

IRIDIUM SPA

FOR RESERVATIONS

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BODY

BESPOKE MASSAGE

60 / 90 / 120 MINS

After an in-depth consultation to identify your concerns we offer solution led massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

◆ DE-STRESSER

Orange and Rose Geranium eases tension and restores calm and balance to mind and body.

◆ JET-LAG REVIVER

Uplifting, awakening and reviving Peppermint and Rosemary scented massage to adjust to a change in time zone.

◆ IMMUNE BOOSTER

Essential oils of Tea tree and Eucalyptus help banish colds and support the immune system.

◆ BALINESE

Long, smooth movements bring about total relaxation and calm.

◆ HOT STONE

Warm volcanic stones help ease deep seated muscle aches and pains.

SCRUBS

◆ SPEARMINT BODY POLISH

60 MINS

Following a complete body brush and exfoliation to cleanse and stimulate circulation, cooling Spearmint refreshes, while Aloe Vera hydrates, nourishes and conditions for an instantly revitalized, smooth finish.

◆ SALT & OIL SCRUB

60 MINS

This combination of Himalayan salts and essential oils removes dead skin cells and leaves your skin nourished, smooth and supple.

◆ RICE PANDAN SCRUB

60 MINS

Exfoliates, purifies and re-mineralize leaving satin smooth skin. Rice Pandan Scrub with coconut oil helps to hydrates, retain natural sheen with firming properties.

WRAPS

◆ DETOX WRAP

60 MINS

A Marine Algae body wrap specifically to help speed up the elimination of toxins and improve circulation.

◆ MUSCLE REVIVER WRAP

60 MINS

A Marine Mud wrap to re-mineralize and freshen dehydrated skin. Treatment begins with mud application followed by gentle scalp massage.

Once you have taken a refreshing shower, an application of body moisturizer takes place, leaving you with a sense of well-being, cleansed and revitalized.

◆ SUN SOOTHER WRAP

60 MINS

Fresh Aloe Vera infused with chlorophyll is applied to the body. Cooling, soothing and healing, this natural combination will provide great relief from severe sunburn and is extremely beneficial to sensitive skin or red, itchy and allergenic skin dispositions.



Products are prepared fresh. 1-hour advance reservation required.



SIGNATURE RITUALS

The Iridium Signature Rituals are offered in the private sanctuary of luxurious Single and Double Suites, with its own treatment room replete with thermal facilities including a sauna, jacuzzi, and rainshowers, as well as its own dressing room and relaxation area. All rituals begin with a detailed consultation, and are customized to suit your needs.

THE HERITAGE TEA AFICIONADO

210 MINS

30 mins Rice and Macha Green Tea Exfoliation – 15 mins Scalp Massage – 45 mins Red Chai Tea Bathing Ritual – 60 mins Bespoke Massage – 60 mins Bespoke Facial

Inspired by The St. Regis Afternoon Tea, the ritual begins with a Rice and Macha Green Tea exfoliation, rich in anti-oxidant properties. The Red Chai Tea Bathing Ritual, consists of a blend of cardamom, cinnamon and red peppercorns to help improve blood circulation.

THE POLO CONNOISSEUR

150 MINS

30 mins Himalayan Salt Bath – 60 mins Marine Algae Body Mask – 60 mins Bespoke Aromatherapy Massage

The Polo Connoisseur Ritual starts with a muscle soothing bath, while the Marine Algae Body Mask detoxifies and cleanses the system. A personalized Aroma massage with powerful essential oils works to revive fatigued muscles focusing on Polo playing specific areas in the upper body and legs, such as the muscle groups of the Trapezius and Lats, Pectorals, Biceps and Triceps, Quads and Hamstrings.

