

# IRIDIUM SPA





# RARE & REFINED

## SIGNATURE JOURNEYS

The Iridium Spa is designed to bestow upon The St. Regis Mauritius Resort the exquisite feel of a personal residence spanning over 2,000 square metres, featuring twelve treatment rooms of which two are couples treatment rooms. The spa also features a Ladies Hair and Nail Salon, a dedicated men's Grooming Salon, a Sauna, a Steam Room, a Jacuzzi, and a Relaxation Terrace. It endeavours to provide a range of bespoke signature journeys that complement the unique experience our resort is famed for.

From the moment of arrival to departure, the Iridium Spa provides guests with the rarest of luxuries: TIME, luring guests into tailored, transformative experiences. Time dedicated to you. Whether for half an hour or half a day, each spa experience is personally crafted to meet the elemental needs of our guests. The "all suite" model enables the St. Regis brand to uphold its service promise to deliver uncompromising, bespoke experiences in dedicated treatment spaces.

## WELLNESS SPA PACKAGES

We have designed a range of tailor-made packages to reflect our guests' specific needs and ensure they derive full benefit from a personalised treatment. On arrival, guests are greeted by our spa wellness consultant who will take the time to guide them to choose the treatment best suited to their needs.

We are delighted to offer a special discount which is applicable only on 1 Hour massages:

- 10% discount for 3 hours Ritual at MUR 9,720 including discount
- 15% discount for 5 hours Ritual at MUR 15,300 including discount
- 20% discount for 8 hours Ritual at MUR 23,040 including discount

# BODY

## IRIDIUM SIGNATURES

### IRIDIUM TOUCH (JET LAG RECOVERY)

90 min. MUR 6,000

*Take time out after a long flight to sleep, rejuvenate and relax. This massage will help rebalance mind and body and is the perfect way to start your holiday. It includes a relaxing or detox beverage.*

### KITE SURFER'S RESPITE

90 min. MUR 6,000

*Discover a spa journey that will lull you into a deep relaxation with a deep tissue massage that will improve blood circulation and leave you deeply relaxed.*

### IRIDIUM COUPLE'S JOURNEY

120 min. MUR 16,500

*Perfect for couples that are looking for a side-by-side spa experience, this treatment offers a complete body exfoliation and a customised massage including a hydrating bath in one of our private couple's treatment suite featuring its own steam room & bathroom.*

## TROPICAL DELIGHTS

### TAMARIN & BROWN SUGAR SCRUB

30 min. MUR 1,500

*Tamarind extract has a natural acidic mixture that reduces blemishes and increases cell renewal, clarifying and brightening the skin. It is full of vitamin C enzymes and vitamin B, ideal for removing the skin's impurities.*

### COFFEE AND CARDAMOM ENCHANTMENT

30 min. MUR 1,500

*Indulge yourself with this invigorating scrub, a sumptuous blend of rich coffee and cardamom. Uplifting, firming, exfoliating and detoxifying: the perfect skin booster.*

### COCONUT SCRUB DELIGHT

30 min. MUR 1,500

*This local delight is an ideal scrub for all skin types which will leave your skin feeling deliciously soft and glowing.*

### HYDRATING HONEY WRAP

30 min. MUR 1,500

*Benefits of this wrap include ultimate hydration for the skin by using the purest of ingredients, HONEY! Allow this wrap to nourish your body and skin with the best nutrients.*

### NATURAL SUN SOOTHER

30 min. MUR 1,500

*This treatment helps to soothe and calm the sun burnt area; this is not just an application but also a treatment that will allow you to relax.*

# FACIAL BY VALMONT

A world away from traditional beauty care, Valmont treatments are composed like a symphony. The cadence of the movements reconciles opposites; it is at once enchanting and unexpected. The client leaves both relaxed and invigorated, the skin well-rested and reawakened.

## HYDRATION RITUAL SOURCE OF BISSES

Express: 30 min. MUR 3,600

Complete: 60 min. MUR 7,400

Intensive: 90 min. MUR 8,400

*The skin is perfectly hydrated, plumped and smoothed. Features are smoothed out and signs of fatigue erased. An essential treatment that leaves the skin as fresh as morning dew. This treatment is available in three versions – 30-minute express, 60-minute complete and 90-minute intensive. Source of Bisses reveals skin that is full of moisturizing water, lastingly hydrated... simply glorious!*

