

REMÈDE®
SPA

BAL HARBOUR
305.993.0600

REMÈDE®
SPA

REMÈDE®
SPA



ST REGIS
BAL HARBOUR

ASPEN ATLANTA BAHIA BEACH BALI BAL HARBOUR
DEER VALLEY MEXICO CITY NEW YORK
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 each treatment to meet your individual needs and to 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 ocean breezes, fashion and chic urban style with a true escape of indulgence and relaxation – the ultimate time for yourself to improve your sense of well-being and feel utterly rejuvenated.



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, to 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.

90 minutes - \$255 | 60 minutes - \$175 | 30 minutes* - \$95

*Does not include extractions or microdermabrasion

THE REMÈDE CUSTOMIZED MEN'S FACIAL

An extension of the Remède Customized Facial, this treatment addresses the specific skincare needs of men, with close attention paid to ingrown hairs and uneven skin tone caused by sun damage, stress and travel. Includes a thorough cleansing, exfoliation, extractions, face massage, mask, moisturizing and UV protection, as well as a warm paraffin foot wrap, foot and scalp massages, and eye and lip treatments.

90 minutes - \$255 | 60 minutes - \$175 | 30 minutes* - \$95

*Does not include extractions or microdermabrasion

SACRED NATURE ORGANIC FACIAL

Experience intense restoration and nourishment with this antioxidant-rich facial, ideal for healing depleted skin and providing environmental protection. Customizable for any skin type, it leaves skin radiant with a cleansing, exfoliation and mask application using natural formulas and unique touch therapy rituals. Soothing massage for face, neck, décolleté and hands completes the experience.

60 minutes - \$195

REMÈDE SIGNATURE FACIAL SELECTION

BAL HARBOUR "24-KARAT DESIGNER FACIAL"

You will feel transformed from our signature facial treatment that begins with a copper-enriched peel and ends with a bejeweled sprinkling of gold oil. Enjoy nourished, repaired, luminous skin with visible age-defying results. Reduces depth and appearance of fine lines and wrinkles, leaving you feeling brighter, younger and totally refreshed for an uplifting day of shopping or elegant dinner at J&G Grill

90 minutes - \$275



MASSAGE

THE REMÈDE CUSTOMIZED MESSAGE

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 borrow from a variety of techniques to achieve ultimate relaxation and rejuvenation.

90 minutes - \$240 | 60 minutes - \$165 | 30 minutes - \$90

COUPLES MESSAGE

Create a private sanctuary together as you indulge in a Remède Customized Massage side by side in your own treatment room.

90 Minutes - \$500 | 60 Minutes - \$350

HOT STONE TREATMENT

Hot stones are used to revive fatigued muscles and rebalance the body, combined with intensive deep tissue massage.

90 minutes - \$245

REFLEXOLOGY

This treatment begins with a stimulating warm sugar cane scrub that gently buffs and hydrates your feet with fresh mint, vanilla and coconut oil extracts. Afterwards, a 25 -minute session of reflexology relieves tired soles and soothes tension.

45 minutes - \$130

PRE-NATAL HARMONY

This special harmonious massage is designed to indulge the expectant 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 assist with elasticity. This treatment is designed to ease and calm the mothers union with her body and relieve stress optimal relaxation.

60 minutes - \$165

BEACH, POOL SIDE AND AT YOUR DOOR MESSAGE EXPERIENCE

Enjoy a Remède Customized Massage Experience in the comfort of your residence, room or beach.

90 minutes - During Spa Hours \$330 | After Spa Hours \$480

60 minutes - During Spa Hours \$255 | After Spa Hours \$330



BODY TREATMENT SELECTIONS

THE REMÈDE CUSTOMIZED BODY TREATMENTS

Wonderful alternatives to the Remède Customized Massage, our Remède Customized Body Treatments are designed to relax, hydrate and improve the appearance of skin overall. Experience a luxurious bath escape; professional-strength exfoliation without irritation; and transformative wraps that promise prolific benefits.

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 - \$155

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 - \$185

THE REMÈDE CUSTOMIZED BATH

Immerse yourself in a luxurious soak. Your technician will create an indulgent aromatherapy experience by drawing a bath incorporating either Remède customized essential oil blends or nourishing milk. Step out feeling renewed and invigorated.

30 minutes - \$75



SIGNATURE BODY TREATMENT SELECTION

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. Then 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 - \$275



NAIL SERVICES

THE REMÈDE MANICURE

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

30 minutes - \$45

FRENCH MANICURE

30 minutes - \$50

ANTI-AGING MANICURE

The Remède Manicure that includes a signature micro-exfoliating treatment containing a proprietary blend of antioxidant vitamin C and hydramagnetic amino acid that visibly lightens skin and reduces the appearance of sun spots.

