

# SPA

INTERCONTINENTAL

Welcome to a *“Sanctuary for the Senses”* amongst the mountain, desert and sea of Ras Al Khaimah. Escape to a wellness retreat nestled in the exquisite landscapes of modern Arabia, featuring the finest spa products from Aromatherapy Associates, Proverb and Maison D’Asa.

SPA InterContinental

awaits with the promise of ultimate relaxation and cherished memories.

## *Signature Treatment*

### **Ras Al Khaimah Escape**

(2 hours and 30 minutes)

**950 AED**

Escape the everyday with a nourishing pineapple body scrub, a decadent rose essential oil body wrap, a cooling mint foot ritual, a hair cleanse with organic argan oil and green tea, a 60 minutes full body massage with warm stones and a Maison D’Asa mini-facial. A real rejuvenation from head to toe!

## *Body Treatments*

### **The UAE Massage (Ultimate Aromatherapy Experience)**

(1 hour or 1 hour & 30 mins)

**450 / 650 AED**

The finest aromatherapy oils are carefully paired with your mood and stress levels – lavender and peppermint, geranium and vanilla or wild chamomile and frankincense. Using massage pressure that stimulates the nervous system, muscular tension is quickly released. This intense massage experience is drawn from a fusion of Eastern and Western techniques to promote a healthy mind, body and spirit.

### **Energising Massage**

(1 hour or 1 hour & 30 mins)

**450 / 650 AED**

A massage that relieves tired and strained muscles, calms stress, balances the mind and activates energy flow and immunity. This uplifting massage also deeply moisturizes the skin with sweet orange and grapefruit essential oils and provides the body with an energized feeling. Perfect after a long flight and for jet lag recovery.

### **Mother to be Massage**

(1 hour or 1 hour & 30 mins)

**450 / 650 AED**

A massage for all mothers to be, using safely-formulated massage oils and traditional aromatherapy pressure points to relieve stress and tensions in the upper back and shoulders. The 1.5 hours massage includes a 30 minutes Aromatherapy Associates mini-facial.

### **Deep Tissue Massage**

(1 hour or 1 hour & 30 mins)

**500 / 700 AED**

An entire body revival massage to release tension in the neck, shoulders, back, upper/lower body and legs, balancing emotional and physical needs. A combination of Thai massage stretches and deep tissue pressure helps to restore movement and improve well-being.

# SPA

INTERCONTINENTAL

## *Facials*

### **Argan Ageless Facial (Maison D'Asa)**

(1 hour)

**600 AED**

A firming facelift that purifies, softens, invigorates and maintains healthy skin cells. 100% pure organic argan oil, hyaluronic acid and vitamin E benefit the skin by creating a powerful anti-aging effect, improving the skin tone and ensuring skin firmness and regeneration.

### **Personalised Facial (Aromatherapy Associates)**

(1 hour)

**550 AED**

A facial designed to suit your individual needs - whether hydrating, purifying or a soothing facial for sensitive skin. This bespoke facial combines the finest pure essential oils and plant extracts with specifically designed facial massage techniques to restore and recondition the skin, leaving the complexion smooth and luminous.

### **Gentleman's Facial (Proverb)**

(1 hour)

**550 AED**

A deep cleansing facial to restore vibrancy to the skin. A facial scrub and exfoliation with coconut shells and avocado stones will help to maintain a healthy looking skin. This treatment also includes a back cleanse with Himalayan rock crystal salts and upper body stretches.

## *Express Experiences*

### **Rose Scalp Therapy**

(30 minutes)

**250 AED**

An enriching pink clay mask application and a scalp massage.

### **Relaxing Head and Shoulders Massage**

(30 minutes)

**250 AED**

Focused massage for the head and shoulders to relieve tensions.

### **Electrolyte Foot Soak**

(30 minutes)

**250 AED**

A mineral-rich electrolyte treatment to relieve tired legs and feet.

### **Salt Scrub Back Cleanse**

(30 minutes)

**250 AED**

A deeply restorative cleansing back treatment with a hot towel.



**INTERCONTINENTAL**

RAS AL KHAIMAH  
MINA AL ARAB RESORT & SPA