

Iridium Spa





A Singular Sanctuary

Experience a rare retreat at The Iridium Spa, a sensorial tropical escape honoring the art of self care. The spa pays homage to the original Iridium Room at The St. Regis New York, where the city's aristocrats and iconoclasts gathered to revel in a private world of spectacle and glamour. Discover a haven of pampering and tranquility at Iridium Spa, a serene retreat where nature blends seamlessly with traditional spa experiences. A tropical pathway leads you to ten secluded treatment rooms, each with large picture windows framing the spa's lush garden.

At Iridium, we embody the belief that through extraordinary products, spa design, and custom services, you will experience a sense of escape and rejuvenation with unsurpassed results. Iridium Spa offers a thoughtful selection of facials, body treatments and wraps, in-suite and couple's massages, waxing, steam room, and impeccable hair and nail services. Catering to the conscious individual, we have sourced organic, cruelty-free and biological products to cruelty-free and biological products to deliver the best possible results.

Iridium Spa offers access to men's and women's steam, sauna, and hot and cold plunges.

This enchanting spa experience is located just outside of the resort's main entrance.

Appointments are highly recommended.



Massages

IRIDIUM CUSTOM MASSAGE

A custom massage tailored to your needs approaching a deeply harmonizing, rejuvenating and relaxing experience while balancing your body. Your therapist will guide you during your selection of unique infused massage oil blends that promote healing and a feeling of well-being.

**The 80 minutes massage includes heated stones application.*

50 minutes
80 minutes

HEATED STONE MASSAGE

The heated stone massage consists of warm basalt stones and essential oils placed strategically to revive fatigued muscles and re-balance the body, while combining a soothing relaxation massage that promotes energy flow.

80 minutes

BAHÍA TROPICAL RELAXATION MASSAGE

Relax and hydrate your skin with our exotic coconut and guava oils. Immerse your senses into the aromas of El Yunque National Forest while restoring a balanced state of mind. This soothing service using light to moderate pressure will enhance a relaxing and flowing massage.

80 minutes
50 minutes

ENCANTO RUM MASSAGE

One of our signatures massage created with local DonQ Rum directly from our local distilleries. This blends is a remedy for sports injuries and areas of inflammation, increases blood flow and diminish fluid accumulation.

50 minutes

TROPICAL REFLEXOLOGY MASSAGE

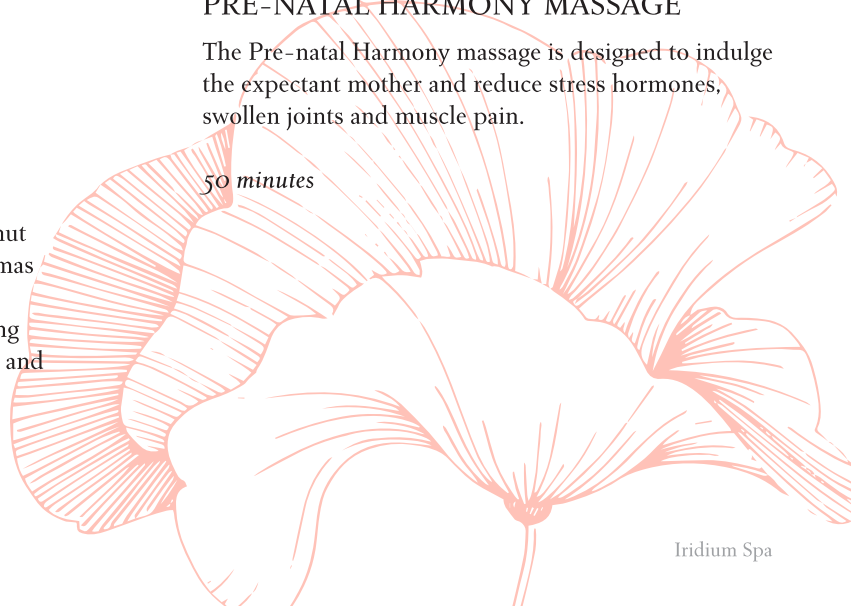
Our reflexology massage begins with a stimulating warm coconut scrub using pressure points with coconut oil extracts, to gently buff and hydrate your feet. This treatment will improve circulation, help detoxify, energize and will improve your immune system.