SLEEP COUTURE

120 MINS

30 mins Spearmint Back Exfoliation – 15 mins Scalp Massage – 75 mins Bespoke Hot Stone Massage

After a spearmint back exfoliation, a blend of aromatherapy oils combined with a Hot Stone Massage works on the vital energy points to re-balance the body, finishing with a deeply soothing scalp massage to assist with sleep-related disorders.



FACE — ESPA

BESPOKE FACIAL

60 MINS

Our facials begin with a detailed consultation and in-depth skin analysis to identify skin conditions. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

LIFT & FIRM FACIAL

90 MINS

An advanced facial using ESPA Super Active™ products to improve skin tonicity, firmness and enhance cellular regeneration. ESPA Tri-Active™ ingredients, combined with specialized facial massage lifting techniques, help combat the signs of aging and stimulate collagen production.

LIFT & FIRM EYE TREATMENT

30 MINS

Perfect for those who are concerned with the first signs of aging around the eyes. An effective firming and hydrating treatment that helps to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporates the cleansing, exfoliation, massaging and application of our Lift & Firm Eye Cream.

A woman with dark hair and blue eyes is shown from the waist down, wearing a black bikini bottom. She is looking over her shoulder towards the camera. An Endermologie device is attached to her right thigh. The device is white and grey, with a small screen and a control knob. A long, flexible, light blue tube extends from the device. The background is plain white.

ENDERMOLOGIE®

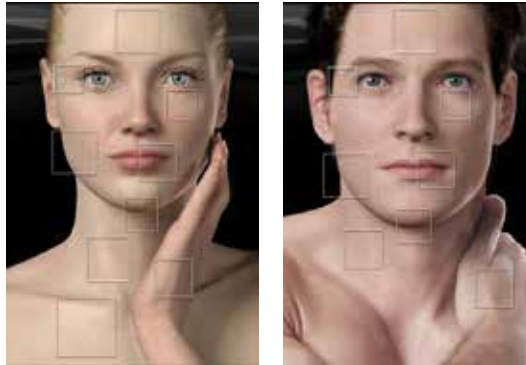
Endermologie® uses the latest technology and techniques to target anti-aging, detoxification, silhouette reshaping and body contouring. Its mechanical stimulation significantly accelerates the progress of cellular awakening and restores from within.

Endermologie® treatment to stimulate the skin, it is creating an intense physiological awakening. As if youth has been restored. The stimulated fibroblasts operate from within to produce a true metamorphosis of the skin.

Endermologie® treatment penetrates deeper epidermis and fat tissue layers. It awakens fibroblasts to produce firmer skin. Praised by thousands for over 30 years and approved by the rigorous FDA (Food and Drug Administration),

Endermologie® is a natural and pleasant technique that gently mobilizes the tissues to boost circulatory exchanges, activates stubborn fat release, smoothest cellulite and durably firms the skin, wherever you want.

LPG FACE



◆ EXPRESS

15 MINS

Each session consists of 15 minutes per zone.

Choose from one or more of the following zones:

- ◆ Forehead
- ◆ Eye circles & puffs
- ◆ Eye wrinkle
- ◆ Jaw line
- ◆ Double chin
- ◆ Neck
- ◆ Mouth area
- ◆ Décolleté
- ◆ Hands

◆ CLASSIC

45 MINS

1. Fluid Mobilization

Drains toxins and “reoxygenates” the skin for a purified and radiant complexion.

2. Glow

Gently exfoliates, reactivates the microcirculation to even out the complexion and improve skin glow.

3. Total Eye

Reduces puffiness and dark circles, fills in wrinkles around the eyes and lifts the eyelids to enhance the look.

4. Eye & Lip

Smooths wrinkles around the eyes and mouth, lifts the eyelids to enhance the look and replumps the lips.

5. Age-defying Re-plumping

Harmonizes to the volumes of the face, restores skin density while filling out wrinkles and fine lines from within.

6. Age-defying Skin Toning

Restores the skin’s suppleness and elasticity for a genuine natural lifting effect.

