

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.

ST REGIS

SINGAPORE

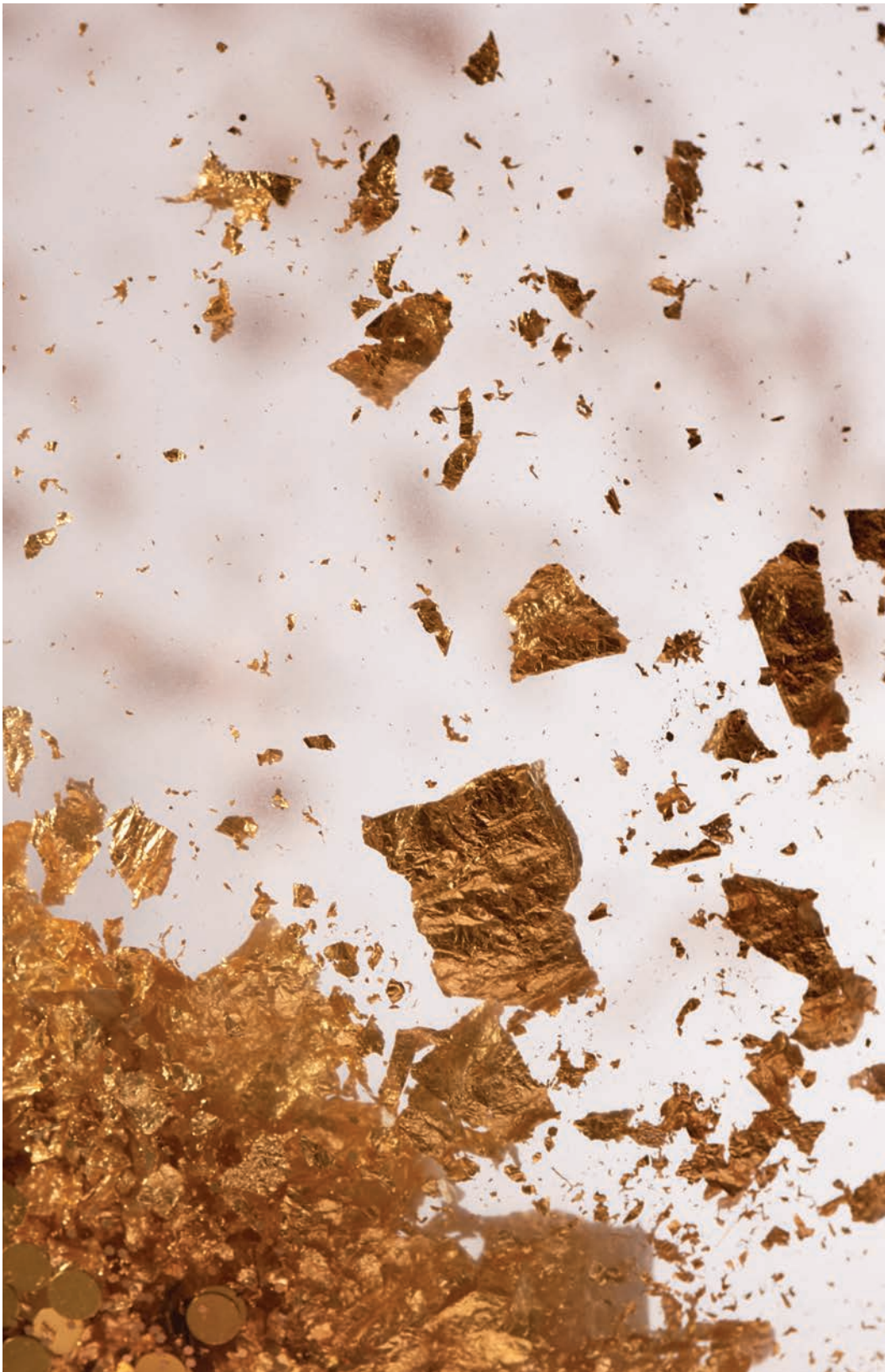
THE SPA

For reservations, please call St. Regis Spa Singapore to speak with our spa professionals.

Prices are accurate as of February 2024.

St. Regis Spa Singapore is a GST certified business.





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.

ILLUMINATE & LIFT

90 minutes

This revolutionary treatment captures the best of science and rare ingredients with instant, visible results to preserve the youth of the skin. AHA's remove congestion whilst a plumping facial massage lifts. A tightening bio-cellulose mask firms and Rose Stem Cells and Porcelain Flower Oil repair skin damage and leave a soft, dewy finish.

