

REMÈDE®  
SPA



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## REMÈDE SPA MENU ABU DHABI

### REMÈDE SPA

Remède Spa is committed to creating an exceptional experience for each guest. From Champagne and truffles, to luxurious throws and customised treatments, our goal is to surpass all expectations and to help you escape to a sanctuary of indulgence and relaxation. Our staff is dedicated to making your visit spectacular.

### CUSTOMISATION

Remède Spa recognises each guest, each face, each body is unique. We customise each treatment to meet your individual needs and to deliver the benefits you seek. No luxury is spared in our quest to create unparalleled results and experiences.

### SIGNATURE SELECTIONS

For guests who desire locale-inspired experiences, each Remède Spa offers an exclusive selection of treatments featuring techniques and ingredients inspired by its region's distinct characteristics and unique traditions.

### ELEMIS SELECTIONS

Remède Spa is pleased to announce the addition of indulgent services featuring ELEMIS, an award-winning British skin and body care brand combining natural ingredients with scientific breakthroughs in sophisticated formulas.

## FIVE-STAR SKINCARE

### THE REMÈDE CUSTOMISED FACIAL

After a one-on-one consultation and skin analysis, your Remède Spa technicians will design a facial to address your individual needs, from reducing fine lines, to recuperating from a long flight, to addressing acne-prone skin. With a focus on anti-aging, the Remède Customised Facial includes a thorough cleansing, exfoliation, extractions, face massage, mask, moisturising and UV protection. Each facial is made complete with a warm paraffin foot wrap, foot and scalp massages.

90 minutes\* – AED 865

60 minutes – AED 680

30 minutes\*\* – AED 380

*\*Includes eye, lip and scalp treatment.*

*\*\*Does not include extractions or microdermabrasion.*

### LA VALLÉE CAVIAR COLLAGEN BOOST TREATMENT

The signature La Vallée Caviar Collagen Boost Treatment, with its high-tech powerful formula and ingredients such as the exclusive Nutrisea Caviar Extract, vitamins and antioxidants provide optimal and visible results on the regeneration and anti-aging process. A symbol of luxury and biotechnology, with Caviar extract, the appearance of the skin is instantly smoothed, plumped and firmed and will leave you with a radiant complexion.

60 minutes – AED 850

## ELEMIS FACE | TECHNOLOGY

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. The clinically proven result? Thriving, visibly healthy and energised skin.

### **ELEMIS BIOTEC FIRM-A-LIFT**

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

60 minutes – AED 790

### **ELEMIS BIOTEC LINE ERASER**

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven\* facial treatment that effectively irons out wrinkles and fills out lines.

60 minutes – AED 790

*\*Independent Clinical Trial.*

### **ELEMIS BIOTEC SENSITIVE SKIN SOOTHER**

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming antioxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

60 minutes – AED 650

## ELEMIS FACE | TOUCH

### **ELEMIS PRO-COLLAGEN AGE DEFY**

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

60 minutes – AED 710

### **ELEMIS DYNAMIC RESURFACING PRECISION PEEL**

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

60 minutes – AED 710

*\*Independent Clinical Trial.*

## FIVE-STAR MASSAGE

### THE REMÈDE CUSTOMISED MASSAGE

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa technician will customise your massage using specialty products including aromatherapy blends and warm paraffin, and will borrow from a variety of techniques to achieve ultimate relaxation and rejuvenation.

90 minutes – AED 850

60 minutes – AED 615

30 minutes\*\* – AED 360

*\*\*Does not include paraffin.*

### FOUR HANDS WAVE

A truly sublime spa experience, this “four hand massage” incorporates the exacting skills of two therapists working together in rhythmic harmony. The technique combines five different massage styles of Japanese Shiatsu, Thai Massage, Hawaiian Lomi Lomi, Swedish and Balinese. Performed using specially-blended aromatherapy massage oils, the healing hands of our therapists will help to calm the nervous system, warm and relax muscle tissue and promote the growth of healthy new skin cells, ultimately resulting in total relaxation and suppleness of the skin. A paraffin foot cocoon completes this unforgettable experience.

80 minutes – AED 1190

50 minutes – AED 830

### **BALINESE MASSAGE**

Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems.

80 minutes – AED 720  
50 minutes – AED 545

### **TENSION RELIEF MASSAGE**

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

80 minutes – AED 720

### **ORIENTAL FOOT MASSAGE**

A dynamic treatment that is based on the principles of Reflexology, linking the reflex zones on the feet to organs and systems in the body. Pressure is applied to various zones on the feet using the thumbs, fingers and palms to induce relief from pain, illness and stress. Combined with a nourishing cream, Oriental Foot Massage is particularly beneficial for the relief of tension headaches, poor circulation and a sluggish digestive system.

50 minutes – AED 480

### **COUPLES MASSAGE**

Create a private sanctuary together as you indulge in a Remède Customised Massage side-by-side in your own treatment room.

