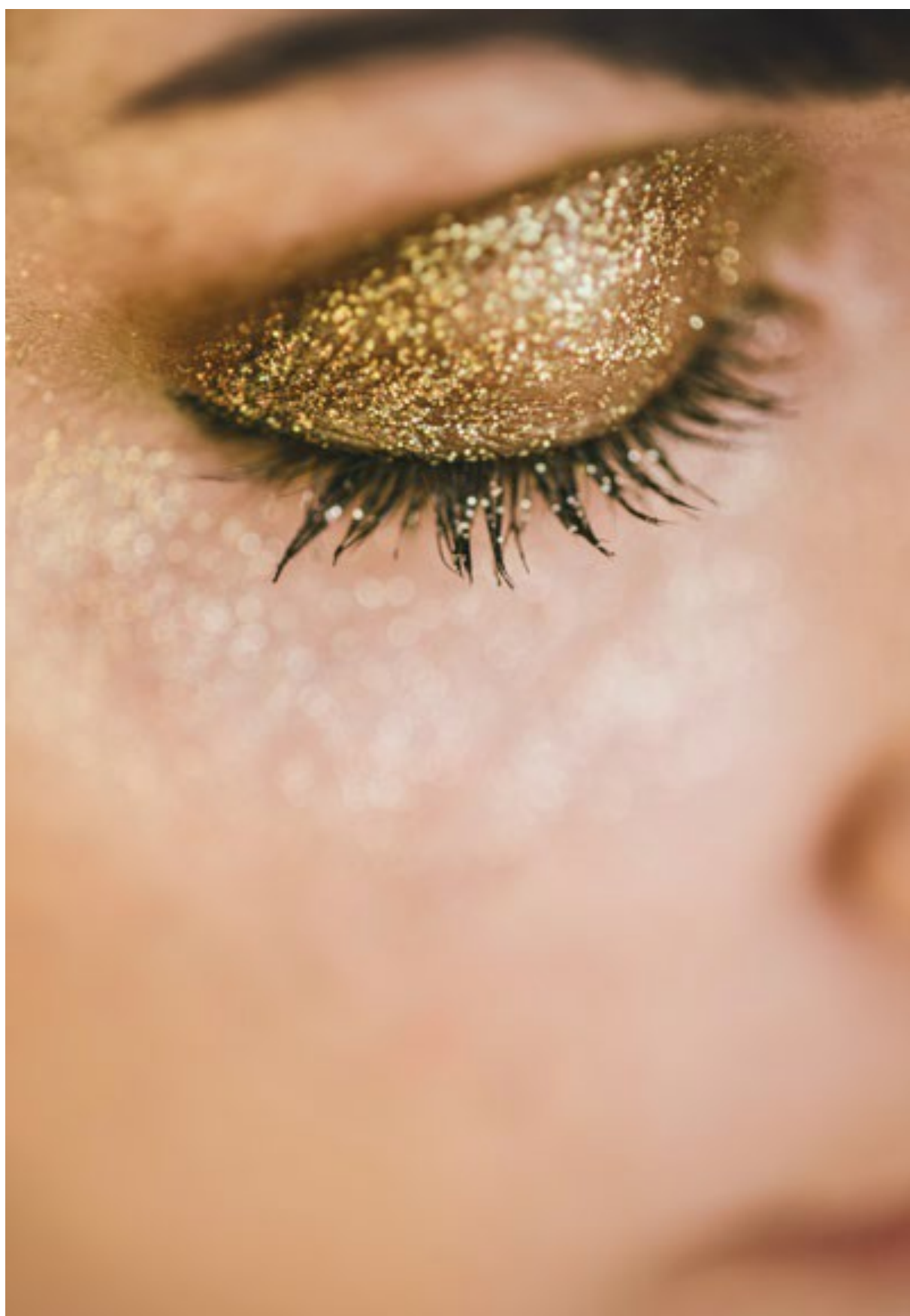


IRIDIUM SPA



ST. REGIS
BORA BORA



Caroline's Collection

Caroline Astor, better known only as 'Mrs. Astor', was the curator of the upper echelons of New York society during the latter half of the 19th century.

