 16 years or older to enjoy access to the spa, relaxation lounges, and locker facilitie.

Treatment Experience

Your time at The St. Regis Spa is yours to luxuriate in. Should you wish to adjust room temperature, massage pressure, music volume, or any other detail, please inform your therapist—we are here to ensure your comfort.

Shaving is not required prior to facial treatments for men.

Food and Beverage

Outside food and alcohol are not permitted within the spa. Guests appearing intoxicated will be kindly denied access to maintain a serene environment for all.

Method of Payment

We accept all major credit cards. Spa services may also be conveniently charged to your room.

Hours of Operation

Spa Treatments:

Daily from 10:00 AM to 10:00 PM

Appointments Required
To reserve your experience,
please call: +971 4 512 5566

Cancellation Policy

Should you need to reschedule or cancel your appointment, we kindly ask for at least 4 hours' notice to avoid a 100% cancellation fee.

Arrivals

You are welcome to arrive 20 minutes before your treatment to enjoy the private facilities. Arriving late will shorten your treatment time, reducing its effectiveness and impacting your spa journey.

Please note that your experience will conclude at the scheduled time to ensure the next guest is not delayed, and the full value of your treatment will be charged for the reserved time.