Remède Spa is committed to creating an exceptional experience for each guest. From champagne and truffles, to luxurious throws and customized treatments, our goal is to surpass all expectations and to help you escape to a sanctuary of indulgence and relaxation. Our staff is dedicated to making your visit spectacular.

**CUSTOMIZATION**
Remède Spa recognizes each guest, each face, each body is unique. We customize every treatment to meet your individual needs and deliver the benefits you seek. No luxury is spared in our quest to create unparalleled results and experiences.

**SIGNATURE SELECTIONS**
For guests who desire locale-inspired experiences, each Remède Spa offers an exclusive selection of treatments featuring techniques and ingredients inspired by its region’s distinct characteristics and unique traditions. Our signature treatments bring the luxury of Bal Harbour to your spa experience. Embrace the fresh ocean breezes and glamorous fashion with a true escape of indulgence and relaxation – the ultimate time for yourself to improve your sense of well-being and feel completely rejuvenated.
FOUR HANDS RITUAL
Four hands work in perfect harmony in a remarkable experience that inspires a balance of the senses. The treatment incorporates two therapists working together in synchrony and movement, a harmonious “dance” like massage relaxes the body. The treatment leaves the mind relaxed, the body energized and the skin completely rejuvenated. The ritual concludes with the traditional Ayurvedic Shirodara Treatment, which is a continuous stream of warm herbal oil poured onto the forehead and over the scalp.
80 minutes - $585

POLYNESIAN SPA RITUAL
Experience Polynesia with this exotic sensorial spa ritual, inspired by four of the most beautiful islands hidden in the heart of the Pacific Ocean. This luxurious treatment begins with the Exotic Island Body Scrub, a gentle vanilla-scented body scrub blended with pure white sand from Bora Bora, sea salt, coconut shell and algo-monoi, for a thorough exfoliation of the entire body that leaves the skin feeling smooth and soft. The Mahana Massage incorporates a rhythmic Lomi-Lomi massage using warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil from Raïatea, the sacred island, is swept over the skin; its subtle golden pearls leave a sun-kissed glow and a delicate scent of flowers and monoi.
80 minutes - $369

MUSCLE EASE RITUAL
The Muscle Ease Ritual was inspired by the Healing Traditions of Thailand. This massage is designed to increase energy flow, soothe muscle tension and heighten a sense of emotional well-being. The combinations of the Thai Herbal Massage and the Traditional Thai Massage have been used as a way of life for centuries in treating soreness, enhancing relaxation and rejuvenation. The therapist will guide you through a series of Yoga like postures and use pressure points to encourage a free flow of energy and a more balanced meditative state.
80 minutes - $329
THE DETOXIFYING GETAWAY
The perfect getaway experience. The Remède Spa technicians will apply an ultra-concentrated slimming and anti-cellulite gel, combined with advanced massage techniques, to effectively contour your silhouette. The draining and detoxifying active ingredients address and prevent fat nodules to reduce volume for firmer, smoother skin.
• The Body Sculptor Treatment
• The Oxygen Facial
2 hours - $430

THE ST. REGIS SPA ESCAPE
Allow Remède Spa to indulge you in a day of decadence. After a series of treatments customized to your preferences, you will leave knowing you escaped to a bespoke spa sanctuary, a magical departure from reality that leaves you feeling rejuvenated.
• The Vitamin C Facial
• The Remède Customized Massage
• The Remède Manicure
• The Remède Pedicure
3.5 hours - $455

REMMÈDE SPA SIGNATURE JOURNEY
BAL HARBOUR RESTORATIVE DIAMOND PACKAGE
Take a journey through an unprecedented sensory experience. Enjoy a smoothing and nourishing exfoliation, followed by a regenerating four handed massage with two therapists that will transport you to a complete state of relaxation and well-being. Conclude the day with a diamond facial, formulated to combat premature aging and maintain plump, hydrated and wrinkle free skin. This treatment will stimulate the entire body’s cellular function to fight premature aging caused by stress and pollution. It neutralizes signs of stress and aging to achieve the perfect synergy of global well-being.
• The Remède Body Polish
• The Four Hands Ritual Massage
• The Bal Harbour Diamond Facial
• The Remède Manicure
• The Remède Pedicure
5.5 hours - $1230
MASSAGE

THE REMÈDE CUSTOMIZED MASSAGE
Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa technician will customize your massage using specialty products including aromatherapy blends and warm paraffin, and will utilize a variety of techniques to achieve ultimate relaxation and rejuvenation. * 90 minutes includes stone placement
30 minutes - $159 | 60 minutes - $239 | 90 minutes - $329

