



SPA

INTERCONTINENTAL

MASSAGE THERAPY

InterContinental Signature Massage	60/90 minutes	THB 3,800/4,800
Aromatic Release Massage	60/90 minutes	THB 3,500/4,400
Deep Tissue Massage	60/90 minutes	THB 3,500/4,400
Swedish Massage	60/90 minutes	THB 3,500/4,400
Thai Herbal Compress Massage	90/120 minutes	THB 4,500/5,300
Traditional Thai Massage	60/90 minutes	THB 3,000/3,600
Relaxing Foot Massage	60 minutes	THB 2,500
Four-Hand Synchronised Massage	90 minutes	THB 6,000
Hot Stone Massage	90 minutes	THB 5,500

BODY ENRICHMENT

Choice of Body Scrub	50 minutes	THB 2,800
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ELEMIS EXPERT™ TOUCH FACIALS

Elemis Expert™ Touch Nourish Facial	50 minutes	THB 5,000
Elemis Expert™ Touch Reveal Facial	50 minutes	THB 5,000
Elemis Expert™ Touch Renew Facial	50 minutes	THB 5,000
Elemis Expert™ Touch Define Facial	80 minutes	THB 5,800

RITUALS AND WELLNESS

The Sanctuary	120 minutes	THB 5,600
Ultimate Spa InterContinental	150 minutes	THB 7,500
Youthful Skin Indulgence	210 minutes	THB 8,500
Wellness Retreat	210 minutes	THB 8,500
De-Stress	3 days	THB 12,600

Prices are in Thai Baht and subject to 10% service charge and applicable government taxes.

Open Daily: From 09.00 to 23.00 hours.

SPA InterContinental, InterContinental Bangkok, Level 36

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InterContinental.com/Bangkok

SPA MENU



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-energise and rejuvenate. This ultramodern urban 36-storey spa atop Bangkok bestows more than the traditional Thai spa ambience. Salutory techniques and comforting rituals combine with the most advanced technologies and an exhilarating setting to create a singular experience.







UNSURPASSED FACILITIES

All treatment rooms have fantastic views out the spa's encircling glass walls. A private 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 specialised eye treatments. The spa's many packages include 90-minute treatment blends towards detoxification, revitalization and recovery.

Spa InterContinental is open daily: from 09.00 to 23.00 hours.

MASSAGE THERAPY



INTERCONTINENTAL SIGNATURE MASSAGE

(60/90 MINUTES)

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 will experience a significant improvement after just one treatment.

AROMATIC RELEASE MASSAGE

(60/90 MINUTES)

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

DEEP TISSUE MASSAGE

(60/90 MINUTES)

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.

SWEDISH MASSAGE

(60/90 MINUTES)

Using a combination of various movements including friction, effleurage and kneading, this traditional massage loosens tight muscles, soothes sore muscles, increases circulation and improve overall skin and muscle tone. Pressure can range from light to very firm.

THAI HERBAL COMPRESS MASSAGE

(90/120 MINUTES)

A traditional Thai and Asian treatment designed to relieve tired, aching muscles. This wonderfully relaxing experience combines of a 30-minute herbal healing compress and 60- or 90-minute traditional Thai massage.





TRADITIONAL THAI MASSAGE

(60/90 MINUTES)

Traditional Thai acupressure administered to specific points along the body's meridian lines to 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.

RELAXING FOOT MASSAGE

(60 MINUTES)

