

REMÈDE®  
SPA

BAHIA BEACH + PUERTO RICO  
(787) 809-8111

REMÈDE®  
SPA

# REMÈDE®

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## SPA



**ST REGIS**  
BAHIA BEACH • PUERTO RICO

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ATLANTA	ASPEN	BAHIA BEACH	BALI	DEER VALLEY
MEXICO CITY	NEW YORK	PUNTA MITA	SANFRANCISCO	SINGAPORE



## REMÈDE SPA AT THE ST. REGIS RESORT, BAHIA BEACH + PUERTO RICO

### SPA MENU

#### 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 spa experience 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.

#### BAHIA BEACH SIGNATURE SELECTIONS

For guests who desire locale-inspired experiences, Remède Spa offers an exclusive selection of treatments featuring techniques and ingredients inspired by Puerto Rico's unique traditions. Each signature treatment has been carefully designed with indigenous and cultural influence using organic native ingredients such as coconut and sugar cane. In the tradition of "Fiestas Patronales," each service is inspired by Queen Loiza herself, in honor of the diversity of the African, Taino Indian and Spanish heritage that now comprise the exotic and colorful Puerto Rican culture.



## SKINCARE

### THE REMÈDE CUSTOMISED 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, oxygen treatment, 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.



## **SIGNATURE SKINCARE**

### **CEMI GODS REJUVENATING FACIAL**

Based on mineral-rich native mud and its nourishing and rejuvenating properties, this facial is pure holiness. An enzymatic exfoliation of ruby crystal serum smoothes and stimulates the complexion, creating instant radiance, blurring fine lines and minimizing the appearance of imperfections. Sea mayweed is used to relax facial muscles and smooth expression lines and wrinkles, naturally replicating the effect of Botox. An indigenous rose water facial massage rejuvenates the complexion, while arms and hands are exfoliated and massaged using sugar cane and coconut oils enriched with vitamins A, C and E. Your renewed, refined skin tone will leave you feeling like the cherished god or goddess you are.

60 minutes - \$180

### **CACIQUE'S LIGHTENING AND BRIGHTENING FACIAL**

Designed with the noblest Caciques in mind, this ultra luxe facial will leave the complexion polished and glowing. It begins with a foaming two-phase peel, combining a blue copper paste and a lactic acid activator. The peel refines and smoothes the complexion, deeply cleansing the skin and encouraging collagen production for an immediately hydrated, illuminated and softened appearance. A lymphatic facial massage soothes the senses and accelerates microcirculation, while a rose and sage scented mask plumps the epidermis to reduce the appearance of fine lines and wrinkles.

90 minutes - \$275



## 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, 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 MASSAGE

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

90 Minutes - \$495

60 Minutes - \$345

### PRE-NATAL HARMONY

This special harmonious massage is designed to indulge the expectant mother to be. This treatment includes 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 mother's union with her body and relieve stress for optimal relaxation.

60 Minutes - \$165

### MASSAGE AT YOUR DOOR\*

Enjoy a Remède Customized Massage in the comfort of your room.

90 Minutes - During Spa Hours - \$320

After Spa Hours - \$450

60 Minutes - During Spa Hours - \$240

After Spa Hours - \$340

\*Please inquire about availability of in-room massage services with the Remède Spa reservationists.



## **SIGNATURE MASSAGE**

### **TAINO WARM NATIVE STONE RITUAL**

Heated native obsidian stones cultivated from the region are used to revive fatigued muscles and rebalance the body, combined with intensive deep tissue massage.

90 minutes - \$245

### **BAHIA REFLEXOLOGY**

Reminiscent of a Taino Indian ritual, 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

### **BEACH SIDE MASSAGE\***

Whether you're looking for a special candlelit evening or quiet stillness at the break of dawn, you'll experience the tranquility of our elegant sandy beaches and cool ocean breezes with this custom 60- or 90-minute massage in a private beachside cabana.

90 Minutes - During Spa Hours - \$320

After Spa Hours - \$450

60 Minutes - During Spa Hours - \$240

After Spa Hours - \$340

\*Please inquire about availability of outdoor massage services with the Remède Spa reservationists. This service is subject to weather conditions.



## **BODY TREATMENTS**

### **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 to gently resurface your skin. After exfoliation, an indulgent warm Vichy 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 - \$135

### **THE REMÈDE CUSTOMIZED WRAP**

Whether you seek deep cleansing, nourishing or revitalizing benefits, your Remède Spa therapist will customize a body wrap to meet your individual needs. Select from a mineral-rich seaweed wrap to detoxify; a warm clay wrap to purify and soothe; or a mud wrap featuring dead sea salts and minerals to enhance circulation and improve skin tone. Skin will feel noticeably softer and optimally moisturized.

