

SPA

INTERCONTINENTAL

SPA InterContinental

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Relax. Restore. Rejuvenate.

*In our ultra urban spa oasis
achieve a sense of mental, physical and spiritual
balance; at the same time satisfy the universal
yearning for a little rest, relaxation and
rejuvenation. A journey not to be forgotten...*

SPA ESCAPES

Nurture. Soothe. Purify.

A LITTLE OF EVERYTHING

Prepare to be pampered with a soothing massage using notes of lavender, rose and bergamot oil followed by a nourishing facial. Then your nails and cuticles are cleansed and exfoliated using a fruity peel infused with papaya, apricot and peach extracts and polished to perfection.

Swedish Massage – Express Facial – Classic Manicure 1 hour 45 minutes, \$215

PURITY

Balance the body and regain equilibrium of the senses with an escape that purifies and detoxifies by releasing excess energy and stress. Invigorate with a warm soak of Dead Sea salts, followed by soft and warm creamy mud brushed on your body. You are then cocooned so your body can fully absorb rich ingredients such as thermal water and essential oils. After your invigorating wrap, your therapist will transport your body into complete relaxation with a therapeutic massage.

Mineral Bath – Monticelli Mud Wrap – Deep Tissue Massage 2 hours 45 minutes, \$365

TRANQUILITY

Open the mind and calm the senses with our Tranquility Escape. Immerse in our infinity bath and soak with our unusual mix of Dead Sea salts, clay and essential oils of cypress, neroli and jasmine then let your therapist gently polish your skin with crushed Oriental Pearls. Your skin will be smooth and silky ready for a relaxing massage. End with a hydrating facial with honey, hibiscus and trehalose, promoting healthy and radiant skin.

Cypress Bath – Oriental Pearl Scrub Massage – Classic Deep Cleansing 2 hours 30 minutes, \$360

HARMONY

Empower your sense of well-being while you renew, protect and harmonize.

Your journey will begin with a hot stone massage, a truly therapeutic treatment with powerful energy balancing. This is enhanced by the natural properties of stones. Then our therapist will nurture your beautiful skin with our Luminous Skin Facial. It has an instant effect that gives immediate tone, compactness and radiance to the face, while bestowing a powerful anti-aging action.

Complete with a revitalizing warm bath.

Hot Stone Massage – Luminous Skin Facial 2 hours 30 minutes, \$365





COUPLE'S ESCAPES

Dream. Connect. Inspire.

ROMANCE RITUAL FOR TWO

Begin this journey in our couple's villa with our Romance Scrub Ritual to make your skin soft and silky. Next, we stimulate the senses with an oil massage using ylang ylang and damania to awaken emotions. Your experience is completed in privacy with a romantic aromatherapy bath and two glasses of champagne.

90 minutes, \$390

TIME FOR TWO

This is the perfect way to take time for two. We wrap you in creamy, warm Monticelli Mud to restore balance and renew your energy.

This treatment includes a full-body exfoliation, nourishing cream application and a warm scented bath.

2 hours, \$460

COUPLE'S RETREAT

Get the relaxation and rejuvenation that you desire by treating yourselves to side by side treatments in the privacy of your own villa. Choose from a relaxing Swedish massage or Therapeutic Deep Tissue massage - both promote blood circulation, relax muscles and enhance a sensuous mood using our romantic blend of oils: patchouli, ylang ylang and lime. A shared jet bath enhanced with oils, warms and uplifts, helping to focus the mind.

75 minutes, \$300

MASSAGE

Relax. Soothe. Nurture.

DELUXE SWEDISH

A traditional massage that uses a combination of five movements: long sweeping strokes, tapping, kneading, friction and vibration. Aromatic essential oils detoxify the body, ease sore muscles, release tension and improve circulation leaving you with an incomparable sense of relaxation.

30 minutes, \$80 60 minutes, \$135 90 minutes, \$185

INTEGRATIVE DEEP TISSUE

Perfect for those who play sports or lead a physically active life. Firm massaging will stretch and relax tense muscles. Also, it will help relieve particular areas of discomfort due to stress, injury or overuse.

This will leave you feeling supple, stress-free and re-energized.

