SPA
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MASSAGE

FREESTYLE DEEP TISSUE MASSAGE
(30/60/90 MINS) £55/£95/£125
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) £65/£105/£135
Balinese stones are worked deep into the muscles to melt away tension.

GARDEN OF ENGLAND ROSE RESTORE
(60/90 MINS) £105/£135
A lavishly hydrating body massage, body dusting and wrap using a trio of richly fragrant, moisturising oils.

LIFE ELIXIRS MINDFUL MASSAGE
(60/90 MINS) £95/£125
Tune in to you with this relaxing massage tailored entirely to your needs. Leaves the body and mind feeling fully rejuvenated.

HOT MINERAL BODY BOOST (75 MINS) £155
A conditioning and re-invigorating body treatment.

POULTICE-POWERED MUSCLE RELEASE
(75 MINS) £115
An amber compress dissolves muscle tensions and elasticises in the skin for a deeply nurturing treatment.

PEACEFUL PREGNANCY MASSAGE
(75 MINS) £105
Scent free oils are used in a gentle nurturing massage for mothers-to-be.

PEACEFUL PREGNANCY FACE & BODY EXPERIENCE (135 MINS) £190
The extended full body tension reliever focuses on the back, shoulders, scalp, hands and feet.
INTENSELY CLEANSING SALT SCRUB
LIME AND GINGER OR FRANGIPANI
(30 MINS) £50
A deep cleansing salt scrub that encourages cell regeneration leaving the skin soft, smooth, and nourished.

THOUSAND FLOWER DETOX WRAP
(60 MINS) £85
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 restores equilibrium to leave you feeling completely reinvigorated.

BODY NECTAR NOURISHING WRAP
SWEET ORCHID OR FRANGIPANI
(60 MINS) £80
An intensive moisturising treatment that leaves skin silky and the body and mind grounded.

TARGETED TONING TIGHTENER
(90 MINS) £135
A powerful blend of massage and detoxifying clay for targeted toning and improved circulation.
SENSITIVE SKIN SOOTHER
(30/60 MINS) £50/£95
Reduces the appearance of redness and protects against daily stress with a treatment that incorporates soothing massage. Skin is left comfortable and calm.

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.

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.

PRO-COLLAGEN AGE DEFY
(60 MINS) £115
Tackle fine lines and wrinkles for beautifully nourished, younger looking skin.

PRO-DEFINITION LIFT AND CONTOUR
(60 MINS) £115
The lifting and contouring facial that delivers a profoundly sculpted effect.

DYNAMIC RESURFACING PRECISION PEEL
(60 MINS) £115
This highly potent couture resurfacing treatment targets the signs of ageing focusing on dull, tired and uneven skin.
## BIOTEC FACIALS

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>LINE ERASER (60/90 MINS)</td>
<td>£125/£180</td>
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<tr>
<td>SENSITIVE SKIN SOOTHER (60/90 MINS)</td>
<td>£110/£160</td>
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<tr>
<td>IRONS out wrinkles and fills lines.</td>
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<tr>
<td>Calmness is restored and skin is soothed.</td>
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<tr>
<td>FIRM-A-LIFT (60/90 MINS)</td>
<td>£125/£180</td>
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<tr>
<td>A contoured complexion that is remarkably lifted.</td>
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<tr>
<td>SKIN RESURFACER (60/90 MINS)</td>
<td>£125/£175</td>
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</tr>
<tr>
<td>BIOTEC EYE TREATMENT (30 MINS)</td>
<td>£45</td>
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<tr>
<td>For the smoothest skin imaginable.</td>
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<tr>
<td>BIOTEC NECK TREATMENT (30 MINS)</td>
<td>£45</td>
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</tr>
<tr>
<td>RADIANCE RENEW (60/90 MINS)</td>
<td>£110/£160</td>
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<tr>
<td>Uncovers radiant and visibly brighter skin.</td>
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MEN

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 20 minutes of deep relaxation in our dry floatation bed.

HIGH PERFORMANCE SKIN ENERGISER FOR MEN (30/60 MINS) £50/£95
A results-focused facial for ageing and dehydrated skin combined with scalp and foot massages.