7. Age-defying Re-sculpting

Slims the face and the double chin while firming the skin to redefine the face’s contours.

8. Décolleté (*for women only*)

Redensifies the tissues from within, fills in wrinkles and firms the skin for a visibly smoothed décolleté.

ENDERMOLOGIE® EXCELLENT FACE TREATMENT

For intensive and visible result.

Combination of 45 mins Endermologie® treatment + 45 mins of ESPA treatment.

◆ ENDERMOLIFT® LIFT & FIRM

90 MINS

A targeted and rejuvenating treatment for maturing skin to address the most visible signs of aging. A hydrating double cleanse and gentle refining polish prep the skin before the Anti-aging & Firming Endermolift® Program begins to re-plump, firm and lift the skin. Combining the mechanical stimulation with special age-defying massage techniques and ESPA Lift & Firm product range, this luxurious treatment will minimize fine lines and immediately improve hydration levels.

◆ TOTAL EYE ESPA

90 MINS

Reduces puffiness and dark circles, fills in wrinkles around the eyes and lifts the eyelids to enhance the look. Removal of makeup, double cleansing and gentle refining skin polish prep the skin before the Total Eye Endermolift® Program begins. Continue with zonal massage, an application of Lift & Firm Eye Cream, and depart feeling deeply hydrated.

LPG BODY - BEAUTY MODULE

◆ EXPRESS

20 MINS

Choose from one or more of the following zones:

Women

- | | | |
|-----------|--------------|----------|
| ◆ Arms | ◆ Waist | ◆ Thighs |
| ◆ Back | ◆ Buttocks | ◆ Knees |
| ◆ Stomach | ◆ Saddlebags | ◆ Calves |

Men

- | | | |
|--------|-------------------|----------|
| ◆ Pecs | ◆ Waist & Stomach | ◆ Thighs |
|--------|-------------------|----------|

◆ CLASSIC

45 MINS

1. Android Body

Releases localized fat in depth (arms, back, waist and stomach) to slim the upper body.

2. Gynoid Body

Releases fat from saddlebags, slims thighs and smoothes cellulite.

3. Shorty

Releases fat from saddlebags, slims the stomach and thighs, smoothes cellulite.

4. Total Care

Refines the overall silhouette, smoothes the “orange peel” aspect and firms the skin.

5. Cellulite Smoothing

Smoothes cellulite on the buttocks and thighs, firms the skin.

6. Aqueous Cellulite

Stimulates the lymphatic circulation and smoothes aqueous cellulite (from water retention).

7. Fluid Mobilization

Reactivates circulatory exchanges to soothe heavy legs symptoms.

8. Skin Toning (*for women only*)

Redensifies the skin from within for a naturally sculpted, more toned figure.

LPG BODY - SPA MODULE

◆ CLASSIC

45 MINS

1. **Expert** (*for women only*)
Releases localized fat deposits for a slender figure.
2. **Cellulite Smoothing**
Breaks down fat deposits and smoothes cellulite for softer firmer skin.
3. **Endermo Skin-toning**
Breaks down fat deposits and smoothes cellulite for softer firmer skin.
4. **Sculpting Expert**
Reharmonizes volumes and re-establishes symmetry for a reshaped figure.
5. **Fluid mobilization + Light Legs**
Stimulates circulation and provides an immediate lightness sensation.
6. **Endermo Mobilization**
Stimulates microcirculation and eliminates toxins for an immediate lightness sensation.
7. **Expert Arms**
Restores skin resilience for a lifting effect.
8. **LPG Excellent Treatment**
Removes localized fat deposits and regenerates face, neck and décolleté cells.
9. **Resculpting Expert (for men only)**
Resculpts the upper body for a firmer abdomen and defined pectoral muscles.
10. **Sports Recovery**
Provides a soothing, recuperative post-exercise deep muscle massage to relieve muscle soreness and tension leaving the body energized.