50 minutes

PRE-NATAL HARMONY MASSAGE

The Pre-natal Harmony massage is designed to indulge the expectant mother and reduce stress hormones, swollen joints and muscle pain.

50 minutes







Facials

BEAUTY ROSE FACIAL

In honor of Caroline Astor's favorite flower, this ultimate anti-aging luxurious facial will wrap you in a combination of invigorating sensations, indulgent textures, relaxing touches, and a sensual rose damask scent that lifts your spirit and soothes your skin. This treatment will take you on a journey of rejuvenation while our expert touch, rose and hyaluronic infused mask and precise ingredients relax wrinkles, melt stress and impart a radiant glow for hours to come.

80 minutes

OXYGEN FACIAL

A concentrated skincare booster facial designated to help improve blood circulation, which can help skin look bright and plump. Thoroughly hydrates the skin while light-reflecting illuminating pigments, create a youthful looking glow, helping to even out skin tone.
*Recommended for brides

80 minutes

50 minutes

VITAMIN C & BRIGHTING FACIAL

This vitamin C radiance facial is a customized treatment that combines active vitamin C, natural fruit acids with a wide variety of potent botanical extracts and co enzymes to brighten skin, noticeably improve tone and texture. It will minimize the appearance of fine lines and wrinkles, leaving skin radiant, hydrated and glowing.

80 minutes

IRIDIUM CUSTOM FACIAL

Synergistically formulated depending on your skin type with advanced age prevention ingredients. Including highly active concentrates applied with specific massages. This advanced treatment is designed for all skin types while delivering cutting edge technology to prevent visible signs of aging.

80 minutes

50 minutes

ALGAE VITALIZER FACIAL

This algae vitalizes and refreshes dull, dry skin with plankton algae extracts. Rejuvenating marine extracts and moisturizing ingredients revitalize the complexion and prevent a fatigued appearance. This facial will detoxify, firm and will leave you skin with a renewed glow.

50 minutes

NATURE GLAMOUR GOLD FACIAL

Discover the precious ingredients used in this hydrating, anti-aging and illuminating facial. The power and richness of a gold mask containing thousands of benefits. This facial will leave your skin fresh, young and radiant. Will improve skin elasticity, making your skin look fresh and rejuvenated.

50 minutes



Body

HERBAL DETOXIFYING TREATMENT

Lighten the load of stress and environmental factors while boosting circulation, stimulating metabolism and ridding the body of harmful toxins. Your entire body will be gently massaged with a warm herbal poultice to begin the detox process. Next, impurities and dead skin cells are lifted gently from the skin while stimulating circulation with a Dilo Nut exfoliation rich in antioxidants and nurturing essential fatty acids. A Ginger Root Detox masque is then applied to boost metabolism, accompanied by a lymphatic massage and application of a cell rejuvenating face serum.

80 minutes

TROPICAL SANCTUARY POLISH

Locally grown Puerto Rican ingredients brings to you the best of these traditional blends for today's body care. Choose one of our exotic local fruits: guava or coconut. Coconut milk will soften and prepare your skin for an extraordinary sugar cane and fruit polish. These fruits are extraordinarily rich in vitamin C, lycopene, antioxidants and rich in manganese, which helps gently and thoroughly remove dead skin cells. To complete this amazing treatment, you will receive a nourishing tropical hydrating lotion application.