Performed with SOTHYS products

FLAWLESS GARDEN ROSE

90 minutes

Capture a moment of escapism with this sensory experience, inspired by delicately perfumed gardens. A skin softening granita scrub revives tired skin after which a full body massage with a precious Porcelain flower oil to soothe and deeply relax.

Includes: Granita body scrub, full body massage

THE 400

180 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 triple active facial for youth, plumping and radiance.

Performed with SOTHYS products

ULTIMATE AROMA

180 minutes

Find your inner peace with this scent-sory tailored ritual. Select two gentle, mindful aromas that are carried through your entire treatment experience. Unveil your glow with a warm oil effleurage and an infusion of sugar, salt and shea to gently buff and condition your skin. Customized to your needs, you are elevated to a total sense of bliss during the Aroma Journey Massage with an Express Facial and The Perfecting Pedicure.

The experience is completed with an exquisite spa gourmet.

Includes: Sugar and salt scrub, full body massage, express facial, The Perfecting Pedicure

TIME FOR TWO

180 minutes

A luxurious ritual for two. Begin your treatment with a warm oil effleurage and an infusion of sugar, salt and shea to gently buff and condition your skin. Indulge in an Aroma Journey Massage harnessing your personalized aroma, followed by a customized facial and a sensorial bathing experience.

The experience is completed with an exquisite spa gourmet

Includes: Sugar and salt scrub, full body massage, express facial, bathing experience



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 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.

BLACK SOAP AND RASSOUL HAMMAM RITUAL

90 minutes

Thousands of years of ancient cleansing rituals are revealed in this divine hammam treatment. Multiple steps include the soft steam and puffing away dead skin cells with black soap, purifying the body with Rassoul mud and a regenerating face and scalp massage on a heated marble slab. You will embrace this ritual as much as the others throughout the modern world.

Includes: Body scrub and wrap, face cleansing and scalp massage

WARM JADE STONE MASSAGE

90 minutes

This unique treatment harnesses the gem of Jade and uses warm jade stones to loosen muscles and eliminate fatigue. Soothing cool jade stones are applied on the face for rested and radiant skin. Combined with cooling wands, warm towel and relaxing massage, energy blocks are released and a feeling of bliss pervades.

ROYAL TREAT FACE AND BODY RITUAL

120 minutes

A royal treat to deeply cleanse the face and body with key ingredient of crystal Alum Salt, known for centuries for its tone, astringent and brightening nature. Indulge in our personalized massage with powerful age-defying shea butter ingested into the skin rapidly that leave the skin with a soft veil and subtle notes that re-mineralize the body and mind.

Includes: Body scrub, face cleansing, body massage and scalp 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

60/90/120 minutes

Intuitive and intense, a strong massage specially designed for precision and results. Enjoy the benefits of a unique combination of ingredients - arnica and mandarin invigorate whilst camphor and cypress boost the effects of exercise.

STRESS RELIEF

60/90 minutes

Sensorial and awakening, a massage 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

60/90 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

60/90 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.

MAMA-TO-BE

60 / 90 minutes

A luxurious treatment for expectant mothers who are between 14 and 32 weeks of pregnancy. This pre-natal ritual provides immense relaxation for both mother and baby. Enjoy this tailored massage using probiotic lotion and oil. A nourishing and healing balm is applied to the belly and hips to help reduce the sign of stretch marks.

AROMA JOURNEY

60 / 90 / 120 minutes

Evoke a healing imprint with this scent-sory full body massage. Select a gentle mindful aroma during a guided journey that is carried through your entire treatment experience. This Aroma Journey includes a back massage with warm Himalayan salt stones. Known for their purity and mineral content, these salt stones balance mineral deficiencies and harmful electromagnetic frequencies. Emerge feeling replenishment and balanced.



Body

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

HARMONIOUS RELAXATION

90 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 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

PLUSH BODY POLISH

45 minutes

Toning or softening, a full body scrub that can be tailored using exquisite fragrances from our Scent Bar— breathe in and let the aromas quiet the mind whilst the expert hands of the therapist use sugar and salt to soften and hydrate the skin.

Includes: Full body sugar and salt exfoliation

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

FLAWLESS GARDEN ROSE

90 minutes

Capture a moment of escapism with this sensory experience, inspired by delicately perfumed gardens. A skin softening granita scrub revives tired skin after which a full body massage with a precious Porcelain flower oil to soothe and deeply relax.