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

FOUR-HAND SYNCHRONISED MASSAGE

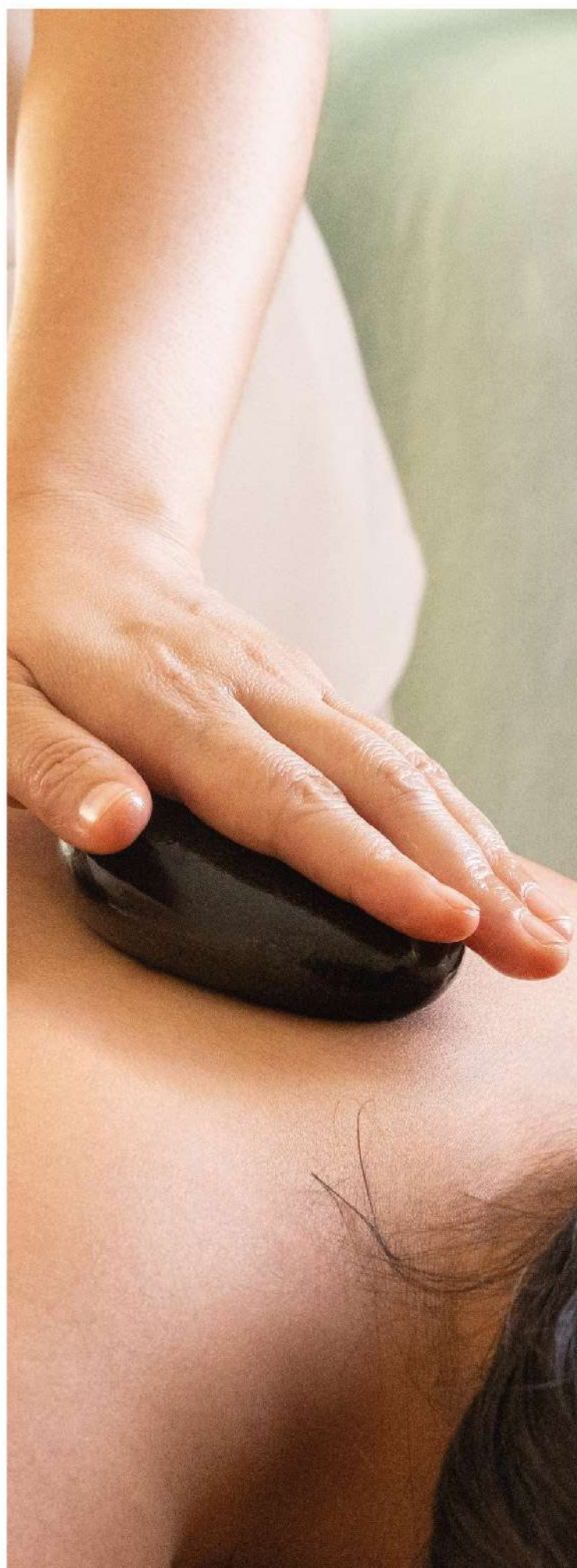
(90 MINUTES)

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.

HOT STONE MASSAGE

(90 MINUTES)

Designed to loosen tight muscles, improve circulation by relaxing the blood vessels, and ease the mind. The rocks also help with deep tissue massage, as the added can help transmit force from the therapist's hands to your body. Warm basalt stones are used in this well-liked thermal stone massage, which uses them to massage the entire body from head to toe. It is an incredibly warming treatment that balances and harmonises the body by focusing on energy points all throughout it. With muscle release tension, the muscles are easily revitalised and relaxed. Additionally, these stones are excellent at heating up and maintaining their heat during the course of the treatment.

