



ST REGIS

LA BAHIA BLANCA ♦ TAMUDA BAY

THE SPA

MENU

A Singular Sanctuary

Experience a rare retreat at 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 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 surrounds to precious ingredients, every aspect of the spa sanctuary is custom created 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 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 St. Regis Spa, crafted from the very best experiences and ingredients to create distinguished and perfectly tailored experiences.

INSTANT YOUTH

75 minutes

A treatment for visibly younger skin designed to firm and lift the face contour. Salicylic acid evens out texture, whilst a deep anti-wrinkle massage smooths the skin. A dermo-lifting mask and layered Youth Serums complete this treatment.

Performed with SOTHYS Products

CELEBRATION OF THE SENSES

90 minutes

A sensorial, awakening ritual to energize and unseat tension this treatment is a truly elevated experience. A warmed enzymatic exfoliating syrup is gently worked into the body with a handmade terracotta stone. A deep massage with heated amber oil unseats tension whilst stretches and mobilization movements re-energize.

Includes: Enzymatic exfoliation, amber oil massage

MOROCCAN EXPERIENCE

150/120 minutes

Our Moroccan-inspired journey will transport you to the mystical land of Morocco, where ancient rituals and exquisite ingredients will rejuvenate your body and mind. This rejuvenating experience combines a full body exfoliation, a luxurious bath infused with traditional Moroccan ingredients, and a deeply relaxing full body massage. Allow yourself to be transported to the vibrant and enchanting atmosphere of Morocco as you immerse yourself in this extraordinary spa experience.

Includes: Full body exfoliation, herb infused bath, Argan Oil body massage

THE 400

150 minutes

Inspired by the gilded age of New York High Society, this face and body experience elegantly and stylishly combine the rarest ingredients for a sensorial escape for mind and body. After a full body reviving granita scrub smooths skin, drift away with an aromatic relaxing full body massage. Continue the luxury with a lifting and firming facial for youth and plumping.

Performed with SOTHYS Products

WELLNESS

Our wellness rituals are unique to St Regis Spa. Crafted to restore energy and welcome mindfulness, we recommend immersion into this world of wellbeing. These experiences are designed to balance the body's energetic pathways and establish harmony between the physical, mental, and spiritual self. Each ritual results in a naturally restored sense of wellbeing and a livened spirit, impeccably crafted to deliver the ultimate sense of balance.

WHERE OCEANS MEET

90/60 minutes

Inspired by the beauty rituals of Indonesia, these ancient techniques provide a powerful sense of wellbeing. Balinese massage is blended with mindful breathing techniques resulting in an immediate soothing of the mind and body.

INDULGENT HAMMAM

90 minutes

An exclusive journey to the heart of traditional Moroccan techniques.

The Kessa glove combined with the generous exfoliating body balm provides an ultra-purifying scrub. Followed by a full body soaping using Infusion d'Orange with orange blossom extract. A moment of hydration with a nourishing body cream completes the experience in the treatment room.

Includes: Kesse glove and black soap exfoliation, body soaping, hydration application

DISTINCTIVE HAMMAM EXPERIENCE

120 minutes

Refined techniques, combined with effective products, ensure absolute well-being. The Indulgent Hammam ritual is followed by a ceremonial massage in the treatment room, using soothing warm liquid heaters. The body is relaxed, the skin radiates and the spirit escapes.

Includes: Kesse glove and black soap exfoliation, body soaping, full body heated massage

Massage

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

PERFORMANCE

90/60 minutes

Intuitive and intense, a strong massage specially designed for precision and results. Enjoy the benefits of a unique combination of ingredients that work synergistically to invigorate and boost the effects of exercise.

STRESS RELIEF

90/60 minutes

Sensorial and awakening, a sensory journey that harmonizes techniques from around the world. A stress relieving treatment that uses mobilizing movements and firm massage to ease away tension and restore energy levels.

RELAXATION

90/60 minutes

Deep relaxation of mind and body, a fully bespoke massage using light to medium pressure. Choose your sensory escape from the Scent Bar which will then be blended with a nourishing oil. A true feeling of balance.

RE-ENERGIZE

90/60 minutes

An energizing treatment that focuses on a Japanese reflex-inspired foot massage to soothe and relieve tension, which also encompasses the full body with a soothing and sweeping massage to warm the muscles and invigorate the mind.

HOT STONES

90/70 minutes

A massage with heated basalt stones relieves deep tension and restores the inner balance of body, mind and soul. A distinctive and exceptional relaxing treatment.

CANDLE MASSAGE

60 minutes

A sensory massage to relax the body and spirit in the soothing heat of the Paillettes d'Ambre Candle. The circular movements will release tensions of the whole body lulled by the extraordinary, melted candle and the exquisite scent of amber.

Body

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

HARMONIOUS RELAXATION

90/60 minutes

A deeply hydrating and relaxing aromatic body ritual with delicate scents of cherry blossom and lotus. A warmed enzymatic scrub works whilst a reflex-inspired foot massage relieves tension. Exfoliating gloves slough off the peel revealing glowing skin, ready for the nourishing warmed shea butter massage.

Includes: Enzymatic peel, exfoliating scrub, focused foot massage and flowing body massage

CELEBRATION OF THE SENSES

90/60 minutes

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Includes: Enzymatic exfoliation, amber oil massage

REFINED SILHOUETTE

60 minutes

Designed to maintain the body's youth using proven formulas and techniques. A citrus full body scrub prepares the skin to receive a technical toning body serum formulated with active ingredients that work on skin firmness in harmony with a stimulating massage to improve the appearance of the body's contour.

Includes: Citrus scrub and firming massage

RADIANT BODY POLISH

30 minutes

Nourishing and cleansing, full body exfoliation inspired by black soap. Using a distinctive amber paste to cleanse and exfoliate while nourishing oils leave the body deeply replenished.