60 minutes - \$175



## **SIGNATURE BODY TREATMENTS**

### **QUEEN LOIZA'S ROYAL TREATMENT**

This Royal Treatment recreates the luxurious journey of a true Borinquen Queen. The experience begins with a golden sugar scrub that envelops the body, repairs sun damage, and promotes elasticity to give skin a supple firmness. This luxurious scrub is followed by a warm, tranquil Vichy shower massage. Your treatment professional will then target and treat specific areas to assist in reducing the appearance of cellulite and enhancing circulation. The journey concludes with a 24-karat gold shimmer oil massage lending the skin a luminous glow while improving hydration and boosting collagen production.

90 minutes - \$275

### **AFTER-SUN REPRIEVE**

Comfort dry and sunburned skin with this calming treatment that promises to soothe sun irritation and replenish a fatigued body. A cooling emulsion will alleviate the sting left by the Puerto Rican sun, while a hydrating wrap restores moisture and quenches dry, sun-sapped skin. The treatment concludes with an application of healing and nourishing body butter for a soft, luminous finish.

60 minutes - \$160



## THE REMÈDE MAN

### 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.

### THE BAHIA BEACH ORGANIC RITUAL

This service features a body scrub made with ingredients grown and harvested locally in Bahia Beach, for a true organic experience. You'll choose from the spa's organic herbal bar to create your very own body scrub blend. After exfoliation, an indulgent warm Vichy shower will awaken the senses and prepare the body for application of a vitamin-rich emulsion that leaves skin incredibly soft and luminous.

60 minute ritual (30 min scrub/ 30 min massage) - \$155

30 minute ritual (scrub only) - \$80

### GENTLEMAN'S DELUXE PACKAGE

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

- The Remède Customized Body Polish
- The Remède Customized Massage
- The Remède Manicure
- The Remède Pedicure
- Light Lunch (choose from our spa menu)

3.75 Hours - \$475



## **SALON SERVICES**

### **THE REMÈDE MANICURE**

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

30 minutes - \$40

### **THE REMÈDE PEDICURE**

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

45 minutes - \$75

### **ROYAL BAHIA MANICURE**

This Royal Manicure commences with a micro-exfoliating treatment containing vitamin C and a white pepper extract known for stimulating microcirculation and promoting a healthy "golden" glow. The treatment incorporates all of the elements of the classic Remède Manicure, while also helping to eliminate dead skin cells, refine skin texture and reduce the appearance of sun spots.

45 minutes - \$60

### **ROYAL BAHIA PEDICURE**

A pedicure fit for the royal family itself, this luxurious treatment includes all the elements of a classic Remède pedicure, plus a scrub of Ylang Ylang, gold particles and cane sugar, and a stimulating pineapple enzyme mask to smooth and moisturize dehydrated feet.

60 minutes - \$90

### **FRENCH PEDICURE**

The classic pedicure with a French polish.

45 minutes - \$80

### **FRENCH MANICURE**

The classic manicure with a French polish.

45 minutes - \$45

### **HAIR SERVICES**

Men's Haircut- \$45

Women's Haircut Short- \$50

Women's Haircut Medium- \$65

Women's Haircut Long- \$75

Shampoo/Blowout Short- \$50

Shampoo/Blowout Medium/Long- \$75

Up-do Style- \$65 and up

Bridal Up-do Style- \$100 and up

Make-Up Application- \$75





## **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



## SPA PACKAGES

### REMÈDE SPA PACKAGES

Each Remède Customized or Signature Treatments 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 Customised Facial
- The Remède Customised Massage
- The Remède Customized Body Polish
- The Remède Manicure
- The Remède Pedicure
- Light Lunch (choose from our spa menu)

4.5 Hours - \$605

### TRAVELER'S ALLEVIATION

Relieve your tired soul after a long day of travel. This package is sure to revive and de-stress anyone in need of ultimate relaxation.

- The Bahia Beach Organic Ritual
- The Remède Customized Massage
- Royal Bahia Pedicure

3 Hours - \$385



### **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 Body Polish
- The Remède Customized Massage
- The Remède Manicure

2.5 Hours - \$370

### **EXPLORER'S RELIEF**

Whether you are snorkeling reefs, exploring El Yunque National Forest, or have spent a long day riding the surf these treatments will relieve your muscles and restore you to a calm state of peace.