BIOTEC SUPER-CHARGE FACIAL FOR MEN (60/90MINS) £110/£160
High performance facial for men to help de-grease, de-age and calm a stressed, dehydrated skin.
PACKAGES

COUTURE TOUCH (60/120 MINS) £95/£185
Elemis hands-on touch facial with a personalised freestyle deep tissue massage or deeper than deep hot stone massage.

COUTURE TECHNOLOGY (60/120 MINS) £105/£195
Time to switch your skin back on with this turbo-charged facial and massage combination.

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 an advanced Elemis facial which includes a scalp, hand, 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:

• Elemis Pro-Collagen Age-defy Facial
• Elemis Freestyle massage

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

* Please allow 1hr30mins for Afternoon Tea
THERAPY TREATMENTS

STEAM TEMPLE

STEAM TEMPLE THERAPY (60 MINS) £95
Immerse your senses and prepare your mind and body for an indulgent and relaxing experience.

A nourishing body mud is presented to smooth onto the body and face. Sooth tense muscles in the Rasul steam before a warm shower leaves the skin feeling smooth and the mind clear.

This treatment can be experienced as an individual or as a couple.

STEAM TEMPLE & MASSAGE

STEAM TEMPLE & MASSAGE FOR TWO (90 MINS) £180
A nourishing body mud is presented to smooth onto the body and face in our gentle steam temple experience, followed by a relaxing 30 minute massage and a glass of Champagne each.

FLOTATION BED

DRY FLOTATION BED (30 MINS) £30
Lie back for just 30 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.
PLATINUM MANICURE OR 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 OR PEDICURE
(30 MINS)  £30
A complete treatment using anti-ageing ingredients to soothe dry, chapped hands, feet and nails.

OPI GELCOLOURS  (30 MINS)  £40
A treatment for long lasting nail colour and shine.

SHAPE AND POLISH/NAIL TIDY
(15 MINS)  £25
The perfect quick fix. Treat your nails and hands to a quick shape, polish and tidy.

GEL REMOVAL  (15 MINS)  £25
## WAXING & TINTING

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>Lip and Chin (15 MINS)</td>
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<td>£25</td>
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<tr>
<td>Eyebrow Wax (15 MINS)</td>
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<td>£25</td>
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<tr>
<td>Half Leg Wax (30 MINS)</td>
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<td>£50</td>
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<tr>
<td>Full Leg Wax (45 MINS)</td>
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<td>£70</td>
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<tr>
<td>Underarm Wax (15 MINS)</td>
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<td>£25</td>
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<td>Arm Wax (15 MINS)</td>
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<td>£25</td>
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<tr>
<td>Bikini Wax (15 MINS)</td>
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<td>£25</td>
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<tr>
<td>Extended Bikini Wax (30 MINS)</td>
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<td>£50</td>
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<tr>
<td>Eyebrow Tinting (15 MINS)</td>
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<td>£25</td>
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<tr>
<td>Eyelash Tint (30 MINS)</td>
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<td>£30</td>
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SPA INTERCONTINENTAL

Spa InterContinental is a stylish urban retreat with result-led skincare and grooming services for men and women designed around any schedule.

Featuring state-of-the-art facilities and an expert team of therapists, the luxurious spa uses products from efficacy tested British spa and skincare brand, Elemis.

Spa InterContinental comprises of five treatment rooms, an additional VIP treatment suite suitable for couples and private parties and Dry Flotation Therapy Room for the perfect spa break.

SPA ETIQUETTE

If you need to change or cancel an appointment, we ask that you please give us 24 hours notice or the full cost of the treatment will be charged. Please note that we request credit card details to secure your booking. Please arrive 15 minutes prior to your appointment.

When making your booking please advise us of any health conditions and any medication you are taking. Please ensure you inform your therapist if you are pregnant.

Those under the age of 18 are not permitted in the spa. As we want to provide a relaxing and calming environment for all our guests, we ask that you please refrain from using your mobile or keep it on silent.