

REMÈDE

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REMÈDE SPA AT ST. REGIS HOTEL, SINGAPORE

SPA MENU

REMÈDE SPA

Located on Level 2 of the St. Regis Hotel, Singapore, Remède Spa provides an urban sanctuary for guests to escape and relax. Borrowing ancient techniques from the East and West, Remède Spa offers a variety of exclusive treatments that focus on the element of water and bathing rituals to renew and rejuvenate. From our eucalyptus-scented steam chambers to our aqua reflex path and spa garden, you will experience modern interpretations of old-world traditions influenced by water.

CUSTOMISATION

Remède Spa recognizes each guest, each face, each body is unique. We customise 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.

Our commitment to customisation and luxury extends well beyond our spa treatments. Guests can enjoy a beautiful floral tea ritual with custom-blended teas, chilled champagne and artisan chocolates while relaxing on imported marble chaise lounges custom-made for Remède Spa, Singapore. Personal iPods are also provided, allowing guests to select their personal preferences from a vast selection of music genres.

CUSTOMISATION AND SIGNATURE SELECTIONS

SKINCARE

THE REMÈDE CUSTOMISED FACIAL

After a one-on-one consultation and skin analysis, our therapist will design a facial that caters to your individual needs, from reducing fine lines or recuperating from a long flight, to addressing acne-prone skin. With a focus on anti-aging, the Remède Customised Facial includes a thorough cleansing, exfoliation, extractions, face massage, mask, 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

60 minutes

30 minutes*

*Does not include extractions or microdermabrasion, an advanced exfoliation methodology performed to safely and effectively lift the surface layer of skin, allowing for improved clarity and optimal benefit of skincare products.

THE REMÈDE ALCHEMY FACIAL

Perfect for those living and travelling in urban environments, this deluxe facial is designed to address early signs of aging caused by environmental aggressors, including pollution and sun exposure. Featuring Laboratoire Remède Alchemy, an antioxidant-rich collection of skincare with grapeseed and green tea extracts and Vitamins A, C, and E, this facial will focus on repairing damage at the molecular level, restoring hydration and protecting skin from future exposure. Skin is left optimally hydrated, nourished and brightened.

60 minutes



MASSAGE

THE REMÈDE CUSTOMISED MESSAGE

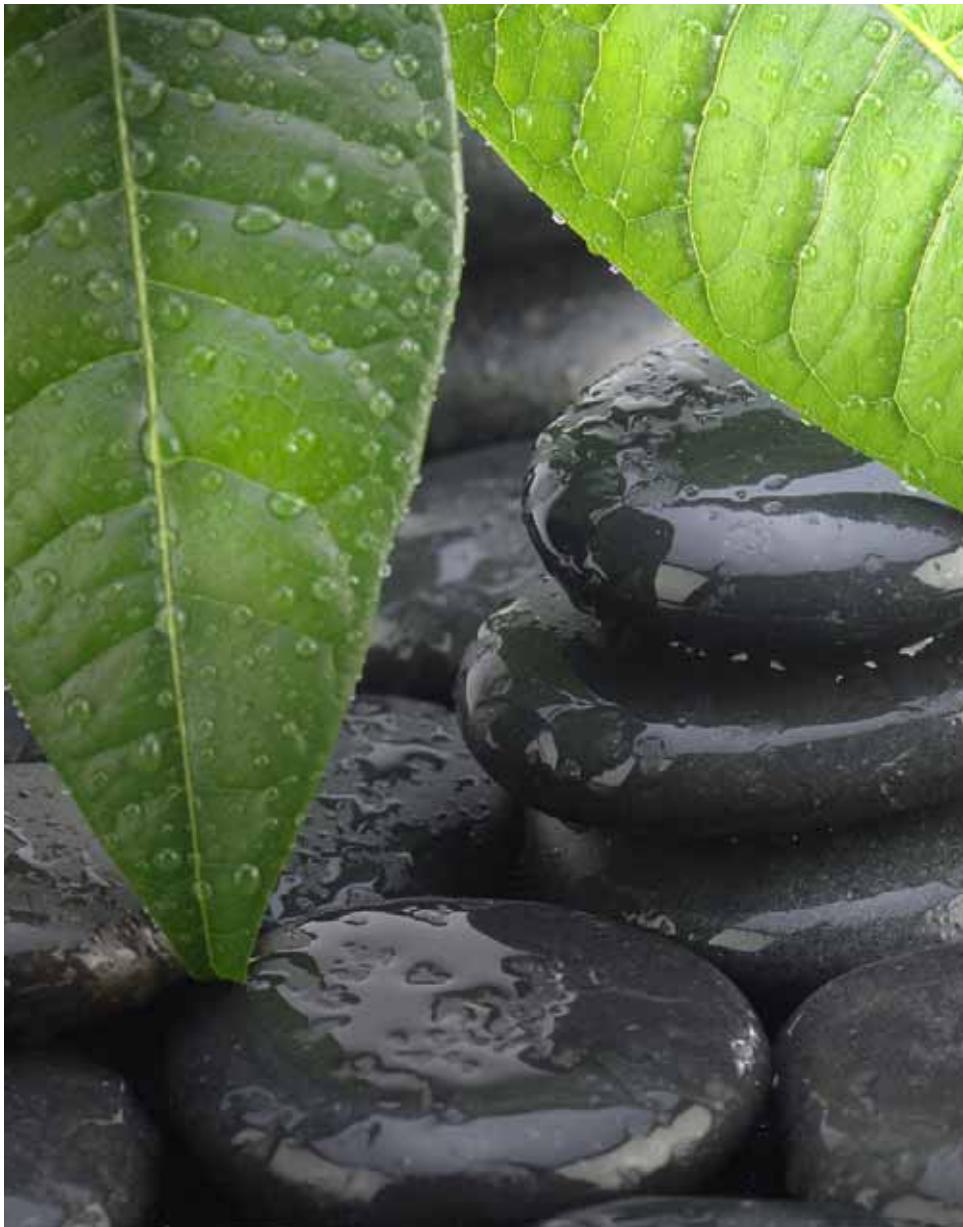
Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa therapist will customize your massage using specialty products, including aromatherapy blends and warm paraffin, and will borrow from a variety of techniques to achieve ultimate relaxation and rejuvenation.