- Tiano Warm Native Stone Ritual
- Bahia Reflexology

2.15 Hours - \$365

### **RESORT READY**

The perfect rescue to get you and your body ready for a relaxing getaway.

- Queen Loiza's Royal Treatment
- Remède Customized Facial
- Remède Pedicure

3.5 Hours - \$515



## **COUPLES REPRIEVE**

### **REMÈDE SPA SHARED INDULGENCE**

Share the Remède Spa experience and allow our technicians to create an extraordinary escape for two in our private couples massage villa.

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

2 Hours - \$680

### **HONEYMOON STILLNESS RETREAT**

This retreat enhances the experience of two souls becoming one by bringing balance and harmony to the celebration of new beginnings. Enjoy the comfort of one another in our private couple's villa.

- Private Yoga Session for Two
- Couples Massage
- Light Lunch (choose from our spa menu)

3 Hours - \$540

### **SUNSET BEACHSIDE SANCTUARY**

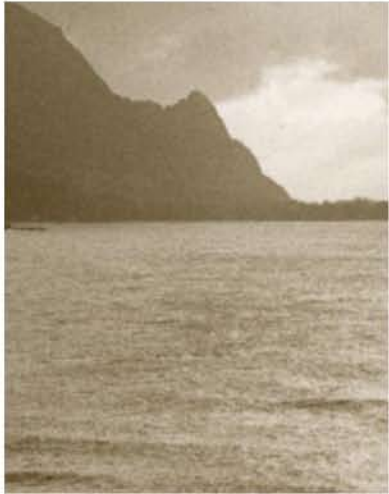
Bahia Beachside is the perfect sanctuary for any romantic getaway whether it is a honeymoon getaway or an exclusive retreat for two. This luxe package includes a preset 3 course seasonal menu featuring local flavors hand-picked by our executive chef and beachfront set up accommodations.

- Couples Beachside Massage\*
- Candlelit Dinner Beachside \*

60 minute massage - \$875

90 minute massage - \$1025

\*This service is subject to weather conditions. Alcoholic Beverages, Tax, and Gratuity are not included in package rate. Special request can be added for an additional fee.





## **BRIDAL SERVICES**

### **BRIDAL BLISS**

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

- The Bahia Beach Organic Ritual
- The Remède Manicure
- The Remède Pedicure
- Up-Do Style
- Make Up Consultation & Application

4.5 Hours - \$420 per person

### **WEDDING PARTY WELLNESS**

Treat your wedding party to the elegance of Remède Spa's most elaborate offerings including steam rooms, saunas, whirlpools, and a sparkling glass of champagne for each of your guests.

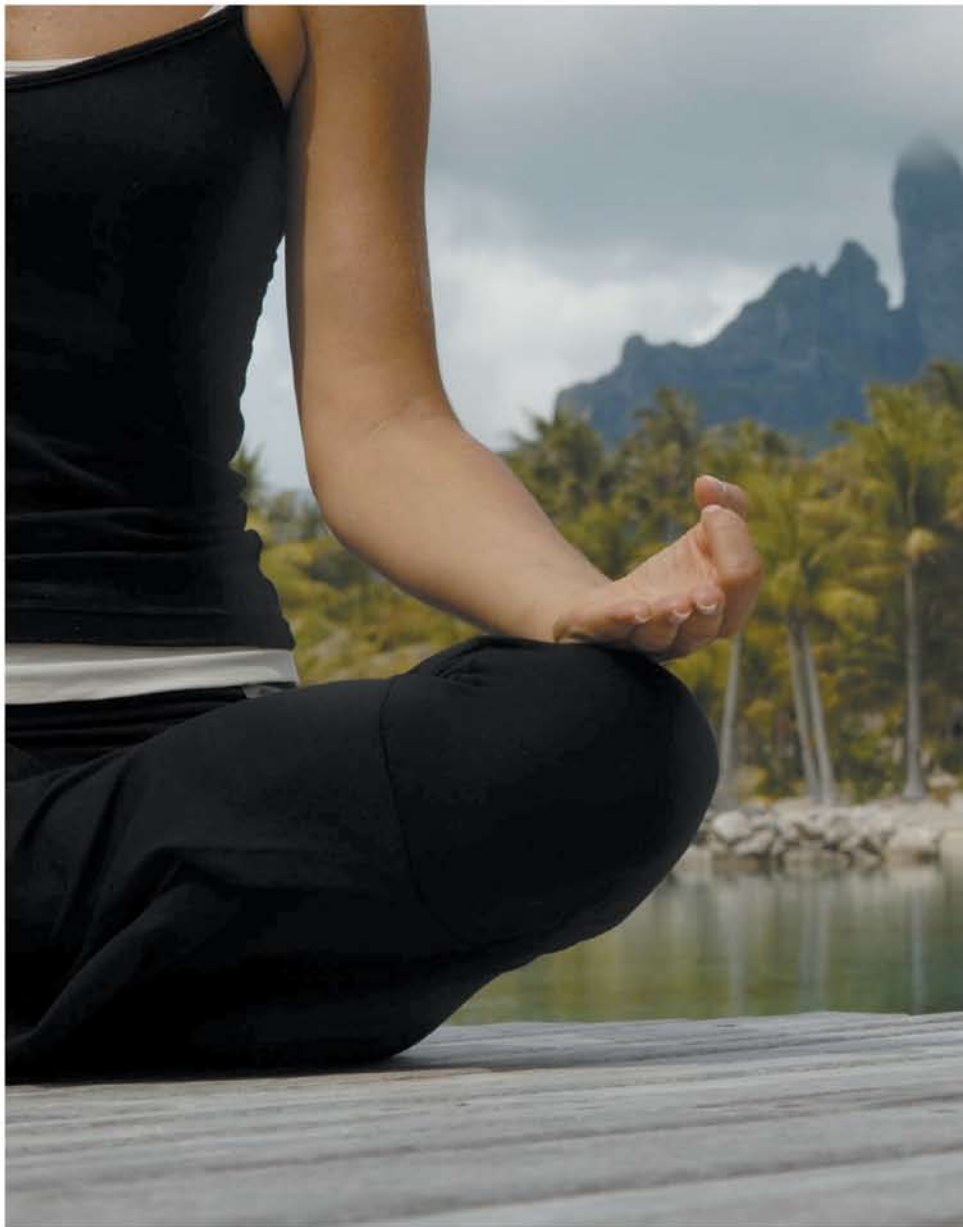
- Sunrise Beachside Yoga\*
- Spa Facility Access
- Choose From a Manicure or Pedicure