Includes: Granita body scrub, full body massage

AGE DEFYING COCOON

90 minutes

Unveil your glow with a warm oil effleurage and an infusion of sugar, salt, and shea to gently buff and condition your skin. An age-defying balm of shea butter and firming Paracress is melted and painted in long strokes onto the body. This plumping, conditioning envelopment concludes with an aromatic warm oil scalp massage

Includes: Body scrub and body wrap



Face

Bringing St. Regis guests high performance, high precision treatments. Using the best of innovation and 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.

GLOW REVIVAL

75 minutes

A radiance-boosting facial designed to revive glow, restore vitality and combat skin burnout. Deep cleansing and oxygenating actives work in tandem to purify and counter signs of daily stress, while a precision massage reawakens the complexion. Skin is left fresh, luminous and re-energized—resilient against fatigue, dullness and environmental aggressors.

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

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

ILLUMINATE & LIFT

90 minutes

This revolutionary treatment captures the best of science and rare ingredients with instant, visible results to preserve the youth of the skin. AHA's remove congestion whilst a plumping facial massage lifts. A tightening bio-cellulose mask firms and Rose Stem Cells and Porcelain Flower Oil repair skin damage and leave a soft, dewy finish.

Performed with SOTHYS products

OXYGEN FACIAL

75 minutes

A three-step therapy with pure hyaluronic acid using Hyperbaric Oxygen Technology for a visible lifting and tightening effect, improving the appearance of skin volume and texture.

Performed with Intraceutical products

ORGANIC HEALING FACIAL

60 minutes

An exclusive organic facial treatment using honey enriched with Nigelle Oil, Shea Butter, Allantoin and natural ceramide for the most sensitive skin. Enhance with clear crystal wand to balance the skin energy level.

Performed with Charme D'Orient products



Men

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

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Performed with SOTHYS products

PERFORMANCE

60 / 90 / 120 minutes

Intuitive and intense, a strong massage specially designed for precision and results. Enjoy the benefits of a unique combination of ingredients - with arnica and mandarin to invigorate, camphor and cypress to boost the effects of exercise.

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Performed with SOTHYS products

STRESS RELIEF

60 / 90 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.

Enhancements

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

MASSAGE & BODY ENHANCEMENTS

COCOONING CREAM

Luxurious ultra-hydrating cream, enriched with powerful probiotic peptides, designed to transform your skin into a refined, velvety canvas radiating youthfulness. Introduce to any massage of your choice.

NOURISHING BALM

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

HEAT PAD THERAPY

To promote blood circulation to the muscle, to relax tense muscles, relieve tightness in the lower back. Introduce to any massage of your choice.

BODY DETOX

30 minutes

A luxurious treatment with Rassoul clay rich in magnesium and potassium that helps to fight against acne, cleanse impurities, and improve skin elasticity.

TARGETED MASSAGE

30 minutes

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

REFRESHING LEG GEL

A cooling and refreshing gel designed specifically for tired feet and legs.

ANTI-AGEING HAND TREATMENT

30 minutes

Reverse the clock with this indulgent treatment for the hands which includes a gentle exfoliation, anti-ageing mask with luxury treatment gloves, and relaxing hand and arm massage. Add to any face or body treatment.

FACE & OTHER ENHANCEMENTS

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.

FIRM & LIFT AMPOULE

With natural amino acids to instantly firm, lift and plump your skin dramatically reduce the appearance of fine lines and wrinkles. Add to the Oxygen Facial.

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 & EXTRACTION

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.

EXPRESS FACIAL

30 minutes

For quick and efficient results that includes a deep cleanse, exfoliation, mask application, and moisturizing. Introduce to any massage of your choice.

NAIL PAINTING

15 minutes

Add regular nail polish of your choice following manicure or pedicure treatment.

Finishing Touches

Margaret Dabbs London™ is the globally recognised brand that fuses together the best of medical science with the best of beauty to produce a unique and unrivalled range of effective, results-driven yet luxurious products and treatments for Feet, Hands, Nails & Legs.

THE PERFECTING PEDICURE

60 minutes

Experience the globally recognised, 'Perfecting Pedicure' which combines the medical science of Margaret Dabbs™ London podiatry, with the relaxation of a beauty pedicure. A full foot overhaul which includes removal of hard skin and callus, shaping of toenails, a foot scrub, and a revitalising massage to leave you 'walking on air'.