90 minutes

60 minutes

30 minutes





BODY TREATMENTS

The following Remède Customised Body Treatments transport guests to a private sanctuary creating unique experiences that stimulate the senses and refine the skin. Each body treatment begins with a selection of your preferred aromatherapy that will accompany you throughout your treatment, balancing the mind and relaxing the body.

THE REMÈDE CUSTOMISED BODY POLISH

Improve skin texture and appearance with a selection of rich body polishes that will gently resurface your skin. After exfoliation, an indulgent warm 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

THE REMÈDE CUSTOMISED WRAP

Whether you seek cleansing, calming or revitalizing benefits, your Remède Spa therapist will customise 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. Your Remède Customised Wrap will leave skin noticeably softer and optimally moisturised.

60 minutes



SIGNATURE SERVICE OFFERINGS

Experience treatments exclusive to Remède Spa, Singapore featuring techniques and ingredients inspired by unique bathing and healing traditions from the East and West.

WARM JADE STONE MASSAGE

Smooth stones of China's "royal gem," jade, are combined with flowing massage strokes and a custom aromatherapy blend for the ultimate synergy of healing, balancing and rejuvenating properties. This unique treatment warms and loosens muscles, soothes mental and physical tension, eliminates fatigue, balances energy flow and fosters a deep sense of wellbeing and inner peace, taking relaxation to a new level. Soothing cool jade stones are used on the face for rested and radiant skin.

90 Minutes

WARM VICHY SHOWER MASSAGE

Enjoy a deep tissue massage with rich botanical oil as you recline on a heated marble bed under the downpour of a warm Vichy Shower. This treatment begins with an invigorating dry brushing and relaxing facial massage and features essential oils for relieving stress and tension. The combination of soothing massage strokes and warm water is profoundly rejuvenating.

60 Minutes



ROYAL THAI MASSAGE

Based on the principles of acupressure, this moderate to deep pressure massage promotes energy flow throughout the body with stretching and pressing techniques that help to relieve tension and stress. In this massage guests wear loose and comfortable clothes provided by the spa.

90 Minutes

AQUA REFLEXOLOGY FOOT MASSAGE

This ultimate foot treatment begins with a walk on our exclusive Aqua Reflex Path featuring soothing pebbles and warm and cool water currents to help relax the feet and strengthen foot muscles. You will then enjoy an exquisite foot bath from the comfort of a day bed in our Spa Garden, followed by a foot massage based on the ancient art of stimulating pressure points on the feet to balance body systems. The treatment includes calf massage and is designed to promote circulation, clear congestion, relieve stress and alleviate tired and heavy feet and legs.