As matriarch of one of the great dynasties of New York she was a symbol of luxury, opulence and taste. Paying homage to Caroline's passion for innovation, refinement and vibrancy, this collection of treatments is unique to each Iridium Spa, crafted from the very best experiences and ingredients to create distinguished and perfectly tailored experiences.

FLAWLESS GARDEN ROSE:

Capture a moment of escapism with this sensory experience, inspired by delicately perfumed gardens. A skin softening granita scrub revives tired skin after which a full body massage with a precious Porcelain Flower oil to soothe and deeply relax.

60 minutes – 20'500 XPF (205 USD)

MIRI OIL MASSAGE:

A unique local body massage that harnesses the benefits of Miri oil, a type of basil, grown locally in Tahiti. Miri is known to boost circulation and release muscle tension, whilst the massage movements energize, invigorate and refresh.

90 minutes – 28'500 XPF (285 USD)

POLYNESIAN TAURUMI:

« Taurumi » means massage in Polynesian. This relaxing medium pressure massage uses traditional Polynesian techniques and dancing forearm movements. The therapist uses her « Mana », which is inner strength in Polynesian, to help your mind and body relax.

60 minutes – 19'000 XPF (190 USD)

90 minutes – 27'000 XPF (270 USD)



Massages

Curate and bespoke your own massage experience with the choice of three sensory escapes from the scent bar and a choice of delicate and nourishing textures

PERFORMANCE:

Intuitive and intense, a strong massage specially designed for precision and results. Enjoy the benefits of a unique combination of ingredients – arnica and mandarin invigorate whilst camphor and cypress boost the effects of exercise.

60 minutes – 20'000 XPF (200 USD)

90 minutes – 28'000 XPF (280 USD)

RELAXATION:

Deep relaxation of mind and body, a fully bespoke massage using light to medium pressure. Choose your sensory escape from the Scent Bar which will then be blended with your choice of hydrating cream or nourishing oil. A true feeling of balance.

60 minutes – 19'000 XPF (190 USD)

90 minutes – 27'000 XPF (270 USD)

STRESS RELIEF:

Sensorial and awakening, a massage journey that harmonizes techniques from around the world. A stress relieving treatment that uses mobilizing movements and firm massage to ease away tension and restore energy levels.

60 minutes – 19'000 XPF (190 USD)

90 minutes – 27'000 XPF (270 USD)

RE-ENERGIZE:

An energizing treatment that focuses on a Japanese reflex inspired foot massage to soothe and relieve tension, which also encompasses the full body with a soothing and sweeping massage to warm the muscles and invigorate the mind.

60 minutes – 20'000 XPF (200 USD)

90 minutes – 28'000 XPF (280 USD)

BALINESE PUAU MASSAGE:

« Puai » means strong in Polynesian. This ancient deep tissue massage renews the body and strengthens the mind. This world-renowned technique uses long strokes, pressure points and stretching to help relieve tension and stress while improving circulation.

60 minutes – 20'000 XPF (200 USD)

