



INTERCONTINENTAL[®]
ATHÉNÉE PALACE



SPA MENU



Welcome to **SPA InterContinental Athénée Palace!**

SPA InterContinental Athénée Palace Bucharest is a refined wellbeing sanctuary where timeless luxury meets historic grandeur. Housed within the legendary Athénée Palace, the spa honours its guests through a curated selection of treatments designed to restore and rejuvenate the body, while soothing and elevating the spirit.

Phytomer harnesses the power of the sea in luxurious treatments enriched with pure marine ingredients and advanced skincare technology.

Inspired by traditions of royal indulgence, our spa rituals blend heritage with innovation. From revitalizing massages to holistic therapies and next-generation skincare, every treatment is thoughtfully crafted to transport you into a world of serenity and sophistication, such as Noance Paris LED Therapy and NeuroVizr.

Opening Hours

For hotel guests:

Gym 24/7;

Pool & spa

08:00 - 20:00 on weekdays and

09:00 – 21:00 on weekends

Family time:

08:00 - 12:00 on weekdays

09:00 – 13:00 on weekends

For external guests:

Gym 06:00 - 22:00;

Pool & spa

08:00 - 20:00 on weekdays and

09:00 – 21:00 on weekends



The logo features the word "SPA" in large, gold, serif capital letters. Below it, the words "INTERCONTINENTAL" and "ATHÉNÉE PALACE" are written in smaller, black, serif capital letters, stacked vertically.

SPA & FITNESS FACILITIES

- Indoor Pool
- Steam Room
- Dry Sauna
- Ice Fountain
- Jacuzzi
- Experience Shower
- Gym
- Spa Treatment Rooms
- Beauty Salon – Hair & Nails

Hair and nails services: by appointment with Geanina Stoleru, Phone & WA +40723 524 915





The Majestic Touch

Royal Treat – A Couple's Massage Fit for Royalty

60/90 min – 850/1100 lei

Indulge in a majestic escape with our Royal Treat couple's massage, where you and your beloved reign supreme. Whether you seek pure tranquility or relief from muscle pain, this shared experience will leave you both pampered, refreshed, and truly royal.

Queen Mary's Signature Massage – An Exquisite Experience

90 min – 650 lei

Embrace the height of relaxation with our Athénée Palace Signature Massage, an exclusive treatment tailored to your needs. Using a combination of relaxation techniques, Lomi-Lomi glides and stretching moves, this massage eases tension, restores harmony, and invigorates the senses, leaving you renewed and fully restored. A soothing 15-minute facial massage will crown the ritual, leaving you totally serene.



PHYTOMER Treatments

Body:

Signature treatment: Oligotherapy

90 minutes – 900 lei

A deeply detoxifying and remineralizing body ritual inspired by thalassotherapy, designed to restore balance, eliminate toxins, and recharge the body with essential marine elements.

Harnessing the power of OLIGOMER, Phytomer's iconic seawater concentrate, this treatment delivers a complete body reset, combining drainage techniques with intensive mineral infusion.

Sparkles of the sea

45 min – 500 lei

An ultra-relaxing back, feet and scalp massage, combined with detoxifying and remineralizing marine products.

Leg Revival

35 min – 350 lei

A targeted treatment to comfort and relieve tired legs, as well as visibly enhance their appearance.

Californian Wave

30/60/90 min – 390/665/890 lei

The perfect combination of calm and fluid movements combined with long strokes to unlock tension and provide complete relaxation.



Facial:

Signature treatment: Supreme Youth Pioneer Treatment

90 min – 900 lei

Ultimate Facial Treatment Face, Eye Contour, Neck & Décolleté

This supreme treatment restores the skin's freshness, youth, and radiance. The exceptional massage, which covers the entire face and décolleté, visibly smoothes the skin while providing absolute relaxation. Throughout the treatment, the back is infused with trace elements in a relaxing sensation of gentle warmth.

Citylife Anti-pollution Skin Freshness Treatment

60 min – 600 lei

A breath of fresh air for your skin in a facial that distills all the benefits of the sea to detox and revitalize your skin. This luxurious break from the harmful effects of pollution eliminates signs of fatigue, brightens your complexion, and rehydrates your skin.



Skin Escape for Men

60 min – 600 lei

Enter a world dedicated to masculine beauty. Choose a moisturizing, youth-restoring, soothing or pollution-targeted treatment adapted to the specificities of male skin.