## ENERGY RITUAL VITALITY OF THE GLACIERS

Express: 30 min. MUR 3,600

Complete: 60 min. MUR 7,400

Intensive: 90 min. MUR 8,400

*A vital treatment for overstrained, lifeless skin. A beauty booster, this cabin treatment stimulates the skin's energy and cell renewal – both of which diminish over time. After the treatment, the complexion is once again fresh and radiant, features are relaxed, and the skin has never been fuller.*

## RADIANCE RITUAL BRIGHTNESS OF ICE

Express: 30 min. MUR 3,600

Complete: 60 min. MUR 7,600

Intensive: 90 min. MUR 8,600

*Inspired by Asian care habits, this treatment doubles each step to create entirely new synergies between the gesture and the product. Twice the cleansing, twice the massage, twice the mask... a state-of-the-art program for a complexion as clear as ice.*

## ANTI-WRINKLE & FIRMNESS RITUAL, PEAKS OF FIRMNESS

Express: 30 min. MUR 3,600

Complete: 60 min. MUR 7,400

Intensive: 90 min. MUR 8,400

*With this resolutely anti-wrinkle and firming expert treatment, Valmont puts its technical and cosmetic know-how into action to treat or prevent the most visible signs of aging.*

## ENERGY RITUAL VITALITY OF THE GLACIERS FOR MEN

Express: 30 min. MUR 3,600

Complete: 60 min. MUR 7,400

*An exclusive anti-ageing treatment for men, offering your skin genuine rejuvenation and renewed energy.*

## SPECIALTIES BY VALMONT

### SENSITIVE SKIN GENTLE SPRING THERAPY

50 min. MUR 7,000

*This face treatment compensates for the lack of hyper-reactive skin. It effectively soothes redness, irritation and all signs of discomfort. A gentle caress, a cocoon for inflamed skin.*

### ANTI-AGEING UV REPAIR PRINCESS PAN DEI

90 min. MUR 12,500

*This face and chest treatment is designed for skins weathered by exposure to the sun. A quick solution to soothe, repair and regenerate the skin deep down. After this intensive treatment, the skin is soft and comfortable, with renewed vitality.*

### YOUR EXCEPTIONAL TREATMENT ELIXIR DES GLACIERS

135 min. MUR 14,500

*Because beauty deserves a masterpiece, Valmont is paying tribute to Elixir des Glaciers by offering the most prized combined face and body treatment in the world. Simply sublime, the skin glows with this luxurious high-performance treatment that celebrates women's beauty.*

### EYES-REFLECTION ON A FROZEN LAKE

45 min. MUR 3,200

*A comprehensive and targeted treatment to eliminate wrinkles, bags, dark circles and puffiness. The youth and radiance of the eyes are restored.*

## IRIDIUM BODY CARE

### ORIENTAL MASSAGE

60 min. MUR 3,600

90 min. MUR 5,250

*This massage releases all tension in the body by working the muscles and skin, using gentle and comforting strokes. The kneading, treading and smoothing movements will leave you feeling relaxed and calm.*

#### Benefits

- Ideal for body & mind relaxation
- Releases muscle tension

### AYURVEDIC MASSAGE

60 min. MUR 3,600

90 min. MUR 5,250

*This treatment works the muscles intensely, using invigorating and stimulating movements. Through the careful application of pressure, sustained strokes, tapping and stretching, the skin and muscles are warmed while the mind and body become relaxed.*

#### Benefits

- Relieves deep tensions
- Tonifying

### BACK MASSAGE

30 min. MUR 2,600

*Allow your body to completely unwind with this unique treatment combining a series of deep muscular techniques (sustained pressure, kneading) conducive to total relaxation. Ideal before a relaxing facial treatment.*

#### Benefit

- Releases muscle tension

### FUSION MASSAGE

60 min. MUR 3,600

90 min. MUR 5,250

*This treatment provides an intensely relaxing and calming feel. With precise movements focusing on the tense parts of the body, back and abdomen, culminating in the elimination of "body heat" achieved by stimulating the foot's reflex zones.*

#### Benefits

- Chases out fatigue and nervous tensions
- Releases stress

## IRIDIUM BODY CARE

### SLIMMING MASSAGE

60 min. MUR 3,600

### SLIMMING RITUAL

90 min. MUR 5,250

*This treatment combines relaxation with slimming results through the combined use of lymphatic massage and application of suction cups, resulting in a reduction in cellulite and fluid retention.*

#### Benefits

- Reduces cellulite appearance
- Alleviates heavy tension in the legs

### DETOX MASSAGE

60 min. MUR 3,600

### DETOX RITUAL

90 min. MUR 5,250

*This treatment starts with a detoxifying wrap, foot and scalp massage and ends with a lymphatic drainage that will help flush out toxins and leave you feeling fully revitalised.*

