

SPA

INTERCONTINENTAL

TAKING THE SPA EXPERIENCE TO NEW HEIGHTS

Set high above the city, Spa InterContinental gives on to sweeping panoramic views while providing an unrivalled therapeutic experience. A comprehensive spa menu, the latest facilities and equipment, and a dedicated staff of highly trained professionals ensure all guests relax, re-energize and rejuvenate.

This ultramodern urban 36-storey spa atop Bangkok bestows more than the traditional Thai spa ambience. Salutary techniques and comforting rituals combine with the most advanced technologies and an exhilarating setting to create a singular experience. Here is found no less than a haven above for deep-down well-being.

UNSURPASSED FACILITIES

All treatment rooms have fantastic views out the spa's encircling glass walls. A private VIP room with separate shower and dressing areas as well as a specially designed couple's room are available. Thoughtful amenities include a digital safety box in every treatment room.

EXTENSIVE SPA MENU

The spa menu comprises a wide range of massages, skin therapies, baths, signature treatments and other delightful indulgences in blocks ranging from one to three hours.

Regain vitality and achieve calm through age-old massage techniques, both Thai and European that incorporates carefully selected botanical aromas. Facials likewise, we select the best product made from fine botanicals as part of rejuvenating and beautifying scrubs, steams and mineral-rich masks as well as specialized eye treatments. The spa's many packages include 90-minute treatment blends towards detoxification, revitalization and recovery.

Spa InterContinental is open daily 09.00-23.00 hours.



All prices are in Thai Baht and are subject to 10% service charge and 7% government tax.

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HOW TO SPA

CHECK IN

Please arrive at least 10 minutes prior to your appointment time to allow us to complete the check-in, familiarize you with our facilities, and assist in selecting your spa experience.

WHAT TO WEAR?

A robe, towels and slippers are provided. Throughout treatments, the body will be modestly covered with a towel. Disposable underwear is available upon your request.

PERSONAL PREFERENCES

Your professional spa therapist will complete a consultation process with you to ensure that your visit to Spa InterContinental is tailored to your requirements.

WHAT IF I AM PREGNANT?

Please contact our manager or receptionists for advice on treatments that are safe to enjoy during pregnancy.

SHOULD MEN SHAVE BEFORE THEIR FACIAL TREATMENT?

It is recommended that men shave a few hours before their facial appointments, rather than just before.

WHAT ABOUT MY WATCH, JEWELRY AND VALUABLES?

Please leave these personal belongings in your in-room safe.

CELL PHONE

We strive to create a truly relaxing environment and respectfully request that you refrain from using your cell phone. Your cooperation in ensuring a peaceful environment is greatly appreciated.

LATE ARRIVALS

We regret that arriving late will decrease your treatment time. Scheduled treatments must end on time so the next guest is not delayed. Your treatment will last the full duration if no other booking is scheduled after your appointment.

CANCELLATIONS

Our cancellation policy allows our spa therapists to reschedule open appointment times with other clients who may be on our waiting list. Please remember that our staff works by appointment times. As your treatment requires facilities to be reserved, we request a minimum of 3 hour notice if you are unable to keep your appoint. Please call our staff and they will be happy to reschedule for you. No-shows or cancellations will incur a 50% cancellation fee.

PAYMENT

All prices are quoted in Thai Baht and are subject to government tax and service charge. Cash and all major credit cards are accepted.

REFUND

Spa treatments and spa memberships are non-refundable, non-transferable and non-exchangeable unless otherwise stated.

SPECIAL CONSIDERATION

Before undertaking a spa treatment, please consult your health practitioner if you have any medical conditions such as high blood pressure, a heart condition or any other medical complication. Guests are asked to complete a health questionnaire. Please advise our receptionist if you have any health issues or concerns.

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MASSAGE THERAPY

Regain your sense of calm and vitality with traditional healing rituals that will strengthen and rejuvenate your body. Our professional therapists use Pala Energy flow massage, a subtle blend of Thai Yoga stretching, Royal Thai massage and acupressure points to bring your life force back into balance for a renewed self. Exhilarating synergies of pure botanical aromas carefully gathered from our Asian garden balance the mind, nourish the body and nurture your soul.

