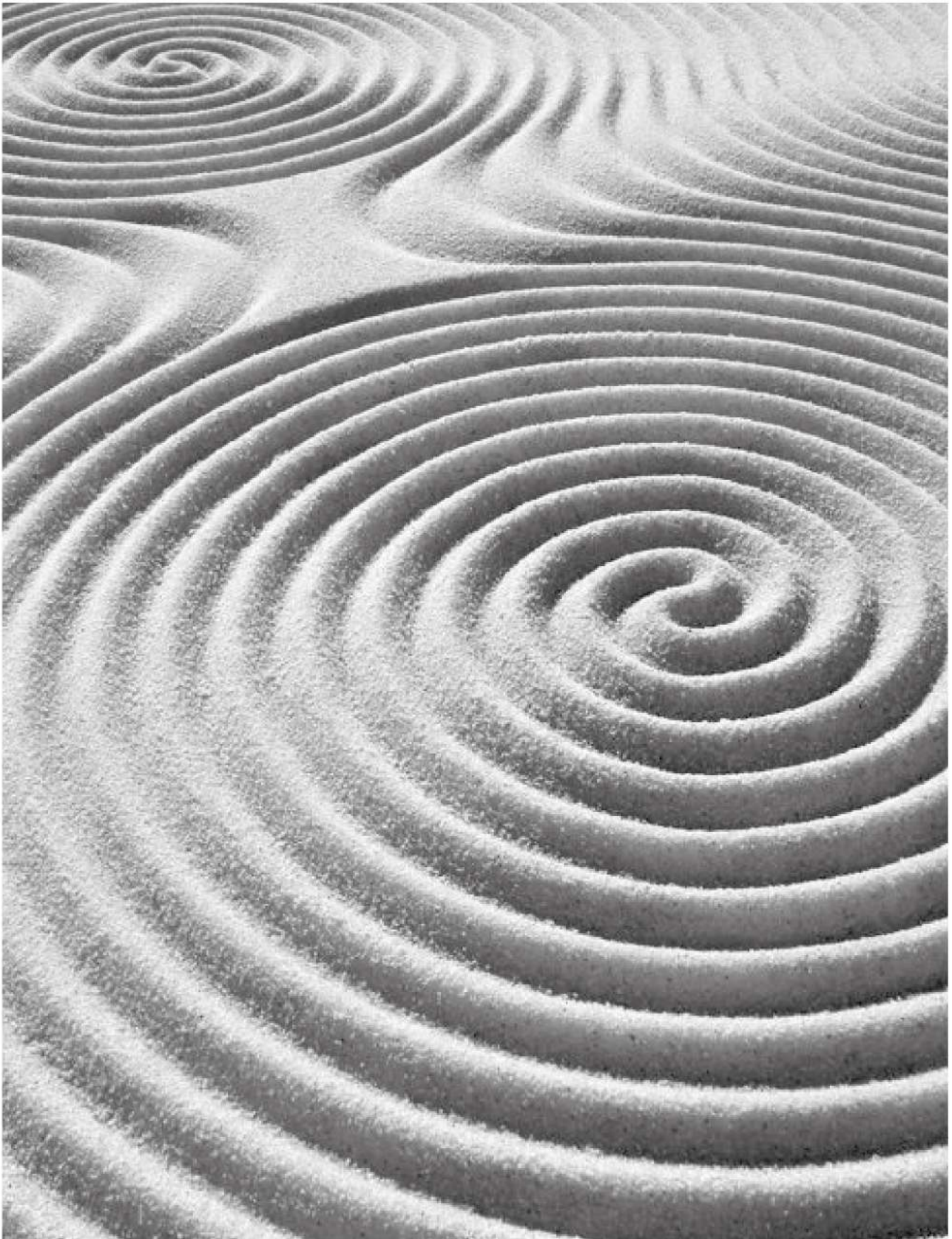




INTERCONTINENTAL.
BANGKOK



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-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.

MASSAGE THERAPY



SIGNATURE IN ASIA THERAPEUTIC MASSAGE

(60 / 90 MINUTES) THB 3,500 / 4,400

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 3,800 / 4,800

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 3,500 / 4,400

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 3,500 / 4,400

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.