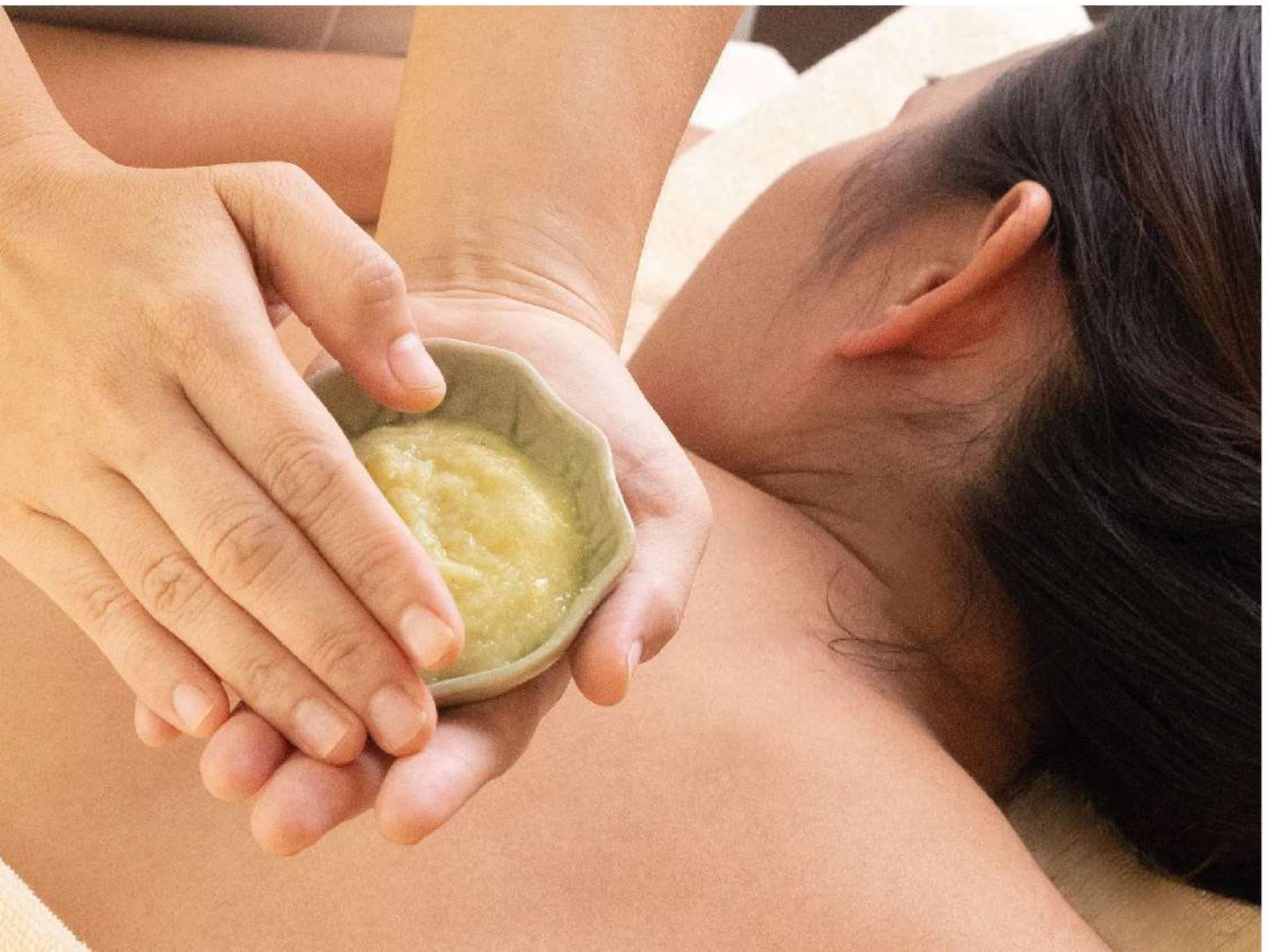


BODY ENRICHMENT

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NOURISH & PURITY BODY SCRUB (50 MINUTES)

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. Choose 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 and 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.



BESPOKE SKIN WELLNESS POWERED BY ELEMIS

ELEMIS EXPERT™ TOUCH FACIALS MENU



ELEMIS EXPERT™ TOUCH NOURISH FACIAL Cleanse, Rebalance & Revive

(50 MINUTES)

Boost skin radiance with triple, cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

ELEMIS EXPERT™ TOUCH REVEAL FACIAL Resurface, Smooth & Glow

(50 MINUTES)

Powered by patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.



ELEMIS EXPERT™ TOUCH RENEW FACIAL
Hydrate, Lift & Firm

(50 MINUTES)

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with clinically proven formulas and skin-lifting massage techniques. After just one treatment, the complexion looks supremely hydrated, lifted and firm.



ELEMIS EXPERT™ TOUCH DEFINE FACIAL
Energise, Rejuvenate & Sculpt

(80 MINUTES)

This innovative facial captures the power of clinically proven intelligent skincare and transformative results for energised, rejuvenated and sculpted looking skin, the ultimate facial experience.

RITUALS AND WELLNESS

THE SANCTUARY

(120 MINUTES)

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 90-minute massage therapy.

- A choice of body scrub
- A choice of massage therapy

ULTIMATE SPA INTERCONTINENTAL

(150 MINUTES)

Our most popular package, this relaxing treatment combines a 90-minute massage therapy of choice and a 60-minute and Elemis Expert™ Touch Nourish Facial.

- A choice of massage therapy
- Elemis Expert™ Touch Nourish Facial



WELLNESS RETREAT

(210 MINUTES)

- Aromatic jacuzzi bath
- Deep-tissue massage
- De-stress scalp massage
- Elemis Expert™ Touch Nourish Facial

YOUTHFUL SKIN INDULGENCE

(210 MINUTES)

- A choice of body scrub
- Aromatic release massage
- Elemis Expert™ Touch Nourish Facial

DE-STRESS

(3 DAYS)

- A choice of body scrub
- Traditional Thai massage
- Deep-tissue massage
- Aromatic release massage
- Private yoga or private pilates
- Fitness personal training



SPA ETIQUETTE

SPA OPENING HOURS

Daily 09.00 to 23.00 hours.

CHECK IN

Please arrive at least 15 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 undergarment is available for your comfort.

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 an advice on treatments that are safe to enjoy during pregnancy.

WHAT ABOUT MY WATCH, JEWELLERY AND VALUABLES?

For your convenience and safety, a safe is provided in your treatment room to store your valuables during your visit.

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

We request that you cancel your reservation at least 3 hours before your appointment time to avoid a cancellation fee of 50% of the treatment price.

PAYMENT

Prices are in Thai Baht and subject to 10% service charge and applicable government taxes. 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 prior to the treatment. Please advise our receptionist if you have any health issues or concerns.

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