



your haven
of **relaxation**

LifeStyles Health Club & Spa InterContinental is a health and fitness club that provides a wonderful escape from the hustle and bustle of the city.

Come along to LifeStyles and clear your mind and invigorate your body in a perfect haven of quiet and seclusion.

Our team of experienced and fully qualified therapists use both Asian and local techniques to focus on relaxing and stimulating your senses to create a feeling of health and well-being.



facilities



The Spa InterContinental is the first in Egypt to employ its exclusive range of services and facilities. Here you can experience dry flotation, hydrotherapy and massage suites. All suites are self-contained with changing facilities and shower cubicles and in addition to six treatment rooms and two Thai massage rooms.

Separate rooms are available for men and women.

The steam room, sauna and Jacuzzi are perfect for reviving tired muscles and also have separate facilities for male and female guests .

Luxuriate as you relax in our spectacular hydropool, a mixed facility with air jets, neck massagers, air bed and air tub while water jets provide different levels of intensity with their treatment.

The Anne Sémonin products which we mainly use for our treatment collection combine an ingenious blend of aromatic essential oils, trace elements and marine ingredients with the classic French touch and a holistic approach to treating the particular needs of your skin.

Treatments with Anne Sémonin products are designed to be 'tailor made' and are created to provide maximum comfort, absolute luxury and outstanding results. We also use the best of local products created from the wealth of the Egyptian land.

facial collection



for women

eternal youth cryotherapy facial 55 minutes

A contouring and firming facial designed to combat the visible signs of ageing. The treatment is excellent for mature, dry and dehydrated skin. Innovative Anne Sémonin neurocosmetic ingredients are combined with 100% active serums and advanced cryotherapy ice cubes to replenish the skin's natural youthful glow. The result is instantly tightened and firmed skin and this is a superb brightener for special events and boosting skin vitality.

deep marine purifying facial 75 minutes

Ideal for combination, oily, congested, problematic skin, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with rebalancing lymphatic drainage massage. A detoxifying and anti-inflammatory peel-off mask and aromatic intensive complexes are used to soothe and rebalance the skin to encourage a visibly clear complexion.

made to measure 55 minutes

This skin-enhancing facial ensures effective, visible results. this treatment is tailor made for your individual skin needs through specially blended plant active serums, masks and aromatic intensive complexes. This ultimate bespoke treatment is just for you.

express facial 25 minutes

A powerful express skin treatment that is ideal for quick and instant results.

for men

LifeStyles made to measure facial treatment for men 55 minutes

This phyto-aromatic facial is tailored for you. following your consultation a bespoke facial is created for your skin using our Anne Sémonin essential oils, trace elements, serums and botanical oils.

SOS facial for men 25 minutes

Immediately refreshes and hydrates the skin, leaving it soft and revitalised.

massage collection



LifeStyles made to measure massage 50 minutes

LifeStyles signature treatment, a tailor-made full body massage combines classic Anne Sémonin techniques with a personally prescribed blend of intensive complexes and warmed botanical oil. After your initial consultation your therapist will mix and blend aromatic oil specifically for you.

volcanic thermal stones ritual 80 minutes

Heated black basalt stones are used to massage the whole body, releasing deep-seated tension, ideal for anyone suffering muscular aches and pains by working to relieve stress at the deepest level. This intensive and exceptional treatment is designed to work on the body's energy channels and is a holistic and energising therapy for the mind, body and spirit.

therapeutic massage 50 to 80 minutes

A special deep tissue massage combined with stretching and acupressure... the perfect massage for muscle contraction or accumulated tension using time tested authentic Egyptian oils.

back, shoulder and neck massage 25 minutes

A deep tissue massage to ease aches and tensions. the therapist will be working with strong relaxing movements on the neck, shoulder area and back using the most delicate Egyptian almond oils.

Balinese massage 50 to 80 minutes

A deep tissue massage using pure Egyptian almond oil that combines acupressure, reflexology, gentle stretching and aromatherapy to stimulate blood circulation.

