



Cancellation Policy

As a courtesy to all we ask that for a cancellation with less than a four hour notification, guests will be charged the full treatment fee. For appointments who fail to show up without notification they will receive the charge for the full treatment too.

Opening hours:

Monday to Friday: 7.00 a.m. - 11.00 p.m.
Saturday and Sunday: 8.00 a.m. – 8.00 p.m

For more information please call +31 (0) 20 520 32 63
or email to amstel.healthclub@ihg.com



INTERCONTINENTAL.
AMSTEL AMSTERDAM

Prof. Tulpplein 1, 1018 GX Amsterdam
Tel.: +31 (0)20 622 6060
Email: amstel@ihg.com

Amstel Health & Fitness Club

InterContinental Amstel Amsterdam invites you to invigorate the body and revive the spirit at our Health & Fitness club. From state-of-the-art cardio and weight training equipment to a sparkling jacuzzi and nutritious snack. This Amsterdam 5 star hotel offers an oasis of rejuvenation at the river's edge.

- Heated, river-level indoor swimming pool
- Sauna, steamroom and cold plunge bath
- Horizontal shower & rain sky
- Health bar
- Changing rooms and shower
- Fitness equipment
- Lifecycles®
- In-house personal trainers
- Massage
- Water aerobics classes



INTERCONTINENTAL.
AMSTEL AMSTERDAM

Massage menu

Relaxation

By using gentle techniques and long strokes, it will help the muscles to relax, improve circulation and relieve stress. The tightness caused by a hectic life will be reduced and will give you an enhance sense of well-being

Deep Tissue

Therapeutic massage focused on the chronic patterns of tension in the body using slow strokes & deep pressure.

Sports

This massage emphasizes prevention and healing of injuries to the muscles and tendons, pre- or post-sports.

Swedish

A full body, medium pressured massage which uses long, following strokes to stimulates the blood circulation, makes you relaxed and increases your mobility, relax and relieve tension.

Pressure point

Uses ancient Chinese acupressure trigger points to release tension and increase the circulation of blood, heightening the body's vital life energy to aid healing. Pressure point massage applies the same principles as acupuncture, while pressure point massage uses gentle finger pressures to promote relaxation and wellness.

Reflexology

The manipulation of the reflex points stimulates the nerve endings and blood circulation and relieves stress and tension in the body. Reflexology improves blood circulation and helps the body to dispose of toxins so the they do not accumulate in the liver, kidneys and intestines. The massage improves all bodily functions, and stimulates the self-healing process to work faster and more efficiently.



Massage menu

Craniosacral

Is a gentle, hands-on approach using a soft touch in the soft tissue surrounding the central nervous system. It releases tension deep in the body helps in improving the entire body and health by releasing restrictions.

Rebalancing

Is a form of body oriented awareness work, which brings people back into harmony with themselves, so they can live their essential unity of body, mind and heart. It works with deep tissue manipulation, joint releases, soft connective tissue manipulation, energy work and breathing techniques.

Thai

The Thai massage stimulates and enhances relaxation. The stretching exercise help to loosen stiff joints, increase flexibility, relieve muscle tension, stimulate the aura and internal organs and to even out your energy levels.

Ayurveda*

Ayurveda massage balanced out the entire body. Body and mind are brought closer together and the self-handling capacity of the body is stimulated. Ayurvedic massage works on the muscles and the energy system: the aura and chakras. It relaxes the joints, making stress, fatigue and insomnia disappear. The massage provides more vital energy, helps to remove toxins and to release emotional blockages. It activates the lymphatic system and bloodstream. It prolongs your life, contributes to the awareness of the body. Relieves muscle tension and increases the sensual charisma. The massage purifies, relaxes, nourishes and balances the physical body, emotion and mind.

* Only possible from 90 minutes

Pricelist

50 minutes - € 80,00

90 minutes - € 130,00

120 minutes - € 160,00