A choice of 4 alluring and aromatic scented oils is available to enhance your spa experience.

SIGNATURE IN ASIA THERAPEUTIC MASSAGE (60 / 90 MINUTES)

THB 2,800++ / 3,300++

This Massage involves manipulations of the physical structure and form. It uses the therapist's body weight rather than muscular force to transmit pressure with highly therapeutic effect.

Thai massage with aromatic oil

INTERCONTINENTAL THERAPY MASSAGE (60 / 90 MINUTES)

THB 2,800++ / 3,500++

This treatment has been specifically designed to alleviate pain through cycles of isolated pressure and release. Using hot herbal oil, skilled massage therapists focus on pain trigger points in the neck, back, legs and feet, so you'll experience a significant improvement after just one treatment.

Release and Relaxing Massage with aromatic oil

AROMATIC RELEASE MASSAGE (60 / 90 MINUTES) THB 2,700++ / 3,200++

Following a personal consultation, aroma therapeutic oils are incorporated with a full body massage designed to uplift, calm or balance the mind and body.

Relaxing Massage

ASIAN DEEP TISSUE MASSAGE (60 / 90 MINUTES) THB 3,200++ / 3,700++

This special deep tissue massage is designed to relieve and prevent muscle soreness and ease tired joints that result from sports and intensive exercise. Ideal after an exhaustive workout.

Muscle release

ASIAN INSPIRE (1.5 / 2 HOURS)

THB 3,800++ / 4,300++

A traditional Thai and Asian treatment to remedy tired, aching muscles. A wonderfully relaxing combination of a 30 minute Herbal Healing Compress and 60 - 90 minute Traditional Thai Massage.

Herbal Compress + Traditional Thai Massage

TRADITIONAL THAI MASSAGE (60 / 90 MINUTES) THB 2,600++ / 3,000++

Traditional Thai acupressure administered to specific points along the body's meridian lines release muscle tension and clear energy blockages. Traditionally used to promote the free flow of energy throughout the body, this massage contributes to an overall sense of wellbeing.

Acupressure technique with stretching and pulling

FOOT RELAXING MASSAGE (60 MINUTES) THB 2,000++

This treatment starts with leg and feet exfoliating, and then uses special drainage and pressure point techniques with a revitalizing blend of balm and essential oils. It is ideal for swollen ankles, heavy and tired legs, or relaxation after a long flight

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EXPRESS TREATMENT

Herbal Healing Compress (30 minutes)

THB 1,500++

A traditional herbal recipe of prai root, lemongrass and bergamot leaves steamed in cotton poultice. Applied directly to the body, its heat penetrates and relaxes fatigued muscles.

Head & Scalp Relaxation (30 minutes)

THB 1,500++

A combination of pressure point massage techniques to help melt away tension and headaches. Especially recommend for migraine sufferers.

STRESS RELIEF BACK & SHOULDERS (30 MINUTES)

THB 1,500++

Special treatments for relief of stress and tension in the back, neck and shoulders. The specialized massage techniques make this a wonderfully soothing treatment.

ADD-ON TREATMENTS

ANY MASSAGE TREATMENT (30 MINUTES) THB 1,000++



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BODY ENRICHMENT

BODY SCRUB (50 MINUTES)

THB 1,900++

COFFEE CREAM SCRUB – coffee, aloe vera, cinnamon

Coffee is rich in aroma, caffeine and vitamin B. It stimulates blood circulation and is highly energizing. One of its constituent; caffeine is known for its firming effect and oftenly used in slimming treatment or product. This highly aromatic scrub ignites tired mind while natural ingredients in the formulation such as Aloe Vera help to replenish natural moisture of body. This product is therefore highly favoured by athletics who enjoy intensive outdoor activities. Natural grounded Cinnamon is also used for its gentle and providing effective exfoliating effect.