Thai massage 80 minutes

A stretching massage to manipulate the body without oils.

shiatsu 50 minutes

A tension relief treatment through finger tips and palm pressure movements

foot reflexology 25 to 50 minutes

An oriental foot massage concentrating on the pressure points of the feet that relate directly to zones and organs of the body. This therapy helps to ease tension, improve circulation and generally promotes a feeling of complete wellbeing.

wraps,
scrubs & bath
collection



sea salt and aromatic oil wrap and scrub 55 minutes

An ultra moisturising body scrub experience incorporating a therapeutic scalp massage. Warmed delicate and special Nefertari aromatic oils are applied all over the body designed to deeply nourish and soften the skin, followed by a revitalising exfoliation and warm body wrap. This treatment is an ideal preparation for pre-tanning and special occasions as the skin is left hydrated and silky smooth.

detoxifying spirulina wrap 55 minutes

This detoxifying, slimming and energy boosting body envelopment begins with gentle exfoliation to boost blood circulation, combined with seaweed extracts to harness the powerful cleansing and re-mineralising benefits of the ocean. This natural seaweed re-metabolises the body to efficiently kick-start and maintain the elimination of toxins and waste. It is an essential body treatment to support a detox or weight management programme.

hydrating pink kaolin clay body envelopment 55 minutes

An ultra moisturising and hydrating body envelopment designed to recondition dry, dehydrated or sun damaged skin. This treatment begins with a full body exfoliation and scalp massage followed by an application of Pink Kaolin clay combined with nutrient rich treatment oils and is a perfect full body thirst quencher for tired and sensitive skin.

express aromatic salt, coffee or mandarin exfoliation 25 minutes

An express aromatic scrub for perfect skin preparation, leaving the skin deeply nourished, smoothed and hydrated.

re-energising bath 25 minutes

Water massage with the benefit of essential oils.

relaxing bath 25 minutes

Water massage with the benefit of essential oils.

detoxifying bath 25 minutes

Water massage with the benefit of essential oils.

cleopatra bath 25 minutes

Water massage with the benefit of body milk and honey just like the olden times.

body specific
collection

specialist
collection

anti-stress back therapy 50 minutes

A self-heating marine mineral mud treatment for the back, neck and shoulders, that is designed to release tension and relax tight muscles. The feet and lower legs are carefully massaged to improve blood circulation and create a powerful sense of wellbeing. This energizing, stimulating therapy will rebalance your energy levels and reactivate your senses.

anti cellulite therapy 50 minutes

A specialised treatment designed to stimulate the body's systems and target areas of fluid retention, cellulite and uneven skin tone. Using massage and lymphatic drainage techniques the legs and feet are massaged to restore blood circulation while a firming and detoxifying mask is applied to relieve blockages and tone the skin. A course of treatments is recommended.

the world of L. P. G

L. P. G Endermologie is the latest non-invasive treatment for cellulite.

body cellu m6

This treatment reduces the appearance of cellulite, tones the skin, reduces the body's measurements in treated areas and aids in the drainage of excess water, fats and toxins

lift 6

- Stimulates the elastic capacity of the skin inducing a natural face- lift effect
- A course of treatments is recommended to gain optimum results.
- Book 5 sessions and receive 1 complimentary
- Book 10 sessions and receive 3 complimentary

body beautiful collection



balance 100 minutes

Relax in the water jets of the hydro bath while receiving a soothing head and shoulder massage, followed by an express facial and finishing with a relaxing Swedish massage.

harmony 100 minutes

An invigorating full body scrub, followed by Balonese stress-relieving massage accompanied by a therapeutic massage of the feet.

fusion 100 minutes

Hydrating full body wrap while submerged in the Spa’s dry flotation bed, followed by a relaxing Swedish massage.

waxing

upper lip and chin	15 minutes
underarm	15 minutes
half arm	20 minutes
full arm	30 minutes
half leg	30 minutes
full leg	40 minutes
bikini half line	15 minutes
bikini full line	20 minutes
full leg and bikini	55 minutes

hand & foot care collection

pamper yourself with
a stunning new look
from our collection of
sumptuous hand and foot
care treatments.



deluxe manicure 50 minutes

This luxurious pampering programme for your hands includes an exfoliation, a nourishing hand bath, a classic manicure, a massage with moisturising hand cream and nail polish according to your choice.

