



SPA

INTERCONTINENTAL

DISCOVER INDULGENCE

## INDULGE



Spa InterContinental means world-class health, beauty and indulgence against a backdrop of natural décor, local touches and Arabian subtlety. Across 700m<sup>2</sup> of sleek wellness facilities, it offers the best of Eastern and Western therapies by multi-national holistic therapists in 10 treatment suites and including two VIP suites.

Choose a bespoke treatment or an exclusive signature treatment ritual from Spa InterContinental's extensive grooming and spa menu of services – on which the trio of priorities is focusing on relaxation, customization and results – and have your personal preferences influence both sound and lighting in your private treatment suite.

Dedicated to the needs of hotel and Residence Suites guests, as well as business travellers and day visitors, Spa InterContinental is more than a spa. It is more than a sanctuary. It is a place where genuine renewal is possible for body, mind and spirit.





## SPA



Spa InterContinental offers majestic views from all suites, in which it is possible to experience massage treats, facial therapy, body scrubs, body wraps, manicures, pedicures, waxing, hairstyling, reflexology and a delicious browse through the range of leading products on sale available in Spa InterContinental's lifestyle boutique.

Enjoy peaceful, unhurried time in the male- or female-only relaxation lounge. Enter your personal treatment suite with its own private changing area and shower. Or indulge yourself in our VIP spa suite with private check-in, reception, infrared sauna, steam shower and jacuzzi bath.

Whatever treatment you choose, you'll be blessed with one or a combination of Spa InterContinental's three superb brands: the Shiffa range, which promises an authentic Arabian experience, the Sundari range, composed of organic ingredients, and the world-renowned Spanish skincare line, Natura Bissé.

And you'll come to understand how Spa InterContinental combines cutting-edge science and technology with pure and natural products to yield visible, tangible results.

## SIGNATURE RITUALS

Indulge yourself in Spa InterContinental's finest collection.

### SHIFFA ROSE HEAVEN

Rose essential oil combined with ancient Arabian aroma's are brought together in this royal ritual. Your treatment will take place in our luxury spa suite, beginning with a heavenly Rose steam bath. The treatment begins ceremoniously as you are engulfed in Rose incense. The sweetness body polish and Rose clay mask nourish the skin before you soak in a creamy Rose Milk Bath. A full body massage and facial completes this heavenly experience. **3 hrs**

### AL KHAYAL ROYAL EXPERIENCE

Luxuriate in our most decadent suite, infused with Jasmine scented aromas. Your treatment begins with an aromatic steam in preparation for the nourishing Honey Body Scrub, next, unwind in a spiritually elevating bath of Frankincense and tea. Muscles melt in the heat of a steamed poultice made from a mixture of Jasmine and Rose petals before our signature 1 hour massage lulls you into a heavenly state of relaxation. **2 hrs**

### VELVET NIGHTS

Enjoy sweet aromas of Arabia as your body is being buffed with a melted infusion of organic sugar and vitamin rich oils. Once your skin is softened, your body will relax in the warmth of the Andalusian Milk Bath while the jasmine aromas stimulate your senses. The rich goats milk will hydrate your skin further before the massage commences. **2 hrs**



## MASSAGE SIGNATURE THERAPY

Enjoy our classic selection of massages that have been designed using delicately blended massage oil from Shiffa.

### THE INTERCONTINENTAL

Our signature massage which incorporates thoughtfully combined techniques from Balinese traditions and Eastern influences. Beginning with a simple body reading the slow, graceful movements of the therapist mimic that of the ancient art of Tai Chi. The rhythmical full-hand connection will balance the body and spiritual being.

1 hr / 1 hr 30 min

### BALINESE MASSAGE

An energizing massage using a combination of thumb and palm pressure with deep strokes, this intensive massage is perfect for those who prefer a deeper pressure.