Clear Skin Express

40 min – 450 lei

Skin Cleansing Treatment

A warming, absorbent marine face mask, followed by a customized facial mask to clear pores for skin that is cleansed and a complexion that feels totally refreshed.





Add-Ons:

Eye Perfection

20 min – 200 lei

Radiance Smoothing Eye Treatment

An ultra-comprehensive treatment for sparkling, younger-looking eyes. Your eye contour area is smooth and rested. To complement all facial treatments.

Relaxed Back

15 min – 150 lei

Remineralizing Anti-Fatigue Treatment

An ultra-relaxing back massage, followed by a gentle slathering of Self-Heating Marine Mud along the spine for total relaxation and optimal detox effects. An add-on possibility for all PHYTOMER facials.



Classical Massages

Majestic Serenity - A Royal Escape

60/90 min – 450/600 lei

Immerse yourself in pure tranquility with our Majestic Serenity relaxation massage. Designed to ease the body and calm the mind, this gentle yet indulgent treatment melts away stress with graceful, flowing movements.

Imperial Rejuvenation

60/90 min – 450/600 lei

Deep Tissue Massage for Strength and Recovery

Experience ultimate recovery with our Imperial Rejuvenation deep tissue massage, designed to target deep-seated tension and revitalize your muscles. This powerful treatment releases stress, improves circulation, and restores energy, leaving you refreshed and invigorated.



Golden Glow Scrub by Chanand – A Luxurious Exfoliation

40 min – 200 lei

Elevate your massage experience with our pressure-controlled exfoliator, containing biodegradable particles that gently remove dead skin cells, revealing a radiant, smooth complexion. This invigorating scrub stimulates circulation and renews the skin, leaving it soft and refreshed. The perfect add-on to any massage, ensuring the ultimate self-care experience.

Candle Massage – A Symphony of Warmth, Scent & Serenity 60/90 min – 450/600 lei

An indulgent sensory ritual where warmth meets well-being. This luxurious full-body massage uses a bespoke candle that melts into a rich, nourishing oil infused with natural butters and delicate essential oils. The warm oil is gently poured and massaged into the skin with long, flowing strokes that ease muscular tension, calm the nervous system, and deeply hydrate. The ambient glow and subtle aroma create a cocoon of serenity, restoring balance to both body and mind.



Hot Stone Massage

60/90 min – 450/600 lei

A deeply comforting ritual that blends therapeutic massage with the healing power of warmth. Smooth, mineral-rich basalt stones are gently heated and applied to the body in flowing, deliberate strokes to release deep-seated tension and restore muscular harmony. The radiant heat promotes circulation, encourages lymphatic flow, and invites profound calm—both physically and emotionally. Perfect for guests experiencing stress, muscle fatigue, or the need to reset.

Add-on massages

Elevate your relaxation journey with our quick, yet efficient add-on massages, the perfect complement to any indulging ritual.

Scalp Massage

15 min – 150 lei

Facial Massage

15 min – 120 lei



Body-Mind Journeys - The Royal Voyage

The Crown Jewel – Awakening Your Senses

120 min – 750 lei

Begin your royal voyage with an invigorating scrub that polishes the skin to a radiant glow, preparing your body for the ultimate indulgence – a 60-minute massage tailored to your needs. To complete your journey, we offer you two alternative options:

*immerse yourself in NeuroVizr, a groundbreaking neuro-wellness experience that guides your mind into deep meditation, easing stress and enhancing mental clarity, or

*awaken your senses from the inside out with a beauty collagen snack from D-Lab nutricosmetics, the French brand focused on enhancing beauty from within.

Queen's Glow - Nuances for Timeless Elegance

90 min – 650 lei

Step into a realm of renewal with a 60-minute relaxation massage designed to ease tension, restore balance, and envelop you in regal delight. Your journey continues with Nooance FlexiDome Paris LED therapy, a cutting-edge treatment that harnesses red and infrared light to target blemishes, redness, and wrinkles, promoting deep skin regeneration. This harmonious blend of tradition and innovation leaves you restored, radiant, and effortlessly elegant.



Cutting Edge Wellbeing LED Technology

Nooance – Flexidome

10 min 1 session 250 lei

NOOANCE Paris LED therapy harnesses red and infrared lights to specifically address skin concerns. Guests can choose between:

*the anti-aging mode, which tones the skin, restoring firmness and elasticity, improves skin density and texture and reduces fine lines and wrinkles and

*the clear skin mode, which effectively eliminates acne-causing bacteria, reduces inflammation and redness and refines and evens out skin texture, leaving skin soft and radiant.

