

# IRIDIUM SPA



ST REGIS  
AMMAN

# 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 City, 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.*

## ILLUMINATE & LIFT

90 minutes

This revolutionary treatment captures the best of science and rare ingredients with instant, visible results to preserve the youth of the skin. AHA's remove congestion whilst a plumping facial massage lifts. A tightening bio-cellulose mask firms and Rose Stem Cells and Porcelain Flower Oil repair skin damage and leave a soft, dewy finish.

Performed with Sothys Products

## FLAWLESS GARDEN ROSE

60 minutes

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.

Performed with Sothys Products

## THE STORY OF THE DEAD SEA

150 minutes

Inspired by the heritage of the Dead Sea, the ritual begins with a sea salt and olive stone body scrub, followed by the natural Dead Sea mud full-body wrap. A relaxing massage will be the next stage of your journey before we complete your personalized boutique facial with Dead Sea cleansing, exfoliation, mask and finishing products.

Performed with Dead Sea Products

## THE 400

150 minutes

Inspired by the gilded age of New York High Society, this face and body experience elegantly and stylishly combine the rarest ingredients for a sensorial escape for mind and body. After a full body reviving granita scrub smooths skin, drift away with an aromatic relaxing full body massage. Continue the luxury with a triple active facial for youth, plumping and radiance.

Performed with Sothys Products

# Massage

*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

60 or 90 minutes

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.

## STRESS RELIEF

60 or 90 minutes

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.

## RELAXING

60 or 90 minutes

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 nourishing oil or an upgraded option of hydrating cream, nourishing shea butter or melted wax. A true feeling of balance.

## ENERGIZING

60 or 90 minutes

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.

## BESPOKE

60 or 90 minutes

Stimulate your senses ensuring each part of your body is completely relaxed, experience our bespoke massage tailored to alleviate physical and emotional stress.

*Performed with Dead Sea Products.*

## HYDRATING DRENCH

60 minutes

A skin drenching hydrating treatment, ideal post sun. Experience the comforting sensation of hydrating shea butter applied onto the skin and let your body and your mind indulge in pure escapism with the fragrance you have chosen.

*Includes: Hydrating body massage*

# Body

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

## OPULENT RELAXATION

60 or 90 minutes

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.

*Includes: Enzymatic peel, exfoliating scrub, focused foot massage and flowing body massage*

## SENSUAL ELEVATION

60 minutes

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.

*Includes: Enzymatic exfoliation, amber oil massage*

## REFINED SILHOUETTE

60 minutes

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.

*Includes: Citrus scrub and firming massage*

## PLUSH BODY POLISH

30 minutes

Toning or softening, a 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.

*Includes: Full body sugar and salt exfoliation*

## FLAWLESS GARDEN ROSE

60 minutes

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.

*Includes: Granita body scrub, full body massage*

## MINERALS

### OF THE DEAD SEA

60 minutes

Relax in the exceptionally efficacious mud from the Dead Sea. 100% natural and rich in both magnesium and calcium, these exquisite minerals give this body exfoliation and wrap multiple properties. The body feels replenished as stress is relieved, aches are eased, the body is detoxed to reveal a smoother appearance and rejuvenated mind.

*Includes: Dead Sea body scrub and wrap*

# Face

*Bringing St Regis guests high performance, high precision treatment. Using the best of innovation and technology using patented ingredients to provide clinically proven results. All treatments are suitable for all skin types, all year round for men and women alike.*

## BOOST & BRIGHTEN

60 minutes

Revive youthfulness with a brightening and detoxifying facial. Recharge your skin and treat it with a burst of energy to help it defend itself against the harmful effects of environmental stress. The skin appears re-oxygenated as if it can breathe more easily with a renewed resistance to fatigue and pollution.

Enhance your experience with  
*STEAM & EXTRACTIONS*  
15 minutes

Utilizing steam with a deep cleaning technique to release clogged pores and reveal healthy, bright, and clean skin with a healthy glow.

Performed with Sothys Products

## PROFOUND HYDRATION

75 minutes

A deeply hydrating facial. A powerful plumping effect with ceramides to repair the skin's moisture barrier and rebuild. This technical facial includes three different types of skin drenching hyaluronic acid for all layers of the skin and Boletus extract to stimulate hyaluronic acid production.

Performed with Sothys Products

Enhance your experience with the  
*TRIPLE EFFECT EYE CONTOUR*  
15 minutes

Specifically designed for the eye contour area, this high protection eye treatment helps immediately reduce signs of tiredness and ageing. Reduces visible dark circles, puffiness and lines.

Performed with Sothys Products

## INSTANT YOUTH

75 minutes

A treatment for visibly younger skin designed to firm and lift the face contour. Salicylic acid evens out texture, whilst a deep anti-wrinkle massage smooths the skin. A dermo-lifting mask and layered Youth Serums complete this treatment.

Performed with Sothys Products

## ILLUMINATE & LIFT

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Performed with Sothys Products

## CRYO-EYE CONTOUR

45 minutes

Specifically designed for the eye contour area, this high impact cryo-eye treatment helps immediately reduce signs of tiredness, fine lines and ageing while cooling porcelain spoons reduce visible dark circles and puffiness

## GLYSALAC PEEL

45 minutes

Perfect to smooth and illuminate, refining the skin's texture and revealing a clear and uniform skin tone.

# Men

*A collection devised to ensure solutions are provided for common concerns. Through customisation and a focus on balancing relaxation, luxury and tension release, these treatments are perfectly balanced for our male guests.*

## PERFORMANCE

60 or 90 minutes

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

## STRESS RELIEF MASSAGE

60 or 90 minutes

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

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