



ST REGIS

HOUSTON

SPA & FITNESS CENTER



## MASSAGE THERAPY

### Spa Massage

30 MINUTES \$60 60 MINUTES \$115 90 MINUTES \$160  
120 MINUTES \$200

### Deep Tissue Massage

30 MINUTES \$75 60 MINUTES \$135 90 MINUTES \$200  
120 MINUTES \$270

### Hot Stone Massage

60 MINUTES \$150 90 MINUTES \$190 120 MINUTES \$250

### Maternity Massage

60 MINUTES \$125

### Reflexology Massage

45 MINUTES \$90 60 MINUTES \$120

### Thai Yoga Massage

60 MINUTES \$160 90 MINUTES \$240

### Couple's Massage

60 MINUTES \$300 90 MINUTES \$450

## FACIAL TREATMENTS

### Gentleman's Traveler Facial

30 MINUTES \$60

### Gentleman's Facial

A therapeutic deep cleansing designed specifically for the skin-care needs of men. Relaxes the skin as it refines pores. Includes a luxurious massage and deep-cleansing masque. Specifically addresses sensitivity and razor burn.

60 MINUTES \$135 90 MINUTES \$160

### Caviar Facial

A facial that firms, tones, refines and hydrates with protein-rich caviar and powerful anti-oxidants. Exclusive caviar products infuse skin with age-defying nutrients to smooth lines and improve texture. An 'Acu Lift Massage' firms and tones, and a 'Marine Biomatrix Sheet' provides intensive hydration to instantly restore radiance.

90 MINUTES \$195

### Caviar Cell Vitale Facial

The ultimate ageless treatment for the face, hands and décolleté. Refines, lifts, firms and nourishes the skin with protein-rich caviar, powerful anti-oxidants, glycolic acid and a unique alginate masque that dramatically improves skin moisture.

60 MINUTES \$175

### Collagen Facial

Creates a visible reduction of wrinkles and fine lines while you enjoy the nourishing effects of hydration. Spectacular results can be observed after the first application.

90 MINUTES \$180

### Instant Radiance Facial

30 MINUTES \$60

### Signature Facial

This personalized facial combines cleansing, gentle steaming, exfoliation and conditioning.

60 MINUTES \$135

### Organic Facial

Promoting wellness from the inside out, this facial focuses on energy points and lymphatic drainage. Beginning with an exotic foot treatment, the ritual features a cleansing, exfoliation, customized masque and a Marma Abhyanga massage.

75 MINUTES \$200 105 MINUTES \$280

## BODY TREATMENTS

### Lavender Crush

Minerals are combined with lavender's healing properties in an invigorating full-body exfoliation. Enjoy a pressure-point massage using healing stones to draw out toxins as it balances the senses.

60 MINUTES \$150

### Lavender Dreams Ultimate Experience

A rejuvenating experience, including 'Lavender Crush,' a warm wrap and a full-body massage.

90 MINUTES \$175

### Essential Oil Wrap

This treatment relieves muscle tension while promoting detoxification and hydration. Including a full-body application of organic aromatherapy and essential oils, the service is followed by a body wrap and a hydrating facial treatment.

90 MINUTES \$200

### Majestic Lulur

A warming and moisturizing herbal ritual, utilizing several of our different treatments.

150 MINUTES \$350

### Organic Body Ritual

A mixture of herbs and aromatic oils soothes tired and aching muscles. This ritual is followed by a shower and an hour-long Ayurvedic Abhyanga massage, combined with lymphatic drainage.

120 MINUTES \$280 150 MINUTES \$350

### Shirodhara

Includes a grounding and relaxing herbal foot soak, a cup of customized tea, a hand and foot massage, as well as an Indian scalp and ear massage.

60 MINUTES \$130

## FITNESS CENTER

Equipped with Life-Fitness cardiovascular and weight-training equipment and free weights, separate locker rooms, sauna, outdoor swimming pool and sun deck.

Pool-side refreshment service is available upon request.

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SERVICES

SPA services are by appointment only.  
Please contact the SPA at extension 6278.

In-room and after-hours SPA services  
are available for an additional fee.  
Contact the SPA for details.

TIME IS PRECIOUS

In the event that you must reschedule  
or cancel, please give a minimum of 24 hours  
advance notice to avoid being charged for  
the scheduled service. No-shows will be  
charged 100% of the scheduled service.

GIFT CERTIFICATES

Gift certificates are available for all services.  
Please inquire at the SPA reception desk.

HOURS AND LOCATION

The SPA is located on the mezzanine level  
and open during the following times:

Monday - Thursday by appointment only  
Friday 10:00 a.m. - 9:00 p.m.  
Saturday 8:00 a.m. - 7:00 p.m.  
Sunday 8:00 a.m. - 2:00 p.m.

FITNESS FACILITY HOURS

Daily 5:00 a.m. - 11:00 p.m.

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