nails – French touch

Available to complement our manicures and pedicure, giving your nails a natural and sophisticated polish.
Additional fees apply

spa manicure 30 minutes

This is a classic wellbeing treatment for your hands with thorough cleansing and exclusive skin nourishment.

deluxe pedicure 60 minutes

This luxurious pampering programme for your feet includes an exfoliation, a nourishing footbath, a classic pedicure, a massage with moisturising foot cream and nail polish according to your choice.

spa pedicure 50 minutes

Enjoy this classic wellbeing treatment for your feet utilising thorough cleansing and nourishing cream.

spa day packages



half - day package allow 3 hours

This includes use of the steam room, sauna, jacuzzi and hydropool with refreshments in the LifeStyles Bar
PLUS a choice of one of the following:

relax your mind

This relaxing package offers LifeStyles made to measure massage, a deluxe facial and a detoxifying full body wrap while immersed in the Spa dry flotation bed.

refresh your body

This refreshing package includes a Balinese massage, an invigorating full body scrub, an express manicure and an express facial treatment.

re-energise your soul

Relax in the water jets of the hydro bath and receive a soothing head and shoulder massage, a shiatsu, hand and feet massage and a deluxe facial treatment.

love essential

Start with a 25 minute coffee scrub, then enjoy a hydrating pink kaolin clay body envelopment followed by our signature LifeStyles made to measure massage.

This treatment is an ideal preparation for pre-tanning and special occasions as the skin is left hydrated and silky smooth.

gift certificates

- Gift vouchers are available from SPA reception and can be personalized to monetary or treatment value.
- They are beautifully presented and make the perfect gift.
- All treatments are available for both men and women.
- Recipient simply has to book an appointment to begin their unique Spa InterContinental experience.
- Please note that gift certificates are valid for one year from date of purchase and are non-refundable and non-transferable.
- All prices include taxes & service charge.



please note

ARRIVAL

Please arrive 15 minutes before your scheduled treatment time. This will enable you to enjoy our welcome refreshment and gives your body and mind time to start relaxing.

LATE ARRIVAL

If you arrive late for an appointment, you will receive the best treatment possible within the remaining appointment time. Full treatment costs apply.

CANCELLATION POLICY

We require 24 hours notice for cancellation, change or re-scheduling of any appointment. Less than 12 hours' notice or a "no show" will incur full payment.

RESERVATIONS

Advance bookings are always recommended to guarantee your preferred treatment and time. We cannot secure any spa treatments without a credit card or cash deposit. Depending on availability, same day bookings are possible three hours in advance.

MEDICAL CONCERNS

Please notify spa reservation before booking any treatment if you have any physical ailments, allergies or disabilities, or are taking any medication, as this may affect your treatment.

SPA ATTIRE

Your modesty will be respected at all times. Loose clothing is provided for Thai massages, as are robes and slippers for your comfort.

please note

VALUABLES

SPA InterContinental and InterContinental Cairo Citystars cannot accept responsibility for any lost or stolen items.

MOBILE PHONES

As a courtesy to other guests, please switch off your mobile phone or place it in silent mode at all times whilst in the Spa

AGE REQUIREMENT

All Spa guests must be 12 years of age and above.
Guests under 16 years must be accompanied by an adult.

WEDDING PLANNER

In preparation for your special day, we will be delighted to create a personalised ritual to ensure that you achieve the results you desire or you can choose from our Love Essentials packages.

COUPLES' SUITE

Enjoy treatments with a partner in our SPA majestic couples' suite

ALCOHOL & SMOKING

Smoking and alcohol consumption are not permitted anywhere or at any time in the entire Health Club premises. Inappropriate behaviour towards spa therapists is not tolerated.

PREGNANT WOMEN

Pregnant women should not use the Health Club. All pregnant women using the fitness facilities do so at their own risk in accordance with the terms and conditions set forth herein.

Spa InterContinental operating hours

10:00 am until 10:00 pm

(operating hours are subject to seasonal change)

To arrange a tour of LifeStyles facility

+ (202) 248 00 230

+ (202) 248 00 090 or dial ext. 2638 / 2640





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