90 minutes – AED 1560  
60 minutes – AED 1110

## FIVE-STAR BODY TREATMENTS

### THE REMÈDE CUSTOMISED BODY TREATMENTS

Wonderful alternatives to the Remède Customised Massage, our Remède Customised Body Treatments are designed to relax, hydrate and improve the overall appearance of skin. Experience a professional-strength exfoliation without irritation and transformative wraps that promise prolific benefits.

### THE REMÈDE CUSTOMISED WRAP

Whether you seek cleansing or nourishing benefits, your Remède Spa therapist will customise a body wrap to meet your individual needs. Skin will be left feeling noticeably softer and intensely moisturised.

*Oriental Detoxifying Wrap* – Deep cleanse, exfoliation and a purifying natural volcanic clay body wrap.

*Rejuvenating Body Wrap* – Relieves stress, reduces water retention, improves drainage and skin elasticity with a combination of body firming serum and pink clay mask.

60 minutes – AED 550

### THE REMÈDE CUSTOMISED BODY POLISH

Improve skin texture and appearance with a selection of rich body polishes that will gently resurface your skin. After exfoliation, an indulgent warm shower will awaken the senses and prepare the body for a nourishing moisturiser application that leaves skin incredibly soft and luminous.

60 minutes – AED 490

## SIGNATURE SELECTION

### OASIS INDULGENCE

A body ritual rooted in Arabic traditions, with captivating indigenous exotic scents and textures. Experience a revitalising desert sand and salt scrub infused in Argan Oil, to restore moisture and balance, leaving the skin supple and radiant. A massage steep in traditions will follow; using the sensual oil and application of a warm, energising khemoussa pouch which contains three types of mints, ideal for improving circulatory systems, skin tone and texture.

90 minutes – AED 895

## ELEMIS BODY

### ELEMIS TARGETED TONING TIGHTENER

A powerful blend of minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. The targeted sculpting massage will kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging.

90 minutes (full body) – AED 890

30 minutes (hips & thighs) – AED 680

30 minutes (arms) – AED 260

30 minutes (abdomen) – AED 260

### ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

60 minutes – AED 600

### **ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

45 minutes – AED 510

## **REMÈDE FOR MEN**

### **THE REMÈDE CUSTOMISED MEN'S FACIAL**

An extension of the Remède Customised Facial, this treatment addresses the specific skincare needs of men, with close attention paid to ingrown hairs and uneven skin tone caused by sun damage, stress and travel. Includes a thorough cleansing, exfoliation, extractions, face massage, mask, moisturising and UV protection, as well as a warm paraffin foot wrap, foot and scalp massages and eye and lip treatments.

90 minutes\* – AED 865

60 minutes – AED 680

30 minutes\*\* – AED 380

*\*Includes eye, lip and scalp treatment.*

*\*\*Does not include extractions or microdermabrasion.*

### **ELEMIS BIOTEC SUPER-CHARGER FOR MEN**

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

60 minutes – AED 630

### **REVIVING BACK RENEWAL**

Experience a deep cleanse, exfoliation and purifying mask designed to specifically focus on the back, to stimulate circulation and cell renewal. A 30-minute Remède Customised Massage concentrates on the neck, back and scalp to relax and soothe tight muscles and leave you feeling brand new.

60 minutes – AED 520

## SPA PACKAGES

### REMÈDE SPA PACKAGES

Each Remède Customised Facial and Massage included in the following packages reflects a 60-minute treatment.

#### ST. REGIS SPLENDOUR

Immerse yourself in an unforgettable luxury experience available exclusively at the Remède Spa at The St. Regis Abu Dhabi. This opulent package is for those seeking the ultimate spa day and will amaze even the most seasoned of spa goers, featuring lavish but result driven treatments for the face and body.

First, experience a body microdermabrasion designed to whisk away dry damaged skin while helping to resurface and improve imperfections, uneven pigmentation and stretch marks. Relax with an exfoliation of natural enzymes to further soften and refine, whilst a revitalising mask packed with vitamins and antioxidants soothe and refresh the skin.

Luxury and relaxation continue with a 60-minute Customised Massage, including warm paraffin on the upper or lower back and feet. A facial designed to treat specific skincare needs will follow, with a regenerating mask enhanced with microcurrent to lift, tone the muscles and improve cellular turnover. Conclude with a vitamin filled oxygen mist to ensure the face is left glowing. Next, indulge in healthy and succulent Afternoon Tea at Crystal Lounge. An experience beyond expectation awaits.

4.5 hours – AED 3200

### **REMÈDE SPA SHARED INDULGENCE**

Share the Remède Spa experience and allow our technicians to create an extraordinary escape for two.

- Refreshment and relaxation time
- The Remède Customised Couples' Massage
- The Remède Customised Couples' Facial

2.5 hours – AED 2300 for two persons

### **REMÈDE SPA SANCTUARY**

Allow Remède Spa to indulge you in a day of decadence. After a series of treatments customised to your preferences and an Afternoon Tea, you will leave feeling as though you escaped to the islands for the day, a magical departure from reality that leaves you feeling rejuvenated.