30 minutes, \$80 60 minutes, \$135 90 minutes, \$185

REFLEXOLOGY

An ancient Chinese technique, supremely relaxing and excellent at relieving stress.

The application of pressure to reflex points on the feet and hands restores the flow of energy throughout the body and is said to stimulate the body's own healing mechanisms.

Extra TLC includes warm paraffin mitts on hands and feet.

60 minutes, \$120

HOT STONE MASSAGE

This unique treatment combines truly therapeutic massage techniques with powerful energy balancing, enhanced by the natural energetic properties of stones.

60 minutes, \$150 90 minutes, \$195

NEW LIFE MASSAGE

Recommended for women in their second and third trimester of pregnancy, this custom massage is excellent for alleviating back pain, reducing inflammation and diminishing anxiety.

60 minutes, \$160





MASSAGE

Relax. Soothe. Nurture.

SHIATSU

Shiatsu is a traditional, Japanese healing method. Shiatsu means “finger pressure” and in shiatsu, pressure and stretching are key. The therapist uses palms, fingers, thumbs, knuckles, elbows, knees and the feet to work on the body’s acupuncture points, along what they consider the body’s meridians or energy channels. It helps to balance a person’s energy flow and strengthen the vital organs. Shiatsu can be performed on the floor or massage table. Please wear loose clothing for this massage.

60 minutes, \$150

THAI MASSAGE

An interactive manipulation of the body using passive stretching and gentle pressure along energy lines. These movements help to adjust the skeletal structure, increase flexibility, relieve muscular and joint tension, stimulate internal organs and balance the body’s energy system. Thai Massage can be performed on the floor or massage table. Please wear loose clothing for this massage.

60 minutes, \$150

JET-LAG RESTORE MASSAGE

A combination massage of Swedish and Deep Tissue using our signature Arabian oil blend which contains cinnamon, ginger, geranium, patchouli and eucalyptus. These grounding ingredients help to alleviate jet-lag, improve circulation, relieve joint muscle aches and reduce anxiety.

75 minutes, \$150

REIKI

Reiki means Universal Life Force Energy and is one of the more widely known forms of healing through direct application of Chi. It is believed that Reiki can relieve pain, boost the immune system and relieve acute problems. This is because physical symptoms of pain are often linked to emotional, mental and spiritual states. Reiki practice consists of the therapist placing his or her hands upon the person to be healed with the intent for healing to occur and then the energy begins flowing. The therapist will use their hands to channel energy from the universe to your body so your body can heal itself.

60 minutes, \$150

RITUALS

Smooth. Tone. Purify.

A unique renewing body ritual for a deep connection of the Oriental, Arabian and Moroccan philosophies, each ritual begins by immersing in water, exfoliation, rinse and massage. These rituals will wash away tension and activate the body's own restorative powers.

ORIENTAL PEARL SCRUB MASSAGE

Your experience begins by enjoying a warm bath, followed by an exfoliation with mother-of-pearl powder. Your body will be rinsed and will feel soft and silky, ready for a relaxing massage. For centuries mother-of-pearl powder was considered the symbol of wealth and beauty of the Far East.

90 minutes, \$195

JAPAN RITUAL

A ritual based body treatment founded on the principle of stimulating blood flow through the body by blending layers of exceptional ingredients and pure scents deeply into the skin. Inspired by the sensual and thorough art of caring for the body and created to release the flow of vital energy in the body through energizing exfoliation, a nourishing polish and stimulating massage. You will experience yuzu mimosa sea algae, ginger grass, rice bran, lime, camellia and plum.

1 hour 45 minutes, \$230

ARABIAN COCONUT SCRUB MASSAGE

The tiny smoothness of the particles obtained from coconut favors an exfoliating ritual for all skin types, leaving your skin soft and supple. Your body will be rinsed and prepared for a nurturing massage.

90 minutes, \$195

HAMMAM

Hammam means spreader of warmth. It is the word given to a sensual bathing retreat that evolved over a period of history spanning nearly one thousand years and traces its roots back to the Roman thermae. The body is taken through a sensual ritual of heat, steam, massage, detoxification, energy and, when completely cleansed, purified and limber, drenched in scent and moisture.

1 hour 45 minutes, \$230





BODY TREATMENTS

Cleanse. Energize. Invigorate.