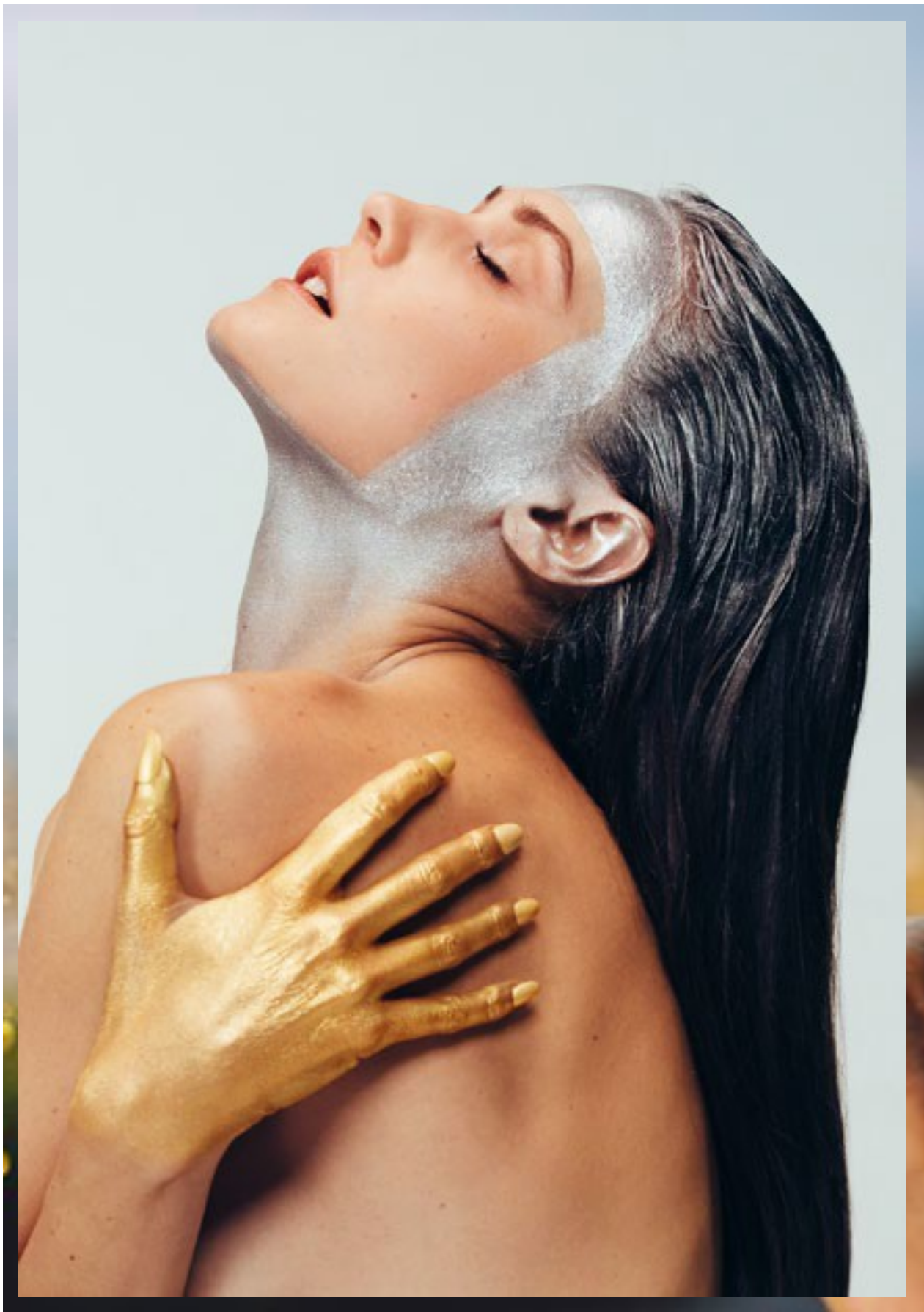
90 minutes – 28'000 XPF (280 USD)

WARM CANDLE MASSAGE:

A medium pressure massage using warmed oil. This warmed candle is made of natural butters which are then drizzled over the skin for a wonderful massage to melt away tension and delicately nourish skin.

60 minutes – 20'000 XPF (200 USD)

90 minutes – 28'000 XPF (280 USD)



Treatments

Marrying classic body treatments with elegant innovation to present both a luxurious and results driven experience.

OPULENT RELAXATION:

A deeply hydrating and relaxing aromatic body ritual with delicate scents of cherry blossom and lotus. A warmed enzymatic scrub works whilst a reflex-inspired foot massage relieves tension. Exfoliating gloves slough off the peel revealing glowing skin, ready for the nourishing warmed shea butter massage.