45 Minutes

OLIVE & EUCALYPTUS BLACK SOAP BODY WASH & SCRUB

Inspired by traditions of the Middle East and the Mediterranean, this cleansing ritual begins with a purifying steam bath in our unique Eucalyptus-scented Steam Chambers. Indulge in a decadent Olive and Eucalyptus Black Soap, which is rinsed under a warm Vichy shower while you recline on a heated marble bed in a private wet room. The wash is followed by an invigorating traditional kassa glove exfoliation to remove dead cells and impurities, and completed with a body rinse of warm floral water. The treatment leaves you with silky smooth skin and an exhilarating feeling of wellbeing.

60 Minutes



WARM RASSOUL WRAP

Long recognized for its high mineral content and moisturising benefits, Rassoul is used in this treatment to purify and hydrate the skin. A stimulating dry brushing prepares the body for a gentle application of orange blossom-scented warm Rassoul, followed by a smooth cotton muslin wrap. While reclining on a heated marble bed to activate the nourishing properties of Rassoul, your face is massaged with precious argan oil. The wrap is followed by a soothing warm Vichy Shower and gentle pour of exquisite rose or orange blossom water.

60 Minutes

We recommend pairing the Warm Rassoul Wrap with one of the following bathing rituals (optional):

- The Signature Black Soap Wash and Scrub
- The Signature Warm Vichy Shower face and body massage
- The Signature Bath*

90 Minutes

BATHING RITUAL*

Inspired by the art of bathing perfected centuries ago, these soaks are designed to relax and comfort, and to complement our Signature Body Treatments. Select a combination of milk and pure essential oils of rose, orange blossom or amber for their hydrating and softening qualities, or Dead Sea salts for their rejuvenating and therapeutic powers. Includes a pre-bath dry brushing, and bed of exotic flower blossoms for a beautiful and uplifting experience.

30 minutes

* For ladies only

We recommend you prepare your skin prior to your bath with any of the following body treatments or massage (optional):

90 Minutes each:

- The Signature Black Soap Wash and Scrub
- The Signature Warm Vichy Shower face and body massage
- The Signature Warm Rassoul Wrap
- The Remède Customised Body polish (Vichy Shower)
- The Remède Customised Body polish (without Vichy Shower)
- The Remède Customised Wrap





HANDS & FEET TREATMENTS

THE REMÈDE CUSTOMISED MANICURE*

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

*Your manicure may be performed simultaneously with your skin care and spa services or in the Spa Garden

45 minutes

THE REMÈDE CUSTOMISED PEDICURE*

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

* Your pedicure may be performed simultaneously with your skin care and spa services or in the Spa Garden

60 minutes

THE REMÈDE CUSTOMISED MANICURE AND PEDICURE*

Combine the two for a complete hands and feet treat.

90 minutes

* Your manicure-pedicure may be performed simultaneously with your skin care and spa services or in the Spa Garden

POLISH APPLICATION

Finger or toe nails - file and new polish

15 minutes

LUXURIOUS FOOT RITUAL*

Whether you choose to relax in the privacy of your treatment room or on a day bed in the outdoor Spa Garden, this treatment will leave your feet feeling light and totally refreshed. The ritual includes a Eucalyptus-scented foot soak, exfoliation with mineral Alun stone polish, foot massage, a nourishing mask and refreshing scented towels to remove the mask.

45 minutes

*The Luxurious Foot Ritual can also be combined with nail polish application



WAX

Remède Spa uses a gentle, aromatherapeutic wax for fast, effective and painless hair removal.

FACIAL WAX

Lip or Chin
Brow

BODY WAX

Underarm
Half Arm
Full Arm
Lower Leg
Upper Leg
Full Leg
Brazilian Bikini
Basic Bikini
Full Leg / Bikini
Full Leg / Brazilian
Lower Leg / Bikini
Lower Leg / Brazilian



SPA PACKAGES

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 healthy 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 Customised Scrub (without Vichy Shower)
- The Remède Manicure
- The Remède Pedicure
- Light Lunch

Full day (approx 5¹/₂ hours) including lunch

BATHING WATERS CELEBRATION

Inspired by one of the most luxurious bathing experiences of Hammam, this package guides guests through a series of hot and cold water rituals to reinvigorate the body and awaken the spirit. The series begins in the Steam Chambers and concludes with a light lunch in our refined post-treatment lounge, breathing new life into the body and five senses.