Includes: Full body exfoliation and hydration

Face

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.

BOOST & BRIGHTEN

60 minutes

Revive youthfulness with a brightening and detoxifying facial. Recharge your skin and treat it with a burst of energy to help it defend itself against the harmful effects of environmental stress. The skin appears reoxygenated as if it can breathe more easily with a renewed resistance to fatigue and pollution.

Performed with SOTHYS Products

PROFOUND HYDRATION

75 minutes

A deeply hydrating facial. A powerful plumping effect with ceramides to repair the skin's moisture barrier and rebuild. This technical facial includes four different types of skin drenching hyaluronic acid for all layers of the skin and Boletus extract to stimulate hyaluronic acid production.

Performed with SOTHYS Products

Enhance your experience with the CRYO-EYE CONTOUR

15 minutes

A high impact cryo-eye treatment that helps immediately reduce signs of tiredness and ageing while cooling porcelain spoons reduce visible dark circles and puffiness.

INSTANT YOUTH

75 minutes

A treatment for visibly younger skin designed to firm and lift the face contour. Salicylic acid evens out texture, whilst a deep anti-wrinkle massage smooths the skin. A dermo-lifting mask and layered Youth Serums complete this treatment.

Performed with SOTHYS Products

CRYO-EYE CONTOUR

45 minutes

Specifically designed for the eye contour area, this high impact cryo-eye treatment helps immediately reduce signs of tiredness, fine lines and ageing while cooling porcelain spoons reduce visible dark circles and puffiness

Performed with SOTHYS Products

REJUVENATION

90/75 minutes

Experience a transformative treatment designed to promote deep relaxation and rejuvenation. With careful cleansing, guided stretches, and soothing foot bath, you'll surrender to complete relaxation. Indulge in a lifting face massage to enhance radiance. Generous massages, masks, and a gentle awakening leave you with a truly exceptional experience.

Performed with marocMaroc Products

Men

A collection devised to ensure solutions are provided for common concerns. Through customization and a focus on balancing relaxation, luxury and tension release, these treatments are perfectly balanced for our male guests.

PERFORMANCE

90/60 minutes

Intuitive and intense, a strong massage specially designed for precision and results. Enjoy the benefits of a unique combination of ingredients that work synergistically to invigorate and boost the effects of exercise.

STRESS RELIEF

90/60 minutes

Sensorial and awakening, a massage journey that harmonizes techniques from around the world. A stress relieving treatment that uses mobilizing movements and massage to ease away tension and restore energy levels.

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Enhancements

MASSAGE, BODY, & FACE ENHANCEMENTS

Nourishing Balm

Nourishing and protective, the warming hydrating texture results in super soft skin. Introduce to any massage of your choice.

Hydration Ampoule

Achieve a huge boost in hydration while experiencing your body treatment. An ampoule rich in beautifully hydrating, active ingredients will be applied to face, neck and décolleté before applying moisture-boosting finishing products.

Targeted Massage

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

Revitalizing Mask

Restore your skin's natural radiance and provide intense hydration with a Revitalizing facial mask. Can be added to any Body or Massage treatment.

Moroccan Bath

30 minutes

Immerse yourself in a warm, fragrant bath infused with essential oils, rose petals, and traditional Moroccan herbal blends. Allow the healing properties of the ingredients to cleanse your body, ease muscle tension, and promote a profound sense of tranquility.

Hot Stones

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

Cabana Celebrations

30 minutes

In the enchanting oasis of an outside cabana, indulge in private relaxation post treatment, savoring exquisite Moroccan-inspired delights that tantalize your taste buds and quench your thirst.

CRYO-Eye Contour

15 minutes

Enhance the Profound Hydration facial with a high impact cryo-eye treatment that helps immediately reduce signs of tiredness and ageing while cooling porcelain spoons reduce visible dark circles and puffiness.

Steam & Extractions

15 minutes

Utilizing steam with a deep cleaning technique to release clogged pores and reveal healthy, bright and clean skin with a healthy glow. Add to the Boost & Brighten Facial.

Spa Guidelines

Hours of Operation

8:00 am–8:00pm, daily

Appointments are required

Spa Facilities are included for hotel guests and for Spa guests who are not registered at the hotel with the purchase of a treatment on the day of their service.

Arrival Time

For Spa service, please arrive at least 30 minutes prior to your scheduled spa service. This will allow time to enjoy the Iridium lounge, secure a locker, and utilize the steam room & dry sauna prior to your scheduled Spa service. 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.

Age Requirements

Guests must be 18 years of age or older to experience Spa services or enjoy the Spa relaxation areas, locker areas, hydrotherapy area and amenities.

Treatment Recommendations

Shaving is not recommended, but not necessary for men prior to a facial. 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.

At Time of Reservation

Please inform the Spa of the following:

- Allergies, medical conditions, or pregnancy
- A gender preference for your therapist
- A request for a specific therapist
- If you are celebrating any special occasions

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.

Pricing & Service Charge

Services are listed as starting prices and are subject to change based on business demand. For your convenience, a 23% service charge will be added to each Spa service. This includes gratuities disbursed to the Spa staff who serve you during your visit. Additional gratuities may be offered at your discretion.

Method of Payment

We accept all major credit cards. You may also charge services to your hotel bill.

Cancellation Policy

If you must reschedule or cancel your appointment, please notify the Spa at least 24-hours in advance of your appointment to avoid being charged the full-service fee. Any appointments rescheduled within the 24-hour window will still result in full charge for your requested services. Cancellations of packages or private parties require two weeks' notice. Groups are subject to a minimum 14-day cancellation policy.

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