Nooance – Mask

10 min 1 session 175 lei

Designed with the highest density of LEDs per cm², the Nooance Mask guarantees unmatched efficiency. The Mask is an incredible boost for your complexion, as it stimulates the production of collagen, fights against blemishes and redness and boosts skin radiance. The results of the Nooance Mask technology are proven by French clinical studies.

NeuroVizr

One Single Session 150 lei

The neuroVIZR uses specific light and sound patterns to give your brain the break it needs and to put you automatically into a state of effortless meditation in as little as 10 minutes. Take a quick NeuroVIZR journey to unlock peak mental performance, gain mental clarity, and achieve emotional well-being. Think of it as a symphony for your brain, compared to a solo performance!

The Science of Serenity - Contemporary Healing Journeys

Express Jet Lag Release with Nooance FlexiDome

40 min – 410 lei

A revitalizing massage targeting the back, neck, and legs—enhanced by the Nooance FlexiDome, a next-generation LED photobiomodulation device that works on a cellular level to improve circulation, reduce inflammation, and rebalance circadian rhythms. While your body melts into warm, flowing strokes and tension-releasing pressure, the FlexiDome bathes your face or body in calibrated red and near-infrared light, stimulating recovery, energizing cells, and leaving you visibly recharged. The perfect synergy of touch and technology, tailored for travelers, professionals, or anyone in need of a rapid reset.

Digital Detox – Head & Hands

30 min – 260 lei

A focused massage for the forearms, hands, scalp, and temples—designed to relieve tech-related tension and mental overload. A must-have for laptop users and phone scrollers.

Neuro-Recharge Express

40 min – 400 lei

A next-level express ritual designed to reset both body and mind in just 40 minutes. Begin with a targeted back, neck, and shoulder massage using warm oils to dissolve physical tension. After 25 minutes of massage, the NeuroVizr device guides your brain into a deeply restorative state through multi-sensory light and sound stimulation. Combining advanced neurosensory entrainment with therapeutic touch, this session recalibrates your circadian rhythm, releases cognitive fatigue, and creates a state of total clarity and calm. Ideal before meetings, after long flights, or anytime you need to reset, refocus, and feel recharged in record time.

RETAIL POLICY

A curated selection of premium spa products is available for purchase. All sales are final and cannot be returned or exchanged after the day of purchase.

SPA ETIQUETTE

To preserve the serene atmosphere, we kindly ask that mobile phones be silenced and that voices be kept at a low volume.

The spa area is a smoke-free environment. The use of alcohol and smoking or vaping tobacco is strictly prohibited within the spa area.

Your privacy is respected at all times. Disposable underwear is available and should be worn during the treatment. Robes and slippers are provided for your comfort during your visit.

Photography and filming are not permitted.

Please store all valuable items in your locker, as the spa cannot be held responsible for lost or stolen belongings.

USE OF FACILITIES

Fitness: Appropriate athletic attire is required while using the fitness facilities. Sports shoes must be worn in the fitness center.

Pool, Sauna & Steam Room: Please bring with you your own bathing suit should you wish to use the pool, sauna or steam room facilities.

AGE REQUIREMENTS

Our spa sanctuary is reserved for adults seeking tranquility. For the comfort and safety of all our guests, children may only be welcomed when staying in the hotel and must be accompanied by a responsible adult at all times.

Spa Etiquette, The Code of Royal Conduct

TREATMENT BOOKING

We highly recommend booking your appointment in advance to ensure your preferred time is available.

ARRIVAL

To fully enjoy your experience, please arrive 15 minutes before your scheduled time. This allows time to complete your health assessment form and unwind in our tranquil surroundings.

LATE ARRIVAL

Should you arrive late, we will provide the best possible treatment within the remaining appointment time. Full treatment costs apply.

CANCELLATION POLICY

For hotel guests, we kindly request at least 5 hours' notice for any cancellations or rescheduling of appointments. Cancellations made after this period will incur a 50% charge, while no-shows will be charged in full.

For non-hotel guests, a 50% pre-payment is required to secure a spa treatment booking. Please note that this payment is non-refundable in the event of a no-show or if the appointment is rescheduled less than 5 hours in advance.

HEALTH & WELLNESS

Please inform us of any health conditions, allergies, injuries, or pregnancy before your treatment to ensure a safe and tailored experience.



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