50 minutes

AFTER-SUN HEALING TREATMENT

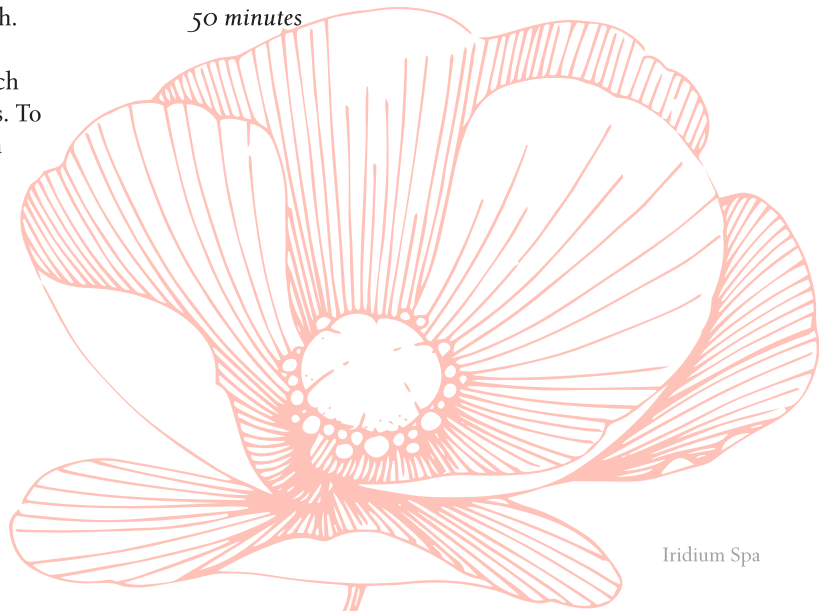
The Dilo Nut Oil works on sunburns and other skin irritations. High in vitamins A, C and E, combined with coconut oil, aloe and lavender essential oil makes a super charged healing cocktail for the skin. Our cooling Dilo Rescue Gel is applied to skin and you are then treated to a hand, feet and scalp massage giving it time to absorb and heal.

50 minutes

CARIBBEAN COFFEE LEGEND POLISH

Our luxurious emulsified antioxidant exfoliating body polish made with fresh coconut oil, raw sugar and gourmet coffee from our island will help increase blood flow, reduce inflammation, moisturize and revitalize your skin. The caffeine found in coffee is high in antioxidant, tightens skin's elasticity and increases the collagen.

50 minutes







Iridium Man

GENTLEMAN'S DELUXE PACKAGE

The following services are recommended for male guests seeking a complete Iridium Spa experience.

Iridium Custom Facial	50 minutes
Iridium Custom Massage	50 minutes
Iridium Manicure	40 minutes
Iridium Pedicure	50 minutes

Light Lunch
Choose from Our Spa Menu

190 minutes

MUSCLE REVITALIZER MASSAGE

This massage is designed to relieve pain and muscle tension throughout the body reaching the deepest layer of muscles and tendons. The organic synergy of oils and balms will relieve cramps and relax your tired muscles. The aromas will provide you mental clarity and will improve your physical performance.

80 minutes

50 minutes

ENERGIZING MEN'S FACIAL

This energizing treatment is tailored for a man's specific skin care needs. A powerful concentrate with Siberian ginseng, Taurine and plant extracts gives an instant boost of energy to the skin. Followed by the application of a hyaluronic infused silver foil mask to help alleviate shaving irritation and reduce the appearance of lines and wrinkles.

50 minutes

BAHÍA RUM EXFOLIATION

This golden-brown sugar and premium aged rum combined with rice bran oil fine body scrub will cleanse and exfoliate. This treatment helps remove impurities and prevent breakouts, leaving the skin incredibly smooth and hydrated.

50 minutes



Hands & Feet

ROYAL BAHÍA MANICURE

This royal manicure experience begins with an application of hydrating coconut milk for hands, followed by a gentle guava exfoliation, all infused with essential oils, enzymes and guava oil. This treatment will instantly remove skin, while milk proteins reduce any appearance of fine lines.

60 minutes

This treatment incorporates all the elements of the Iridium Manicure.

IRIDIUM MANICURE

A classic manicure including: nail shaping, cuticle care, exfoliation, relaxing hand massage and expert polish application.

40 minutes

FLOWER MANICURE

Age 4 to 12

This treatment includes, hand massage, nail shaping and expert polish application. A delicious sorbet will be served upon request.

20 minutes

ROYAL BAHÍA PEDICURE

A luxury pedicure with a coconut milk foot soak will soften and prepare feet for an extraordinary guava sugar rub which will gently remove dead skin cells. This treatment is completed by a nourishing body butter massage.

80 minutes

This treatment incorporates all of the elements of the Iridium Pedicure.

IRIDIUM PEDICURE

A classic pedicure including: buffing, nail shaping, cuticle care, exfoliation, warm towels, relaxing massage and expert polish application.

