

IRIDIUM SPA

THE ST. REGIS LANGKAWI

JALAN PANTAI BERINGIN, 07000 PULAU LANGKAWI, KEDAH, MALAYSIA

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BESPOKE MASSAGE

INDULGE IN ABSOLUTE RELAXATION AND IMMERSE YOURSELF IN AUTHENTIC BESPOKE BODY MASSAGE.

URUT MELAYU

60 / 90 / 120 minutes MYR 420/570/750

Our traditional Malay massage relaxes muscles and improves circulation with long, kneading strokes and gentle stretching techniques. Special focus on manipulating palm and thumb pressure points promotes health and vitality

SWEDISH MASSAGE

60 / 90 / 120 minutes MYR 420/570/750

This classic body massage is regulated with gentle to medium pressure to release fatigue and body aches with long sweeping movement designed to calm and uplift

EMBRACE PREGANCY MASSAGE

60 / 90 / 120 minutes MYR 420/570/750

A great way to keep your prenatal stress in check is through prenatal massage. More than just a superfluous luxury, prenatal massage can actually decrease depressive symptoms, improve sleep, and reduce anxiety.

DE STRESS HEAD, BACK & SHOULDER MASSAGE

30 / 45 / 60 minutes MYR 210/315/410

Relaxing therapy using the deep tissue massage technique concentrating only on the head, back and shoulder massage. This therapy will leave you feel revitalized and restore energy levels to the entire body.

STONE & COMPRESS MASSAGE

90 / 120 minutes MYR 570/750

A combination of traditional herbal steamed pouches and heated river stones applied with richly infused massage oil to ease the body, loosening muscles, alleviating pain and reduce inflammation as well as relaxing and toning the body.

BAMBOO LOMI MASSAGE

90 / 120 minutes MYR 570/750

Blending traditional Hawaiian Lomi-Lomi and Asian bamboo massage techniques, our experienced therapists use both their hands and arms as well as bamboo rods to relieve tension and restore physical and mental well-being.

AYUTHAYA MASSAGE

90 / 120 minutes MYR 570/750

This revitalizing, oil-free therapy applies ancient techniques such as rocking movements and deep stretching along meridian lines and acupressure points to balance and enhance energy flow.

SHIRO DHARA

60 minutes MYR 420

Shirodhara treatment originated from India and based on the ancient principle of ayurvedic. Shirodhara is medicated oil over the “third eye” chakra, traditionally given to calm the nervous system and rejuvenation

BESPOKE BODY RITUAL

THESE BESPOKE BODY RITUAL TREATMENTS INCLUDE A SHOWER AND APPLICATION OF A BODY LOTION MOISTURIZER, LEAVING SKIN REFRESHED AND VELVETY SMOOTH.

SILKY SKIN
45 minutes MYR 310

Exfoliate and polish away dead skin cells and impurities as well as improve circulation with this sulfate-free, non-irritating body scrub.

Ideal for all skin types, even those with sensitive skin, back acne and body breakouts as well as those with poor circulation.

TROPICAL SALT MOUSSE
45 minutes MYR 310

This Salt Mousse Glow will remove dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants. As water is added to the Salt mousse, the skin is polished with this aromatic scrub. As it pleasantly foams it naturally rehabilitates the skin leaving a youthful smooth surface. Select from: Pineapple-Papaya; repairing, smoothing and rejuvenating or Mango-Passion Fruit; firming, brightening and invigorating.

HIBISCUS & ROSE
45 minutes MYR 310

Hibiscus and Rose combined with Ylang – Ylang and Rose Geranium Essences provides a gentle exfoliating and brightening effect on the skin

THE OLIVE
45 minutes MYR 310

Inspired by the ancient beauty secret of Greek's, Olive created from fresh olive combine with milk and rice grain to gently exfoliate the dead skin cells and nourish it in the same time.

AWAKEN
45 minutes MYR 310

An uplifting caffeine fix by way of a full body coffee exfoliation and rub down to strengthen and rejuvenate.

LANG MARY
45 minutes MYR 310

Inspired by the Signature St Regis Bloody Mary, a sophisticated infusion of Tomato, Tamarind, and Pandan Leaf to gently purify the skin whilst soothing sore, tired muscles and calming the nerves. This treatment is delivered by a certified therapist who will safely alleviate muscular tension and aid in the elimination of fluid retention.