Firming & Energising (Normal to oily skin)

JAPANESE SAKURA GLOWING SCRUB – sakura, algae, shea butter

Essentially beautiful look of Japanese Sweet & Tender Image, using Sakura extract in combination with Algae extract, Shea Butter and Coconut Shell powder to exfoliate the dull skin for moisturized and glowing appearance. Flowery aromatherapy of Lavender, Rose Geranium, Champee and Frangipani Essential Oil will bring you to the balancing and romantic state of mind.

Purify, Glowing, Hydrating (All skin type)

KOREAN JEJU BIJA ANTI-AGING SCRUB – ginseng, bija, green tea

Anti-aging recipe of tropical ingredient Bija seed powder and Bija oil plus Ginseng extract and Green tea powder enriched with powerful moisturizing benefits of Sweet Almond and Jojoba Oil for skin revitalizing. Energize your senses with aromatherapy of Clary Sage, Cinnamon and Tea Tree essential oil.

Anti – Aging (All skin type)

SIAMESE SESAME PURIFYING SCRUB – sesame, sea salt, green bean

Rejuvenate your body with Thailand's healing legacy, sesame is rich with anti-oxidant property with therapeutic power of skin purification combined with exotic sea salt and green bean that will gently cleanse and smoothen your skin, whilst safflower, coconut and sesame oil will deeply nourish for silky supple touch.

Purify & Supple skin (All skin type – Mature skin)

MUSHROOM SECRET – shitake, lingzhu, apricot, lavender, cucumber

This rejuvenating blend contains lingzi and shitake for cell regenerating and anti-viral properties, cooling cucumber extract to replenish natural moisture, apricot kernel as natural and non-abrasive exfoliant, and aromatic mix of lavender, bergamot and chamomile to calm the senses, combined with shea butter for its richness and skin nourishing benefits.

Anti – Pollution (All skin type)

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FACIAL PAMPERING

A 60 or 90 minute biological facial treatments by BIODROGA

REBORN APPLE STEM CELL - apple stem cells, aquacacteen

THB 3,800++

Combining the latest stem cell technology with high performance ingredients, Biodroga Reborn is the ultimate anti-aging skincare treatment. Apple stem cells, iris isoflavone and aquacacteen help restore elasticity, improve moisture balance and visibly reduce wrinkles leaving you revitalized and youthful.

Anti-aging, firming, Apple Stem Cells**

PREMIUM PURE COLLAGEN - pure collagen, aquarich , grapeseed oil, vitamin E

THB 5,400++

Delicate and creamy Premium Pure Collagen melts into the skin for a harmonious, balanced and radiant complexion. From the first use, skin appears more radiant, plump and balanced, becoming wonderfully supple, well-nourished and visibly reducing the signs of aging. The pleasant scent is a joy for the senses.

*Exclusive Anti-aging, *Collagen and Repair**

BIOSENSITIVE - derma membrane structure, extract of haberiea rhodopsis

THB 3,500++

Developed in close collaboration with dermatologists this innovative skin care concept from BIODROGA SYSTEMS is proven to strengthen sensitive, imbalanced skin by promoting skin regeneration and improve moisture content. The treatment provides ideal protection against external factors such as stress, environmental impact, medical peeling and laser treatments.

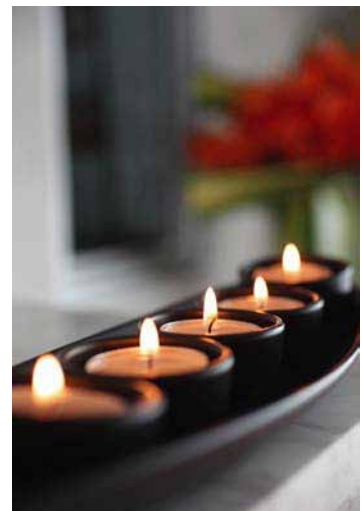
*Hypersensitive skin, *Dermatologist tested**

GENTLEMEN'S RETREAT - vitamin C concentrate, aftershave balm

THB 3,200++

Designed specifically to for men, the treatment combines a cooling mask with vitamin C concentrate and an aftershave balm to clarify, cleanse and revitalize stressed skin, resulting in a fresh and relaxed appearance.

