



ST REGIS

LONGBOAT KEY

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.

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. A post treatment homecare gift is included to continue the benefits.

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
and full 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 triple active facial for youth, plumping and radiance.

Performed with SOTHYS Products

CELEBRATORY MOMENTS

210 or 150 minutes

Encounter a celebratory moment with our Private Spa Suite experience for two. Our exquisite suite boasts exclusive amenities, including an experience shower and hydrotherapy tub. Delight in a one or two-hour treatment of your choice, curated through a private consultation. Immerse yourself in a personalized journey that transcends mere relaxation, fostering a profound connection and ensuring an unforgettable experience.

Includes: Use of private suite facilities, one or two hours of treatments, and private relaxation time

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 crafted bespoke experiences are curated to balance the body's energetic pathways and establish harmony between the physical, mental, and spiritual self. With the integration of sound therapy, each ritual resonates deeply, guiding you towards a state of inner balance and wholeness. As tensions dissolve and serenity is restored, a natural sense of well-being emerges, revitalizing your spirit and culminating in the ultimate sense of harmony.

WELL-BEING SEA VOYAGE

120 minutes

Surrender to the healing powers of the ocean as you embark on a transformative wellness voyage, where the rhythm of the sea guides you towards tranquility and renewal. Start with a rejuvenating body scrub and organic seaweed bath, reviving tired skin and restoring harmony to body and mind. Feel the tension melt away as botanicals soothe and hydrate your skin, leaving it soft, supple, and revitalized. Let ancient maritime lore and modern wellness practices transport you to a realm of tranquility and holistic healing.

Includes: Sound therapy, Mindful breathing, body scrub, detoxifying seaweed bath, body massage, nourishing wrap, tranquil face and scalp massage, closing visualization sequence

BESPOKE ENERGY HEALING

90 minutes

Immerse yourself in ancient energy modalities with our Bespoke Energy Healing session. Discuss your wellness needs and receive a tailored treatment plan utilizing Reiki, Sekhem, Prana, Chi, Celtic methods, sound, crystal, and aromatherapy. This unique practice aligns and balances your chakras, harmonizing mind, body, and spirit. Experience deep relaxation, emotional clarity, and physical well-being. Embrace a journey of profound healing and revitalization.

**Energy Healing Sessions are available by advance booking only*

DRIFT AWAY

90 minutes

Immerse yourself in a transformative wellness ritual with sound therapy, organic scrubs, and enveloping massage. The healing vibrations of Himalayan sound bowls dissolve tensions and emotional blockages, promoting deep relaxation. A comforting body wrap replenishes your skin, while breathwork and visualization sequences enhance healing. Surrender to this sleep-enhancing experience, nurturing at a cellular level, leaving you profoundly relaxed and revitalized, deeply connected to your inner essence.

Includes: Sound therapy, breathwork, body scrub, mindful massage, body wrap, singing bowls, and closing visualization

MINDFUL DREAMS

90 minutes

Revive your mind and spirit with a Balinese-inspired massage, combating mental fatigue and restoring inner peace. Flowing strokes release tension and promote harmony within. Embrace the power of breathwork and guided meditation, to delve into deeper relaxation and tranquility amidst the chaos of everyday life. Through mindful meditation, release mental chatter, cultivating a sense of stillness and calm. This holistic experience merges ancient healing techniques with modern wellness, leaving you feeling balanced and clear minded.

POULTICE DETOX MASSAGE

120 minutes

A revitalizing journey that detoxifies both body and mind. Steamed bags infused with orange, clove, ginger, and fucus serratus seaweed, deeply purify and nourish, while the transformative vibrations of sound therapy and guided meditation, cleanse the mind and the body's energetic pathways, promoting inner harmony and balance. With organic ingredients, seaweed and ancient healing techniques, indulge in massage, exfoliation, and nourishment, leaving your skin glowing and your spirit cleansed.

Includes: Sound therapy, steamed poultice massage, 25 minutes guided meditation, seaweed eye mask, and closing visualization

ENERGY HEALING

60 minutes

Experience the soothing and restorative effects of advanced Energy Healing techniques. Practitioners channel universal life force energy to clear blockages and promote healing. Helping to reduce stress, alleviate pain, and enhance overall well-being.

**Energy Healing Sessions are available by advance booking only*



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 - arnica and mandarin invigorate whilst camphor and cypress 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 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.

ACTIVE RECOVERY

90/60 minutes

Indulge your muscles in the Theragun Signature Treatment, harnessing potent percussive massage therapy to address deep muscle soreness post-activity. Enhancing circulation, relieving tension and pain, and reducing muscle fatigue, it targets knots and trigger points for a personalized recovery and relaxation experience.