- The Signature Black Soap Wash and Kassa Scrub
- The Signature Rassoul Body Wrap
- The Signature Warm Vichy Shower Massage
- Light lunch and selection of fine exotic teas

Half Day (approx 3 hours) including lunch

JADE EXPERIENCE

- The Signature Warm Jade Stone Massage
- The Foot Reflex Massage
- Light Lunch and selection of rare Chinese floral and Green Teas

2 hours 30 mins including lunch



REMÈDE SPA EXPERIENCE

The Remède Spa Experience is the ideal escape for two or a perfect treat for you.

- The Remède Customised Massage
- The Remède Customised Facial

2 hours

WEDDING PARTY WELLNESS

Friends of the bride can enjoy the wedding day countdown together with a fun, relaxing spa day that gets everyone dance- and picture-ready.

For the bride and her bridesmaids.

- The Remède Customised Wrap
- The Remède Customised Massage
- The Remède Manicure
- The Remède Pedicure

3 hours 45min

RESORT READY

The perfect routine to get you and your body ready for a resort getaway.

- The Remède Customised Polish
- The Remède Customised Body Wrap
- The Remède Pedicure
- Basic Bikini Wax*

*Brazilian bikini wax can be substituted for an additional fee.

3 hours 15min

THE PAMPERED MOTHER

Indulge your favorite mom with a half day "time out" at Remède Spa with a series of treatments that promise to recharge her and to relieve her of her maternal duties, if only temporarily.

- The Remède Customised Facial*
- The Remède Manicure
- The Remède Pedicure

2 hours 45min

* without microdermabrasion

OPENING HOURS, RESERVATIONS AND CANCELLATIONS

- We are open seven days a week: Monday through Sunday from 9:00 am to 10:00 pm (last appointment at 9:00 pm). Upon advance request and availability, appointments for treatments after opening hours can be arranged. Remède Spa at the St. Regis Hotel, Singapore is open to the public. Please inquire with the spa receptionist for information on treatment reservations, including availability of in-room spa services.
- The Wet Lounge facilities are open from 8:00 am to 10:00 pm.
- 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.
- If you have a reservation and find yourself unable to keep an appointment or if you need to reschedule your appointment, we would appreciate the courtesy of notifying us at least 24 hours in advance. The cancellation of appointments with less than 24 hours notice will result in a 50% charge per person. Full payment of the treatment cost will be charged should cancellations be received less than six (6) hours prior to the treatment.
- Please arrive at least 15 to 30 minutes prior to your appointment to allow time to check in and unwind in our Spa Lounges. We have lockers for your personal belongings and you will receive a robe and slippers.
- 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, Singapore experience. Gift Certificates can be purchased for the treatment of your choice and are valid for six months.
- All prices are in Singapore Dollars and subject to change without prior notices. Prices are subject to 7% GST and 10% service charge.
- Gratuity is at the discretion of our spa guests.

SPA ETIQUETTE

- Most of the treatments offered at Remède Spa, Singapore are suitable for and benefit both men and women.
- We are pleased to provide you with private and separate men's and women's changing, showers and locker facilities as well as complete Spa Lounges and Spa Gardens.
- 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 tranquillity of others by upholding a tranquil environment and switching off your cellular phone for the duration of your visit to Remède Spa, Singapore.

IN-ROOM TREATMENTS

- The following treatments can be provided to guests in their rooms: Remède Customised Massage, Royal Thai Massage, Remède Customized Manicure, Remède Customised Pedicure, Foot Reflexology and the Luxurious Foot Ritual.

TAKING YOUR EXPERIENCE BACK HOME

- Well-respected ranges of luxurious and high-quality skincare products by Laboratoire Remède for the first time in Singapore exclusively at Remède Spa Singapore.
- Our spa therapists will recommend the perfect products to prolong your Remède Spa experience.



THE FINNISH SAUNA

Temperature: 60 °C - 110 °C

Humidity: up to 15 %

Built from cedar wood containing aromatic oils known for healing and cleansing properties, the Finnish Sauna is designed to boost the immune system, promote health, improve flexibility and reduce stress.

The sauna utilizes high dry heat to promote perspiration while very low humidity levels keep temperatures tolerable and enjoyable, causing no discomfort. Natural essential oils of Cedarwood are used to intensify the aroma of the wood, aid detoxification, clear the sinuses and lungs, and help relieve water retention.

A complete sauna session can vary from 30 to 60 minutes, including entering, exiting, cooling down, resting and refreshment. The body may lose a large amount of liquid and minerals, which must be replaced during and immediately following sauna sessions by drinking plenty of water.

