

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 credit card 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, jacuzzi, sauna & steam-showers. 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



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

THE ST. REGIS SPA



ST REGIS
BERMUDA

MASSAGES

DEEP MUSCLE TENSION RELEASE | 210/290

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 | 200/275

This fully bespoke massage relieves stress by using mobilizing movements, along with medium to firm pressure, to ease away tension and restore energy levels.

60/90 minutes

RELAXATION MASSAGE | 180/260

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

60/90 minutes

HOT STONE MASSAGE | 280

Surrender yourself to this rejuvenating 90-minute massage in which a medium to firm pressure is performed with warm basalt stones to release aching muscles and immersing the body into complete relaxation.

90 minutes

TARGETED MASSAGE | 95

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

30 minutes

FACIAL

CUSTOM FACIAL | 190/275

Restore the skin's vitality with this entirely personalized facial tailored to your skin type. Performed with Sothys products.

60/90 minutes

ENHANCEMENTS

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

WARM OIL SCALP MASSAGE | \$45

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

HAND OR FEET EXFOLIATION | \$45

Awaken your skin with this exfoliating treatment that will leave hands or feet feeling smooth and renewed.

WARM STONES MUSCLE MELT | \$60

Warmed salt stones bathed in oil are used to release physical stresses and strains whilst encouraging relaxation.

COLLAGEN FACE MASK | \$75

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

REFLEXOLOGY | \$95

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.

Additional 30 minutes

BODY RESET EXFOLIATION | \$110

Reset your skin with this full body exfoliation treatment that leaves the skin feeling rejuvenated and smooth.

Additional 30 minutes

EXPRESS FACIAL | \$110

Pamper yourself with this home skincare routine to refresh the face using our signature Sothys products.

Additional 30 minutes

PRIVATE YOGA

Experience private yoga sessions curated for individuals, couples, or families seeking relaxation and rejuvenation.

RESTORATIVE YOGA / SLOW FLOW | \$375 (1 – 2 People)

Restorative yoga is a restful practice that is all about slowing down and opening your body through passive stretching. The pace is meditative, emphasizing peace and calm in body and mind. We hold poses longer, taking several rounds of breath in each pose, instead of moving to each breath.

\$100 additional for every 2 guests (i.e. 3 – 4: 475\$, etc....)

YOGA FOR RUNNERS | \$375 (1 – 2 People)

The movement on the mat develops strength in the core, quads, hamstrings and hip flexors which will help runners to stay injury free

OPEN LEVEL VINYASA YOGA FLOW | \$375 (1 – 2 People)

Open level Vinyasa yoga flow offers modifications and variations that are tailored to accommodate different levels of ability, allowing you to progress at your own pace. Open Flow is designed to address the needs of modern bodies and minds, while still honoring the traditions of yoga.

POWER YOGA FLOW | \$375 (1 – 2 People)

Power yoga, which is also known as Vinyasa yoga, is a fast-paced style of yoga that's focused on building strength and endurance. It is a physical intensive vigorous practice that can be used as a "workout," and is also an excellent way to burn calories.

FAMILY YOGA | \$650 (2 adults & 2 children)

Family yoga comes in different forms, from those simple routines to the partner poses and classes for the whole family. Anyone can bring their child into the world of yoga with the right attitude and techniques. Start slow and find a way to teach them the basics that are fun and inclusive.

FULLY CUSTOMIZED YOGA FLOW | \$375 (1 – 2 People)

Fully customizable yoga class to focus on specific body parts or needs while being mindful of injuries and limitations.

PRENATAL YOGA | \$400 (1 – 2 People)

Prenatal yoga is a style designed for pregnant women to practice, regardless of their due date. The mixture of stretching, controlled breathing and mental focus offers a variety of benefits to expectant mothers. This form of yoga can also increase strength and flexibility in the muscles used during childbirth.

All prices are in US dollars and excluding a 17% service charge.

THE ST. REGIS SPA

The St. Regis Spa is an oasis of sophistication and tranquility, where every moment is crafted to enliven 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.