ABHYANGA MASSAGE
Based on the traditional philosophy of Ayurveda this holistic treatment aims to restore balance on the body’s marma points (vital energy centers). According to Ayurvedic thought, energy points on the skin where your subconscious mind communicates with your body. When stimulated, these doorways send messages to internal organs and vital functions of the body. Profoundly relaxing and balancing with light rocking strokes.
50 minutes - $209 | 80 minutes - $289

RESTORATIVE MASSAGE
A traditional customized massage with light to deep pressure, combined with your choice of aromatherapy oils, creating a wonderfully customized relaxation experience.
50 minutes - $189 | 80 minutes - $285

PRE-NATAL HARMONY
This harmonious massage is designed to indulge the mother-to-be. This treatment includes a warm stress relieving oil with essences of Sweet Almond and Jojoba, which is very nourishing to the skin and promotes elasticity. This treatment is designed to ease and calm the mother’s union with her body and relieve stress for optimal relaxation.
50 minutes - $189 | 80 minutes - $285

THAI MASSAGE
Traditional Thai massage, sometimes called “yoga massage,” originated in Buddhist monasteries as preventative health-care for the monks. Using slow, gentle rocking movements, the therapist applies compression with thumbs, palms, elbows, knees and feet to stretch soft tissues and harmonize vital energies. This comforting, graceful therapy, which is performed on the comfort of an Asian floor mat, leaves you relaxed, energized and more flexible. Loose clothing is suggested, as the treatment is performed fully clothed.
90 minutes - $319

THE HOT STONE TREATMENT
Combined with intensive deep tissue massage, hot stones are used to revive fatigued muscles and rebalance the body. The healing power of the stones combined with therapeutic essential oils; penetrate muscle tissues inducing deep relaxation.
90 minutes - $319

REFLEXOLOGY
This treatment begins with a stimulating warm salt scrub that gently buffs and hydrates the feet using fresh mint, vanilla and coconut oil extracts. Afterwards, a 25-minute session of reflexology will improve circulation, detoxify, energize and boost the immune system.
45 minutes - $165

THE ST. REGIS BAL HARBOUR | FORBES 5 STAR SPA | PAGE 7
THE REMÈDE CUSTOMIZED FACIAL
After a one-on-one consultation and skin analysis, your Remède Spa esthetician will design a facial to address your individual needs, from reducing fine lines, or recuperating from a long flight, to addressing acneprone skin. With a focus on anti-aging, the Remède Customized Facial includes a thorough cleansing, exfoliation, extractions, face massage, mask, moisturizing and UV protection. Each facial is made complete with a warm paraffin foot wrap, foot and scalp massages, and eye and lip treatments.
90 minutes - $349 | 60 minutes - $259 | 30 minutes* - $179
*Does not include extractions or microdermabrasion

THE OXYGEN FACIAL
Purifies · Brightens · Balances
This Intraceutical exfoliating and invigorating treatment reenergizes cellular function and reveals perfectly hydrated skin. The revitalizing power of pure oxygen will decongest and brighten a dull complexion, restoring clarity and a healthy glow.
60 minutes includes machine - $269

THE VITAMIN C FACIAL
Revitalizes · Stimulates · Firms
An antioxidant treatment that restores vitality to sun damaged skin and helps minimize the signs of premature aging. 100% pure vitamin C will stimulate collagen production and renew skin firmness.
50 minutes - $205

SKINCARE ENHANCEMENTS
Enhance your skincare and add 15 minutes at $65
BAL HARBOUR DIAMOND FACIAL
Shock your skin with a unique cocktail formulated to combat premature aging and maintain plump hydrated and wrinkle free skin. This repairing treatment will stimulate the skin's cellular function to fight premature aging caused by hormonal fluctuations.
90 minutes - $379

BAL HARBOUR 24-KARAT GOLD FACIAL
The Omorovizca most sumptuous and transformative facial gives beauty sleep a new meaning with a combination of 11 age-defying remedies including rare Hungarian Moor mud, exotic Queen of Hungary mist, Gold Flash firm serum, instant plumping cream, gold sugar scrub and gold oil. All expertly applied in a special 90-minute treatment to restructure the skin, leaving it luminous, silky and hydrated with immediate radiance.
90 minutes - $359

BLUE DIAMOND FACIAL
This firming and brightening treatment helps to revitalize dull, lackluster skin. Blue Diamond Facial restores skin fitness, essential to the youthful behavior of skin cells. The traditional Hungarian facial massage will accelerate the oxygenation of the skin to re-energize and lift.
*90 minutes include a 15 minute eye-treatment, arnica, and vitamin K to remove puffiness and dark circles and a gentle massage using cooling derma globes soothes and relaxes the eye contour for brighter refreshed eyes.
90 minutes - $459 | 60 minutes - $339
BODY TREATMENT

