

REMÈDE®

SPA



ABU DHABI ASPEN ATLANTA BAHIA BEACH BALI
BAL HARBOUR DEER VALLEY DOHA MEXICO CITY
PUNTA MITA SAN FRANCISCO SINGAPORE

REMÈDE SPA MENU BAL HARBOUR

REMÈDE SPA

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.

TABLE OF CONTENTS

ST REGIS SPA RITUALS	5
SPA JOURNEYS	7
MASSAGE	9
SKINCARE	11
SKINCARE ENHANCEMENTS	15
BODY TREATMENT	17
COUPLES SUITE	19
NAIL SERVICES	21
SPECIAL TOUCH & WAX	23
EXERCISE AND MOVEMENT CLASSES	25
SPA GUIDELINES	27

★ Spa Director Recommended



ST REGIS SPA RITUALS

FOUR HANDED HARMONY

Relaxed Mind | Energized Body | Balanced Feeling

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 ★

Gentle Treatment | Soft and Smooth Skin | Relaxed Muscles

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-monoï, 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 Raiatea, the sacred island, is swept over the skin; its subtle golden pearls leave a sun-kissed glow and a delicate scent of flowers and monoï.

80 minutes - \$329

THAI MUSCLE REJUVENATION

Increase energy | Improve Well-Being | Meditative State

The Thai Muscle Rejuvenation 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 | 110 minutes - \$390



SPA JOURNEYS

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

2.5 hours - \$434

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 Facial
- The Specialty Massage
- The Remède Manicure
- The Remède Pedicure

3.5 hours - \$525

REMÈDE 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 Handed Massage
- The Bal Harbour Diamond Facial
- The Oxygen Manicure
- The Oxygen Pedicure

5 hours - \$1200



MASSAGE

THE REMÈDE CUSTOMIZED MASSAGE

30 minutes - \$149 | 60 minutes - \$229 | 90 minutes - \$319

RESTORATIVE MASSAGE

50 minutes - \$189 | 80 minutes - \$285

SPECIALTY MASSAGE

50 minutes - \$195

ABHYANGA MASSAGE ★

50 minutes - \$195 | 80 minutes - \$290

PRE-NATAL HARMONY

50 minutes - \$189 | 80 minutes - \$285

REFLEXOLOGY

45 minutes - \$165

HOT STONE TREATMENT

90 minutes - \$319

THAI MASSAGE

90 minutes - \$319



SKINCARE

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 acne-prone 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.

30 minutes* - \$159 | 60 minutes - \$239 | 90 minutes - \$329

*Does not include extractions or microdermabrasion

THE OXYGEN FACIAL

Purifies · Brightens · Balances

This 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.

50 minutes - \$195

THE SKIN BRIGHTENING FACIAL ★

Soothes · Comforts · Calms

Rebuild skin tolerance, visibly reduce sagging and reverse micro inflammation which causes premature aging. Specifically designed to instantly reinforce the skin, this tailored facial is a serious answer for hypersensitivity and rosacea.

50 minutes - \$195

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 - \$195

SKINCARE

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

SIGNATURE FACIAL SELECTION

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 - \$339

BAL HARBOUR 24-KARAT DESIGNER FACIAL ★

Our 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 - \$339

SKINCARE ENHANCEMENTS

Enhance your Skincare and add 25 minutes at \$75.00

EYE MASK

De-puffs · Decongest · Drains

A refreshing mask that will restore vitality and a youthful appearance to the eye contour area. An infusion of active ingredients that soothe and calm this delicate area.

ESSENTIAL EYES

De-puffs · Decongest · Nourishes

Infuse your skin with all the benefits of marine algae. A treatment that relieves puffiness and dehydration around the eye contour area with a cocktail that includes draining, nourishing and decongesting ingredients.

DOUBLE FACIAL MASK

Contours · Hydrates · Firms

A deeply nourishing contouring mask that allows for a deeper penetration of any products applied previously.

PEELING ADDITION

Renews · Exfoliates · Reveals

This triple exfoliating treatment (mechanical, enzymatic and chemical) formulated with 5 AHAs will produce visible results in just one treatment.

DETOX CURE

Purifies · Detoxifies · Decongests

Add a deep cleansing treatment to your favorite facial. This detoxifying cure includes a meticulous extraction process plus a pre and post treatment that will purify your skin and provide it with a luminous appearance.

SIGNATURE BODY TREATMENT

BAL HARBOUR 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

BAL HARBOUR BODY PERFECTION ★

This high-performance, innovative treatment tackles cellulite and stubborn unwanted curves for amazing results! A rapid detox treatment, this body wrap and body slimming massage features detoxifying seaweed products and stimulating essential oils of Peppermint and Lavender to eliminate excess fluid and encourage the release and elimination of stored fats.