LPG BODY - FITNESS MODULE

◆ CLASSIC

45 MINS

1. Warm Up

Stimulates and stretches the muscles deep down to prevent risks of spasms and to avoid stiffness.

2. Recovery

Mobilizes and stretches the muscles in depth to release toxins more easily, to reduce spasms and stiffness.

ENDERMOLOGIE® EXCELLENT BODY TREATMENT

For intensive and visible result

Combination of 45 mins Endermologie® treatment + 45 mins of ESPA treatment.

◆ ACQUEOUS CELLULITE

90 MINS

Releases localized adipose deposits and smoothes cellulite for a more slender figure. A detailed body Endermologie® evaluation is performed before the program begins. Complete the treatment with a full body skin brushing and a lymphatic massage to eliminate toxins with a Detoxifying Body Oil.

◆ FIRMING & CONTOURING

90 MINS

Stimulates collagen and elastin production to firm skin and restore its suppleness. A detailed body Endermologie® evaluation is performed before the program begins. Complete the treatment with a full body skin brushing, iced mitts to zonal areas and specific massage targeting problem areas with Smooth & Firm Body Butter.

◆ IRIDIUM ENDERMOLOGIE® MAN

90 MINS

This Endermologie® Program is specifically designed to address the concerns of men. Focus is put on the waistline and managing areas to firm and contour. A detailed body Endermologie® evaluation is performed before the full body program begins. Complete the treatment with a 30-min Deep Muscle Massage to enhance the program and benefit fully.

HAND & FOOT THERAPY

Private and luxurious audio-visual treatment lounge chairs provide discreet zones to surrender to treatments for the hands and feet. The room is available for private parties and contains 8 luxury lounge chairs.

LIGHTER LEGS

45 MINS

This revitalizing treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains and is suitable for all.

EXPLORE HAND & FOOT MAPPING

60 / 90 MINS

A zonal therapy based on meridian and reflex points that provides great relief to those constantly working at the computer.

NOURISHING HAND & FOOT TREATMENT

60 MINS

A deeply restorative treatment for dry, hard-working hands. Skin is left feeling soft and supple.

Refreshing exfoliation and a deeply therapeutic hand and lower arm massage

PEDICURE

60 MINS

Treatment begins with a foot soak scrub to soften and smoothen the skin. Thereafter, continues with cuticle grooming with body butter application.



ADD-ONS

BODY

- ◆ EXECUTIVE STRESS MASSAGE

30 MINS
- Back, neck and shoulders using an ESPA Body Oil chosen for your specific needs.
- ◆ ABDOMINAL WARMING PACK & DEEP CLEANSE 

105 MINS
- A warming fresh ginger pack to address abdominal discomfort and improve circulation. Bespoke your scrub and wrap body treatment from the menu.

SCALP

- ◆ CLEAR MIND MASSAGE

30 MINS
- Soothe away stress, re-energize the spirit and balance the mind with this deeply therapeutic and nourishing scalp massage.

FACE

- ◆ BEAUTY FLASH

30 MINS
- Personalized facial includes a consultation, cleanse, exfoliation, personalized facial mask and finishes with a booster serum.



ST. REGIS SUITES RESIDENTIAL RETREATS

DETOX 3 / 5 / 7 DAYS

Includes: Body Exfoliation, Algae Wrap, Detoxifying Massage, Purifying Facial

St. Regis Suite Residential Detox Retreats will address the effects of over-indulgence or metabolic dysfunction. The process will assist with the effects of bloating, poor digestion, adrenal exhaustion, addictive recovery and over-indulgence. Inclusions offer personalized consultations and pre-booking requirements, juice fasting, detox dietary needs including raw foods, superfoods, healthy mini-bar food and beverage options, fitness and activity, and Iridium Spa Therapies, in the Iridium Spa and in the privacy of your own Spa Suite.