SWEDISH MASSAGE

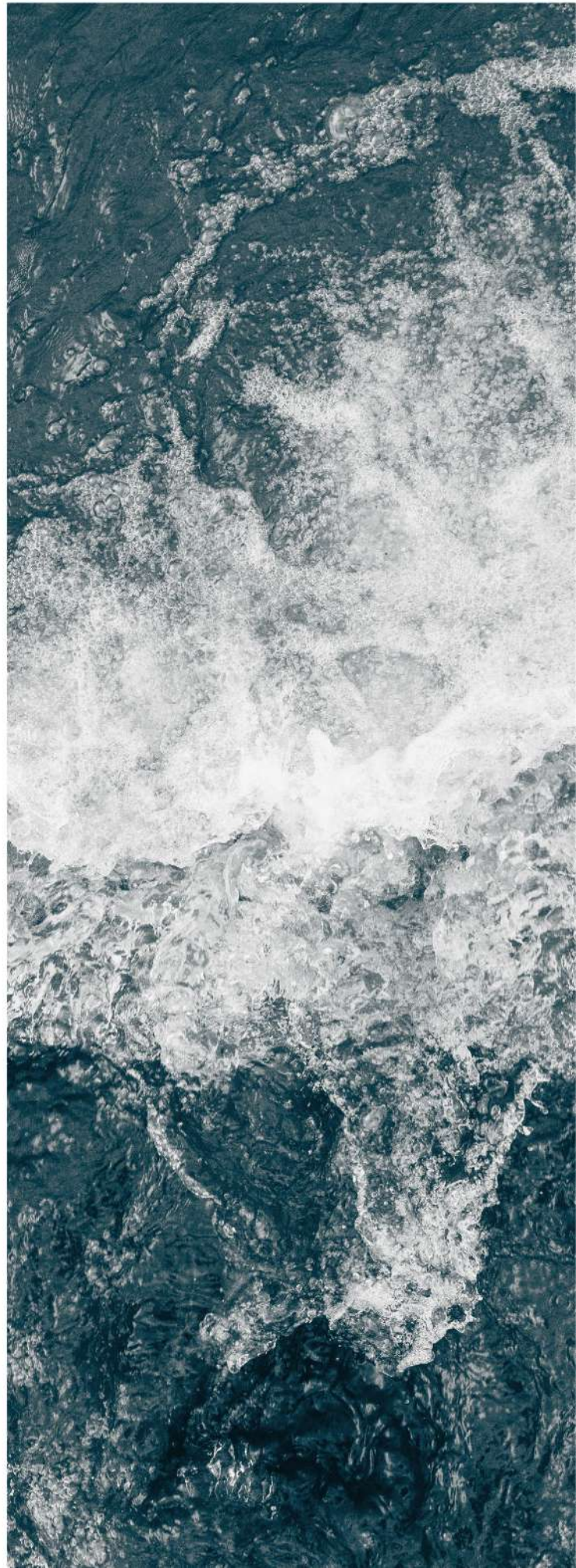
(60 / 90 MINUTES) THB 3,500 / 4,400

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.

ASIAN INSPIRE

(90 / 120 MINUTES) THB 4,500 / 5,300

A traditional Thai and Asian treatment to remedy tired, aching muscles. A wonderfully relaxing combination of a 30 minutes herbal healing compress and 60 - 90 minutes traditional Thai massage. Herbal compress + Traditional Thai massage.





TRADITIONAL THAI MASSAGE

(60 / 90 MINUTES) THB 3,000 / 3,600

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 2,500

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.

SYNCHRONIZING MASSAGE

(90 MINUTES) THB 6,000

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 THERAPY

(90 MINUTES) THB 5,500

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's an incredibly warming treatment that balances and harmonizes the body by focusing on energy points all throughout it. With muscle release tension, the muscles are easily revitalized and relaxed. Additionally, these stones are excellent at heating up and maintaining their heat during the course of the treatment.



BODY ENRICHMENT by HARNN

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BODY SCRUB (50 MINUTES) THB 2,800

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-minute 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.

Juniper atmos body scrub

Keep up with gentle exfoliate of sugar and mangosteen, Thai rice jasmine niosome technology encapsulates and penetrates deep into targeted. Golden silk extract leaves the skin silky smooth and soft. Marine & algae extract high of antioxidant against pollution reduce inflammation. Sugar gently exfoliate skin and rehydrate your skin to moisture. Mangosteen powder enrich in polyphenol to nourish your new skin and wound healing effect.



BODY ENRICHMENT by HARNN

White tea & camellia body scrub

Reveal new skin with concentrated scrub, finely milled from charcoal powder. Helps to clean the body and remove dead skin cells gently. Contains salicylic, glycolic and lactic acids to help smooth skin look more radiant. Ready to provide long-lasting moisture with ceramide and hyaluronic acid combined with antioxidant properties from white tea leaves. Stimulates blood circulation. Strengthen the skin barrier from the inside.



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.