- The Remède Customised Body Polish
- Refreshment and relaxation time
- The Remède Customised Massage
- The Remède Customised Facial
- Afternoon Tea

4.5 hours – AED 1610

### **CHAIRMAN'S DELUXE PACKAGE**

Designed to address men's specific grooming needs, this combination of luxurious Remède services leaves him looking refined and feeling relaxed.

- The Remède Customised Men's Facial
- The Remède Customised Massage
- Afternoon Tea

3 hours – AED 1200

### **WEDDING PARTY WELLNESS**

The bride and her bridesmaids and friends can enjoy the wedding day countdown together with a fun, relaxing spa day that gets everyone dance and picture ready.

- The Remède Customised Body Polish
- The Remède Customised Facial or Massage
- Afternoon tea

3 hours – AED 1060 per person

### **GENTLEMAN'S CORNER**

The perfect antidote to a stressful, busy day. Designed to release fatigue, restore energy and revitalise you from head to toe.

- The Remède Customised Body Polish
- Balinese Massage
- Choice of 30-minute Remède Customised Facial or Foot Massage

2 hours – AED 1120

### **REMÈDE SPA DETOX JOURNEY**

Escape to Remède Spa for a morning or an afternoon of indulgence. Remède Spa technicians will restore your vitality from head to toe in just a few hours.

- The Remède Customised Body Wrap
- The Remède Customised Massage

2 hours – AED 995

## ESSENTIAL ADDITIONS

As an addition to any full treatment booked, indulge in a selection of unique express treatments to target specific needs and enhance your Remède Spa experience.

## FACIAL ADDITIONS

### OXYGEN BOOSTER

An infusion of powerful vitamins and oxygen spray to boost immediate skin cell and collagen renewal, leaving your skin radiant and instantly hydrated.

30 minutes – AED 370

### EYE RADIANCE

Total eye rejuvenation; combining gentle massage sequences to decongest the delicate eye area and a nutrient rich peel-off mask to reduce dark circles, puffiness, smoothes fine lines and leave the eye contour moisturized.

30 minutes – AED 280

### EXPRESS FACIAL

This short yet effective treatment combines cleansing, exfoliation, face and eye moisturisation to uncover a clean, clear and refreshed complexion.

15 minutes – AED 170

### FACIAL REJUVENATION

A stimulating facial massage to increase oxygen flow to the skin, improve lymph drainage and circulation, to achieve a toned and sculpted look.

15 minutes – AED 100

## BODY ADDITIONS

### BODY MICRODERMABRASION

Achieve immediate healthy skin glow with this effective chemical-free body exfoliation. The process removes dead skin cells, stimulates circulation and allows skin to absorb skincare products better. Suitable for dull skin texture, reducing hyperpigmentation and fine lines. Includes application of body butter.

Upper or lower back	–	AED 280
Hips or thighs	–	AED 280
Stomach	–	AED 280
Upper arms	–	AED 160
Upper chest	–	AED 160

*Duration: Maximum of 30 minutes for each area.*

### HOT STONE NECK & SHOULDER MASSAGE

A total meltdown for tension on the upper back, using warmed river stones. Highly recommended for sore and stiff muscles.

30 minutes – AED 250

### BACK REVIVER

Reveal clearer skin with a refreshing exfoliation on this hard-to-reach area.

15 minutes – AED 160

### WARM PARAFFIN – HANDS OR FEET

A warm application of moisturising paraffin helps to alleviate chapped dry hands or feet and promote circulation.

15 minutes – AED 140

### **HAND & ARM MASSAGE**

The flowing massage provides relief for tired, sore and overworked muscles in the hands and arms.

15 minutes – AED 120

### **FOOT MASSAGE**

This short and effective massage on reflex points helps to restore the natural flow of body energy.

15 minutes – AED 120

### **HEAD & SHOULDER MASSAGE**

This massage focuses on the head, shoulders and upper back to relax the muscles, ease tension and smooth the wrinkles from your mood.

15 minutes – AED 120

## **SPA GUIDELINES**

### **REMÈDE SPA ARRIVAL**

We suggest you arrive 30 minutes prior to your scheduled appointment for an optimal spa experience and to allow a brief discussion about your treatment expectations. Arriving late will limit the time for your treatment, lessening its effectiveness and your pleasure.

### **SPA ENVIRONMENT**

At Remède Spa, we strive to provide you with the most relaxing and soothing spa experience from the moment you arrive to the moment you leave. To ensure that guests can enjoy the tranquility of our spa, we respectfully request that all visitors keep noise level to a bare minimum. Usage of cellular phones and electronic devices are discouraged. Smoking and consumption of alcohol within the premises is prohibited.

### **AGE REQUIREMENT**

The minimum age requirement for access to Remède Spa is 16.

### **SPA ATTIRE**

You will be provided with a robe and slippers for your comfort. A secured locker will be available for your personal belongings. The hotel is not responsible for any lost or misplaced items.

### **SERVICE CHARGE, LOCAL FEES AND TAXES**

All prices are in UAE Dirham and are inclusive of all applicable service charges, local fees and taxes.

### **CANCELLATION POLICY**

Please allow 24 hours' notice of cancellation to avoid a 100% charge. No-shows will be charged as full amount.