MONTICELLI MUD WRAP

Transform dull and dry skin with a vigorous mud wrap. Your skin will be polished to perfection then a warm and creamy mud will be applied to the entire body, relieving the aches of sore muscles and swollen joints in addition to bestowing systematic balance and renewed energy. Includes an invigorating bath and a nourishing cream application.

105 minutes, \$230

SLIMMING AND TONIFYING TREATMENT

A powerful treatment which combines the strength of algae and specific active ingredients for the treatment of cellulite, to give an energy boost to the metabolism. The lypolysis increases, favoring a slimming action and the tissues become remineralized and reoxygenated, gaining compactness and tone.

90 minutes, \$200

LEMON COFFEE BLOSSOM SCRUB

Exfoliate and tone with this intensively vitalizing scrub. This is a deeply invigorating blend of coffee, black olive, crushed almond, sugar, neroli, orange peel, lemon rind and fresh lemon juice. Your treatment will stimulate and recharge the body.

60 minutes, \$110

SMOOTH AND SILKY SCRUB

A dry brushing technique to stimulate lymphatic flow, exfoliate with sacred nature gommage and hydrate with nourishing tonifying oils using buriti oil, butterfly bush extract, shea butter and orange distilled water. Your experience concludes with a soothing oil application.

60 minutes, \$110

FACIALS

Nourish. Enhance. Protect.

Clean, healthy and well-maintained skin is beautiful skin. All facials include deep cleansing, steam, gentle exfoliation, massage and application of nourishing and hydrating face products. All facials include a hand treatment with the exception of our Express Facial.

EXPRESS FACIAL

A perfect cleansing for those who are short on time and need a quick skin care renewal. Your experience includes cleansing, exfoliation, mask and moisturizer. This facial does not include extractions.

30 minutes, \$80

CLASSIC DEEP CLEANSING

Recommended for all skin types, this traditional facial cleanses, hydrates, restores and promotes silky texture to the facial skin.

60 minutes, \$150

LUMINOUS SKIN

Designed to reduce the effects of stress and fatigue in the skin, this high performance facial oxygenates, visibly lifts and bestows immediate radiance. A deeply re-texturizing peel is followed by a freshly prepared peptide mask that works its magic to unveil truly luminous and revitalized skin.

75 minutes, \$200

PURIFYING FACIAL

A deep pore cleansing and purifying treatment based on actives from the earth and sea. This rebalancing facial eliminates impurities, calms and heals while eliminating the likelihood of future blemishes. Skin is smoother, fresher and healthier. Reduces the look of large pores.

60 minutes, \$165

FACIALS

Nourish. Enhance. Protect.

ANTI-AGING COLLAGEN

Turn back the hands of time with this intensive treatment. Allow your therapist to choose the ideal AHA formulation for your skin, fortified with a mega-dose of pure, active, anti-oxidant vitamin C. This skin resurfacing and fortifying step is followed by a pure collagen veil to deeply hydrate, stimulate circulation and renew cellular activity. A dramatic reduction in lines, wrinkles and dehydration visibly rejuvenates the skin, leaving it firmer, smoother with the look of health and vitality.

75 minutes, \$200

GENTLEMAN'S FACIAL

The ultimate men's grooming facial is designed to specifically address the unique skincare needs of men. Allow our expertly trained therapists to choose the correct treatment for your individual needs in a de-stressing and massage intensive facial treatment.

60 minutes, \$165

EYE SUPREME

An intensive cooling eye mask delivers a cocktail of firming, lifting and hydrating ingredients to visibly renew the eye contour. Advanced peptides penetrate deeply to restore youthful freshness and vitality to the delicate eye area. A quick fix to renew tired eyes.

30 minutes, \$65

GLYCOLIC PEEL

Intensive resurfacing and anti-oxidant activity deliver renewed smoothness and clarity to all skin types. Allow our therapist to choose the correct formulation for your skin's needs.

30 minutes, \$75

ENHANCEMENTS

Pamper. Indulge. Experience.

Enhance your experience by customizing your spa visit. Enhancements take place during your selected treatment and are available when added to another treatment.