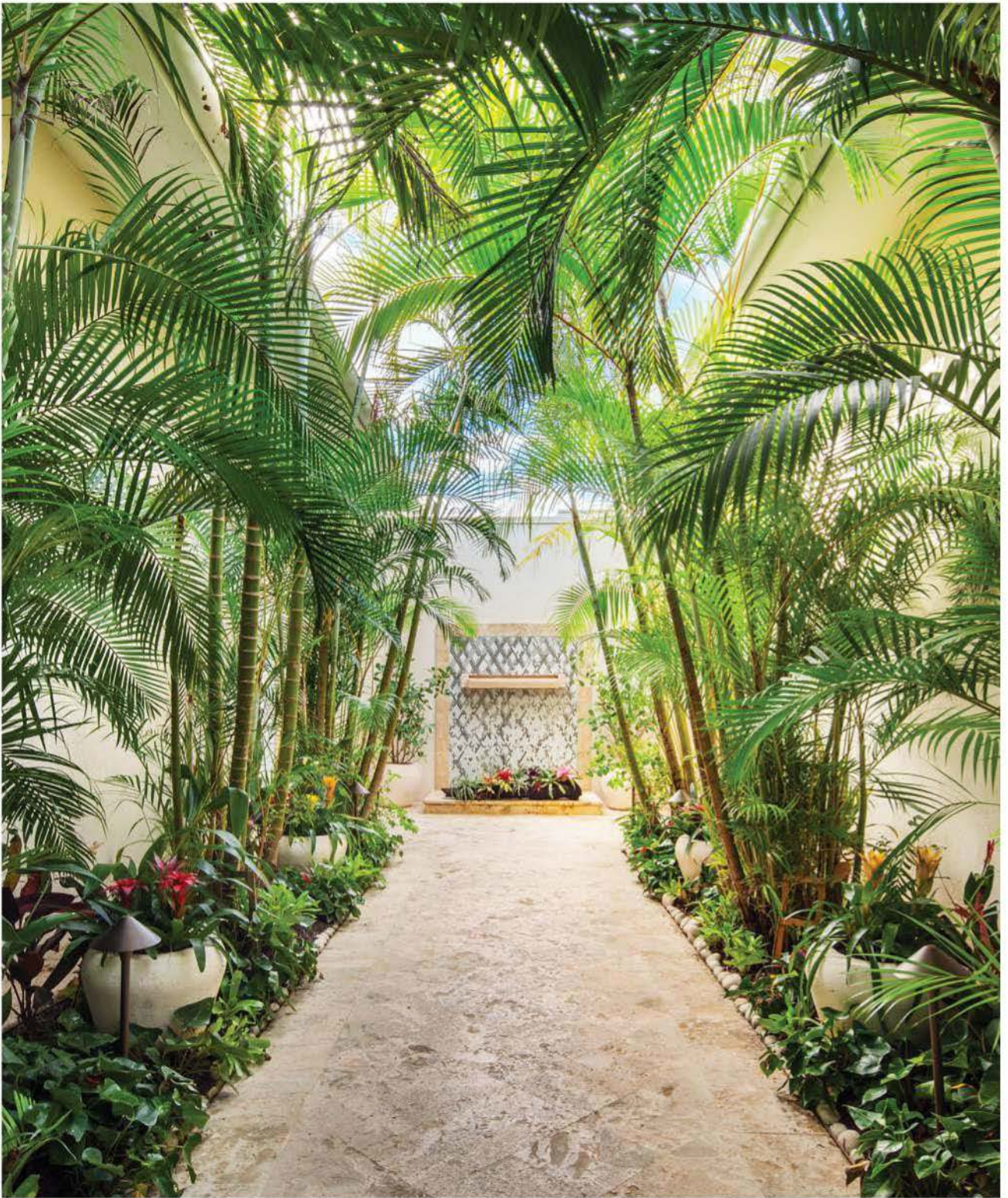
50 minutes

FLOWER MANICURE

Age 4 to 12

This treatment includes: feet massage, nail shaping, exfoliation and expert polish application. A delicious sorbet will be served upon request.

30 minutes





Iridium Salon

WOMEN'S

Blowout with Extensions

Flat Iron

Curl Style

Haircut

Shampoo, Medium to Long and Flat Iron

Shampoo, Blowout Short and Flat Iron

Deep Conditioning Treatment

Does not include blowout

Make-Up Application Trial

Make-Up Application

Bridal Up-Do Style Trial

Bridal Up-Do Style

Up-Do Style

IN ROOM SERVICES

Please inquire for details and pricing.

