



Spa and Exercise Room

Spa Guidelines

Spa services are by appointment only.

In-room and after-hours services are available for an additional fee. We recommend arriving at least 20 minutes prior to your treatment, providing you with ample time to check-in and prepare for your Spa experience.

If you are pregnant, please let your Guest Services Coordinator know. This will guarantee that you receive the proper treatments to best suit your needs. A medical doctor's Note of Release is required for all prenatal massages within 24-hours of your appointment.

Guests staying at the hotel may dial extension 2632 from a guestroom.

Cancellation Policy

In the event that you must reschedule or cancel your appointment, please give a minimum of 24-hours advance notice to avoid being charged for the scheduled service. "No-shows" will be charged 100% of the scheduled service.

Gift Certificates

Spa Gift Certificates are available for purchase at the hotel's Reception Desk.

Hours and Location

The Spa is located on the mezzanine level,

adjacent to the outdoor swimming pool area.

Open Friday and Saturday, 9:00 AM until 4:00 PM

Exercise Room, Swimming Pool and Sun Deck Available on a complimentary basis for all of our guests. Exercise Room equipped with Life Fitness cardiovascular and weight-training equipment, and free weights; separate locker rooms and sauna.

Exercise Room open daily from 5:00 AM until 11:00 PM

The St. Regis Houston
1919 Briar Oaks Lane
Houston, Texas 77027

Massage Therapy

Spa Massage

30 MINUTES, 60.00 | 60 MINUTES, 120.00
90 MINUTES, 180.00 | 120 MINUTES, 240.00

Deep Tissue Massage

30 MINUTES, 75.00 | 60 MINUTES, 150.00
90 MINUTES, 225.00 | 120 MINUTES, 300.00

Hot Stone Massage

60 MINUTES, 160.00 | 90 MINUTES, 240.00 | 120 MINUTES, 320.00

Maternity Massage

60 MINUTES, 125.00

Reflexology Massage

45 MINUTES, 90.00 | 60 MINUTES, 120.00

Thai Yoga Massage

60 MINUTES, 160.00 | 90 MINUTES, 240.00

Skincare Rituals or Facial Treatments

Caviar Facial

Firm, tone, refine and hydrate with essence of protein-rich caviar and powerful antioxidants. Exclusive Kerstin Florian caviar products infuse skin with age-defying nutrients to smooth lines and improve texture. A "marine Biomatrix sheet" masque provides intensive hydration to instantly restore radiance.
90 MINUTES, 250.00

Cell Vitale Facial

The ultimate ageless treatment for the face, hands and décolleté. Refine, lift, firm and nourish the skin with essence of protein-rich caviar, powerful anti-oxidants, glycolic acid and a unique alginate masque that dramatically improves skin moisture.
60 MINUTES, 200.00

Gentleman's Facial

A therapeutic deep cleansing using Kerstin Florian's men's skincare line for the specific needs of men. Relaxes the skin as it refines pores, with your choice of extractions or a luxurious massage and deep cleansing masque. Specifically addresses sensitivity and razor burn.
30 MINUTES, 70.00 | 60 MINUTES, 140.00 | 90 MINUTES, 170.00

Signature Facial

This personalized facial combines cleansing, gentle steaming, exfoliation and conditioning with Kerstin Florian's skincare products customized to match your skin type.
30 MINUTES, 70.00 | 60 MINUTES, 140.00

Brightening Facial

This results-oriented facial delivers immediate luminosity and evens out skin texture and tone. Using a powerful blend of skin illuminating botanicals and Act-5 brightening complex, along with a multi-acid peel and a unique cooling masque with luminous rice, skin appears lighter, brighter and more refined.
60 MINUTES, 195.00 | 90 MINUTES, 225.00

Body Treatments

Energizing Spirulina Experience

Awaken the senses along this journey of invigoration. Experience a deep cleansing salt scrub imbued with juniper essential oil to detoxify skin and promote circulation, followed by an all-natural live spirulina algae wrap for a full body nutrient boost with intensive revitalizing results. A Swedish massage completes the treatment to further stimulate the skin for a firmer, more toned appearance.
120 MINUTES, 300.00

Ginger Renewal

Nourishing minerals are combined with ginger's healing properties in this invigorating full body exfoliation and Swedish massage using organic ginger oil and warm healing stones. Relax inside a warm wrap as a luxurious pressure point scalp massage completes this experience.
90 MINUTES, 250.00

Lavender Dreams Experience

Dreams of lavender-fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deep. Inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating spa experience, including an invigorating sea salt and lavender exfoliation, warm wrap and a full-body Swedish massage that is infused with aromatic oils.
90 MINUTES, 225.00

Majestic Lulur Ritual

A body treatment designed for "royalty" begins with an exotic foot soak to ground and relax you, followed by a full body exfoliation. A warm, moisturizing herbal body mask is then applied while the body is enveloped into a warm cocoon. The ritual ends with a warm shower followed by an hour-long Swedish massage infused with aromatic oils.
150 MINUTES, 350.00 PER PERSON, INCLUDES FOUR TREATMENTS

Brighter Body Scrub & Massage

This multi-active experience incorporates exfoliating bamboo, fruit enzymes and multi-fruit acids along with stimulating body buffing techniques to refine texture and brighten the skin. Organic ginger oil blended with multi-vitamin firming crème containing Shea butter and nutrient-rich algae is massaged onto the body focusing on neck, back and shoulders.
90 MINUTES, 275.00

Body Firming Detox

Refine and firm body contours and promote detoxification as you re-energize. A dry brush technique helps to exfoliate the skin, stimulate lymphatic drainage and circulation and promote the absorption of clinically-tested slimming actives. An exclusive slimming massage and serum help to stimulate circulation and activate lipolysis with ginger and caffeine. Finish this firming experience as multi-vitamin firming crème hydrates and brightens the body.
60 MINUTES, 195.00

Shirodhara

Ancient eastern ritual of a gentle stream of warm infused Shirodhara oil on your forehead, clearing your mind, body and spirit, starting with herbal foot soak, hand paraffin treatment and ending with an Indian scalp and ear massage.
60 MINUTES, 170.00