1 hr / 1 hr 30 min

### SWEDISH MASSAGE

A classic full body reviver to manipulate muscles and instantly relieve tensions and stiffness. We use a combination of long flowing strokes and kneading techniques, with medium pressure to improve blood flow and loosen aching muscles.

1 hr / 1 hr 30 min

### CUSTOMIZED DEEP TISSUE

This muscle make-over uses deep pressure to target stubborn knots in areas of chronic stress, releasing sluggish blood flow and easing tension from top to toe.

1 hr / 1 hr 30 min

### RELAXING FOOT RITUAL

An ancient Chinese tradition of applying pressure to specific points in the feet, linked through the meridians to the vital organs of the body. A balancing, holistic treatment for total well being and relaxation.

1 hr

### PRECIOUS MINDS

A chakra-balancing massage focused on the head and shoulders using subtle techniques to release tensions and clear blockages that can lead to anxiety and insomnia.

45 min



## MASSAGE BALANCING AROMATHERAPY

An exquisite collection of aromatherapy oils to compliment the selected massage technique. Each oil infusion reflects the natural healing elements. Each carries a different element from the earth to help balance you mind and body.

### REVIVE

Representing Fire, this warming and energizing massage combines Macedonian Juniper Berry with Pink Grapefruit lifting your energy levels and renewing your spirits, leaving you with a warm sense of wellbeing.

**1 hr 15 min / 1 hr 45 min**

### RELAX

Representing Water, the soothing and tranquil massage blends the natural healing power of Bulgarian lavender, Madagascan ylang ylang and pettigrain from Paraguay (the Lomi Lomi Massage from the ocean of the French Polynesia) with a soft aromatherapy massage to relax you both physically and mentally.

**1 hr 15 min / 1 hr 45 min**

### ENRICH

Representing Earth, you will feel grounded and your thoughts will be calmed after this massage leaving you feeling revived and restored.

**1 hr 15 min / 1 hr 45 min**

### RENEW

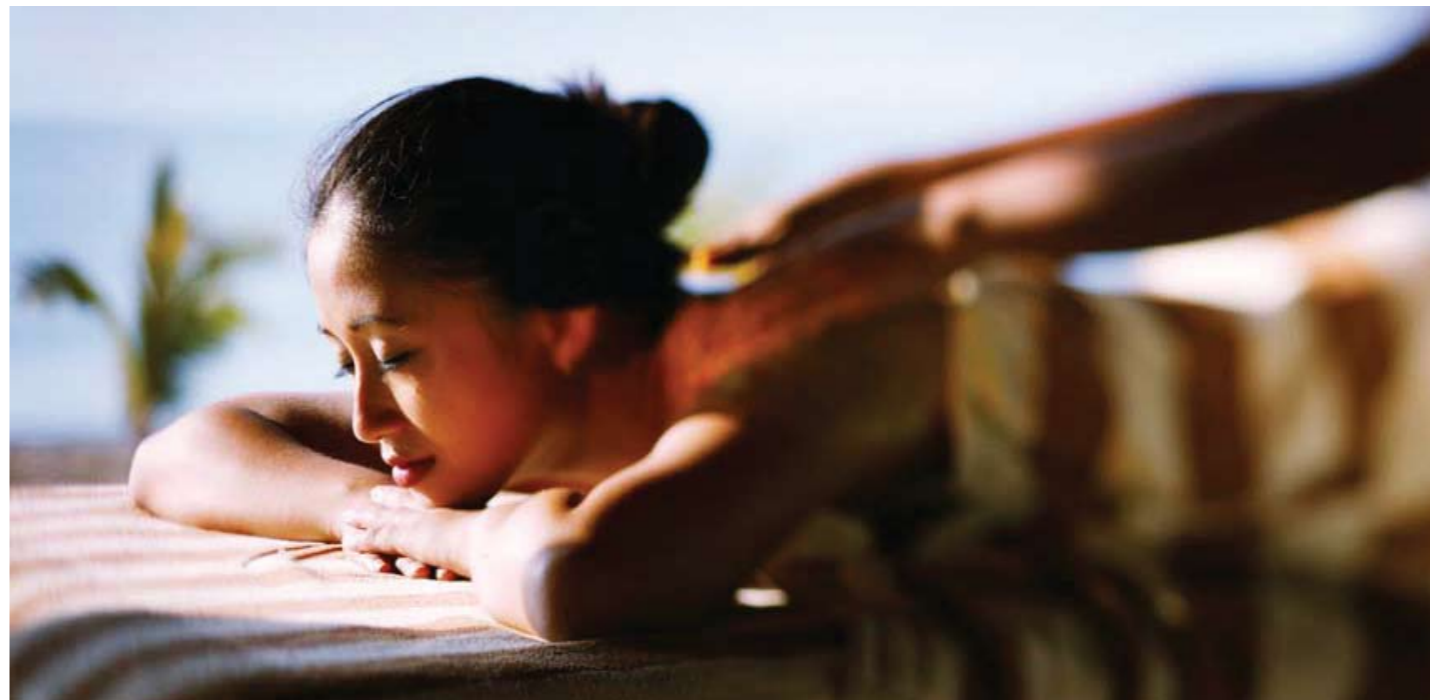
Representing the Air that surrounds us, this de-stressing massage will take your mind to another world with Tunisian Rosemary, Moroccan Wild Chamomile and Pettigrain.