MINERAL SOAK

Mineral rich water offers the most sensual and full retreat for the entire body, eliminating toxicity from deep within and letting the body float into a state of absolute release. This soak is a blend of the purest Dead Sea salts, clay, along with cypress, neroli, cedar atlas, jasmine, geranium and lavender.

\$30

LIP BLOOMING TREATMENT

Extra care and beauty for lips and lip contour, due to the synergy of rose and fruit extracts. Visibly reduces small wrinkles, replenishes and replumps the lips.

\$25

LUMINOUS HANDS

An exotic treatment inspired by an ancient Polynesian rite for bestowing well-being to hands. With an exfoliating, hydrating and refreshing action, it restores suppleness and hydration. Crushed oriental pearls to lighten and brighten your skin.

\$45

PARAFFIN DIP – LAVENDER

Hand or Foot treatment – This pampering treatment is soothing and nourishing.

\$25



SMOOTH FINISH

Clean. Smooth. Refreshing.

<i>Half Leg</i>	<i>\$50</i>	<i>Full Leg</i>	<i>\$75</i>
<i>Bikini</i>	<i>\$65</i>	<i>Brazilian</i>	<i>\$80+</i>
<i>Underarm</i>	<i>\$30</i>	<i>Back</i>	<i>\$65+</i>
<i>Chest</i>	<i>\$65+</i>	<i>Half Arm</i>	<i>\$35</i>
<i>Full Arm</i>	<i>\$50</i>	<i>Eyebrow</i>	<i>\$30</i>
<i>Side of Face</i>	<i>\$20</i>	<i>Lip</i>	<i>\$20</i>
<i>Chin</i>	<i>\$20</i>		

NAILS

Beauty. Care. Protect.

SACRED NATURE PEDICURE

This beautiful retreat for your feet starts with the cleansing of your feet with warmed towels and a mineral rich water soak. It delivers a calming and relieving effect, followed by a double exfoliation, to remove dry and dull skin with buriti oil, butterfly bush extracts, shea butter and orange distilled water. Once silky and smooth your feet will be wrapped with revitalizing mud to deeply nourish the skin and massaged for complete relaxation, accompanied with a glass of champagne.

Finally, your nails are polished to perfection.

75 minutes, \$90

CLASSIC PEDICURE AND MANICURE

Enjoy a delicate classic manicure or pedicure. Your nails and cuticles are cleansed and exfoliated using Lushly products, soft and rich with a soothing and refreshing action. Infused with gardenia, ginkgo biloba leaf extract, grapefruit extract and shea butter. Finish with a polish application.

Pedicure, \$70 Manicure, \$55 Combo, \$100

EXPRESS MANICURE

This manicure includes cleansing of the cuticles, shaping and buffing of nails. Polish not included.

30 minutes, \$40

NAIL ENHANCEMENTS

Polish Change, \$25 Paraffin Dip, \$25



SPA ETIQUETTE

- Please arrive 20 minutes prior to your scheduled appointment time to provide yourself adequate time to change and enjoy our eucalyptus steam room and sauna as well our outdoor pool and Jacuzzi. Or simply relax in our garden area. We provide our spa guests with lockers, robes, slippers and amenities.
- If you are late for your scheduled appointment time, we will only be able to provide services in the remaining time and you will be charged for the full service fee.
- Showering is essential prior to entering any of the communal water amenities and before any treatment. Clean skin is able to absorb the beneficial extracts and oils.
- To ensure appointments are available for every guest, we request at least 4 hours advance notice for appointment cancellations or rescheduling, or you will be charged the full service fee.
- We recommend you leave your jewelry at home or in your hotel room safe. Although we provide lockers while receiving treatments, we regret that we cannot be responsible for personal articles.
- For the comfort and consideration of other guests, we ask that you please turn off all cell phones.
- For the safety and comfort of all our guests, the minimum age requirement to visit the spa or Fitness Center is 14 years of age – accompanied by an adult.
- Gratuity is not included in your service. If you feel you would like to show appreciation to your technician, you may add it to your final bill.
- Please advise your therapist of any allergies, injuries, or other conditions prior to treatment.
- In-room spa services include massage, nails and facials. There will be a \$50 fee added for all in-room services.

Hours of Operation: Monday – Saturday 8:00 am – 9:00pm Sunday 9:00 am- 5:00 pm

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