*Men Sensation, *Quick Refresher**



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FACIAL PAMPERING

REJUVENATING CEREMONY (90 MINS)

THB 3,800++

Tackle signs of ageing including the appearance of wrinkles with this lifting and firming treatment in which accentuated movement provide visibly younger looking skin. Each phase of the treatment (exfoliation , serum with bio-protein soya) is performed with sophisticated massages and traditional tools (Ridokis, Nouat -Na) which help firm help firm the skin .Walk away feeling revived , refreshed and vibrant.

It is recommended to have this facial performed regularly to obtain long – lasting and more visible results.

PURITY-RADIANCE RITUAL (60 MINS)

THB 3,000++

This is the classic, deep cleansing facial .The Purity Ritual perfectly combines intense purification (exfoliation Blackhead removal, tissue oxygenation) with deep massage. The movements are precise to deliver specific benefits. The face undergoes lymphatic drainage which leaves the skin oxygenated and purified.

HYDRATION STRATEGY – BRILLIANCE (60 MINS)

THB 3,000++

This delicate treatment is the perfect escape for tired, dull skin. The treatment cleansing and exfoliating the skin before you enjoy a relaxing mask and Shiatsu massage movement .The ultimate in deep relaxation. Skin will feel intensely hydrated and completely rested.

EXPRESS COLLAGEN TREATMENT (30 MINS)

THB 2,000++

This soft cloth facial mask generously moistened with a rich lotion, perfectly fits the contours of the face and neck to evenly distribute its powerful anti-aging active ingredients, skin recharges with essential nutrients and instantly recovers its tone, softness and incredible radiance. The firming phyto-collagen and moisturizing and redensifying hyaluronic acid combine with ten plant extracts with regenerating and revitalizing properties for a long-lasting sensation of toned skin. The relaxed features and the smoothed and soothed skin provide an immediate youth effect.

Add on Collagen Treatment (30 mins)

THB 1,500++



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SPA PACKAGES

Regain vitality and achieve calm through traditional Thai and European massage techniques that incorporate carefully selected botanical aromas. Facials use fine botanicals as part of rejuvenating and beautifying polish and mineral-rich masks as well as specialised eye treatments. Spa ritual packages feature components such as water therapy, body scrub, wraps, and the healing arts of shamans.

THE SANCTUARY (1.5 / 2 HOURS)

THB 3,800++ / 4,300++

Bring back your life balance with a 30 minute Body Polish of choice to exfoliate and smooth the skin and then relight your day with a 60 – 90 minute massage therapy.

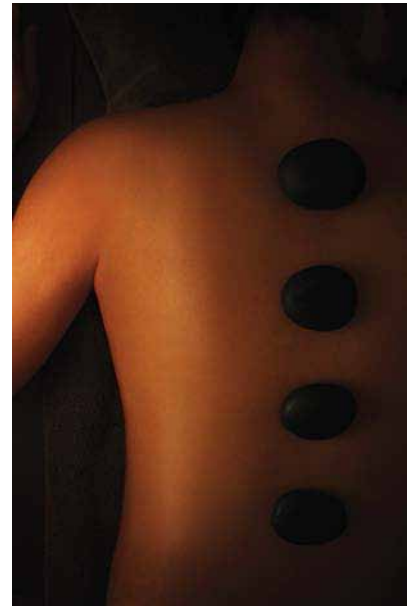
Body Scrub + Body Massage

ULTIMATE SPA INTERCON (2 / 2.5 HOURS)

THB 4,700++ / 5,000++

Our most popular package, this relaxing treatment combines a 60-90 minute massage therapy of choice and a 60 minute Facial Pampering.

Body Massage + Facial Treatment



TIME FOR EXCLUSIVITY

IN-ROOM MASSAGE

Available 09:00 - 23:00 hrs

Additional 20% charge for in -room service.

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