

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

## AT TIME OF RESERVATION

Please inform the Reservation Agent of the following:

- Allergies or medical conditions including pregnancy
- If you are celebrating any special occasions

You must provide a valid creditcard number with expiration date at time of booking. Spa facilities are complementary to resort guests and \$50 per day for Spa guests who are not registered at the resort. This fee is waived with the purchase of a treatment.

## ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, showers, whirlpools, cold plunges and indoor pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

## WHILE VISITING THE SPA

### *personal belongings/valuables*

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

### *use of electronic devices*

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

### *age requirements*

You must be 18 years of age or older to enjoy the spa relaxation and dressing rooms. Massages and facials cannot be performed on anyone under the age of 18 years.

### *treatment recommendation*

Shaving is not recommended prior to body treatments. Your spa experience is your time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

### *food and beverage*

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

### *method of payment*

Only cashless methods of payment, credit cards or debit cards are accepted. You may also charge services to your resort bill.

### *service charge*

For your convenience, a 17% service charge will be added to each spa service. Additional gratuities may be offered at your discretion. Prices and services are subject to change.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least 12 hours in advance of your appointment to avoid being charged the full service fee.

Any appointments rescheduled within the 12 hours window will incur a move fee of \$25. Cancellations of packages or private parties require one week's notice.

## HOURS OF OPERATION

SPA TREATMENTS:

9 AM – 6 PM, daily

SPA FACILITIES:

9 AM – 6 PM, daily

24 HOUR ACCESS TO ENTER EXERCISE ROOM



ST REGIS  
BERMUDA

The St. Regis Bermuda Resort  
34 Coot Pond Rd, St. St. George's GE03



ST REGIS  
BERMUDA

# THE ST. REGIS SPA



# THE ST. REGIS SPA

The St. Regis Spa is an oasis of sophistication and tranquility, where every moment is crafted to dazzle the senses and celebrate the extraordinary.

Begin your journey to rejuvenation at the Spa with many unrivaled amenities and extra touches guaranteed to make your stay and spa time unforgettable.

## MASSAGE

### DEEP MUSCLE TENSION RELEASE

Intuitive and intense, this strong massage is designed for precision and results. Enjoy a stronger pressure that will relieve the most deep-seated muscular aches and pains.

*60/90 minutes*

### PERSONALIZED MASSAGE

Choosing your own personal massage pressure preferences, this fully bespoke massage relieves stress by using mobilizing movements to ease away tension and restore energy levels.

*60/90 minutes*

### RELAXING

Explore deep relaxation with this light to medium pressure massage to calm the mind and restore balance to the body.

*60/90 minutes*

185/280

175/265

165/250

## MASSAGE ENHANCEMENTS

*Tailor your treatment with exquisite additions, which boost results and enhance your St. Regis Spa experience.*

### WARM STONE MUSCLE MELT

Warmed salt stones bathed in oil are used to release physical stresses and strains whilst encouraging relaxation. Introduce to any massage of your choice.

*Within treatment time*

### TARGETED MASSAGE

Increase your treatment time with a targeted massage, personalized to focus where you need it most.

*30 minutes*

### COLLAGEN EYE MASK

Diminishes the appearance of puffiness, dark circles and fine lines, leaving a rejuvenated, youthful look.

*Within treatment time*

### COLLAGEN FACE MASK

Dramatically restores the youthful radiance of your skin, but also provide a tranquil and deeply relaxing escape from the stresses of daily life.

*Within treatment time*

### WARM OIL SCALP MASSAGE

Argan and essential oils of organic ginger, lavender and geranium improves the condition of the scalp, while hair is left revitalized with a lustrous shine.

*Within treatment time*

### REFLEXOLOGY

This deeply holistic treatment brings a wide range of benefits to the body and mind through the applied pressure to the reflex points on the feet, along with relaxation techniques to encourage the body to heal and maintain a healthy balance.

*30 minutes*

*All prices are in US dollars*

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30

85

30

50

30

85