THE REMÈDE CUSTOMIZED BODY POLISH
Improve skin texture and appearance with a selection of rich body polishes that will gently resurface your skin. After exfoliation, an indulgent warm shower will awaken the senses and prepare the body for an application of vitamin-rich emulsion that leaves skin incredibly soft and luminous.
60 minutes - $209

THE MARINE MUD BODY WRAP
For full-body exfoliation and super-soft skin. This treatment combines Natural Marine Mud and sea salts, which infuse their benefits via a body wrap. The skin is then exfoliated to eliminate dead skin cells, alleviate any roughness and invigorate the entire body by activating micro-circulation. After the mud and salts are removed, a light massage is carried out using a conditioning body cream.
50 minutes - $209

THE BODY SCULPTOR
This high-performance, innovative treatment tackles cellulite and stubborn unwanted curves for amazing results! It features a unique body wrap that infuses pure oxygen into the deep skin cells to detoxify the skin and encourage the release and elimination of stored fats. Corrective concentrates, packed with active ingredients, are applied to target zones to refine and resculpt cellulite-prone areas and address lack of firmness. The Perfect Sculpt Massage is then carried out for 25 minutes, using techniques specifically designed to correct problems related to cellulite and deep fat deposits.
60 minutes - $239

SIGNATURE BODY TREATMENT

BAL HARBOUR GOLD BODY WRAP
Our restorative signature wrap begins with a full-body exfoliation using a nourishing combination of sea salts, Hungarian Moor mud and soothing treatments, followed by a cleansing mask. Relax with a gentle scalp and stone body massage as your skin soaks up the benefits of a rich blend of essential oils. Your skin will feel noticeably softer and moisturized.
90 minutes - $359
THE GENTLEMAN’S FACIAL
Purifies · Brightens · Balances
This essential exfoliating and invigorating treatment reenergizes cellular function and reveals perfectly hydrated skin. The revitalizing power of this antioxidant facial will decongest and brighten a dull complexion restoring clarity and a healthy glow.
50 minutes - $205

THE REMÈDE CUSTOMIZED MASSAGE
Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa technician will customize your massage using specialty products including aromatherapy blends and warm paraffin, and will utilize a variety of techniques to achieve ultimate relaxation and rejuvenation.
90 minutes - $329 | 60 minutes - $239 | 30 minutes - $149

GENTLEMAN’S RETREAT
The following services are recommended for male guests seeking a complete Spa experience.
- The Gentleman’s Facial
- The Remède Customized Massage
- St. Regis Manicure
- St. Regis Pedicure
3.5 hours - $490

Gentlemen’s Hair Services available
REMÈDE SPA SHARED INDULGENCE
Share the Remède Spa experience and allow our therapists to create an extraordinary escape for two.
- The Remède Customized Couples’ Massage
- The Remède Customized Couples’ Facial
- The Remède Customized Bath
2.5 hours - $940 per couple

POLYNESIA SPA RITUAL
Experience Polynesia, the exotic sensorial spa ritual inspired by four of the most beautiful islands hidden in the heart of the Pacific Ocean. This luxurious treatment begins with the Exotic Island Body Scrub, a gentle vanilla-scented body scrub blended with pure white sand from Bora Bora, sea salt, coconut shell and algo-moni for a thorough exfoliation of the entire body to leave the skin feeling smooth and soft. Next is an azure bath inspired by the crystal blue waters of the Manihi Lagoon to protect and hydrate the skin. The Mahana Massage incorporates a rhythmic Lomi-Lomi massage using warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil from Raïatea, the sacred island, is swept over the skin; its subtle golden pearls leave a sun-kissed glow and a delicate scent of flowers and monoi.
90 minutes - $659 per couple

COUPLES CUSTOMIZED MASSAGE
Create a private sanctuary together as you indulge in a Remède Customized Massage side by side in a large and sublimely glamorous treatment room.
90 minutes - $698 | 60 minutes - $518 | Add-On Bath 20 minutes - $80

CUSTOM COUPLES EXPERIENCE
Customize your experience in the privacy of your suite.
Please inquire with a spa concierge about customizable options.
NAIL SERVICES

REMÈDE MANICURE/PEDICURE
A classic manicure/pedicure including nail shaping, cuticle care, paraffin mask, relaxing hand massage and expert polish application
Manicure 40 minutes - $75 | Pedicure 50 minutes - $95

GEL POLISH
Add the latest in gel polish technology to any manicure or pedicure, for up to two weeks of perfect polish: chip free, mirror finish & no dry time. For optimal results, a maintenance visit every two weeks is encouraged.
Add–On Gel Application $40 | Add-On Shellac/Gel/Acrylic Removal $25

MOMMY AND ME PRETTY NAILS DAY
This experience was designed for you to spend quality time with your daughter or granddaughter. The service includes nail shaping, cuticle care, buffing and soothing massage. An application of polish completes the session.
Up to 60 minutes - $145
*Age limit for this service is 6-10 years old.