In addition, we recommend a cool, refreshing Rain Shower or applying smooth ice chips from the Ice Fountain during or after your sauna session to build your heat tolerance and enhance your relaxation. One can use the sauna in a bathing suit, in disposable undergarments provided by the spa, or in a towel.

For elderly persons, persons with heart and blood pressure conditions, pregnant women, and children: Medical advice should be sought before using the sauna. Pregnant women should not use the Sauna, Hydro-Massage Pool or Steam Chambers.

We recommend:

- Begin with a shower
- Enter the sauna and sit on the bench atop your towel
- Sit and allow the heat to permeate your body and open the pores of the skin
- After 5 to 7 minutes (listen to your senses), exit the sauna and take a refreshing shower
- After cooling down, re-enter the sauna and try to stay a bit longer, 5 to 10 minutes (as long as you feel comfortable)
- Step out to the spa garden and/or take another cooling shower, or apply ice from the Ice Fountain to cool your body
- You may go back to the sauna a few times if you wish, taking your time to relax and enjoy the warmth
- While in the sauna, you may adjust the air moisture by throwing water on the stones on the heater. The steam will make the room feel hotter for a short period.
- Following the sauna session, take a final shower, dry properly and allow yourself to cool down on the outdoor daybed in the spa garden. Wear your bathrobe or your towel while cooling down.
- Drink plenty of water to restore hydration
- Take your time to rest & relax - savour the comforting benefits of your Finnish Sauna session

THE ICE FOUNTAIN

Temperature: 3 °C - 5 °C

Humidity: 10 %

An alternative approach to the cold plunge pool, the contemporary Ice Fountain produces crushed ice for cooling the body after a hot sauna or steam bath. Smooth crushed ice creates a tingling sensation when applied to the skin, providing an overall invigorating and uplifting feeling.

Part of the hot and cold water therapies, the Ice Fountain helps to relieve stress, alleviate fatigue, stimulate blood circulation and the lymphatic system, and strengthen the immune system. This unique cold water feature also works to purify and tighten the skin, promoting a smooth and toned appearance.

We recommend:

- Rub crushed ice chips with hands onto the skin after use of the Steam Chamber or the Sauna
- Repeat as desired over the whole body
- Dry properly and relax atop your towel on the Heated Wave Loungers in the Wet Lounge
- Take your time to rest & relax - savour the exhilarating and invigorating sensations of the Ice Fountain

THE HEATED WAVE LOUNGERS

Temperature: 33 °C - 38 °C

Developed exclusively for Remède Spa at the St. Regis Hotel, Singapore with the help of a physiotherapist, the natural stone Heated Wave Loungers are ergonomically designed to provide ultimate comfort and relaxation. The Loungers feature an infrared heating system that warms the body in the same manner as natural healing sunlight, penetrating the skin to ease joints and muscle pain, stimulate the metabolism and improve the body's natural regenerative process. Guests can control their Lounger heating zones to ensure each area of the body benefits from the appropriate and desired level of warmth.

Reclining on the Heated Wave Loungers before a massage helps relax your body and mind, loosening muscles to enable your spa therapist to provide a more thorough and effective massage. Combined with the cold water facilities at the spa, the warm Loungers help to release toxins, boost the immune system, and increase blood circulation and energy.

The recommended Lounger temperature for achieving the expected benefits is 38 degrees Celsius – one degree above than the normal temperature of the body.

We recommend:

- Begin with a shower
- Dry off slightly and recline atop your towel on the Lounger
- Use the Loungers prior to or following any of your treatments
- Avoid using the Lounger immediately after another heat facility such as the Finnish Sauna, Hydro Massage Pool or the Steam Chambers
- Cool off using the Rain Shower or Ice Fountain, or outdoor garden day bed for a few minutes
- Drink plenty of water to restore hydration
- Take your time to rest & relax - savour the comforting benefits of the Heated Wave Loungers

THE STEAM CHAMBERS

Temperature: 45 °C - 55 °C

Humidity: 85 to 100 %

The Steam Chambers feature three steam baths, each providing a different temperature ranging from mild (45 °C) to high heat (55 °C). The three chamber design allows you to progressively adapt to higher heat, realizing optimal detoxification and relaxation.

The high humidity provides an extremely relaxing climate and an overall feeling of well-being. The combination of heat and humidity increases blood circulation, enhances the respiratory system, helps eliminate the skin's toxins, improves skin hydration and texture, alleviates fatigue, relieves mental stress and relaxes muscle tension.

To support and enhance the steam bath benefits, we diffuse 100% natural essential oils of fir needles and eucalyptus, two plants with powerful purifying properties. The fresh woody, earthy and sweet characteristics of fir needles help to reduce anxiety and stress, while cool and refreshing eucalyptus clears the mind and spirit.