#### Benefits

- Detox
- Procures a feeling of lightness

### COCOON RITUAL (FOR MOTHERS-TO-BE)

60 min. MUR 3,800

*This treatment is designed to address the tensions and aches of pregnancy and improve circulation. As a result, skin will become soft and muscles will relax. Ideal for expectant mothers.*

#### Benefits

- Relaxing for mother and baby
- Alleviates leg tension and aids back pain

### INDIAN HEAD MASSAGE

45 min. MUR 3,600

*Head massage has been a way of life in India for almost 4000 years and still plays an important role in family tradition as Indian women believe that it delays the greying process and keeps hair healthy. This treatment ends with a hair mask.*

#### Benefits

- Healthy hair and scalp
- A sense of tranquillity & peaceful sleep

### SWEDISH MASSAGE

60min. MUR 3,600

90 min. MUR 5,250

*Swedish massage is a world-renowned technique, aimed at relaxing the entire body using medium strokes to relieve muscle tension.*

#### Benefit

- Soothing & releases muscle tension

### THAI MASSAGE

90 min. MUR 6,000

*An ancient energy-based healing system that combines acupressure, reflexology, and assisted yoga postures. This traditional healing practice is excellent for stretching the body.*

#### Benefit

- Deeper pressure improves personal outlook and emotional status

# HANDS, FEET & HAIR

## FOR YOUR HANDS

Iridium Manicure  
60 min. MUR 2,600

## FOR YOUR FEET

Iridium Pedicure  
75 min. MUR 3,000

## WAXING SELECTION

Half or Full Leg Wax  
45 min. MUR 1,250  
60 min. MUR 1,800

Half or Full Arm Wax  
45 min. MUR 1,250  
60 min. MUR 1,800

Under-Arm Wax  
20 min. MUR 750

Back Wax  
45 min. MUR 1,400

Bikini Wax  
30 min. MUR 1,200

Upper Lip Wax  
15 min. MUR 500

Eyebrow Wax  
15 min. MUR 500

## FOR YOUR HAIR

*Treatment options for a comprehensive hair care. Each treatment includes a tension release scalp massage.*

**NOURISHING**  
50 min. MUR 2,250  
*Very dry hair and/or very dry scalp*

**RELAXING**  
50 min. MUR 2,250  
*Sensitive Irritated Scalp*

**ENERGISING**  
50 min. MUR 2,250  
*Lifeless hair*

## DAY-TO-DAY HAIR CARE

Shampoo  
10 min. MUR 450

Shampoo and Conditioner  
15 min. MUR 650

**BLOW-WAVE**  
Short Hair  
30 min. MUR 800

Shoulder Length  
45 min. MUR 1,000

Long Hair  
60 min. MUR 1,200

**BRIDAL HAIR**  
45 min. MUR 3,800

**MAKE-UP**  
45 min. MUR 3,500

**TRIAL BRIDAL HAIR  
OR MAKE-UP**  
45 min. MUR 2,000

**HAIR STYLING**  
60 min. MUR 4,000

**THREADING**  
15 min. MUR 500

# THE FITNESS CLUB & BEACH FIT CAMP

*Our Fitness Club provides guests with 24-hour access, manned from 8.00 AM to 7.30 PM. Outside those hours, guests can access the Fitness Club using their room key and may ask for assistance from the Butler Service Desk by using their in-room telephone.*

*The St. Regis Mauritius Resort Fitness Club understands that every individual has different fitness needs. Whether your target is body shaping, weight loss or a Zen and energised feeling, our Fitness Specialists will be delighted to design tailored workout programmes for you and shower you with undivided attention.*

## FITNESS ASSESSMENT

*One-on-one session, 60 min.*

*All guests will fill a health history questionnaire so as to determine fitness level, medical condition and any past injuries, followed by tests including blood pressure and resting heart rate. Based on the results, a customised training programme will be designed for each guest.*

## PERSONAL TRAINING

*One-on-one session, 30 or 60 min.*

*This is a tailor-made programme designed according to our guests' needs and provides them with step by step motivation and interactive feedback to enable them to make the most of their workout.*

## FUNCTIONAL TRAINING

*One-on-one session, 30 min.*

*Functional training incorporates exercises using body weight, free weights, resistance bands, and medicine balls. The aim is to enhance proprioception, the kinetic chain, movement efficiency and body posture and to use plyometric techniques to boost the nervous system.*