BESPOKE BODY COCOON

OUR BESPOKE BODY COCOON PROVIDE THE PERFECT PRELUDE TO ANY MESSAGE

LUMAFIRM® BODY FIRM & GLOW
60 minutes MYR 450

Enriched with 26 dynamic ingredients including an exclusive combination of anti-ageing extracts; the latest in peptides and an amazing liposomal technology. Deeply repairing, hydrating, smoothing and de-ageing, this luxurious wrap leaves every inch of your skin velvety soft while rendering your body visibly rejuvenated, instantly firmer and more toned. Experience the visible difference for yourself.

AFTER SUN SOOTHER
60 minutes MYR 420

Immediately relieve sun damaged or sun sensitive skin with this soothing wrap. Cooling and desensitising Water Lily, Green Tea, and Chamomile, relieve the discomfort of over exposed skin. Alleviate skin's burning and stinging sensation as this treatment heals, desensitises and reduces skin temperature. Specifically designed for self-inflicted irritation. Combine with after-sun Soothing Face Mask to repair and strengthen facial skin post sun damage.

MILK & HONEY
60 minutes MYR 420

Sumptuous Body Treatment which uses the fresh milk and pure honey to nourish, smooth, and glowing skin

MINERAL MOOR MUD
60 minutes MYR 450

This unique holistic, healing black magma dates back over 40,000 years. As warm Aromatic Moor Mud rich in natural vitamins, minerals and enzymes is generously applied to the entire body, sore muscles, aches and pains are alleviated. It is renowned for relieving pain from rheumatism and arthritis, helping to control cramps and boosts the body's immune system. This superb mud offers a gentle thermal action which stimulates and invigorates the body bringing a state of deep relaxation and well-being.

LUSCIOUS MOCOCA BORNEO
60 minutes MYR 420

Originates from the exotic island of Borneo. Mococa is rich in anti-oxidants, natural fruit acids, and caffeine. The synergy achieved when combined with the stimulating effects of coffee will tone and exfoliate tired skin leaving soft, smooth, and glowing.

BESPOKE BATH RITUAL

THE RITUAL OF BATHING PROVIDES A PRECIOUS REFUGE FROM DAILY STRESS. OUR BATH ALLOWS YOU TO INDULGE IN A TREATMENT ALONE OR IN THE COMPANY OF YOUR LOVE ONE.

CHAMPAGNE & PETALS

Single / Couple 45 minutes MYR 330/380

A pampering ritual that helps detoxify and exfoliate skin. A perfect blend of decadence. (champagne bubble bath, rose petals)
Accompaniment: Chocolate truffles and a glass of champagne

LAVENDER & COCONUT MILK

Single / Couple 45 minutes MYR 330/380

A calming ritual with a nostalgic scent. Perfect for nervous exhaustion, headaches and body relaxation.
(Coconut milk bath . pure lavender essential oil)
Bath accompaniment: Warm coconut milk with coconut jelly

MALAYSIA SPICED BATH

Single / Couple 45 minutes MYR 330/380

Cleansing ritual. An ancient royal spice bath for skin rejuvenation. (pandanus leaves, ginger, lemongrass, mix spice powder).
Bath Accompaniment: Jamu and Ginger Cookies

ICED SUN SOOTHER

Single / Couple 45 minutes MYR 330/380

Cucumber, Aloe Vera Gel and Ice Cubes, this cooling and calming ritual is designed to soothe sun-drenched skin.
Bath Accompaniment: A Glass of Lemongrass Iced Tea and Fruit Platter.

INROOM BATH RITUAL

MYR 275

The St. Regis Butler will deliver a baskets of Bath Amenities directly to the privacy of your room. Draw the bath at your own convenience, or schedule our Butler to have a bath drawn and ready for you to relax

BESPOKE FACIAL

THE ART OF PRECISION SKIN CARE IS ENHANCED BY THE EXPERTISE OF BABOR ESTHETICIANS IN OUR LUXURY, TAILOR MADE TREATMENT WHICH HAVE BEEN DESIGNED TO PROVIDE MAXIMAL RESULT.