3 Hours - \$90 per person (minimum of 5 people required)

\*This service is subject to weather conditions. Alternate location will be provided in inclement weather.

### **CUSTOM WEDDING PARTY RETREAT**

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.



## **WELLNESS SELECTION\* \*\***

### **YOGA**

60 minute - Private Session - \$145

### **PILATES**

60 minute - Private Session - \$135

### **STRETCH**

Stretch class that promotes flexibility and strength.

60 minute - Private Session - \$115

### **CUSTOM PERSONAL FITNESS TRAINING SESSION**

A customized session focusing on personalized training needs and desired result.

60 minute - Private Session - \$115

### **MEDITATION**

A customized session of meditation to give one peace of mind and bring one to a deeper state of relaxation.

60 minute Session - \$115

\*All wellness services above can be provided beachside, please inquire with your spa concierge for availability and pricing.

\*\*Additional attendees will be charged \$65.00 per person.

## SPA GUIDELINES

- We are open seven days a week: Monday through Sunday from 10:00 am to 8:00 pm (last appointment at 7:00 pm). Remède Spa at the St. Regis Resort, Bahia Beach is open to the public. Please inquire with the spa receptionist for information on treatment reservations, including availability of in-room spa services.
- We highly recommend that you book your spa treatments in advance; however we will try our best to accommodate walk-ins.
- Create a private sanctuary together as you indulge in one of our spa services side by side in your own Remède Couple's Suite where you can enjoy your own private bath, steam bath, lounge and private bar. An additional fee applies for the use of the Remède Couple's Suite for single occupancy.
- Our talented therapists are male and female; they are all well trained and highly professional. Unless you state your preference, bookings are scheduled with the first available spa therapist.
- 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, Bahia Beach experience.
- Before your massage begins, kindly inform your spa therapist of areas to be avoided. During your massage, please let your therapist know if you feel any discomfort or the pressure you prefer.
- For your comfort and privacy, throughout any of your treatments, non-treated areas will be appropriately draped with a sheet.
- Please help us to sustain the benefits of your own experience and to respect the comfort and tranquility of others by upholding a tranquil environment and switching off your cellular phone for the duration of your visit to Remède Spa, Bahia Beach.
- 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 a 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 checkout. Envelopes are provided at the front desk should you wish to leave a cash gratuity.

## TAKING YOUR EXPERIENCE BACK HOME

Well-respected ranges of luxurious and high-quality skincare products by Laboratoire Remède are available for the first time in Puerto Rico exclusively at Remède Spa, Bahia Beach.

Our spa therapists will recommend the perfect products to prolong your Remède Spa experience.