



Monday Ladies Day

Every Monday, The St. Regis Spa opens exclusively for ladies, from 10am to 10pm. Ladies can enjoy discounted prices across 90 minute treatments, including massages, body treatments and facials, starting from only AED 420.

40% Discount on:

Massage

90 minutes AED 870
on Monday 522

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.

90 minutes AED 800
on Monday 480

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.*



Body Treatment

FLAWLESS GARDEN ROSE

75 minutes AED 750
on Monday 450

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.

OPULENT RELAXATION

90 minutes AED 900
on Monday 540

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.

SENSUAL ELEVATION

75 minutes AED 750
on Monday 450

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.

MOROCCAN HAMMAM

60 minutes AED 700
on Monday 420

A cleansing and rejuvenating treatment commencing with a warming herbal steam, a black soap body wash and a gentle kese mitt exfoliation to soften and revive the skin. The treatment continues with the application of a clarifying clay, followed by rinsing and a luxurious body milk is applied, leaving the skin supple and enriched.



Facial

BOOST & BRIGHTEN

60 minutes AED 800
on Monday 480

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 reoxygenated with a renewed resistance to fatigue and pollution.

PROFOUND HYDRATION

75 minutes AED 850
on Monday 510

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.