THE LUXURY PERFECTING PEDICURE

75 minutes

Experience the globally recognised, 'Perfecting Pedicure' but with the added luxury of a Hydrating Foot Mask. The feet are enveloped with the indulgent mask and warm towels to reveal feet that look and feel brand-new.

SUPREME PEDICURE WITH FOOT MASSAGE

60 minutes

An outstanding, indulgent beauty pedicure which includes foot filing, nail shaping, a hydrating soak, revitalising exfoliation and soothing foot massage. Performed using the expertly formulated Margaret Dabbs™ London products to give luxurious yet effective results.

SUPREME MANICURE WITH TREATMENT GLOVES

60 minutes

An outstanding, anti-ageing manicure which includes nail & cuticle maintenance and shaping, a mask with luxury treatment gloves, revitalising exfoliation, and soothing hand and arm massage. Performed using the expertly formulated Margaret Dabbs™ London products to give luxurious yet effective results.

GENTLEMAN'S MANICURE

45 minutes

Performed with expert techniques to the highest standards. Flawless filing, buffing and cuticle work is carried out followed by a skin reviving exfoliation and massage using the expertly formulated Margaret Dabbs™ London PURE Hands range.

FOOT BATH, EXFOLIATING FOOT SCRUB AND LOWER LEG MASSAGE

60 minutes

Enjoy a restoring Lemongrass or relaxing Lavender mineral rich foot detox bath followed by a revitalizing exfoliation and foot and lower leg massage. A luxurious treat that's perfect for pampering tired, puffy, inflamed feet and legs.

PURE HAND & FOOT TREATMENT

60 minutes

A luxurious treat for hands and feet. For the hands, enjoy the indulgence of the PURE hand mask to visibly plump and re-charge the skin, along with a soothing hand and arm massage. Followed by a soothing foot soak and massage to leave feet feeling light, hydrated and new. *Does not include nail or cuticle work.*

ILLUMINATING & REFINING YELLOW LEG MASQUE TREATMENT

60 minutes

Get Your Legs Red Carpet Ready. Firm, tighten, tone, illuminate, revive, and refine the appearance of your legs while improving circulation and skin complexion. Reveal younger looking legs after just one treatment.

RELIEVING & TONING BLACK LEG MASQUE TREATMENT

75 minutes

Ideal after travelling or a long flight, this treatment helps to relieve tired, heavy, puffy legs, reduce water retention, and helps to stimulate circulation. Provides an instant cooling sensation to soothe fatigued legs.

Pricing

CAROLINE'S COLLECTION

ILLUMINATE & LIFT
90 minutes 460.00

FLAWLESS GARDEN ROSE
90 minutes 310.00

THE 400
180 minutes 720.00

ULTIMATE AROMA
180 minutes 480.00

TIME FOR TWO
180 minutes 960.00

WELLNESS

WHERE OCEANS MEET
90 minutes 310.00

BLACK SOAP AND RASSOUL HAMMAM RITUAL
90 minutes 335.00

WARM JADE STONE MASSAGE
90 minutes 320.00

ROYAL TREAT FACE AND BODY RITUAL
120 minutes 395.00

MASSAGE

PERFORMANCE
60 minutes 200.00
90 minutes 285.00
120 minutes 345.00

STRESS RELIEF
60 minutes 210.00
90 minutes 290.00

RELAXATION
60 minutes 195.00
90 minutes 280.00

RE-ENERGIZE
60 minutes 210.00
90 minutes 290.00

MAMA-TO-BE
60 minutes 200.00
90 minutes 290.00

AROMA JOURNEY
60 minutes 210.00
90 minutes 295.00
120 minutes 350.00

ENHANCEMENTS

COCOONING CREAM
65.00

NOURISHING BALM
60.00

HEAT PAD THERAPY
48.00

BODY DETOX
30 minutes 150.00

TARGETED MASSAGE
30 minutes 125.00

REFRESHING LEG GEL
60.00

ANTI-AGEING HAND TREATMENT
30 minutes 138.00

HYDRATION AMPOULE
80.00

FIRM & LIFT AMPOULE
80.00

CRYO-EYE CONTOUR
15 minutes 125.00

STEAM & EXTRACTION
15.00

EXPRESS FACIAL
30 minutes 135.00

NAIL PAINTING
15 minutes 30.00

St. Regis Spa is an enclave apart—a private invitation to experience the extraordinary.