Day 1

60-minute Private Yoga
Wellness food and drink at Crystal
90-minute Detoxifier Massage

Day 2

60-minute Personal Training
Wellness food and drink at Crystal
120-minute Detox Body Ritual

Day 3

60-minute Private Body Balance
Wellness food and drink at Crystal
60-minute Immune Booster & Warming Pack

Day 4

60-minute Private Yoga
Wellness food and drink at Crystal
90-minute Endermololift® Skin Radiance

Day 5

60-minute Guided Swimming
Wellness food and drink at Crystal
90-minute Explore Hand & Foot Mapping

Day 6

60-minute Personal Training
Wellness food and drink at Crystal
90-minute Aqueous Cellulite Treatment

Day 7

60-minute Body Balance
Wellness food and drink at Crystal
120-minute Detox Body Ritual*

**Detox Body Ritual — Body Exfoliation/Thermal Facilities/Detox Wrap*

WEIGHT MANAGEMENT 3 / 5 / 7 DAYS

Includes: Body Exfoliation, Algae Wrap, Detoxifying Massage, Purifying Facial

St. Regis Suite Residential Weight Management Retreats offer options for those wishing to get into shape and lose a few pounds or better manage their lifestyle options including exercise, nutrition and daily schedule. Inclusions offer personalized consultations and pre-booking requirements, juice fasting, detox dietary needs including raw foods, superfoods, healthy mini-bar food and beverage options, fitness and activity, and Iridium Spa Therapies, in the Iridium Spa and in the privacy of your own Spa Suite.

Day 1

60-minute Personal Training
Wellness food and drink at Crystal
90-minute Body Toner Massage

Day 2

60-minute Private Yoga
Wellness food and drink at Crystal
60-minute Endermologie®
Firming & Contouring Treatment

Day 3

60-minute Personal Training
Wellness food and drink at Crystal
120-minute Weight Management Body Ritual*

Day 4

60-minute Guided Swimming
Wellness food and drink at Crystal
35-minute Endermologie® Classic Treatment

Day 5

60-minute Private Body Balance
Wellness food and drink at Crystal
30-minute Thermal Facilities usage
60-minute Body Toner Massage

Day 6

60-minute Private Boxing
Wellness food and drink at Crystal
60-minute Endermologie®
Firming & Contouring Treatment

Day 7

60-minute Private Yoga
Wellness food and drink at Crystal
120-minute Treatment of choice

**Weight Management Body Ritual
Body Exfoliation/Thermal Facilities/Slimming Wrap*

DE-STRESS 3 / 5 / 7 DAYS

Includes: Scalp Massage, De-stress or Muscle Relax Massage, Marine Mud Wrap

St. Regis Suite Residential Executive Stress Retreats look at offering tools to address and avoid lifestyle and environmental stress. Services will offer real rest, respite and recovery. Inclusions offer personalized consultations and pre-booking requirements, digital detox, (no technology before 12noon/after 8pm), juice fasting, detox dietary needs including raw foods, superfoods, healthy mini-bar food and beverage options, fitness and activity, and Iridium Spa Therapies, in the Iridium Spa and in the privacy of your own Spa Suite.

Day 1

60-minute Sun Salutation + Meditation
Wellness food and drink at Crystal
90-minute De-stress Massage

Day 2

60-minute Personal Training
Wellness food and drink at Crystal
45-minute Lighter Legs

Day 3

60-minute Private Body Balance
Wellness food and drink at Crystal
120-minute Sleep Couture Ritual*¹

Day 4

60-minute Sun Salutation + Meditation
Wellness food and drink at Crystal
90-minute Total Eye ESPA

Day 5

60-minute Guided Swimming
Wellness food and drink at Crystal
90-minute De-stress Ritual*²

Day 6

60-minute Body Balance
Wellness food and drink at Crystal
60-minute Deluxe Scalp Relax

Day 7

60-minute Sun Salutation + Meditation
Wellness food and drink at Crystal
30-minute Executive Stress Massage

**¹Sleep Couture Ritual
Spearmint Back Exfoliation / Bespoke Hot Stone Massage
/ Scalp Massage*

**²De-stress Ritual
Thermal Facilities / Aromatherapy Massage*



ATHLETIC CLUB

PERSONAL TRAINING

60 MINS

Reach or maintain your optimum wellness and health conditions. Whatever your goal, be it improved overall fitness and wellness, endurance or a change in lifestyle, our fitness instructor will work with you, focusing on your unique health concerns to design a program that will suit your needs.