THE ST. REGIS MANICURE/PEDICURE
St. Regis nail service including nail shaping, cuticle care, buffing and soothing massage. An application of polish completes the session.
Manicure 30 minutes - $55 | Pedicure 45 minutes - $80

MICRO-EXFOLIATING PEDICURE
The ultimate Remède Pedicure with a supremely softening treatment including an amino acid peeling mask to exfoliate, moisturize dehydrated feet.
60 minutes - $125

24-KARAT GOLD HAND/FOOT TREATMENT
Dazzling as it is, gold is a mineral with proven anti-inflammatory properties; it helps to heal the micro-damage inflicted daily and to revitalize the skin. This treatment involves an invigorating exfoliation with a golden sugar scrub and a soothing massage with an oil redolent of ylang-ylang and enriched with gold particles. Guaranteed to leave the hands and feet soothed, hydrated and radiant.
Hands, 60 minutes - $135 | Feet, 60 minutes - $155

SALON SERVICES

SHAMPOO & STYLE
Starting at $85

GIRLS SHAMPOO & STYLE
Under 12 years at $50

LADIES CUT
From $155

MEN’S CUT
$85

BOY’S CUT
Under 12 years at $40

MEN’S SHAVE
$100

TREATMENT
From $55

KERATIN
From $400

*All services exclusive of Shampoo & Style and scalp massage.
EXERCISE AND MOVEMENT CLASSES

Try something new or “brush up” on an old skill, our exercise professionals are the best in the world and they can be invaluable in helping you establish or refine a customized exercise routine - no matter your current fitness level.

Popular group classes include, but are not limited to:
- SUNRISE YOGA
- PILATES ON THE MAT
- CARDIO SLAM
- BREATHING & MEDITATION
- KETTLEBELL CIRCUIT
- ZUMBA
- TRX CIRCUIT
- FUNCTIONAL FLEXIBILITY
- FULL BODY BEACH BODY BLAST

From $29

PRIVATE CLASS INSTRUCTION

Whether you are new to the class or desire to take your practice to the next level, one-on-one instruction will deliver fast and effective results. Popular selections include:
- YOGA
- PILATES ON THE MAT
- BOOT CAMP
- MEDITATION
- POWER STRIDE
- ZUMBA
- TRX
- QI CONG
- BATTLE ROPES

From $150

SEMI-PRIVATE CLASS INSTRUCTION

Whether you are traveling with a loved one or an old friend, our instructors will deliver fast and effective results. Popular selections include:
- YOGA
- PILATES ON THE MAT
- BOOT CAMP
- MEDITATION
- POWER STRIDE
- ZUMBA
- TRX
- QI CONG
- BATTLE ROPES

From $250 price based on 2 guests per class

BRIDAL/ GROOM JOURNEYS

CUSTOM WEDDING PARTY RETREATS

Customize your own wedding retreat with your most important wedding party guests in mind. Please inquire with a spa concierge about customizable options for your special day.

SPA WITHOUT WALLS

OCEANFRONT DAY VILLA AND OUTDOOR MASSAGE EXPERIENCE

Enjoy a Remède Customized Massage in your Ocean View Day Villa or Cabana

*Additional fee for Villa and Cabana

Salon services only available for in-room at an additional fee of $50 during business hours.
SPA GUIDELINES

• Guest of Remède Spa must be at least 16 years of age to receive a massage or facial only when a parent or legal guardian is present in the guest room or private treatment room during the entire massage or facial and the service is provided by a same-gender therapist.
• Remède Spa is a non-smoking environment.
• Cell phone use is prohibited on spa premises and all cellular devices should be turned off prior to entering spa reception.
• Remède Spa is not responsible for any lost or stolen items. From $29

ARRIVAL PROCEDURES
We recommend that you arrive at Remède Spa at least 30 minutes prior to your scheduled appointment time so that you can enjoy the optimal spa experience. We also recommend showering prior to your service in order to receive maximum treatment benefit.

Please note that should you arrive late for your treatment, your technician may have to shorten the duration of your service to avoid inconveniencing other guests. Full rates would still apply in this instance.

CANCELLATION POLICY
Should you need to cancel or reschedule your appointment, we require notification 24 hours in advance. Full payment is required should cancellations be received after this time.

AUTOMATIC SERVICE CHARGE
For your convenience, a 20% automatic service charge will be added to all Remède Spa treatment prices upon check-out. Should you wish to increase or reduce this amount based on your service satisfaction, please notify a front desk attendant upon check-out. Envelopes are provided at the front desk should you wish to leave a cash gratuity.

SPA GIT CERTIFICATES
Spa gift certificates make the perfect gift for loved ones, friends, co-workers, employees, clients and anyone else with whom you would like to share the Remède Spa experience.