90 minutes - \$359



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 REMÈDE CUSTOMIZED WRAP

Whether you seek cleansing or nourishing benefits, your Remède Spa therapist will customize a body wrap to meet your individual needs. Select essential oils to either detoxify or soothe sore muscles, and experience a revitalizing seaweed wrap and scalp massage. Skin will be left feeling noticeably softer and intensely moisturized.

60 minutes - \$259

THE DETOXIFYING BODY WRAP

A rapid detox treatment, this body wrap features detoxifying seaweed combined with refreshing and stimulating essential oils of Peppermint and Lavender to eliminate excess fluid and relieve tired and heavy legs.

50 minutes - \$175

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 - \$175

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 re-sculpt 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



COUPLES SUITE

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 - \$950 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-monoï 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 Rāiātea, the sacred island, is swept over the skin; its subtle golden pearls leave a sun-kissed glow and a delicate scent of flowers and monoï.

90 minutes - \$658 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 - \$640 | 60 minutes - \$480 | 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

THE REMÈDE MANICURE

A classic manicure including nail shaping, cuticle care, paraffin mask, relaxing hand massage and expert polish application.

50 minutes - \$75

CLASSIC MANICURE

This traditional manicure including nail shaping, cuticle care, buffing and soothing massage. An application of polish completes the session.

40 minutes - \$55

SKIN BRIGHTENING MANICURE

The ultimate Anti-Aging Manicure includes a signature micro-exfoliating treatment containing a proprietary blend of antioxidant vitamin C that visibly lightens the skin and reduces the appearance of sun spots to reveal radiant, revitalized skin.

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 traditional manicure and pedicure 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.

50 minutes - \$65

*Age limit for this service is 5-12 years old.

THE REMÈDE PEDICURE

A classic pedicure including buffing, nail shaping, cuticle care, exfoliation, paraffin mask, relaxing massage and expert polish application.

50 minutes - \$95

CLASSIC PEDICURE

This traditional pedicure including nail shaping, cuticle care, buffing and soothing massage. An application of polish completes the session.

40 minutes - \$80

SKIN BRIGHTENING PEDICURE

The ultimate Anti-Aging Pedicure with a supremely softening treatment signature micro-exfoliating treatment containing a proprietary blend of antioxidant vitamin C that visibly lightens the skin and reduces the appearance of sun spots to reveal radiant, revitalized skin.

70 minutes - \$125

MICRO-EXFOLIATING PEDICURE

The ultimate Remède Pedicure with a supremely softening treatment including an amino acid peeling mask to exfoliate, smooth and moisturize dehydrated feet.

70 minutes - \$125

24 - KARAT 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

GIRL'S SHAMPOO & STYLE

Under 12 yrs. \$50

LADIES CUT

From \$155

MEN'S CUT

\$85

BOY'S CUT

Under 12 yrs. \$40

MEN'S SHAVE

\$100

TREATMENT

From \$75

KERATIN

From \$400

*All services inclusive of Shampoo & Style and scalp massage.



WAX

WAX

Remède Spa uses a gentle, aroma therapeutic wax for fast, effective and painless hair removal.

FACIAL WAX

Lip or Chin - \$49

Cheeks - \$49

Brow - \$59

Ear - \$39

Nose - \$39

BODY WAX

Full Arm - \$79

Half Arm - \$69

Underarm - \$69

Full Leg - \$119

Half Leg - \$90

Brazilian Bikini - \$129

Basic Bikini - \$109

Chest - \$89

Stomach - \$49

Full Back - \$129

Half Back - \$109



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 \$30

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 MAT
- BOOT CAMP
- MEDITATION
- POWER STRIDE
- ZUMBA
- TRX
- QI GONG
- 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 MAT
- BOOT CAMP
- MEDITATION
- POWER STRIDE
- ZUMBA
- TRX
- QI GONG
- BATTLE ROPES

From \$250 price based on 2 guests per class

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.

APPOINTMENTS

To reserve your treatments, please phone 305-993-3300 extension 3600 or email BalHarbour.RemedeSpa@stregis.com. Online Booking is available for guest convenience at www.remede.com.

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.

DINING

The Remède Spa offers a full dining menu through Private Dining. A room number or credit card must be provided at the time of order.

SPA GIFT 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.

REMÈDE®

SPA

305-993-3300 extension 3600

Online Booking: www.remede.com

BalHarbour.RemedeSpa@stregis.com

9703 Collins Avenue, Bal Harbour | Miami Beach, FL, 33154