

# 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 2,900++ / 3,800++

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 3,000++ / 4,000++

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 2,900++ / 3,800++

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 2,900++ / 3,800++

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 4,000++ / 4,800++

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++ / 3,200++

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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## MASSAGE THERAPY

Synchronizing Massage  
(90 MINUTES) THB 5,500++

A four-hand massage performed by two therapists. The experience combines Thai, Swedish, Shiatsu and Aromatherapy techniques in coordinated movements that will leave you feeling thoroughly renewed.



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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 by HARNN

BODY SCRUB (50 MINUTES)

THB 2,500++

Dead skin cells not only make skin dull but also act as barriers preventing skin to properly absorb nutrients and active ingredients in skincare products. Thus, a routine exfoliation is highly recommended, for radiance and natural glow.

Choosing the right body scrub will not only de-stress your mood, but also promote overall well-being. Ranging from Oriental Rose to Siamese Jasmine, pick a scrub that suits your complexion and taste.

Each treatment is 50-minutes long, and will begin with a pre-treatment consultation and Aromatic Foot Bath & Scrub. After the treatment and a shower, your skin is cleansed and renewed. Body Lotion will then be applied to lock in moisture, leaving skin soft and supple.



### Oriental Rose Skin Purifying Body Scrub with Coenzyme Q10

Reveal natural healthy glow with Skin Purifying Body Scrub containing all natural botanical extract: Organic Rose Water. Apricot Seeds work as gentle beads exfoliating dead skin cells without causing harsh abrasion. Shea Butter and Coenzyme Q10 are added to help replenish moisture, improve skin conditions, and promote natural glow.

### Siamese Jasmine Body Scrub

Ideal for dry and sensitive skin, Siamese Jasmine Body Scrub contains mild natural exfoliating beads from grounded red fragrant rice and corn. Marsh Mallow oil (*Althaea Officinalis*) and Pennywort (*Centella Asiatica*) extracts to soothe and nourish your delicate skin. \*Marsh Mallow is a botanical species indigenous to Africa, which is used as a medicinal and ornamental plant. A confection made from the root since ancient Egyptian time evolved into today's marshmallow treat

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## BODY ENRICHMENT by HARNN

BODY SCRUB (50 MINUTES)

THB 2,500++



### Eurasian Purifier Body Scrub

Rich in Vitamin E and botanical benefits from pure essential oils, this nourishing treatment is ideal for dry and irritated skin. Natural finely grounded sugar provides gentle exfoliation, removing dead skin cells and unclogging pores while at the same time stimulating blood circulation.

### Oriental Deep Cleansing Body Scrub

Deep cleansing body purifier utilizes finely grounded sun-dried sea salt to exfoliate skin. Pure essential oils from Lemongrass and Kaffir Lime, known for their natural anti-septic properties, are added to deepen cleansing action. Vitamin-E rich Rice Bran oil will nourish and soften your skin, restoring skin's natural healthy radiance.

### Tropical Wood Refining Body Scrub

Mixture of natural botanical extracts combined with Sea Salt, Sugar beads, and grounded Arabica coffee beans. Rice Bran Oil, Organic Olive Oil, and Shea Butter are added together to create natural emollient scrub that helps replenishing moisture and exfoliating without drying body skin. Sandalwood and Orange Blossom essential oils add tantalizing scents for soothing and refreshing experience.

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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\**

**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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## WATER LILY FACIAL RETREAT

A 60 minute facial treatments by HARNN



### HARNN Heritage Clarifying Facial

(For normal to oily skin)

THB 3,000++

Gentle facial treatment starts with deep cleansing, facial steam with Ozone, gentle exfoliation and a balancing facial mask. Light nourishment helps replenish the skin's moisture without adding greasiness, leaving your face soft and glow.

- Deep Facial Cleansing
- Skin Exfoliation & Hot Facial Steam with Ozone
- Deep Detoxifying Facial Mask
- Hand & Arm Massage
- Relaxing Facial Massage
- Cold Mask
- Head Massage
- Gentle Moisturizing

### HARNN Heritage Hydrating Facial

(For normal to dry skin)

THB 3,500++

This nourishing treatment will take you through an utterly relaxing journey. Starting with gentle cleansing, the facial ritual will be followed by mild exfoliation and detoxifying facial mask. Facial skin will be revitalized, hydrated for soft and supple glow.

- Deep Facial Cleansing
- Skin Exfoliation & Hot Facial Steam with Ozone
- Relaxing Facial Massage
- Cold Mask with Fresh Cucumber
- Head & Arm Massage
- Gentle Moisturizing

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## WATER LILY FACIAL RETREAT

A 60 minute facial treatments by HARNN

### HARNN Heritage Uplifting Facial

(For dry or aging skin)

THB 3,500++

Dryness is the main cause of aging skin. Rejuvenate your skin with this uplifting massage. Ultra-hydrating facial mask and cellular-regenerating massage will help combat dry skin and improve blood circulation along with relaxing tensed facial muscle, one factor causing deep wrinkles. This facial treatment results in a firm and luminous face.

- Deep Facial Cleansing
- Skin Exfoliation & Hot Facial Steam with Ozone
- Revitalizing Lymphatic
- Up-Lifting Facial Massage
- Deep Detoxifying Facial Mask
- Head Massage
- Skin Hydrating Moisturizer



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## SPA PACKAGES by HARNN

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 specialized 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 4,200++ / 4,700++

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 5,000++ / 5,500++

Our most popular package, this relaxing treatment combines a 60-90 minute massage therapy of choice and a 60 minute HARNN heritage clarifying facial.

*Body Massage + Facial Treatment*



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## TIME FOR EXCLUSIVITY

### IN-ROOM MASSAGE

Available 09:00 - 23:00 hrs.

Additional 20% charge for in-room service.

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A decorative footer pattern consisting of a repeating sequence of stylized, overlapping circular motifs in shades of blue and gold, resembling sunbursts or traditional Thai patterns.

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