BODY ENRICHMENT by HARNN



Yuzu & vetiver body scrub

Impart a luminant, healthy and hydrated skin as you moisturize with HARNN yuzu and vetiver body scrub. This luxurious yet lightweight formula help to exfoliate, soften and brighten skin with Himalayan salt, konjac scrub, tripeptide and caffeine. A powerful combination of ceramide, tripeptide, hyaluronic acid, and panthenol helps restore youthfulness, maintain moisture, and keep the skin hydrated.

HARNN

BESPOKE SKIN WELLNESS POWERED BY ELEMIS

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PRO-GLOW FACIAL MENU



PRO-GLOW RENEWAL FACIAL
FOR GORGEOUS GLOWING SKIN

(50 MINUTES) THB 5,000

Elemis's signature deep cleansing skin wellness facial, showcasing prebiotics and antioxidant-rich goodness to deliver a healthy-looking. Lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

PRO-GLOW SMOOTH
THE HIT WORKOUT FOR YOUR SKIN

(50 MINUTES) THB 5,000

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepared for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.



BESPOKE SKIN WELLNESS POWERED BY ELEMIS

PRO-GLOW RESURFACE RESURFACING FOR STUNNINGLY SMOOTH SKIN (50 MINUTES) THB 5,000

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-enzyme technology minimizes the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.



PRO-GLOW BRILLIANCE YOUR RECIPE FOR RADIANCE

(50 MINUTES) THB 5,000

Turn up the brightness with our triple cleanse, melting away make-up daily pollutants and grime, Gentle resurfacing dissolves away dead skin cells to reveal healthy and cleanser looking skin. A fusion of super foods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

BESPOKE SKIN WELLNESS POWERED BY ELEMIS



PRO-GLOW GENIUS FACIAL YOUR LINE-FIGHTING SUPERHERO FACIAL (75 MINUTES) THB 5,800

Clinically proven intelligent and our triple level approach to skin hydration results in transformative results for younger-looking skin.

Powered our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, rested and firmer-looking.

An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

RITUALS AND WELLNESS

THE SANCTUARY

(1.5 / 2 HOURS) THB 5,000 / 5,600

Bring back your life balance with a 30 minutes body polish of choice to exfoliate and smooth the skin and then relight your day with a 60 – 90 minutes massage therapy. Body scrub + Body massage.

ABSOLUTE STRESS FREE RITUAL

(2.5 HOURS) THB 7,500

Body massage (of your choice)
Foot relaxing massage
Pro-glow renewal facial

ULTIMATE SPA INTERCONTINENTAL

(2 / 2.5 HOURS) THB 6,800 / 7,500

Our most popular package, this relaxing treatment combines a 60 - 90 minutes massage therapy of choice and a 60 minutes Pro glow renewal facial. Body massage + Facial treatment.

STRESS BUSTER REMEDY

(2 HOURS) THB 5,000

Foot relaxing massage
Neck and shoulder stress buster massage
De-stress scalp massage



SIGNATURE SPA
INTERCONTINENTAL JOURNEY

(3.5 HOURS) THB 8,500

- Thai herbal steam
- Yuzu & vetiver body scrub
- Thai herbal massage
- Pro-glow genius

YOUTHFUL SKIN INDULGENCE

(3.5 HOURS) THB 8,500

- White tea & camellia body scrub
- Aromatic release
- Pro-glow renewal facial

WELLNESS RETREAT FOR HIM

(3.5 HOURS) THB 8,500

- Aromatic bath at jacuzzi
- Asian deep tissue massage
- De-stress scalp massage
- Pro-glow renewal facial

DE-STRESS

(3 DAYS) THB 12,600

- Juniper atmos body scrub
- Thai massage
- Deep tissue massage
- Aromatic release
- Private yoga or private pilates
- Fitness personal training





CHILDREN'S SPA MENU

Going to the spa for some pampering is great, but going with the kinds is even better! All our Spa treatments use 100% natural products. All guests under the age of 18 must have a signed parental consent from signed by a parent of legal guardian.

BETWEEN 5-12 YEARS

MOMMY & ME MASSAGE

(90 MINUTES) THB 8,000

Strawberry exfoliating body scrub with relax soothe massage with the vanilla shea butter.

DADDY & ME MASSAGE

(90 MINUTES) THB 8,000

Unwind after an active day with a soothing full body massage, followed by a scalp massage, using homemade organic coconut oil.

SPA ETIQUETTE

SPA OPENING HOURS

Daily 09:00 to 23:00 hours.

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.

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 hours notice if you are unable to keep your appointment. 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 nonexchangeable 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.

TIME FOR EXCLUSIVITY

Spa InterContinental Bangkok, Level 36, 973 Phloen Chit Road, Pathum Wan, Bangkok 10330

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