## CORE CONDITIONING AND STABILITY

*One-on-one session, 30 min.*

*This programme targets the lower deep abdominal, hip and spinal muscles. It improves body posture and supports the trunk during dynamic activities. Strengthening those muscles reduces lower back pain and prevents injuries, resulting in efficient movement patterns.*

## FLEXIBILITY AND ASSISTED STRETCHING

*One-on-one session, 30 min.*

*This session's purpose is to improve overall flexibility and eliminate any muscle tension as well as any stress within the body.*

*A soft sand workout with dynamic interval training to burn maximum calories, get your body moving and improve agility, coordination and strength. Leave the confines of the gym and cross-train under the beautiful Mauritian sky.*

## STRETCH AND SCULPT

*One-on-one session, 30 min.*

*The aim of this fitness programme is to create a strong, toned and flexible body by combining techniques inspired from Pilates, body shaping and stretching.*

## CHILDREN'S KEEP FIT

*(6–12 years, min 2 children) 30 min.*

*It is a fun and creative activity which promotes the child's proprioception and coordination skills as well as cardiovascular endurance. It includes light strength training and stretching.*

*Note: The schedule for complimentary collective fitness classes will be available in our weekly resort guide*

## PRICE LIST PER SESSION 60 MIN.

*One-on-one session at the Fitness Club:  
MUR 2,600*

# HOW TO IRIDIUM WITH US

## OPERATION HOURS

*Mondays to Sundays 8.30 AM to 7.30 PM*

## SPA ETIQUETTE

*A spa is where we seek tranquillity, peace and serenity. Kindly silence your mobile phone when you arrive at the spa. Please respect other guests' right to privacy.*

## BOOKING & CANCELLATION POLICIES

*Kindly book all treatments in advance to ensure availability of your choice of service and time. Should you wish to reschedule or cancel your booking, please advise 4 hours prior to your treatment. No show or cancellation within 4 hours will incur 50% charge to either your credit card or your room account.*

## PRIVATE SPA CONSULTATIONS

*Should you wish a tailor-made treatment plan during your stay, private spa consultations are available by appointment. Our spa associates will assist you with booking the treatments best suited for your needs. Consultations are complimentary. Please call Spa reception to book your private spa consultation.*

## SPA ATTIRE

*There are ample changing facilities in our spa, where bathrobes, slippers, and disposables are provided for added comfort during your treatment visit. Please note that nudity is not tolerated under any circumstances. Swimsuits or shorts must be worn to use Jacuzzi, steam and sauna.*

## SPA ARRIVAL

*We recommend that you arrive 15 minutes prior to your first scheduled appointment. This will allow us time to discuss your requirements and give you the chance to take advantage of our complimentary facilities (steam, sauna, Jacuzzi and relaxation area) to get into the mood before your treatment. Please note, late arrivals will not receive an extension of scheduled treatment if we have other guests scheduled directly after your appointment.*

## HEALTH CONDITIONS

*Please advise us while making your reservation as well as when you arrive to the spa of any health, skin or food allergies, injuries or health conditions that could disturb your experience.*

## VALUABLE LOSS OR DAMAGE

*Iridium Spa and the hotel are not responsible for any loss or damage to your valuables. We recommend that you use your in-room safe if you are residing with us.*

## SPA GIFT VOUCHER

*Iridium Spa Gift Certificates make the perfect gift for special occasions, loved ones, friends, co-workers, employees, clients, and anyone else with whom you would like to share the Iridium Spa experience. Gift Certificates can be purchased for the treatment of your choice and are valid for one year.*

## SPA RETAIL AREA

*Our retail area offers a wide selection of products. To continue your spa experience at home, please ask our trained reception associates or therapists for advice.*

## REFUND POLICY

*All returns on spa retail products will be accepted for exchange within 48 hours of purchase, if presented unopened with the original packaging and receipt. No credit card or cash refunds will be issued.*

## AGE REQUIREMENT

*You must be 16 years old and above to access or use the spa facilities and treatments.*

## ACCIDENTS OR INJURIES

*Iridium Spa and The St. Regis Mauritius Resort are not liable for any accident or injury that might happen during your visit.*

## ALCOHOL & CIGARETTES

*The use of alcohol and cigarettes are not permitted while you are in spa premises.*



THE ST. REGIS MAURITIUS RESORT  
COASTAL ROAD,  
LE MORNE PENINSULA MAURITIUS  
PHONE: 230 403 9000