**1 hr 15 min / 1 hr 45 min**

### BALANCE - THE 4 HANDED MASSAGE

Representing a higher state, this massage offers clarity and balance. The massage will be a four handed massage offered by 2 therapists to ensure the benefits are maximized.

**1 hr 45 min**



## FACIALS SUNDARI

Take the journey that's filled with fresh aromas and wellbeing. A collection of natural facials that balance the skin with infused herbs and plant extract handpicked from the rich lands of the Middle East and Asia.

### THE SUNDARI CLASSIC FACIAL

Reawaken and rejuvenate skin – with a holistic facial customized for your skin's specific needs. Naturally active ingredients are custom-blended for intensive exfoliation and renewal; our signature Marmassage (pressure point stimulation) completes the experience, for newly radiant skin. Paired with our Keora candle, it rejuvenates the senses and inspires creativity.

**1 hr**

### NEEM HEALING FACIAL TREATMENT

Soothe, and purify, even the most delicate skin – by sharing the benefits of Neem, known in India as the “pharmacy tree.” Extracts of the plant combine with soothing oils and our signature Marmassage to heal, hydrate and firm – restoring sensitive or irritated skin to strength and its youthful glow. With our Bakula candle, the treatment clears and comforts the mind as well as skin.

**1 hr**

### PURIFYING FACIAL

Find balance for overactive or oil-prone skin. Our purifying treatment uses specialized massage techniques to get specific results: normalizing oil production and refining pores to clarify the skin all while relaxing the mind.

**1 hr 15 min**

### OMEGA 3 SUPPLIFYING FACIAL

Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Our own Omega 3+ complex uses naturally active ingredients to restore skin's lost lipids – softening, renewing and awakening your natural glow. Aromatic essential oils relax the mind; paired with a Gulkand candle, aromas also open the heart and decrease “fire” to create balance.

**1 hr 45 min**

### GOTU KOLA AGE DEFYING FIRMING FACIAL

Reclaim your skin's youth. This advanced treatment feels luxurious but acts powerfully, instantly firming and improving skin's tone and texture. Combining traditional massage therapies with our potent skin-tightening mask, the facial defies gravity and restores radiance to a time-dulled complexion.

**1 hr 30**

### BRIGHT EYES

Pamper and firm delicate eye areas with this luxurious treatment. Signature massage techniques gently apply our own firming formula – to soothe, de-puff and hydrate eyes, release stress. An ideal add-on to any Sundari facial.