REVERSIVE

90/120 minutes MYR 990/1200

Turn back the clock and unlock the natural anti-aging mechanisms of your skin. This treatment will provide incredible luminosity and radiance while increasing cell turn over and triggering the slowdown of chronological aging process revealing a perfect, ageless complexion.

HSR® EXTRA FIRMING TREATMENT

90 minutes MYR 750

The anti-wrinkle expert; our High Skin Refiner treatment will smooth, plump and lift every type of wrinkle while firming and toning the skin. The result is a more youthful , well contoured face.

ROSE ENERGY

90 minutes MYR 600

A powerful energies of "Rose Quartz crystals" and "mini-giant" ampoule aid in reenergising and rejuvenated restore radiance to the skin

ADVANCE TAILORED FACIAL

60 minute MYR 450

Synergistically formulated with advanced age prevention ingredients, including highly active concentrates applied with specific massages. This advanced treatment is designed to stimulate the anti-aging mechanism to prevent visible signs of aging. The skin is left refreshed, radiant and younger-looking.

THE BABOR MEN

60 minutes MYR 450

Cleansing, clarifying and boosting energy will be enhanced and customized to the male skin

TAILORED FACIAL

45 minutes MYR 300

This customized facial will directly address all of skin's current needs: dry or oily, sensitive or tired; every skin type or condition will be addressed by your therapist. An innovative and power-packed treatment that will protect your skin from premature aging while targeting the treatment to your exact skin type.

HYDRA BOOST FACIAL

90 minutes MYR 650

Maximum hydration for extremely dehydrated skin. A fresh, plumped-up complexion in just 1 time treatment!

SENSATIONAL EYES

45 minutes MYR 280

A sensational eye treatment to relieve tired eyes, reduce piness and dark eye circles with special pressure point massage to relieve tension and to improve circulation.

SUN KISSED SOOTHER

60 minutes MYR 310

An ideal facial after sun exposure by using the cooling natural cucumber, Aloe Vera and yoghurt to gently soothing and smoothing your skin, the facial will also suitable for sensitive skin

BESPOKE HAND & FOOT REMEDY

A WIDE RANGE OF PERSONALIZED REMEDY FOR YOUR HAND OR FOOT CREATED BASED ON YOUR NEEDS.

SOLE TO SOUL

45 / 60 minutes MYR 315 / 350

The rejuvenate and energised foot reflexology massage with the application of appropriate pressure to specific points and areas on the feet, and hands which has a reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the organs and your general health.

IRIDIUM MANICURE

90 minutes MYR 275

Complete Hand Spa includes soak, scrub, cuticle care, hand massage, hand mask, nail trimming, filing and basic nail polish.

CLASSIC MANICURE OR PEDICURE

60 minutes MYR 210

Shapes, buffs and gloss or polish nails to perfection

REMEDY LEG TREATMENT

60 minutes MYR350

Treatment for your leg begins with a scrub to remove the rough skin and hard skin on your feet followed by feet massage. Relaxing warm natural ginger mask and foot cream will be applied as the finishing of this treatment.

IRIDIUM PEDICURE

90 minutes MYR 275

Complete Foot Spa includes soak, callus remover, scrub, cuticle care, foot massage, foot mask, nail trimming, filing and polish

Basic Nail Polish Manicure/Pedicure

60 minutes MYR 75

French Nail Polish Manicure/Pedicure

60 minutes MYR 100

BESPOKE HAIR RITUAL

OUR HAIR RITUALS ARE DEVELOPED TO GIVE YOUR CROWNING GLORY HEALTHY, WELL-STYLED HAIR USING SUMPTUOUS PRODUCTS BY KERASTASE AND SHISEIDO.

KERASTASE HAIR INTENSIVE TREATMENT

Short hair	60 minutes	MYR 200
Medium length	60 minutes	MYR 250
Long hair	90 minutes	MYR 275

Deep Hair Conditioning Cream applied on the scalp to promote strong, shiny lustrous hair.