60 minutes – 20'500 XPF (205 USD)

90 minutes – 27'500 XPF (275 USD)

SENSUAL ELEVATION:

A sensorial, awakening ritual to energize and unseat tension and stiffness – this treatment is a truly elevated experience.

A warmed enzymatic exfoliating syrup is gently worked into the body with a handmade terracotta stone. A deep massage with heated amber oil unseats tension whilst stretches and mobilization movements re-energize.

60 minutes – 20'500 XPF (205 USD)

90 minutes – 27'500 XPF (275 USD)

REFINED SILHOUETTE:

Designed to maintain the body's youth using proven formulas and techniques. A citrus full body scrub prepares the skin to receive a technical toning body serum formulated with active ingredients that work on skin firmness in harmony with a stimulating massage to improve the appearance of the body's contour.

60 minutes – 20'500 XPF (205 USD)

PLUSH BODY POLISH:

A toning or softening full body scrub that can be tailored using exquisite fragrances from our Scent Bar – breathe in and let the aromas quiet the mind whilst the expert hands of the therapist use sugar and salt to soften and hydrate the skin.

30 minutes – 10'500 XPF (105 USD)

HYDRATING DRENCH:

A skin drenching hydrating treatment, ideal post sun.

Experience the comforting sensation of hydrating shea butter applied to the skin and let your body and your mind indulge in pure escapism with the fragrance you have chosen.

60 minutes – 19'000 XPF (190 USD)



Packages

SOTHYS PACKAGE:

Combine a 30 min full body scrub with the ease of a Relaxation, Performance or Re-Energize massage. Ideal for people who want to exfoliate and hydrate the skin to leave it smooth and soft.

- Plush body polish - 30 minutes
 - Relaxation or Performance or Re-Energize massage - 60 minutes
- 90 minutes – 50'000 XPF**
(500 USD) / couple

WELLNESS PACKAGE:

Combine the benefits of heated balneotherapy to improve circulation and a Polynesian Taurumi or Balinese Puai Massage provided with local coconut monoi oil.

- Balneotherapy - 20 minutes
 - Polynesian Taurumi or Balinese Puai Massage - 60 minutes
- 80 minutes – 47'500 XPF**
(475 USD) / couple

FOR LOVERS PACKAGE:

The perfect match – combine the heated benefits of balneotherapy to improve circulation and combine with the warming and soothing benefits of the romantic Warm Candle Massage.

- Balneotherapy – 20 minutes
 - Warm Candle massage – 90 minutes
- 110 minutes – 63'000 XPF**
(630 USD) / couple

Enhancements

Tailor your treatment with exquisite additions which boost results and enhance your Iridium Spa experience.

BALNEOTHERAPY :

Alternately soothing and toning, bubbling water comes out brushing and massaging the body.

Balneotherapy is an effective and pleasant treatment for cellular oxygenation, vasodilatation and blood stimulation but also to enhance the benefits when following a detoxifying or slimming program.

20 minutes – 9'000 XPF (90 USD)

SCALP MASSAGE:

Increase your treatment time with a target scalp massage.

15 minutes – 4'500 XPF (45 USD)

SHEA BUTTER :

Butter that deliciously melts with heat when applied to skin, for a supple and silky sensation.

Introduce to any massage of your choice.

2'500 XPF (25 USD)

BLACK PEARL SCRUB :

An aromatic sugar scrub for hands or feet ; with black pearl powder and Monoï oil to deeply hydrate with the delicate perfume of Tiare Tahiti.

Can be added to any massage of your choice.

2'500 XPF (25 USD)

OUTDOOR MASSAGE :

Enjoy an outdoor massage with a beautiful lagoon view .
(weather dependent)

2'500 XPF (25 USD)

FOOT MASSAGE :

Release soreness and tension in the feet with this essential massage which includes a blend of techniques designed to soothe and refresh this area.

15 minutes – 4'500 XPF (45 USD)

HAIR TREATMENT:

Nourish & soothe your hair with a coconut & banana hair treatment.