**25 min**



## FACIALS NATURA BISSÉ

An award winning skin care product from Barcelona, offering a combination of plant extracts and modern day science to give you both relaxation and instant results.



### OXYGEN INFUSION FACIAL

Rooted from the classic European facial using a blend of minerals combined with oxygenated ampoules and brightening mask, this treatment provides the skin with a selection of ingredients infused with oxygen to leave the skin cleansed and radiant.

**1 hr 15 min**

### ANTI AGEING FACIAL

Plant based Isoflavones obtained from Soy Bean extract combined with natural lipids with nourishing properties leave the skin silky smooth and supple. Essential nutrients help restore the skin's natural radiance and vitality while easing tightness caused by lack of moisture.

**1 hr 15 min**

### DIAMOND FACIAL

This scientific, result driven facial is designed to stimulate, restructure and protect the skin. During the treatment frozen DNA designed to increase cryogenic effects such as firming and lifting, will be massaged into the face. Its regenerative properties boost the skin's vitality and energy while revitalizing and protecting against visible signs of ageing. The use of cold stones refreshes the complexion and stimulates the circulation.

**1 hr 45 min**

### EYE ENHANCEMENT

Specially designed to diminish the appearance of expression lines around the eye area with special massage techniques to alleviate puffiness and dark circles. Ideal on its own or added to any facial treatment.

**30 min**



## BODY THERAPY SCRUBS

### BASIL & MINT SCRUB

Inspired by the traditional bathing rituals of Arabia this feminine blend of Jasmine and Milk combine to alleviate feelings of fatigue and balance the emotions.

45 min

### SWEETNESS BODY SCRUB

Luxuriate in a bath that whispers stories of Cleopatra and ancient secrets of beautification. A delightful bath treatment that aids in relaxation, moisturizes, softens and nourishes dry skin.

45 min

### HONEY BODY FLASH

Smooth your skin with this natural honey and sugar scrub. When mixed with a mineral infusion, the honey melts into the skin leaving it hydrated and soft.

45 min

### REVITALIZING WILDBERRY

A fruity body scrub followed by a 1 hour Balinese massage using a fresh berry body cream to hydrate and smooth.

1 hr 30 min

### PUMPKIN & CINNAMON GLOW

A warming and spicy body scrub followed by a 1 hour Balinese massage using a vanilla body cream to cool and hydrate.

1 hr 30 min



## BODY THERAPY BATHS

Bath rituals are for 25 minutes. Baths can either be booked as individual or are also perfect as a relaxing extension for any of your favorite spa treatments.

SHIFFA ANDALUSIAN MILK BATH

1001 ROSES MILK BATH

COCONUT MANGO BATH BLISS

FRUIT CREAM BATH

**BATH BUTLER** (AVAILABLE FROM 5PM ONWARDS)

Enjoy a touch of spa in the comfort of your own suite. Let us prepare a warm and relaxing spa bath which can be enjoyed in your own time.

Please call the spa reception 24 hours in advance to arrange your personal bath butler in the comfort of your own suite.



## BODY THERAPY PREGNANCY TREATMENTS

A collection of pre and post pregnancy treatments designed to help you relax and unwind comfortably. Suitable after the first trimester.

### MOTHER-TO-BE

Treat yourself to total bliss and relaxation during your pregnancy while your skin is soothed in stressed areas, with nurturing natural plant oils. After gentle body exfoliation, your skin is smoothed over top to toe with rich and softening gels, oils and creams of damask rose as you lie wrapped up in a comfortable, aroma cocoon. A Relaxing scalp massage carries you off to the land of your dreams.

**1 hr 30 min**

### NEW MOTHER

Help your body back into shape with specially chosen nurturing essential oils to restore your skins condition and refine stretch marks after the stresses of pregnancy. An Ayurvedic scalp massage supports circulation and promotes healthy hair growth.

