

# SPA

## INTERCONTINENTAL®

### SIGNATURE TREATMENTS

Ras Al Khaimah Escape  
(150 minutes)

950 AED

Indulge in an escape through the senses of Ras Al Khaimah with a nourishing pineapple body scrub, a decadent rose essential oil body wrap, an Argan oil and green tea hair cleanse followed by a 60-minute full body massage with warm stone before restoring glow with a Maison d'Asa mini-facial. A true rejuvenation from head to toe.

Turkish Hammam Discovery  
(60 minutes)

550 AED

Step into the royal Turkish Hammam, letting the steam gently open your pores before a full body exfoliation and the typically Anatolian gentle bubbly massage on a heated stone slab. Finally, the treatment ends with a refreshing body mist to close the pores, tightening and restoring the skin.

### MASSAGES

The UAE Massage (Ultimate Aromatherapy Experience)  
(60 minutes / 90 minutes)

500 / 700 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. Precise pressure techniques combined with the properties of the aromatherapy oils stimulate the nervous system and release muscular tension. This relaxing massage experience curates a delicate fusion of Eastern and Western techniques, leaving your mind, body and spirit restored.

Energizing Massage  
(60 minutes / 90 minutes)

500 / 700 AED

Relieving tired and strained muscles, easing stress, balancing the mind and activating a renewed flow of energy, this uplifting massage incorporates orange and grapefruit essential oils to leave you feeling energized and refreshed. Ideal after a long flight and for jetlag recovery.

Mom-to-be Massage  
(60 minutes / 90 minutes)

550 / 750 AED

A massage for all mothers to be after the first tri-semester with safely-formulated massage oils and traditional aromatherapy pressure points to relieve stress and tension in the upper back and shoulders. The 90-minute massage includes a 30-minute Aromatherapy Associates mini-facial to enhance the glow of soon-to-be maternity.

Deep Tissue Massage  
(60 minutes / 90 minutes)

550 / 750 AED

A traditional Thai massage combining stretches and deep pressure, focusing on freeing the energy lines of the body. This treatment is ideal for releasing tensions and strain from muscles, as well as improving flexibility and posture.

Hot Stone Massage  
(90 minutes)

750 AED

This therapeutic massage releases tension, eases stiffness and increases circulation. The expertly placed heated volcanic stones promote deeper muscle relaxation, leaving your body feeling renewed and recharged.

## FACIAL TREATMENTS

Argan Ageless Facial by Maison D'Asa  
(60 minutes )

650 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.

Express Facial  
(30 minutes)

350 AED

Want to restore your glow on the go? This express facial will leave your skin feeling healthy and hydrated.

Personalised Facial by Aromatherapy Associates  
(60 minutes)

600 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 by Proverb  
(60 minutes)

600 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)

300 AED

An enriching pink clay mask application followed by a relaxing scalp massage.

Relaxing Head and Shoulders Massage  
(30 minutes)

300 AED

Instant relaxation with a focused head and shoulders massage.

Foot & Leg Massage  
(30 minutes)

300 AED

Restoring the flow of energy throughout the body by releasing tension and promoting circulation in the legs and feet, leaving you feeling light and balanced.

Back Massage  
(30 minutes)

300 AED

A deeply restorative back treatment designed to relieve stress and tension from the shoulders and lower back.

# SPA ETIQUETTE

OPEN DAILY 10 AM - 7 PM

## ARRIVAL

Please arrive 30 minutes before your scheduled treatment time to relax and enjoy a welcome refreshment and complete the confidential medical questionnaire.

## LATE ARRIVAL

To respect other guests who already have a spa reservation, arriving late for your appointment, you will receive the best treatment possible within the remaining appointment time. Full treatment costs apply.

## CANCELLATION POLICY

We require 6 hours' notice for a cancellation, change or re-scheduling of any appointment. Less than 6 hours' notice or a "no show" will result in full payment.

## RESERVATIONS

Advanced bookings are always recommended to guarantee your preferred treatment and time.

## HEALTH

Please advise us of any health conditions, allergies, injuries and pregnancy. Our spa team are well versed and will recommend the treatment most suited to your needs.

## SPA ATTIRE

Your privacy is respected at all times. Disposable underwear is available and should be worn during the treatment. Robes and slippers are provided for your comfort.

## VALUABLES

Please secure your valuables in your respective cabinet inside the treatment room.

Spa InterContinental will not be liable for any losses or damages.

## MOBILE PHONES

As a courtesy to other guests, please switch off your mobile phone or place it in silent mode at all times whilst in Spa InterContinental.

## GIFT CERTIFICATES AND VOUCHERS

Gift vouchers are available from the Spa reception and can be personalised to monetary or treatment value. Vouchers are valid for 6 months from the date of purchase.

## HOMECARE

Spa retail items are available at the reception area for homecare experience.