BODY

HARMONIOUS RELAXATION
90 minutes 295.00

CELEBRATION OF THE SENSES
90 minutes 295.00

PLUSH BODY POLISH
45 minutes 160.00

REFINED SILHOUETTE
60 minutes 240.00

FLAWLESS GARDEN ROSE
90 minutes 310.00

AGE DEFYING COCOON
90 minutes 285.00

FACE

GLOW REVIVAL
75 minutes 390.00

PROFOUND HYDRATION
75 minutes 380.00

INSTANT YOUTH
75 minutes 380.00

ILLUMINATE & LIFT
90 minutes 460.00

OXYGEN FACIAL
75 minutes 300.00

ORGANIC HEALING FACIAL
60 minutes 200.00

MEN

GLOW REVIVAL
75 minutes 390.00

PERFORMANCE
60 minutes 200.00
90 minutes 285.00
120 minutes 345.00

PROFOUND HYDRATION
75 minutes 380.00

STRESS RELIEF
60 minutes 210.00
90 minutes 290.00

FINISHING TOUCHES

THE PERFECTING PEDICURE
60 minutes 200.00

THE LUXURY PERFECTING PEDICURE
75 minutes 260.00

SUPREME PEDICURE WITH FOOT MASSAGE
60 minutes 185.00

SUPREME MANICURE WITH TREATMENT GLOVES
60 minutes 175.00

GENTLEMAN'S MANICURE
45 minutes 155.00

FOOT BATH, EXFOLIATING FOOT SCRUB AND LOWER LEG MASSAGE
60 minutes 190.00

PURE HAND & FOOT TREATMENT
60 minutes 190.00

ILLUMINATING & REFINING YELLOW LEG MASQUE TREATMENT
60 minutes 190.00

RELIEVING & TONING BLACK LEG MASQUE TREATMENT
75 minutes 200.00

All prices are in Singapore dollars and subject to 10% service charge and prevailing government taxes.

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Spa Guidelines

Age Requirements

Children under 18 years of age are not permitted in the spa to use the spa facilities and locker. Parental consent for spa treatment is required.

Spa Arrival

We recommend that you arrive at the spa at least 30 minutes prior to your appointment to enable you to enjoy the spa facilities before the treatment begins. Late arrival may be subject to reduced treatment time and full rate of the treatment will be charged accordingly. Please understand that late arrival will not receive an extension of the treatment. You will also be required to complete a health questionnaire declaration form before treatment begins.

Spa Facilities

The spa facilities, changing rooms, locker, and spa gardens are gender separated. Access to the swimming pool and gym is exclusive to registered hotel guests only.

Spa Attire

Spa attire, undergarments and towels will be provided for your treatment. Our therapists respect your privacy and throughout the treatment, you will be draped with towels, covering all parts of the body not being treated. Swimwear is required should you wish to use the water facilities.

Treatment Recommendations

For men prior to a facial, shaving is recommended, but not necessary. Your spa experience is your time, and you should delight in it to the fullest.

Spa Reservations

Advance booking is required. For reservations, please call +65 6506 6896 or email spa.singapore@stregis.com

Hours of Operation

10:00 AM – 9:00 PM, daily.

Prices

All prices are in Singapore dollars and subject to 10% service charge and prevailing government taxes.

Health Conditions

Please advise us if you have any health conditions, allergies or injuries. Before your treatment begins, kindly inform your spa therapist of areas to be avoided. If you experience discomfort due to room temperature, massage pressure, or any other conditions, please notify your therapist immediately. Heat and water facilities are not recommended for pregnant women. Guests who appear to be under the influence of alcohol will be declined access to treatments and the spa facilities.

Accidents & Injuries

The Spa at St. Regis will not be held liable for any accidents or injuries sustained during your visit.

Personal Valuables & Personal Devices

Lockers are available for your personal belongings. The Spa at St. Regis accepts no responsibility for the loss of any valuables or personal belongings that are brought onto the spa premises. To ensure a peaceful sanctuary within the spa, please put your phone on silent mode or switch it off, and refrain from using it in the spa. To respect the privacy of all spa guests, the use of cameras in the spa is prohibited.

Food & Beverage

Externally purchased food and beverages cannot be brought in and consumed in the spa.

Gift Certificates

Gift Certificates are available for purchase, and must be presented upon arrival to be utilized. Gift Certificates are not transferrable and cannot be redeemed by cash, or extend their validity period.

Method of Payment

We accept all major credit cards. You may also charge spa 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 in order to avoid a 100% cancellation fee.