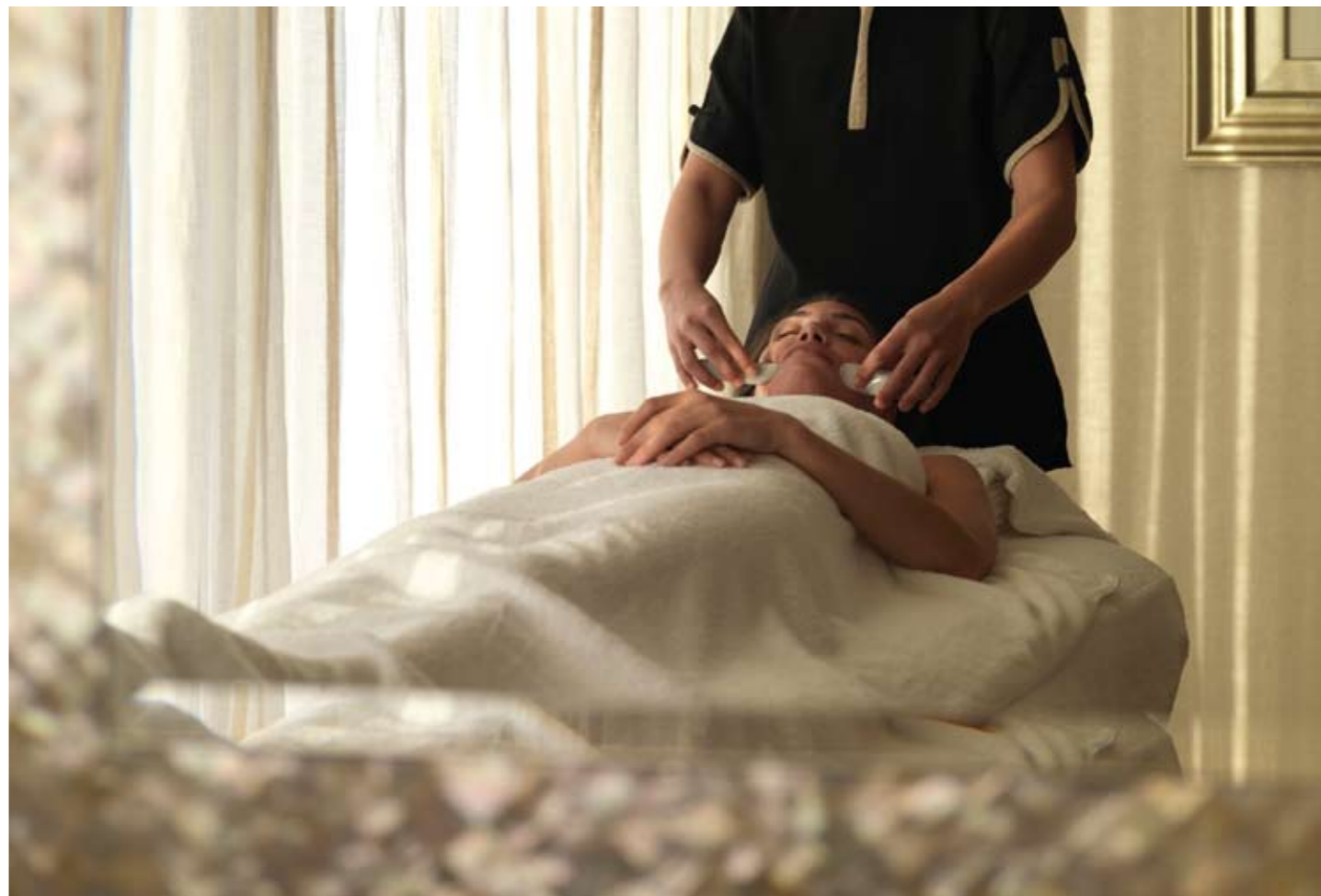
**1 hr 30 min**

### LEG EASE

Ease away the physical stresses and strains on your legs and feet while you are carrying extra weight during pregnancy. Sit back in comfort and enjoy the harmonising and uplifting aroma of an Equilibrium foot bath, followed by exfoliation and a hydrating Renew Rose wrap to soften and nourish the skin.

