

SPA

INTERCONTINENTAL



ELEMIS

MASSAGE

HOT MINERAL BODY BOOST
(60 MINS) £95

A conditioning and re-invigorating body treatment

FREESTYLE DEEP TISSUE MASSAGE
(30/60/90 MINS) £50/£95/£140

This vigorous workout for the body is tailored entirely to your needs and perfect to alleviate high stress levels

DEEPER THAN DEEP HOT STONE MASSAGE
(30/60/90 MINS) £55/£100/£145

Balinese stones are worked deep into the muscle with an intensely moisturising Frangipani Monoi Body Oil

GARDEN OF ENGLAND ROSE RESTORE
(60/90 MINS) £100/£145

The unique trio of Rose, Camelina and Poppy seed oil leave skin moisturised, intensely supple and delicately scented

POULTICE-POWERED MUSCLE RELEASE
(30/60/90 MINS) £55/£100/£145

An Amber compress dissolves muscle tensions and elasticises in the skin for a deeply nurturing treatment

PEACEFUL PREGNANCY MASSAGE
(75 MINS) £115

Scented free oils are used in a gentle nurturing massage for mothers-to-be

PEACEFUL PREGNANCY FACE AND BODY EXPERIENCE
(135 MINS) £195

The extended full body tension reliever, focuses on the back, shoulders, scalp, hands and feet

BODY

INTENSELY CLEANSING SALT SCRUB
LIME AND GINGER OR FRANGIPANI
(30 MINS) £50

A deeply cleansing salt scrub that encourages cell regeneration leaving the skin soft, smooth, and nourished

THOUSAND FLOWER DETOX WRAP
(60 MINS) £95

This nutrient-rich detox wrap uses the antioxidant Green Tea Balm, which encourages detoxification and skin health. The treatment helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated

ELEMIS

BODY

BODY NECTAR NOURISHING WRAP

SWEET ORCHID OR FRANGIPANI

(60 MINS)

£95

An intensive moisturising treatment that leaves skin silky and the body and mind grounded

TARGETED TONING TIGHTENER

(90 MINS)

£140

A powerful blend of massage and detoxifying clay for targeted toning and improved circulation

FACE

PRO-COLLAGEN AGE DEFY

(60 MINS)

£95

Experience the age-defying benefits of marine-charged Padina Pavonica along with a targeted massage to encourage optimum cellular function

PRO-DEFINITION LIFT AND CONTOUR

(30/60 MINS)

£50/£95

For a profoundly, sculpted youthful effect restore the architecture of your face with potent plant actives

DYNAMIC RESURFACING PRECISION PEEL

(30/60 MINS)

£50/£95

This highly potent couture resurfacing treatment targets the signs of ageing focusing on dull, tired, uneven skin

WHITE BRIGHTENING PIGMENT PERFECTOR

(30/60 MINS)

£50/£95

Illuminates and brightens for a naturally even complexion

SUPERFOOD PRO-RADIANCE

(30/60 MINS)

£50/£95

Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin plumper and radiating good health

SENSITIVE SKIN SOOTHER (30/60 MINS)

£50/£95

Reduce the appearance of redness and protect against daily stresses with a treatment that incorporates soothing massage. Skin is left comfortable and calm

ANTI-BLEMISH MATTIFY AND CALM

(30/60 MINS)

£50/£95

Combat oil and shine whilst restoring micro-circulation. A detoxifying treatment that leaves skin bright and clear

HIGH PERFORMANCE SKIN ENERGISER FOR MEN

(30/60 MINS)

£50/£95

A results-focused facial for ageing, dehydrated skin combined with scalp and foot massages

ELEMIS

BIOTEC FACIALS

The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy

BIOTEC EYE TREATMENT (30 MINS)	£55
BIOTEC NECK TREATMENT (30 MINS)	£55
LINE ERASER (30/60 MINS)	£55/£110
Irons out wrinkles and fills lines	
FIRM-A-LIFT (30/60 MINS)	£55/£110
A contoured complexion that is remarkably lifted	
ANTI-PIGMENT BRIGHTENER (30/60 MINS)	£55/£110
Tackles uneven skin tone and discolouration	
SKIN RESURFACER (30/60 MINS)	£55/£110
The smoothest skin imaginable	
RADIANCE RENEW (30/60 MINS)	£55/£110
Uncovers radiant and visibly brighter skin	
BLEMISH CONTROL (30/60 MINS)	£55/£110
Detoxifies and repairs skin	
SENSITIVE SKIN SOOTHER (30/60 MINS)	£55/£110
Calmness is restored and skin is soothed	
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SUNDARI

SAMA

SUNDARI SIGNATURE HEAD TO TOE (90 MINS) £145

Exclusively available at Spa InterContinental

An indulgent wellness journey that combines ancient rituals to soothe the mind and body. To begin the feet are cocooned in warm towels whilst a traditional Ayurvedic warm oil back massage clears vital energy points. Hands and feet enjoy a deeply reviving massage and a facial cleanse and exfoliation leaves the skin bright and detoxified. The treatment is completed with a Marma Massage and sleep-inducing scalp massage to soothe and alleviate stress.