MEN'S

Basic Hair Cut

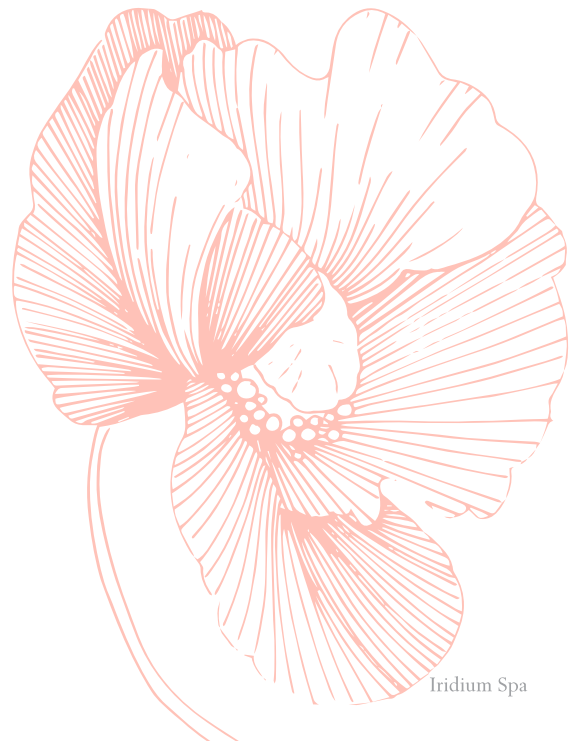
Head Shave

Beard Trim

FACE WAX

Eye Brow

Lip or Chin





Packages

LUXURY ANTI AGING LIFT

Take your spa experience to a new level, with our luxury facial package. This treatment will take you on a journey of rejuvenation while our expert touch, rose and hyaluronic infused mask with precise ingredients to help relax wrinkles. This anti aging lift ends with a reflexology massage that will relieve any stress or tension.

- Beauty Lift Facial 80 minutes
- Reflexology Massage 50 minutes
- During the Facial*
- One Enhancement
- 5 Take Home Take Care Products

130 minutes

IRIDIUM JOURNEY

Journey through a day of self care with a series of treatments customized to your preferences. Our professional spa technicians will restore vitality through head to toe treatments. A rejuvenating scrumptious lunch is included.

- Bahia Tropical Massage 50 minutes
- Tropical Sanctuary Polish 50 minutes
- Iridium Custom Facial 50 minutes
- Iridium Manicure 40 minutes
- Iridium Pedicure 50 minutes
- Light Lunch
- Choose from Our Spa Menu*

240 minutes

RELAXING GETAWAY

Escape to Iridium Spa for a morning or an afternoon of indulgence. You will leave feeling as though you escaped to the islands for the day, a magical departure from reality that will leave you rejuvenated and relax.

- Tropical Sanctuary Polish 50 minutes
- Iridium Custom Facial 50 minutes
- Iridium Pedicure 50 minute

150 minutes

ISLAND TRAVELER'S ALLEVIATION

Relieve your tired soul after a long day of travel. This package is sure to revive and de-stress anyone in need of ultimate relaxation.

- Iridium Custom Massage 50 minutes
- Tropical Sanctuary Polish 50 minutes
- Iridium Pedicure 50 minutes

150 minutes





For Two

HONEYMOON HARMONY RETREAT

Share the Iridium Spa experience and allow our technicians to create an extraordinary escape for two in our private couple's massage suite.

- Bahia Tropical Couples Massage *50 minutes*
- Tropical Sanctuary Polish *50 minutes*
- Iridium Pedicure *50 minutes*
- Light Lunch
- Choose from Our Spa Menu*

150 minutes

IRIDIUM COUPLES RETREAT

This retreat enhances the experience of two souls becoming one by bringing balance and harmony to the celebration of new beginnings. The therapist will create a delightful and custom massage with exotic oil, followed with a custom scrub that will enamor all your senses.

- Bahia Tropical Couples Massage *50 minutes*
- Tropical Sanctuary Polish *50 minutes*

100 minutes

MOTHER & DAUGHTER OR FATHER & SON

A mother-daughter or a father-son weekend getaway is a perfect way to get in some quality time together and create memories that'll last a lifetime.