NURTURING

90/60 minutes

A gentle massage entirely tailored for expectant mothers after the first trimester. Designed to ease and calm the mother's union with her body and relieve stress for optimal relaxation.



Body

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

IMMERSIVE 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

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 exfoliating gloves. A deep massage with heated amber oil unseats tension whilst stretches and mobilization movements re-energize.

Includes: Enzymatic exfoliation and 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

FLAWLESS GARDEN ROSE

60 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

SUN SOOTHER

90/60 minutes

Designed for sunburn or sun sensitivity, this wrap cocoons the body in fucus serratus and laminaria digitata, providing relief by soothing irritation and reducing inflammation. Organic seaweed infuses the skin, fostering a serene and calming sensation, aiding the healing journey for sun-damaged skin.

90 Minutes Includes: Soothing wrap, foot and area specific massage

60 Minutes Includes: Soothing wrap and foot massage

PLUSH BODY POLISH

30 minutes

Toning and 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



Face

Bringing St. Regis guests high performance, high precision treatment. 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.

THE GENAISSANCE DE LA MER

90 minutes

Experience a luxuriously pampering facial experience designed to smooth, plump and energize. Using facial massage and stimulating drainage techniques, skin appears soothed and renewed.

Performed with La Mer 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

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

THE LA MER SOOTHING

75 minutes

La Mer's Concentrate collection helps soothe, stabilize and gently cocoon skin with strengthening, healing hydration. Perfect for those moments when skin needs a little extra care.

Performed with La Mer Products

BOOST & BRIGHTEN

75 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

MEDI SPA RADIANCE

90/60 minutes

Radiate with the Medispa Facial, a fusion of five to seven advanced non-invasive technologies, enhanced by Clean Cosmeceuticals™ for unparalleled results. This comprehensive treatment revitalizes, exfoliates, brightens, smoothens, tightens, and nourishes, revealing firmer, brighter, and radiant skin, addressing diverse skincare needs with luxury refinement.

Performed with Clean Cosmeceuticals™ 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 - with arnica and mandarin to invigorate, camphor and cypress to 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.

ACTIVE RECOVERY

90/60 minutes

Indulge your muscles in the Theragun Signature Treatment, harnessing potent percussive massage therapy to address deep muscle soreness post-activity. Enhancing circulation, relieving tension and pain, and reducing muscle fatigue, it targets knots and trigger points for a personalized recovery and relaxation experience.

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Performed with SOTHYS Products

Enhancements

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

Cocooning Creme

This velvety texture envelops and moisturizes the skin resulting in a smooth and youthful glow. Introduce to any massage of your choice.

Shea Butter

A rich pre-melted butter that deliciously warms the body when applied to the skin, for a supply and silky sensation. Introduce to any massage of your choice.

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.

Gilded Mask

Firm and restore your skin with a single treatment. Treat a specific area or repair the entire face, it's your choice with Diamond, 24K Gold, and Rose Quartz Masks from KNESKO.

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.

Refreshing Leg Gel

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

Led Mask

Using the power of Theragun LED light, the addition of blue light to your facial will help firm skin, reduce fine lines, reduce dark spots, improve radiance, and heal blemishes quickly and effectively.

Balance

Bring harmony to the body with this CBD and arnica enhanced service that cares for tired muscles, soothes, skin and re-boots the mind.

EXQUISITE EXTENSIONS

Cryo-Eye Contour

15 minutes

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

Radiant Peel

15 minutes

Perfect to smooth and illuminate, refining the skin's texture and revealing a clear and uniform skin tone. Choose from gentle or instant radiance peels. Add to the Profound Hydration Facial.

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.

Dermaplaning

20 minutes

Immediately rejuvenates the skin by removing the top layer of dead skin cells and vellus hair. It is highly effective in minimizing the appearance of fine lines and wrinkles, while leaving skin smooth, supple, and vibrant.