SHIRODHARA

SUNDARI SCALP TREATMENT (30 MINS) £50

This powerfully therapeutic Ayurvedic healing therapy awakens the senses and invigorates the soul. A sense of total well-being is achieved through a smooth stream of warm oil onto the forehead and through the scalp. The hair and scalp is then massaged to impact deep relaxation and nourishment.

DOSHA

SUNDARI TOTAL WELLNESS JOURNEY (60/90/120 MIN) £95/£140/£190

A completely personalised and true wellness experience. Decide your preferred length of time and then allow your therapist to prescribe tailored treatments specific to your skin and wellness needs. A personal Dosha consultation will determine your wellness journey which will be a unique combination of any of the SUNDARI treatments. Dosha Journeys can include an array of choice from stress-reducing massage or a muscle melting massage to a tailored facial delivering skincare results and a true wellness experience.

BODY POLISH AND WRAP

SUNDARI BODY POLISH (45 MIN) £70

Powerful active ingredients are prescribed to treat individual body concerns and reveal refined skin. Stimulating massage techniques give a boost to circulation and our signature MarMassage brings balance and calm to the mind.

SUNDARI BODY WRAP (60 MINS) £95

An indulgent experience both for the body and the mind. Starting with a Sundari body polish, layer upon layer of cocooning ingredients then work to restore the body's needs. The result is renewed skin and rejuvenated mind.

- Soothe and Heal with **Neem**
- Firm and Lift with **Gotu Kola**
- Supply and Nourish with **Omega 3**

PACKAGES

THE ENGLISH ROSE

ELEMIS SIGNATURE

(120 MINS)

£190

Begin this luxury treatment with an exotic Rose Petal foot bath and welcome foot ritual which includes an exfoliation and massage. You will then receive a massage to the back, using a blend of Thai, Balinese, Hawaiian and Swedish massage techniques incorporating hot stones and hot towels infused with Rose. Finally, enjoy Advanced Elemis Facial which includes a scalp, hand and arm and facial massage.

THE ROYAL COLLECTION

FOR TWO

(75 MINS)

£160 PER PERSON

Celebrate the best of British with the Royal Collection. The experience starts with a choice of one of the following 75 minute treatments for two people:

- Sundari Facial
- Elemis Pro-Collagen Age-defy Facial
- Sundari Abhyanga massage
- Elemis Freestyle massage

After, enjoy Afternoon Tea experience fit for Royalty at Wellington Lounge.

Please allow 1hr30mins for Afternoon Tea Experience.

MALE GROOMING

PRE-BUSINESS PIT-STOP

(80 MINS)

£140

Need to look your best for an important business meeting, presentation or function? Then let our team ensure you're groomed to perfection.

Includes: Express facial, energising eye treatment "Mean Business" Manicure and Brow tidy.

POST-BUSINESS PIT-STOP

(80 MINS)

£140

Stressful meeting? Hectic day of business? Or just want to unwind and rid yourself of unwanted tension? Then treat yourself to our full-body de-stresser.

Includes: De-stressing deep tissue massage with a focus on problem areas like the neck and shoulders, followed by a 20 minutes of deep relaxation in our dry floatation bed.

TREATMENTS

FLOATATION BED

DRY FLOATATION BED

(30 MINS)

£30

Lie back for just 20 minutes in our dry floatation therapy bed, cocooned in warm blankets and enjoy the equivalent to three hours rest. A perfect remedy for Jet-lag or fatigue

STEAM TEMPLE

STEAM TEMPLE THERAPY

(60 MINS)

£95

A relaxing and therapeutic space that helps to soften skin and relax the mind. It can be booked as an individual or joint experience

NAILS

PLATINUM MANICURE/PEDICURE

(60 MINS)

£50

The ultimate anti-ageing hand and foot treatment. Sooth dry, chapped hands, feet and nails, as well as maintaining healthy skin all the way up to the elbows and knees

BASIC MANICURE/PEDICURE

(30 MINS)

£50

A complete treatment using anti-ageing ingredients to soothe dry, chapped hands/feet and nails

OPI GELCOLOURS

(30 MINS)

£40

This treatment ensures nail colour stays shiny and intense for weeks

SHAPE AND POLISH/NAIL TIDY

(15 MINS)

£25

The perfect quick fix. Treat your nails and hands to a quick shape, polish and tidy

WAXING

LIP AND CHIN (15 MINS)

£25

EYEBROW WAX (15 MINS)

£25

HALF LEG WAX (30 MINS)

£50

FULL LEG WAX (45 MINS)

£70

UNDERARM WAX (15 MINS)

£25

ARM WAX (15 MINS)

£25

BIKINI WAX (15 MINS)

£25

EXTENDED BIKINI WAX (30 MINS)

£50

FACIAL GROOMING

EYEBROW TINTING (15 MINS)

£25

EYELASH TINT (30 MINS)

£30

To book your treatment please dial 79850 from your room

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