

SPA

INTERCONTINENTAL

TREATMENT MENU

SUNDĀRI...BEAUTIFUL SKIN ORIGINATES WITHIN

Sundāri takes a holistic and earthly approach to beauty and well-being based on the ancient healing wisdom of Ayurveda. We go back to nature and use traditional healing remedies to allow the mind, body and spirit to gain balance in a world of stress and challenges. Sundāri enables you to reconnect with your inner self and encompass our core philosophy; 'being well inside, reads beautiful on the outside'.

SUNDĀRI SENSORY DOSHA JOURNEYS

30 / 60 / 90 / 120 mins £45.00 / £90.00 / £135.00 / £180.00

In the beliefs of Ayurveda, we are each made up of three different energies...Vata, Pitta or Kapha. Whilst all three exist within us, there is usually a more dominant Dosha which defines our mind and characteristics as well as body and skin type.

The Sensory Dosha Journey allows your Sundāri Therapist to prescribe a programme most suited to your Dosha, with the overall focus being to achieve balance; a balanced mind, a balanced body and a balanced skin = wellness.

Each journey begins with an Ayurvedic consultation during which your Sundāri Therapist will prescribe your personalised journey.



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SUNDĀRI FACIALS

Sundāri Facials

Combine a distinct collection of skincare products created from the purest ingredients and rarest essences distilled from all over the world. Modern science is blended with botanicals known through ancient wisdom for immediate results. Each facial incorporates a customised skincare programme inclusive of a deep exfoliation and an intensive treatment mask. Our signature MarMassage (energy point stimulation) continues to bring balance to both the mind and skin.

Firm and Lift with Award winning Gotu Kola

Soothe, Calm and Purify with Neem

Supplify and Nourish with Omega 3

Brighten and Illuminate with Rooibos Tea

Awaken Eyes with Boswellia

SUNDĀRI MASSAGE

Sundāri Abhyanga

Massage is a rhythmic, stress reducing massage which combines traditional Ayurvedic movements with the drizzling of warmed oil to rejuvenate and restore the flow of 'Prana'; our body's vital energy. Profound relaxation is induced through the clearing of stagnant energy and the oxygenation of cells.

Sundāri Andhana

Massage is a muscle melting form of Abhyanga which softens and heals muscles through deep pressure and stretches. Tissues are warmed and renewed through increased circulation from Katafray whilst soreness is relieved with Arnica. Even the stiffest of muscles are restored and renewed.



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SUNDĀRI SCALP TREATMENT

Sundāri Shirodhara

Is a powerfully therapeutic Ayurvedic healing therapy that 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.

Sundāri Scalp Massage

Diminishes stress and tension in the scalp, neck and shoulders with a melting massage adapted from the ancient Indian Head Massage. Nourish the hair and scalp with warming and soothing Neem and Coconut, or awaken the mind and relieve headaches with Peppermint and Eucalyptus.

SUNDĀRI BODY POLISHES AND WRAPS

Sundāri Body Polishes

Combine powerful, active ingredients prescribed to treat individual body concerns and reveal perfectly refined skin. Stimulating massage techniques give a boost to circulation and our Signature MarMassage brings balance and calm to the mind.

Sundāri Body Wraps

Are an indulgent experience for the body and mind. Following on from one of our prescribed Body Polishes, layer upon layer of cocooning ingredients then work to restore the body's needs resulting in renewed skin and a rejuvenated mind.

Soothe and Heal with Neem

Firm and Lift with Gotu Kola

Supplify and Nourish with Omega 3



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SPA INTERCONTINENTAL SIGNATURE TREATMENT

SAMA – Signature Treatment (90 mins) £90.00

Sanskrit meaning: Tranquillity, calm, rest

This deeply indulgent journey to wellness combines ancient Ayurvedic healing remedies and comforting rituals to soothe the mind and impart profound relaxation. To begin, the feet are cocooned in warm towels whilst a cleansing back ritual takes place through which vital energy points are massaged and a traditional Ayurvedic warm oil massage clears stagnant energy. Following this, stress and negativity stored in the hands and feet is diminished with a deeply relieving massage. To achieve total balance and harmony, a facial cleanse and exfoliation is followed by a Marma massage and a sleep inducing scalp massage gives total well-being.

PREGNANCY TREATMENT

Sundāri Pregnancy

Utilising the intensely nourishing benefits of Omega 3, your Sundāri Therapist will prescribe a personalised programme to rejuvenate skin, relieve aches and give restoration to the mind body and soul. With your comfort and well-being of utmost importance, special techniques and movements will gently soothe and promote wellness throughout your customised programme.

CHILDREN

Sundāri Children (45 mins) £65.00

Invite your child to discover the world of well-being with this Sundāri treatment specifically designed to calm energetic minds. Combining the gentle touch of the therapist with balancing effects of Neem to help soothe the nervous system and improve sleep quality. A caring touch is applied to the body over towels and the back is treated with warm oil and our traditional Ayurvedic massage. For children aged 6–14. Please ensure your child wears loose clothing/pyjamas and a parent or guardian is present during the treatment.

Clients who wish to change, or cancel an appointment must provide 24 hours notice, or full payment for the treatment will be charged.

