



# 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 Cards*

Gift Cards 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 Thursday-Saturday from 9:00 AM until 4:00 PM

## *Exercise Room, Swimming Pool and Sun Deck*

Wellness facilities are available on a complimentary basis for all of our guests. The Exercise Room is 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  
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## Massage Therapy

### *Bespoke Spa 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, 160.00

### *Reflexology Massage*

45 MINUTES, 90.00 | 60 MINUTES, 120.00

## Skincare Rituals or Facial Treatments

### *Caviar Facial*

Firm, tone, refine and hydrate with the 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 the essence of protein-rich caviar, powerful antioxidants, glycolic acid and a unique alginate masque that dramatically improves skin moisture.

60 MINUTES, 200.00

### *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. Breath 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 infused with aromatic oils.

90 MINUTES, 250.00

### *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, 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*

The ancient eastern ritual of a gentle stream of warm herb-infused Shirodhara oil on your forehead clears your mind, body and spirit. The treatment starts with an herbal foot soak and hand paraffin treatment, then ends with an Indian scalp and ear massage.

60 MINUTES, 170.00