

# SPA

INTERCONTINENTAL

## TREATMENT MENU

### ELEMIS ADVANCED ANTI-AGEING FACIALS

- Skin Specific Facial (1hr) £90.00  
*Your face is deeply cleansed to help renew radiance, nourish and balance skin.*
- Visible Brilliance (1hr 15mins) £112.50  
*Revives dull, slackened skin, restoring radiance*
- Pro-Collagen Quartz Lift Facial (1hr 15mins) £112.50  
*The specialised lifting massage, combined with proven marine extract, padina pavonica, helps re-energise cell communication and rejuvenates skin.*
- Tri Enzyme Facial (1hr) £90.00  
*Pioneering precision layering of tri-enzyme serums, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger looking skin.*

### ELEMIS SKIN SOLUTIONS FACIALS

- Oxygen SkinCalm Facial (1hr 15mins) £112.50  
*Relieves redness and evens skin tone, offering immediate comfort to irritated skin.*
- S.O.S. Purifying Facial (1hr 15mins) £112.50  
*This facial is ideal for purifying congested skin and helping to clear your complexion; regulating and balancing the function of the skin.*



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### MASSAGE

Well-Being Massage (1hr) £90.00

Well-Being Massage (1hr 30mins) £135.00

*Heal body, mind and soul with this popular, de-stressing, all-over body massage, beginning on the soles of the feet and ending in a sublime head massage.*

Well-Being Back Massage (30mins) £45.00

*From the soles of your feet to the crown of your head, this is much more than just a massage.*

Deep Tissue Muscle Back Massage (30mins) £45.00

Deep Tissue Muscle Massage (1hr) £90.00

Deep Tissue Muscle Massage (1hr 30mins) £135.00

*This powerful customised therapy provides deep massage helping to alleviate stress, aching muscles and revive the senses. Choose between the following options for a targeted and relaxing experience:*

- *Stress Away - Wind down and release tension*
- *Spirit Reviver - A powerful surge to invigorate and recharge*
- *Muscle Melt - Relax and reenergise a tired aching body*
- *Chakra Balancing - Reconnect your mind body and soul*

Reflexology (30mins) £45.00

*A Reflexology practitioner uses light pressure to massage and stimulate each of the points in the feet to release tension, stimulate blood circulation, remove energy blockages and promote a healthy mind and body. (Only available on Saturdays)*

Face & Body Sensation (1hr) £90.00

*A sensational massage, combined with an Anti-Ageing Booster Facial. Choose from the Re-Energiser, Ice-Cool Thermal Massage, or the Tranquillity Thermal-Soothing Massage, whilst your facial helps smooth wrinkles and restore youthful radiance.*

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### WRAPS & SCRUBS

Exotic Lime and Ginger Salt Glow (30mins) £45.00  
*Feel your senses lifted and your body feels invigorated by the sublime Exotic Lime and Ginger Glow infused with skin enriching camellia oil.*

Exotic Coconut Rub and Milk Ritual Wrap/Float (45mins) £67.50  
*Drenching the skin with moisture, this exotic wrap polishes and scents the skin.*

Exotic Frangipani Body Nourish Wrap/Float (45mins) £67.50

### FLOTATION BED

Dry Flotation Bed (20mins) £22.50  
*Lie back for just 20 minutes on this dry flotation 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 (1hr) £75.00  
*A relaxing and therapeutic space that helps to soften skin and is ideal to relax the mind, skin and body and can be booked as an individual or joint experience.*



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## TREATMENT MENU

### PACKAGES

Pure Time: De-stress for two (2hrs) £199.00

*Indulge in some pure time with a Steam Temple experience; a unique, relaxing and therapeutic space that helps to soften skin, followed by a relaxing one hour massage.*

Pure Time: Glow for two (2hrs) £199.00

*Indulge in some pure time with a Steam Temple experience; a unique, relaxing and therapeutic space that helps to soften skin, followed by a revitalising one hour facial. Great for getting a healthy glow.*

Pure Time: Radiance for two (2hrs) £199.00

*Indulge in some pure time with a Steam Temple experience; a unique, relaxing and therapeutic space that helps to soften skin, followed by a nourishing 30 minute facial and 30 minute massage. The complete top to toe experience.*

### SIGNATURE TREATMENTS

The Royal Collection for two (1hrs 15mins) £210.00

*Celebrate the best of British with the Royal Collection.*

*The experience starts with an Elemis Pro-Collagen Quartz Lift Facial, clinically proven to reduce wrinkles and improve skin hydration, firmness and elasticity.*

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

*(Please allow 1hr 30mins for the Afternoon Tea experience)*

The English Rose (2hrs) £180.00

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

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### NAILS

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| OPI GelColours (30mins)  | £55.00 |
| <i>This new treatment ensures your nail colour stays shiny, intense and gives you weeks of glossy colour as well as maintaining strong and healthy nails.</i>            |        |
| Shape and Polish/Nail Tidy (15mins)  | £22.50 |
| <i>Treat your nails and hands to a quick shape, polish and tidy; the perfect quick fix.</i>  |        |
| Basic Manicure/Pedicure (30mins)   | £45.00 |
| <i>A complete treatment using anti-ageing ingredients to soothe dry, chapped hands/feet and nails.</i>   |        |
| Platinum Manicure/Pedicure (1hr)   | £70.00 |
| <i>The ultimate anti-ageing treatment and manicure soothes dry, chapped hands and nails, as well as maintaining healthy skin all the way up to the elbows and knees.</i> |        |

### FACIAL GROOMING

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| Eyebrow Tint (15mins)                               | £22.50 |
| Eyebrow Shape (15mins)                              | £22.50 |
| Eyelash Tint (30mins)                               | £45.00 |
| Eyelash & Eyebrow Tint, with Eyebrow Shape (45mins) | £67.50 |



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### WAXING

Lip or Chin Wax (15mins)	£22.50
Eyebrow Wax (15mins)	£22.50
Half Leg Wax (30mins)	£45.00
Full Leg Wax (45mins)	£67.50
Underarm Wax (15mins)	£22.50
Arm Wax (15mins)	£22.50
Bikini Wax (15mins)	£22.50

### TANNING

Beau Bronze Tanning (30mins)	£45.00
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*Beau Bronz provides natural spray tanning that contain luxurious, odourless and certified organic ingredients. Perfect for a summertime golden glow or a deep tan.*

### PREGNANCY

Absolute Mother-to-Be Experience (2hrs 15mins)	£202.50
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*The perfect package during that 9-month stretch when your skin needs extra care. Hormones can play havoc with your skin during pregnancy, so we combine a nurturing massage with a professionally customised Skin Solution or Anti-Ageing Facial.*

Nurturing Massage for Mother-To-Be (1hr 15mins)	£112.50
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*Award-winning therapy that's good for you and your baby from the first trimester. Performed on the unique Elemis beanbag for ultimate safety, comfort and relaxation, this unique therapy helps relieve back tension, swollen hands and feet. Eases the mind and lifts the spirits.*

Please speak to our expert team who can advise on suitable treatments and create customised experiences for you.