45 minutes - \$65

THE REMÈDE PEDICURE

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

45 minutes - \$75

FRENCH PEDICURE

45 minutes - \$80

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.

60 minutes - \$90



WAX

WAX

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

FACIAL WAX

Lip or Chin - \$18

Cheeks - \$20

Brow - \$35

Ear - \$18

BODY WAX

Full Arm - \$50

Half Arm - \$40

Underarm - \$30

Full Leg - \$95

Upper Leg - \$65

Lower Leg - \$45

Brazilian Bikini - \$75

Basic Bikini - \$45

Chest - \$60

Stomach - \$30

Back - \$70

Half Back - \$40

Full Leg / Bikini - \$130

Full Leg / Brazilian - \$160

Upper Leg / Bikini - \$100

Upper Leg / Brazilian - \$130



SPA WITHOUT WALLS

The St. Regis Bal Harbour Resort is your paradise. You can take the extraordinary Remède Spa experience to other areas of our beautiful resort, from the comfort of your suite or residence and balcony overlooking the sea, to a private air conditioned cabana suite, or secluded area of our white sand beach. Choose a customized massage, couples massage, manicure, pedicure, or other soothing treatment.

Contact a spa concierge to arrange your special Spa Without Walls experience. Prices vary.

COUPLES SUITE

REMÈDE SPA SHARED INDULGENCE

Share the Remède Spa experience and allow our technicians to create an extraordinary escape for two.

- The Remède Customized Couples' Massage
- The Remède Customized Couples' Facial
- The Remède Customized Bath

3 hours - \$865

CUSTOM COUPLES EXPERIENCE

Customize your experience in the privacy of your suite. Please inquire with a spa concierge about customizable options.



SPA JOURNEYS

REMÈDE SPA PACKAGES

Each Remède Customized or Signature Facial and Massage included in the following packages reflects a 60 minute treatment.

REMÈDE SPA SANCTUARY

Allow Remède Spa to indulge you in a day of decadence. After a series of treatments customized to your preferences and a gourmet light lunch, you will leave feeling as though you escaped to the islands for the day, a magical departure from reality that leaves you feeling rejuvenated.

- The Remède Customized Facial
- The Remède Customized Massage
- The Remède Customized Body Polish
- The Remède Manicure
- The Remède Pedicure
- Light Lunch

6 hours - \$575

REMÈDE SPA ESCAPE

Escape to Remède Spa for a morning or an afternoon of indulgence. Remède Spa technicians will restore your vitality from head to toe in just a few hours.

- The Remède Customized Facial
- The Remède Customized Massage
- The Remède Manicure
- The Remède Pedicure

4 hours - \$415



SPA JOURNEYS

ATHLETE'S RELIEF

Whether you are training for a triathlon or gave it your all in the gym, these treatments will relieve your muscles and restore your feet to pre-competition condition.

- Bal Harbour Gold Detox Body Wrap
- The Remède Micro-Exfoliating Pedicure

2.5 hours – \$325

RESORT READY

The perfect routine to get you and your body ready for an island getaway.

- The Remède Customized Body Polish
- The Remède Customized Body Wrap
- The Remède Pedicure
- Basic Bikini Wax*

4 hours - \$415

THE PAMPERED MOTHER

Indulge your favorite mom with a half day "time out" at Remède Spa with a series of treatments that promise to relieve her of her maternal duties, if only temporarily.

- The Remède Customized Facial
- The Remède Manicure
- The Remède Pedicure

3 hours - \$265

CHAIRMAN'S DELUXE PACKAGE

The following services are recommended for male guests seeking a complete Remède Spa experience.

- The Remède Customized Men's Facial
- The Remède Customized Massage
- The Remède Manicure
- The Remède Pedicure
- Light Lunch

4 hours - \$435



BRIDAL JOURNEYS

WEDDING PARTY WELLNESS

The bride and her bridesmaids and friends can enjoy the wedding day countdown together with a fun, relaxing spa day that gets everyone dance- and picture-ready.

- The Remède Customized Body Wrap
- The Remède Customized Massage
- The Remède Manicure
- The Remède Pedicure

4 hours - \$415 pp

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 GUIDELINES

- Guests of Remède Spa must be at least 16 years of age. Nail services are available for patrons under the age of 16, when accompanied by an adult.
- 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.

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 your appointment, we require notification 24 hours in advance. Full payment is required should cancellations be received after this time.

AUTOMATIC GRATUITY

For your convenience, a 20% 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 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.