15 minutes – 4'500 XPF (45 USD)

MELTED WAX :

Nourishing and protective, the warming hydrating texture results in super soft skin.

Introduce to any massage of your choice.

2'500 XPF (25 USD)

HOT STONES :

Warmed stones bathed in oil are used to release physical stresses and strains whilst encouraging relaxation.

Can be added to any massage of your choice.

2'500 XPF (25 USD)

Finishing Touches

MANICURE :

Beautifully simple essential nail maintenance. A treatment including cuticle work, nail shape, polish and hydrating cream, this will leave nails and hands feeling nourished and looking elegant.

45 minutes – 8'000 XPF (80 USD)

PEDICURE :

Perfectly delivered nail and foot maintenance. A treatment including cuticle work, nail shape, polish and hydrating cream, this will leave nails and feet feeling lighter and looking elegant.

45 minutes – 8'000 XPF (80 USD)

SEMI PERMANENT NAIL POLISH :

A treatment including cuticle work, nail shape and semi-permanent nail polish application; a long-lasting option for perfect polish during your entire beach vacation.

45 minutes – 8'000 XPF (80 USD)

OPULENT MANICURE :

Enhancing the luxury of the essential manicure, this treatment raises the stakes with the inclusion of an extended massage and scrub.

60 minutes – 10'000 XPF (100 USD)

PLUSH PEDICURE :

An advanced treatment, elevating the pedicure with foot massage and scrub to truly revive tired feet.

60 minutes – 10'000 XPF (100 USD)

REMOVAL SEMI PERMANENT NAIL POLISH :

The removal of semi-permanent nail polish which should be added before a manicure, pedicure semi-permanent nail polish application, if required.

30 minutes – 6'500 XPF (65 USD)



Spa Guidelines

Due to the COVID 19 pandemic, the St. Regis Iridium Spa has enhanced new hygiene and sanitary protocols to welcome our Guests for treatments in the best conditions. Please take a moment to read these guidelines.

How early should I arrive prior to my treatment?

We recommend arriving 30 minutes prior to your treatment time in order to complete the registration process and have the time to take a shower in your private treatment room before your treatment. Taking a shower and wearing a mask will be mandatory for all treatments.

What is the dress code in the treatment rooms?

Our therapists are trained to respect your privacy during treatments. Robes, sandals, mask and disposable underwear are provided in the treatment room.

Changing rooms and facilities:

For sanitary and safety reasons, our changing rooms are closed and facilities are available upon reservation.

Boutique:

Our boutique remains open. You will be able to find Sothys products (face, body and sunscreen products) as well as our local range (oils, body scrubs) and a selection of swimwear and sportswear. For any questions and advice, our spa receptionist is at your entire disposal.

Any particular health conditions?

Please let our Spa Therapist know if you suffer from any medical issues as these may be affected by certain treatments. A medical certificate may be requested in some cases and a quick check up with the local doctor can also be arranged.

I am pregnant, what are my options?

Under 3 months, spa treatments are not allowed. However, adapted treatment protocols exist for pregnant women from the second trimester onwards.

Should I take any special precautions?

We recommend having a light meal and avoiding alcoholic beverages before your treatment or using the Spa facilities. The Spa reserves the right to refuse treatment to anyone under the influence of alcohol or drugs. Don't forget to use good sunscreen to protect your skin.

Jewelry and valuables:

We recommend leaving your jewelry and other valuables in the safe in your villa. Please note that the Spa will not be held responsible for any lost or forgotten valuables.

What is the cancellation policy?

Bookings must be cancelled at least 12 hours prior to the reservation to avoid a cancellation fee. Last minute cancellations and no-shows will be fully charged.

Pricing:

Prices are indicated per person, except for the packages. Gratuity & Service Charge are not included in the price.

In case of a late arrival:

Arriving late will reduce the duration of the treatment. Depending on how late you are, the treatment may be entirely cancelled and will be considered as a no-show.

*A retreat unlike any
other—every moment
crafted to dazzle the
senses and celebrate
the extraordinary.*

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