The third chamber of the Steam Chambers features the warmest steam bath and offers a fountain of cool running water to refresh you as needed. Splashing your face with the cool water, taking a rejuvenating Rain Shower or refreshing yourself with ice from the Ice Fountain during and after your steam session help complete your hot and cold water therapy experience.

Avoid using the steam chambers after eating, as the heat effect on blood circulation can interfere with digestion.

Drink plenty of water prior to, during and following your steam bath to restore fluids lost while using the facilities.

One can use the steam bath in a bathing suit, in disposable undergarments provided by the spa, or in a towel.

For elderly persons, persons with heart and blood pressure conditions, pregnant women, and children: Medical advice should be sought before using the Steam Chambers. Reduce exposure time to heat and allow greater times to rest between hot and cold water therapies. Pregnant women should not use the Sauna, Hydro-Massage Pool or Steam Chambers.

THE STEAM CHAMBERS

Temperature: 45 °C - 55 °C

Humidity: 85 to 100 %

We recommend:

- Begin with a shower
- Enter the first Steam Chamber, sit back on a bench atop your towel and allow the heat permeate your body and open the pores
- After 6 - 10 minutes (listen to your senses), step out of the steam chamber and take a lukewarm to cold shower
- After cooling down, enter the second chamber for an additional 5 - 10 minutes (as long as you feel comfortable)
- Step out to take another cooling shower or use ice from the Ice Fountain to cool down
- Enter the third chamber if you feel comfortable. There, when needed, you can cool off with water from the cool fountain
- You may go directly to the third chamber if you wish
- Repeat the hot/cold cycle 2 to 3 times, each time going deeper from one chamber to the next
- Following the steam bath session, take a final shower, dry properly and allow yourself to cool down on the outdoor daybed in the spa garden, either in your bathrobe or wrapped in your towel
- Drink plenty of water to restore hydration
- Take your time to rest & relax - savour the comforting and rejuvenating benefits of your steam bath session

RAIN SHOWER

Temperature: 30 °C to 35 °C

The Rain Shower is a modern interpretation of the traditional ice shower that follows a steam bath or sauna session. Powered by air, the Rain Shower provides a powerful yet comfortable waterfall for a most refreshing experience.

Select a soft and gentle setting to feel pampered and caressed or accelerate the setting for a stimulating and energizing effect. We recommend setting the water temperature at slightly warmer degrees (30° – 35° C) to create a more enjoyable ritual.

Combined with any of the therapies available in the Wet Lounge, the Rain Shower helps strengthen the immune system and provide an overall feeling of wellbeing.

We recommend:

- Take a Rain Shower at a tepid temperature after the steam bath or sauna
- After showering, rest on the warm heated Wave Loungers or on the daybed in the outdoor garden
- Drink plenty of water to restore hydration
- Take your time to rest & relax - savour the relaxing and delightful benefits of your Rain Shower

HYDRO-MASSAGE POOL

Temperature: 36 °C -37°C - 39 °C

The Hydro-Massage Pool is a whirlpool with underwater jets that fosters relaxation while bathing. Pressurized water jets are strategically located to massage the upper back, middle back, lower back and lower legs, relieving tension and stress throughout the body.

Immersion in the warm pool bath helps to relax joints and muscles, stimulate blood circulation, and re-hydrate the surface layer of skin, resulting in an improved state of overall wellbeing.

For elderly persons, persons with heart and blood pressure conditions, pregnant women, and children: Medical advice should be sought before using the Hydro-Massage Pool. Pregnant women should not use the Sauna, Hydro-Massage Pool or Steam Chambers.

We recommend:

- Shower prior to entering the Hydro-Massage Pool
- Sit against the water jets
- Soak in the warm pool for a maximum of 10 to 20 minutes
- Relax in the pool before going to sleep or after a long trip to help alleviate tension, relax the body, recover from jetlag and prepare the body for a deep relaxing night of sleep
- Use the whirlpool before or after a workout or playing sports to help alleviate tired muscles and reduce muscle pain
- After your pool session, rest on the warm heated loungers alongside the pool to cool down and relax
- Following the pool session, shower, dry properly and allow yourself to cool down on the outdoor daybed in the spa garden. Wear your bathrobe or your towel while cooling down.
- Drink plenty of water to restore hydration
- Take your time to rest & relax - savour the relaxing and delightful benefits of your Hydro-Massage bath