Targeted Massage

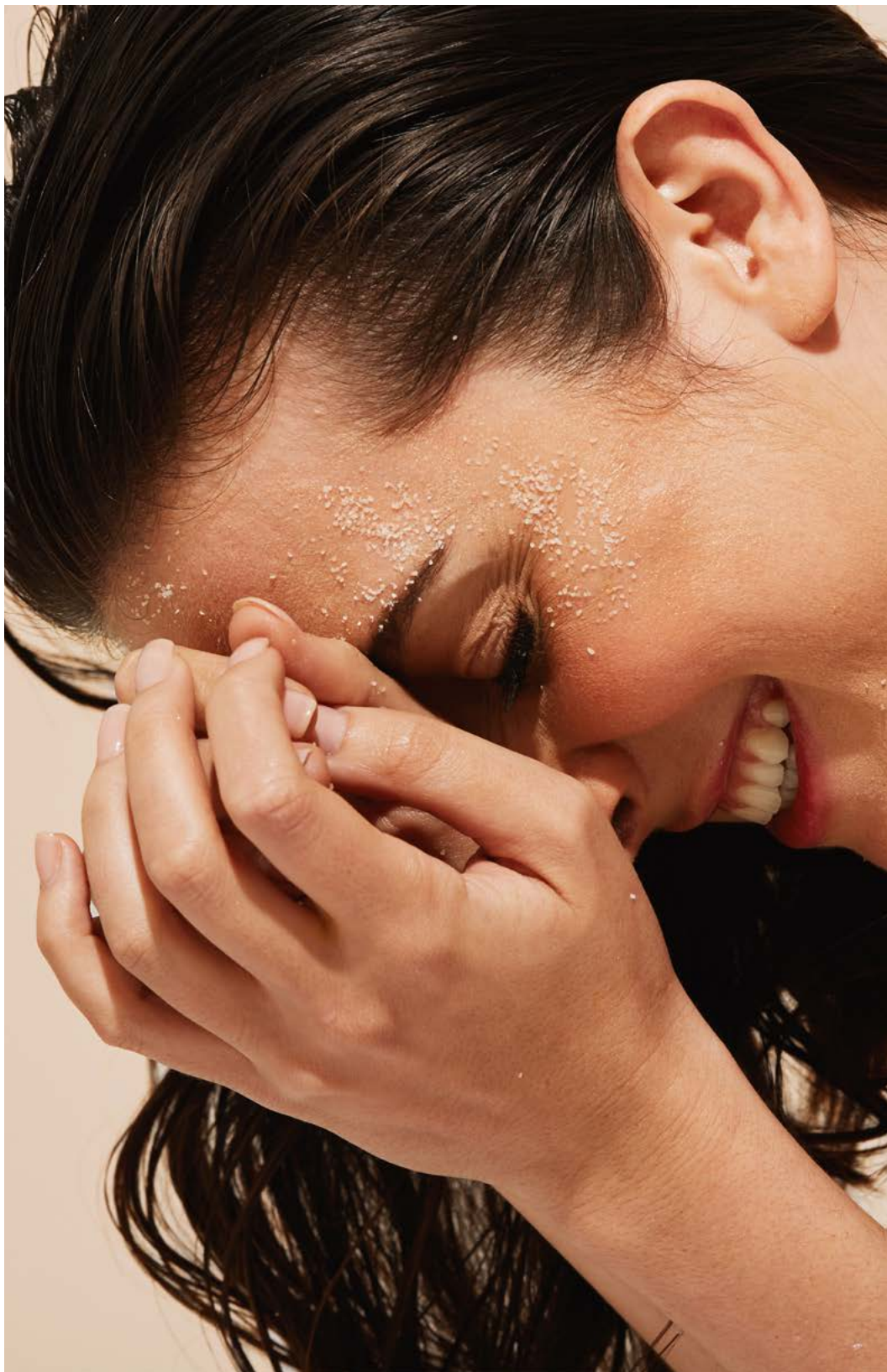
30 minutes

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

Guided Meditation

25 minutes

Enhance any treatment with a transformative guided meditation, offering deep relaxation and meditative bliss.



Finishing Touches

NAILS & SALON

Manicure 30 minutes

Beautifully simple essential nail maintenance. A treatment including cuticle work, nail shape, polish, and hydrating cream, this will leave nails and hands feeling nourished and looking elegant.

Bespoke Manicure 60 minutes

Enhancing the luxury of the essential manicure, this treatment raises the stakes with the inclusion of an extended massage and scrub.

Executive Nails 30 minutes

Specifically designed for men, to counteract common nail concerns and ensure that nail health is maintained, and the appearance is smart.

Pedicure 45 minutes

Perfectly delivered nail and foot maintenance. A treatment including cuticle work, nail shape, polish, and hydrating cream, this will leave nails and feet feeling lighter and looking elegant.

Bespoke Pedicure 60 minutes

An advanced pedicure, elevating the treatment with foot massage and scrub to truly revive tired feet.

Polish Change 15 minutes

An express polish, whether it's a color pop or a classic sheen.

Gel Polish 30 minutes

Upgrade any nail service with a gel polish application for a durable, long-lasting finish that stays flawless for weeks.

Salon

Full salon services are available. Our talented team of stylists will complement your look for any special occasion, ensuring you are picture perfect and red carpet ready.



St. Regis Spa Suite

The St. Regis Spa Suite offers a tranquil and blissfully private treatment experience. A perfect haven for indulgent relaxation with friends, loved ones, or simply by yourself.

