

SPA

INTERCONTINENTAL®

TREATMENT MENU



AROMATHERAPY ASSOCIATES ULTIMATE FACIALS

Aromatherapy Associates Rose Facial	60 minutes £145
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This luxurious facial nourishes with natural rose to refine, renew and hydrate all skin types, helping to boost circulation and promote cell renewal leaving your skin radiant. A relaxing ayurvedic scalp massage completes this facial ritual.

The Refinery Facial	60 minutes £145
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The Refinery collection has been specifically formulated for men and is rich in essential oils and plant extracts. This deep cleansing and brightening facial leaves skin thoroughly cleansed and deeply hydrated and a restorative scalp massage eases tension.

DR RENAUD ULTIMATE FACIAL

Dr Renaud Botanical Prescriptive Facial	60 minutes £145
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The targeted ampoules containing flower stem cell extracts are prescribed for your skin care concerns, protecting cell DNA followed by a bespoke facial massage. All Dr Renaud products incorporate the Neuro-Phyto-Oxygenating complex, a patented system designed by Dr Renaud to stimulate the synthesis of dopamine and boost cellular oxygenation in the skin.



ADVANCED SKINCARE FACIALS

Cryo Glow Facial

30 minutes
£165

The Cryofacial improves the skin complexion by increasing cell turnover, collagen and elasticity and by offering instant results for lifting and contouring the face, jawline and under-eye area.

Plasma Clear Facial

30 minutes
£165

Plason is an FDA registered device that uses a new advanced plasma technology. Plason is clinically proven for acne and is designed to sterilise the skin at a deep level, removing bacteria stimulating skin regeneration. There are no side effects and no pain or downtime.

Plasma Anti-Age Facial

30 minutes
£190

A revolutionary treatment that uses an advanced innovative anti-aging technology and has been shown to improve and repair skin.

LED Light Therapy

25 minutes
£55

This treatment uses colour wavelengths of UV-free light that hits different depths in the skin to stimulate skin rejuvenation and improvement of common skin conditions. LED light therapy will strengthen and support the skin's structure.



MASSAGE TREATMENTS

The Ultimate Aromatherapy Experience 60 minutes | £145
90 minutes | £210

This is a well-being massage ritual drawn from a fusion of eastern and western techniques releasing tension in every part of your body leaving you feeling deeply relaxed and recharged. Using only the finest Aromatherapy Associates oils made from 100% organically grown plants.

Deep Tissue Muscle Release 60 minutes
£170

This deeply restorative treatment is specifically for tight, stressed and aching muscles. Whether it is a heavy exercise schedule or too many hours spent sitting at your desk, our intensive massage will work deep into stiff, tight aching muscles to instantly relieve pain and tension.

Deep Relax Sleep Massage & Dry Flotation Experience 90 minutes
£215

The ultimate massage for your best night's sleep. Our award-winning essential oil blend sedates, calms and grounds you while relaxing on our dry float bed.

Rose Indulgent Pregnancy Massage 60 minutes
£155

Aromatherapy Associates Nurturing Experience for the mother to be. Safely formulated oils are used to nourish and care for your expanding skin. It uses a traditional pressure point massage for the upper back and pays particular attention to tight shoulders. A full scalp and facial massage with treatment oil chosen specifically for your skin type completes this top-to-toe treatment.

Revive Jet Lag Travel Recovery Treatment 60 minutes
£150

An enlivening and rejuvenating treatment packed with body boosting oils, and designed to transport your body and mind back into the right time zone. A full body treatment with scalp massage.



MASSAGE TREATMENTS

Deluxe Chair Massage

20 minutes | £45
40 minutes | £75

Experience a full body massage from head to toe. A full body scan customises each massage to your unique body type. Perfect for stress relief, relaxation and sports recovery.

Forest Therapy
Treatment

60 minutes
£155

Back to nature, feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness. This treatment starts with a cleansing guided inhalation, and tension releasing long deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Restoring tranquillity to the mind with a scalp massage.

Immune Support

60 minutes
£155

Cleansing, clearing and decongesting, this body treatment supports the immune system and helps to clear a congested body and mind. Relax with guided breathing, followed by an upper respiratory massage, unlocking sinuses and easing headaches.



WRAPS & SCRUBS TREATMENTS

Dr Renaud Grapefruit 120 minutes
Total Body Luxury £250
Wrap/Float

A detoxifying treatment including body exfoliation, a grapefruit lymphatic drainage massage followed by a soft citrus mask and dry float.