- Iridium Custom Couples Massage *50 minutes*
- Hot Tea, Cold Organic Juice or Sorbet

50 minutes

IRIDIUM COUPLES MASSAGE

Indulge in a relaxing spa experience. This couple's package is perfect for sharing relaxation time with a friend or a loved one. These services will become your haven of tranquility.

- Iridium Custom Couples Massage
- 80 minutes*
- 50 minutes*

Or

- Bahía Tropical Reflexology Massage
- 80 minutes*
- 50 minutes*



Spa Guidelines Arrival Procedures

-We recommend that you arrive at Iridium Spa at least 30 minutes prior to your scheduled appointment time. 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; your technician may have to shorten the duration of the service to avoid inconveniencing other guests.

-Full rates would still apply in this instance.

-We highly recommend that you schedule your spa treatments in advance; however, we will try our best to accommodate walk-ins.

-Our talented therapists are male and female; they are all well trained and highly professional. Unless you state your preference, bookings are scheduled with the first available spa therapist.

-Before your massage begins, kindly inform your spa therapist of areas to be avoided.

-For your comfort and privacy, throughout any of your treatments, non-treated areas will be appropriately draped with a sheet.

-Please help us to sustain the benefits of your own experience and to respect the comfort and tranquility of others by upholding a tranquil environment and switching off your cellular phone for the duration of your visit to Iridium Spa, Bahía Beach.

-Iridium Spa is a non-smoking environment.

-A locker will be provided with a key code lock. Iridium Spa will not be responsible for lost or stolen items.

-Iridium Spa is not responsible for any lost or stolen items.

CANCELLATION POLICY

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

GRATUITY

This amount is based on your service satisfaction, please notify a spa concierge upon checkout. Envelopes are provided at the front desk if you wish to leave a cash gratuity.

TAKING YOUR EXPERIENCE BACK HOME

Well-respected ranges of luxurious and high-quality skincare products are available for the first time in Puerto Rico exclusively at Iridium Spa, Bahía Beach.

Our spa therapists will recommend the perfect products to prolong your Iridium Spa experience.

GIFT CERTIFICATES

Spa Gift Certificates make the perfect gift for loved ones, friends, co-workers, employees, clients, and anyone else with whom you would like to share the Iridium Spa, Bahía Beach experience.

WELLNESS CLASSES

The Iridium Spa offers a variety of options to stay active and in harmony during your stay including nature trails for running, walking or biking. Private yoga & meditation sessions are available upon request and based on availability.



Iridium Spa Safety Guidelines

AT TIME OF RESERVATION PLEASE INFORM OF THE FOLLOWING

- If you have a gender preference for your Service Provider
- If you have a request for a specific Service Provider
- If you are celebrating any special occasions
- Allergies or medical conditions including pregnancy

AGE REQUIREMENTS

Guests must be 18 years of age or older to experience a massage, body treatment or enjoy the Spa relaxation areas, locker areas and spa amenities.

Nail services are available for patrons under the age of 16, when accompanied by an adult.

TREATMENT RECOMMENDATIONS

Shaving is not recommended prior to body treatments. For men, shaving is recommended but not necessary prior to a facial.

If you experience discomfort due to room temperature, massage, pressure, music volume, or any other conditions, please notify your spa host or therapist immediately.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the saunas, steam rooms, whirlpools, and outdoor plunge pools.

WELLNESS

Indulge and Revitalize at our Iridium Spa during your visit to The St. Regis Bahia Beach Resort. Select from a variety of treatments and opportunities to connect and reenergize.

The Iridium Spa offers a variety of options to stay active and in harmony during your stay including nature trails for running, walking or biking. Private yoga & mediation sessions are available upon request and based on availability.





Iridium Spa

A retreat unlike any other—every moment crafted to dazzle the senses and celebrate the extraordinary.

+1 787 809 8019

HOURS OF OPERATION

Spa

Monday to Saturday 10:00 am – 5:00 pm

Spa Boutique

Monday to Sunday 10:00 am – 5:00 pm

St. Regis Bahia Beach, Puerto Rico
State Road 187 KM 4.2,
Rio Grande, Puerto Rico 00745



ST REGIS

BAHIA BEACH ♦ PUERTO RICO