A soothing massage to lower legs, ankles and feet encourages effective circulation and elimination in the areas needing it most.

**45 min**



## MEN'S RITUALS

### MEN'S ULTIMATE DE-STRESS

An invigorating scrub of Basil and Mint refreshes the skin followed by a Balinese style massage with uplifting citrus oils including a refreshing cold stone face massage. Tension headaches are relieved with a chakra balancing scalp massage. **2 hrs**

### BALANCING BACK TREATMENT

Clarify skin-for a healthy, even finish-with this purifying, balancing back treatment. Our special cocktail of botanicals and herbs, combined with our signature back massage, stimulates lymphatic flow – helping deep cleanse, detoxify, and de-stress. **45 min**

### FACE, BACK & SCALP

Offering a collection of our most popular treatments, the face, back & scalp ritual will focus on key relaxation pressure points during the back and scalp massage and will also include an express facial to soften and hydrate the skin. **1 hr 30 min**

### ĀKARSHAN MEN'S FACE TREATMENT

A targeted treatment for the unique needs of men's skin using the healing power of Neem. Keeps skin fit with enzyme exfoliation; soothes and heals shaving rash with Neem and Avocado-based moisturizers; leaves skin cleansed, soothed, fresh. **1 hr 15 min**

### CASANOVA FACIAL

This classic European facial uses a blend of minerals combined with hydrating ampoules and a brightening mask to provide the skin with essential nutrients, leaving the skin cleansed and balanced. **1 hr 10 min**

### CEO MANICURE/PEDICURE

The perfect accessory for men's grooming. A quick and straight forward treatment that will ensure your nails are presentable for any business affair. Using the Jessica line of skin conditioners and nail treatments that have been created exclusively for men. **45 min**



# NAILS

## JESSICA MANICURES & PEDICURES

Described by the New York Times as “The first lady of nails” Jessica Vartoughian is truly a success story. Raised in Romania by Armenian parents, Jessica came to America in 1962 possessing just a traditional European education in the care of nails, hands and feet. This turned out to be the basis for what became her life calling: to create a system of natural nail care unparalleled in its beauty and efficacy. The Jessica System, as it has come to be called, is based on an approach so different; it works like nothing else can.

### EXPRESS JESSICA MANICURE/PEDICURE

An express treatment that will keep the nails maintained on a weekly basis. Cuticles will be tidied and nails filed leaving the hands or feet clean and presentable.

45 min

### STANDARD JESSICA MANICURE/PEDICURE

Offering a full conditioning treatment to the hands or feet, including a treatment of the nails and cuticles followed by relaxing massage. Nails will be shaped and a splash of your favourite colour will be applied to complete the treatment.

1 hr

### STANDARD FRENCH JESSICA MANICURE/PEDICURE

1 hr 15 min

### SPA JESSICA MANICURE /PEDICURE

The decadent nail treatment that offers all the benefits of the Standard Manicure or Pedicure with an added benefit of a softening exfoliation treatment and moisturizing wrap. A calming massage for the ultimate relaxing nail treatment will follow before nails are shaped and a splash of your favourite colour is applied.

1 hr 30 min

### SPA JESSICA FRENCH MANICURE /PEDICURE

1 hr 45 min

### RE-VARNISH

15 min

### FRENCH RE-VARNISH

30 min



## NAILS & COCKTAILS

Enjoy our Jessica Manicures and Pedicures with a little something extra...

Offering a full conditioning treatment to the hands or feet, including a treatment for the nails and cuticles followed by relaxing massage. Nails will be shaped and a splash of your favourite colour will be applied to complete the treatment.

### ORANGE BERRY MARTINI MANICURE

A refreshing infusion of Absolute Mandarin shaken with quenching orange and raspberry.