BASIC SHAMPOO & BLOW DRY

Short hair	30 minutes	MYR 120
Medium length	45 minutes	MYR 140
Long hair	60 minutes	MYR 150

Add On Hair Styling

30 minutes MYR 50

Hairstyle events

30 minutes MYR 280

Bridal bun or Bridal hairstyle

45 minutes MYR 350

CUT & STYLING

Men 60 minutes MYR 120

Women

Short

60 minutes MYR 170

Medium

65 minutes MYR 180

Long

90 minutes MYR 200

BESPOKE PACKAGES

EXPERIENCE THE RARE AND REFINED IRIDIUM SPA MOMENTS WITH OUR SIGNATURE BESPOKE RITUAL WHICH CREATIVELY DEVELOP TO ENSURE YOU EXPERIENCE THE BEST BODY, MIND, AND SOUL BENEFITS RESULT ON YOUR DESIRED.

SERENITY – HALF DAY SPA

300 minutes MYR 1500

Half a Day of pampering and sophisticated carefree indulgence. A Top to Toe renewal treatments begin with our Classic Bespoke Massage follow with our Bespoke Body Ritual and Luxury Facial Treatments by Babor, complete the pampering with Classic Pedicure or Manicure. A Spa Hi-Tea with A Glass of Champagne complements your entire luxury spa experience.

TRANQUILITY – FULL DAY TREATMENT

480 minutes MYR 2300

A Full Day Sense of The Ethereal experiences to rejuvenate your Body, Mind and Soul and awakening of your senses. Begin with Calming Session follow by Bespoke Body Ritual and Bespoke 90 Minutes Classic Massage. A healthy Spa Hi-Tea will accompany your Lavender & Coconut Milk bath, continue your heavenly experiences with the touch of the stone of heart deliver with lavish Rose Quartz Energy Facial, and Iridium Hand or Foot Spa Remedy. Complete your ethereal moments with luscious cuisine.

THE MALAYA

120 minutes MYR 750

The Malaya Package is the epitome spa journey of age old traditional beauty rituals, inspired from the royal palaces of sultanates. Each treatment contains traditional botanicals that cleanse, exfoliate, re-energise, tone and revitalise the skin. Each natural treatment contains a nourishing blend of specially selected therapeutic botanicals.

- Signature Prelude Ritual
- Hibiscus and Rose or awaken Body Exfoliation
- Urut Melayu Bespoke Massage
- Luxury Botanical Rempah Wangi Bath

APHRODITE

150 minutes MYR 800

Inspired by Greek heritage secret traditions of beauty and wellness. The Greek's believed "Olive" as a sacred plant. Milk and Honey is the legend ritual of The Goddess and we creatively develop to you experiences the senses of ethereal healthy and beauty skin as The Aphrodite, the Olympian Greek Goddess of love and beauty, which influenced the Greek's prestigious, ancient beauty rituals.

- Signature Prelude Ritual
- The Olive Body Exfoliation
- Milk & Honey Body Nourish
- The Classic Massage
- Milk & Honey Bath

THE AYURVEDIC

150 minutes MYR 750

Derived from the Sanskrit words Ayur which means "life" and Veda which means "knowledge", this 5000-year old Indian science is based on the philosophy that health and wellbeing are achieved when everything : mind, body, spirit, senses and emotions are in a state of perfect balance.

- Prelude Foot Ritual
- Ayurvedic Massage
- Shirodhara Indian Head Treatment
- Kati Vasti

THE ORIENTAL EMPRESS

180 minutes MYR 850

Inspire by Ancient China, where the Empress was considered a living goddess.

- Signature Prelude Foot Ritual
- Silky Skin
- Almond and Milk Body Cocoon
- Bamboo Massage
- Eight Treasure Tea Bath

THE IRIDIUM RITUAL OF TIME

THIS IS ALL ABOUT INDIVIDUAL MOMENTS THAT ARE TAILORED TO EACH GUEST THROUGH A SPECTRUM OF BESPOKE SERVICES- WHETHER THE WISH IS TO BE ENERGIZED, REJUVENATED, DEEPLY RELAXED OR REFRESHED

LUXE

120 minutes MYR 750

The divine combination of more than one treatment which you may select from the A la carte Iridium Spa treatment.

*NOT APPLICABLE FOR REVERSIVE

PREMIUM

180 minutes MYR 1100

The divine combination of more than one treatment which you may select from the A la carte Iridium Spa treatment.

HONEYMOON PACKAGES

DIVINE DUO

150 minutes MYR 1350

A combination of Cupid's favourites. Our Intense Romance blend imbued throughout this ritual to soothe the body and mind whilst gently stimulating the mood of Love with subtle aphrodisiac properties.