Purifying Deluxe 120 minutes
Mud Wrap £250

Combining the effects of body brushing, mud and dead sea salts, the body is treated to an exfoliation, a mud wrap and an application of mineral cooling gel. A totally purifying experience.

Exotic Lime and 30 minutes
Lemongrass Salt Glow £90

Feel your senses lifted while you enjoy this full body exfoliation.

Medi Spa 40 minutes
CryoSlimming Treatment £250 | Course of 5 treatments £1000

Uses cold temperatures to freeze and reduce body fat.

Medi Spa 40 minutes
CryoToning Treatment £250 | Course of 5 treatments £1000

A non-invasive solution to help you reduce stubborn cellulite when diet and exercise are not enough.

Dry Flotation Bed 20 minutes
£50

Lay back for just 20 minutes on this dry flotation therapy bed cocooned in warm blankets and enjoy the equivalent of three hours rest. A perfect remedy for jet lag or fatigue.

Steam Temple 90 minutes
Experience £150

Relax in our Temple Spa. Rasul is a traditional Arabian cleansing ritual, and the experience takes place in a private temple under the light of a thousand stars. Choose from a selection of salts and volcanic muds applied to specific areas of the body while inhaling steam infused with herbs to cleanse the respiratory system. Warm water rains down washing away the mud.



PACKAGES

Steam Temple De-stress Experience 2 hours 30 minutes
£275

Indulge in some pure time with a Steam Temple Experience; a unique relaxing and therapeutic cleansing ritual followed by a relaxing one-hour well-being massage.

Enjoy exclusive use of our VIP lounge with complimentary refreshments.

Steam Temple Experience and Couples Massage for two 3 hours
£650

Indulge in some pure time with a Steam Temple Experience for two, enjoying a unique, relaxing and therapeutic cleansing ritual together followed by an hour couple's relaxation massage.

Enjoy exclusive use of our VIP lounge with complimentary Champagne and refreshments.

Steam Temple Radiance Experience 2 hours
£250

Indulge in some pure time with a Steam Temple Experience, a unique relaxing and cleansing ritual followed by a sensory escape back massage and a 30-minute bespoke facial.

Enjoy exclusive use of the VIP lounge with complimentary refreshments when booking any additional treatments.

The Royal Collection for two 1 hour 15 minutes
£390

Celebrate the best of British with the Royal Collection. The Experience starts with our Ultimate Aromatherapy Rose Facial - this luxury facial nourishes with natural rose to refine renew and hydrate all skin types. A relaxing ayurvedic scalp, pampering arm and hand massage completes this facial ritual. After enjoy an afternoon tea experience fit for royalty in the Wellington Lounge.

Please allow 1 hour 30 minutes for afternoon tea.



SIGNATURE TREATMENTS

Signature Amber Charm
Hot Stone Massage

90 minutes
£215

Relax and unwind with this luxurious massage. Warm golden amber and precious argan oils work their magic while hot basalt stones expertly glide over your skin. Experience the re-balancing of the stones combined with the healing properties of the oils to promote a sense of well-being from within.

Signature Amber Charm
Hot Stone Ritual

2 hours
£265

Begin this luxury treatment with an exotic amber salts foot bath and welcome foot ritual which includes a full body exfoliation and massage. Warm golden amber and precious argan oils work their magic while hot basalt stones expertly glide over your skin. Experience the re-balancing of the stones to promote a sense of well-being from within.

Sensory Escape

60 minutes
£165

Enjoy a bespoke facial and body experience. This unique sensory treatment uses a powerhouse of ingredients based on your individual skin needs and preferences. Your journey begins with a balancing touch of reflexology, followed by a relaxing back massage using a warming massage candle. To complete your experience, enjoy a facial treatment that includes a Gua Sha lymph drainage massage to smooth and contour the skin.

A close-up photograph of a person's legs being waxed. The wax is being applied to the inner thigh area. The background is softly blurred, showing what appears to be a spa or treatment room setting.

WAXING TREATMENTS

Eyebrow Wax	20 minutes £30
Chin and Upper Lip Wax	20 minutes £25
Underarm Wax	20 minutes £30
Forearm Wax	20 minutes £30
Half Leg Wax	30 minutes £30
Full Leg Wax	60 minutes £45
Hollywood Wax	40 minutes £45
Brazilian Wax	40 minutes £45