1 hr

### GREEN APPLE & VANILLA TWIST MARTINI MANICURE

A muddle of fresh green apple Liqueur and Vanilla Vodka, shaken with lime juice and sugar.

1 hr

### GUCCI SHOES PEDICURE

Triple distilled Vodka, Malibu and Frangelico shaken with fresh cream and dusted with rich Chocolate Powder.

1 hr

### PINA COLADA PEDICURE

A tropical blend of coconut rum and chilled cream.

1 hr



## TEEN SPA

Our fun and funky spa treatments designed specially for the next generation. Suitable for any one over 10 years, these treatments are using the most natural and organic products that are available to ensure fun, relaxing and non abrasive treatments.

### BODY BLITZ

Enjoy a collection of products that are 100% organic. Our Body Blitz treatments offer full body scrub to soften the skin and remove dead skin cells followed by a massage with the rich body lotion to smooth and moisturize. Relax in the lounge afterwards with an accompanying milkshake.

#### Very Berry

A cocktail of sweet smelling Summer Berries.  
1 hr

#### Chocolate & Vanilla

Our all time favourite and good enough to eat.  
1 hr

#### Warm & Spicy

Pumpkin & Cinnamon will give a nice warm glow.  
1 hr

### NATURAL FACIAL

A facial designed especially for teens. Using 100% natural products, the facial will gently cleanse the skin. A soothing face and scalp massage is done to improve circulation and relax, followed by a hydrating facial mask. A hand Massage is given while the mask is on.

#### Rose & Lavender Facial

45 min

#### Apricot & Shea Butter Facial

45 min

### COCONUT HAIR TREATMENT

A supercharged restorative treatment that delivers essential nutrients for hair and scalp. A relaxing head massage infused with ingredients increases the strength of the hair and tames split ends. Wheat protein and organic hibiscus work overtime restoring silkiness to hair.  
30 min



# SPA ETIQUETTE

## APPOINTMENTS

Advance appointments are highly recommended to avoid disappointment. To make your appointment, either call SPA InterContinental at ext. 1257, alternatively you may visit us at InterContinental Dubai Festival City (4th Floor).

## CANCELLING AN APPOINTMENT

Please note that a 100% charge will be levied should you cancel your appointment less than 4 hours prior to the scheduled appointment time, the same applies for no shows.

## WHAT TO WEAR

For our hotel guests, we recommend that you arrive to the spa wearing the robe and slippers provided in your room. During treatments our therapists are trained to drape you appropriately.

## ARRIVAL AT SPA INTERCONTINENTAL

We suggest you arrive 15-minutes prior to your scheduled appointment time. Please understand that your treatments will start and end on time in order not to inconvenience the next guest.

## PRECAUTIONS

In order for us to provide the most appropriate service to suit your needs, be sure to notify your therapist or the spa receptionist should you have any medical condition which we should be made aware of.

## MEN'S FACIALS

For best results we recommend that men shave at least 6 hours prior to their facial treatment.

## VALUABLES

We suggest you leave all valuables in the safe provided in your guest room. While we endeavor to look after your belongings, we do not assume liability for any valuables.

## SPA BOUTIQUE

The spa boutique carries an extensive range of spa products from Natura Bisse, JUST Pure and Shiffa as well as unique gift ideas, accessory items and gift certificates.

## SPA AMBIENCE

To preserve the spa's tranquil environment, we respectfully request that you leave pagers and mobile phones switched to silent mode. Please remember that SPA InterContinental is a smoke free environment.

**HOURS OF OPERATION:**

SPA InterContinental is open daily from 8:00am – 10:00pm

INTERCONTINENTAL DUBAI FESTIVAL CITY

PO BOX 45777, DUBAI, UAE

Tel +971 4 701 1257

Fax +971 4 232 9098

[spa.ic@ichdfc.ae](mailto:spa.ic@ichdfc.ae)

[www.intercontinental.com](http://www.intercontinental.com)