ST. REGIS SPA SUITE

480/240 minutes

The Suite offers a tranquil and blissfully private treatment experience. A perfect haven for indulgent relaxation with friends, love ones, or simply by yourself. Allow the healing power of water to soothe away stress and tension, leaving you in a profound state of relaxation. This intimate and exclusive experience features a hot tub with infinity edge, indoor hydrotherapy tub, and steam showers. Your Spa Host would be delighted to curate a bespoke suite experience with your selected treatments from our extensive spa menu.

Each Spa Guest must be experiencing a treatment with a minimum value of \$200

CELEBRATORY MOMENTS

210/150 minutes

Encounter a celebratory moment with our Private Spa Suite experience for two. Our exquisite suite boasts exclusive amenities, including an experience shower and hydrotherapy tub. Delight in a one or two-hour treatment of your choice, curated through a private consultation. Immerse yourself in a personalized journey that transcends mere relaxation, fostering a profound connection and ensuring an unforgettable experience.

Includes: Use of private suite facilities, one or two hours of treatments, private relaxation time

CABANA PARADISE

120/90 minutes

Discover paradise and soak in breathtaking views in our private spa cabanas, perfect for cherished moments shared or alone. Revitalize your body in a hot tub and enjoy a massage of your choice, tailored through a private consultation. Engage all your senses as you surrender to relaxation, connect to the beautiful surroundings, and savor an unforgettable experience.

Includes: Use of hot tub and massage of your choice in a private cabana



Experiences

Discover exquisite spa experiences in a beachfront sanctuary. From expert massages to calming environments, they cater to your need for self-care. Indulge in revitalizing facials, therapeutic massages, and wellness rituals designed to restore balance, enhance beauty, and nurture the soul.

SAPPHIRE

210 minutes

Embark on a wellness voyage guided by the sea's rhythm. Rejuvenate with a body scrub, organic seaweed bath, and soothing botanicals, leaving your skin supple and revitalized. Enjoy a luxurious facial with massage and drainage techniques for renewed skin.

Includes: Well-Being Sea Voyage, Genaissance Facial, and lunch at Aura Restaurant

AMETHYST

180 minutes

Immerse yourself in serene elegance combining a Balinese-inspired massage that combats mental fatigue and restores inner peace with a luxurious facial treatment designed to firm and lift your facial contours. This extraordinary fusion of ancient healing techniques and modern wellness will leave you balanced, clear-minded, and radiant.

Includes: Mindful Dreams Massage and Instant Youth Facial

TRAVEL ALLURE

120 minutes

Experience a deep massage tailored for precision and results using a revitalizing blend of arnica, mandarin, camphor, and cypress. Restore youthfulness with a brightening, detoxifying facial, energizing your skin to combat environmental stress. Renewed, reoxygenated muscles and skin gain resilience and protection against travel fatigue.

Includes: Performance Massage and Boost & Brighten Facial

KEY ESCAPE

240 minutes

Find balance and deep relaxation with a bespoke massage, personalized with light to medium pressure. Restore your skin's vitality with a soothing facial, meticulously crafted to nourish and revitalize your complexion. Conclude your escape with a manicure and pedicure, ensuring impeccably groomed hands and feet. Feel refreshed, look elegant, and be ready for lunch at the Aura Restaurant.

Includes: Relaxation Massage, Soothing Facial, Bespoke Manicure, Bespoke Pedicure, and lunch at Aura Restaurant

AFTERNOON TEA & SPA EXPERIENCE

150 minutes

A curated experience for two, combining treatments with Afternoon Tea. Choose between The Soothing Facial (90 minutes) to strengthen and hydrate the skin or a Stress Relief Massage (90 minutes) to ease away tension and restore energy level. After your experience, spend time indulging in our Afternoon Tea Ritual marrying savory delicacies Hors d'Oeuvres.

Includes: Mindful Dreams Massage and Instant Youth Facial

Spa Guidelines

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

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

Pricing & Service Charge

Services are listed as starting prices and are subject to change based on business demand. For your convenience, a 22% 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.

Age Requirement

Guests must be 18 years of age or older to experience spa services or enjoy the Spa relaxation areas, locker areas and amenities. Manicure and Pedicure are available to anyone 5 to 17 years of age with a parent or guardian present at all time. Locker/relaxation/hydrotherapy area access will not be permitted.

Treatment Recommendations

Shaving is not recommended prior to body treatments. Shaving is 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.

Arrival Time

For spa service please arrive at least 30 minutes prior to your scheduled spa service. This will allow time to enjoy the Relaxation Lounge, utilize the steam room, dry sauna, experience shower, vitality water, cold plunge and snow shower. 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.

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. Any appointments rescheduled within the 24 hour window will incur a move fee of \$50. Cancellations of packages or private parties require two weeks' notice. Groups are subject to a minimum 14-day cancellation policy.

The St. Regis Longboat Key Resort
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