FOR LADY
Tropical Mousse Body Exfoliation
Tropical Senses Body Cocoon
Swedish Massage

FOR GENTLEMEN
Aromatic Salt Body Exfoliation
Algae Marine Moor Mud Body Cocoon
Urut Melayu

THE EXPERIENCE ENDS WITH A ROMANCE BATH, GLASS OF WINE AND CHOCOLATE PRALINES TO COMPLEMENT THE EXPERIENCE.

MAJESTY

180 minutes MYR 1500

A serene sanctuary where indulgent pampering moments are tailored to each guest through a spectrum of refined services. Feel completely rejuvenated and energised with whole the treatment experiences.

THE DUKE
Warm Ginger Back Massage
Bamboo Lomi massage
The BABOR Men

THE DUCHESS
Lang Mary Body Exfoliation
Stone & Compress
Tailored Facial Treatment

SPA GUIDELINES

OPERATION HOURS : 9.00AM - 9.00PM

SCHEDULING AN APPOINTMENT

To schedule an appointment for your preferred treatment, please contact our Iridium Spa reception team who will be able to guide you to the right choice. If you are an in house guest, your St Regis butler can schedule an appointment on your behalf. To ensure your preferred time and service is available we recommend to book in advance. All spa appointments and packages are subject to availability and a cancellation policy.

SPA ETIQUETTE

A spa is where we seek tranquillity, peace and serenity. Kindly Silence your mobile phone and other electrical equipment when you arrive at the spa and respect other guest right to privacy. The Iridium Spa team reserves the right to ask you to stop using any such devices whilst in the Spa.

ARRIVAL TIME

We recommend that you arrive at our spa reception 15 minutes prior to your scheduled treatment, this will allow us to discuss your requirement and fill in your consultation for and /or health questionnaire. Please be advised that late arrivals will result in reduction of treatment time and the full treatment price will still apply.

SPA ATTIRE

The changing facilities is available inside the treatment room, where bathrobes, slippers and disposable are provided for added comfort.

PRICES

All prices are quoted in Malaysia Ringgit (MYR) and are subject to change at any time.

CANCELLATION POLICY

Should you need to cancel or reschedule, a four (4) hours' notice is required before the scheduled treatment. A 50% cancellation fee will apply for appointment cancelled within four (4) hours. For non-arrival or treatments cancelled within 1 hour of your scheduled time, the full price of the service will be charged.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies, or injuries which could affect your choice of treatment when making your spa reservation. This will allow us to assist you in selecting best experience for you and allow us to prepare any amendment that may need to be made to a treatment room or room set up.

GIFT VOUCHERS

Give someone the gift time well spent. Iridium Spa has vouchers available for a specific experience, please contact the Iridium Reception team for details. Vouchers are valid for one (1) year from purchase date.

VALUABLES

Iridium Spa and the hotel are not responsible for any loss of valuables at any time on the spa premises. We advise that you leave valuables at home or in the safe in your guest room.

LOST PROPERTY

Any valuables left behind are handed over to the hotel lost and found department straight away and we have no liability for such items.

ST REGIS IRIDIUM SPA

We are delighted to extend a direct contact number for membership inquiries. Should you need further assistance, please call at + 60. 4 960. 6804 or Email iridiumspa.langkawi@stregis.com.

RARE & REFINED

Born from the DNA of the St. Regis brand, Iridium Spa honours each address with the bespoke touches of a unique spa experience. A Spectrum of rare and refined services that inspires design and product selection of the Iridium Spa Langkawi and leave our guests with an experience of the very finest imaginable.

THE EXPERIENCE

Time dedicated to you: this forms the core of our service at Iridium Spa.

Experience the St. Regis legacy in a way that's relevant in today's world with our collection of bespoke spa treatments elegantly crafted to provide a tailored and discreet sensorial experience, in a natural and transformative setting.

*PRELUDE [Refined Foot Ritual]

A pampering prelude for all our spa treatments and packages. Inspired by the St Regis Signature Bloody Mary, this refreshing infusion of Tamarind and pandan leaf foot ritual is designed to cleanse, unwind and relax, in preparation for the core of your journey.