PRIVATE YOGA LESSON

60 MINS

Get up-close and achieve maximum result from your private yoga lessons, get personalized instruction based on your health, body type and lifestyle—and on your most convenience time. Our expert teachers will bespoke classes suit your goal.



IRIDIUM
SPA

◆ BODY	DURATION (MINS)	PRICE (MYR)	IN-SUITE (MYR)
Bespoke Massage	60 / 90 / 120	460 / 560 / 660	520 / 620 / 720

Scrubs

Spearmint Body Polish	60	368	-
Salt & Oil Scrub 🌀	60	368	-
Rice Pandan Scrub 🌀	60	368	-

Wraps

Detox Wrap	60	468	-
Muscle Reviver Wrap	60	468	-
Sun Soother Wrap 🌀	60	468	-

◆ SIGNATURE RITUALS	DURATION (MINS)	PRICE (MYR)	IN-SUITE (MYR)
The Heritage Tea Aficionado	210	1,138	-
The Polo Connoisseur	150	1,028	-
Sleep Couture	120	850	-

◆ FACE—ESPA	DURATION (MINS)	PRICE (MYR)	IN-SUITE (MYR)
Bespoke Facial	60	460	520
Lift & Firm Facial	90	558	-

◆ LPG FACE	DURATION (MINS)	PRICE (MYR)	IN-SUITE (MYR)
Express	15	368	-
Classic	45	478	-

ENDERMOLOGIE® EXCELLENT

FACE TREATMENT

Endermologie® Lift & Firm	90	660	-
Total Eye ESPA	90	660	-

🌀 Products require 1-hour advance preparation.

Prices quoted above are in Ringgit Malaysia (MYR) and inclusive of 0% GST.
We reserve the rights to change the price without prior notice.

◆ LPG BODY	DURATION (MINS)	PRICE (MYR)	IN-SUITE (MYR)
Express - Beauty Module	20	368	-
Classic - Beauty / Spa / Fitness Module	45	478	-
ENDERMOLOGIE® EXCELLENT BODY TREATMENT			
Acqueous Cellulite	90	660	-
Firming & Contouring	90	660	-
Iridium Endermologie® Man	90	660	-
◆ HAND & FOOT THERAPY	DURATION (MINS)	PRICE (MYR)	IN-SUITE (MYR)
Lighter Legs	45	460	-
Explore Hand & Foot Mapping	60	460	-
Nourishing Hand & Foot Treatment	60	460	-
◆ ADD-ONS	DURATION (MINS)	PRICE (MYR)	IN-SUITE (MYR)
Executive Stress Massage	30	368	-
Clear Mind Massage	30	368	-
Beauty Flash	30	368	-
Lift & Firm Eye Treatment	30	368	-
Abdominal Warming Pack 🌀	30	368	-
◆ THE ST. REGIS RETREAT	DURATION (DAYS)	PRICE (MYR)	IN-SUITE (MYR)
Detox	3 / 5 / 7	2,899 / 3,499 / 3,999	-
Weight Management	3 / 5 / 7	2,899 / 3,499 / 3,999	-
De-stress	3 / 5 / 7	2,899 / 3,499 / 3,999	-
◆ ATHLETIC CLUB	DURATION (MINS)	PRICE (MYR)	IN-SUITE (MYR)
Personal Training	60	238	-
Private Yoga	60	338	-

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