

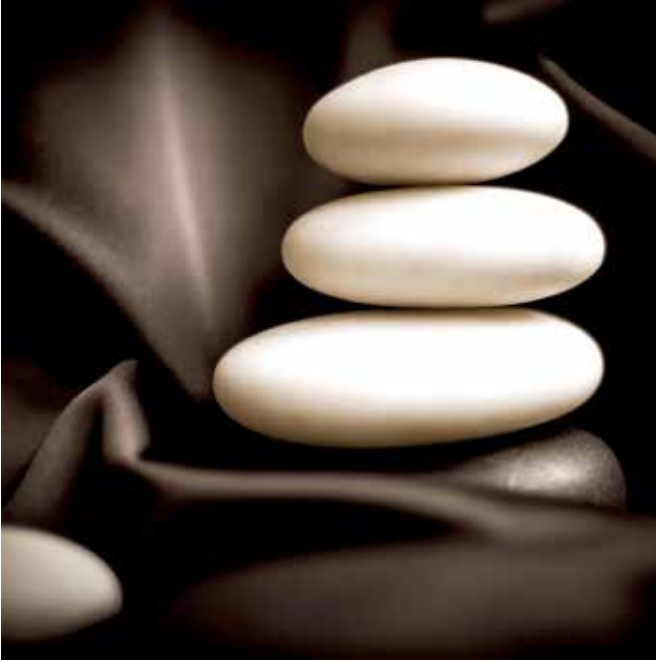


INTERCONTINENTAL®  
CAIRO CITYSTARS



SPA MENU





## Welcome to SPA InterContinental®

LifeStyles Health Club & Spa 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.

## SPA MENU

### FACILITIES

Spa InterContinental is the first in Egypt to provide a holistic approach to the spa experience, offering personalized services to each and every guest. Here you will experience hydrotherapy and massage suites. All suites are self-contained with changing facilities and shower cubicles, 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 having 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.

Phytomer stands out with original creations that reveal day after day, the beauty of the face and body. Each product contains the most powerful marine ingredients blended into intelligent formulas.

Treatments with Phytomer 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.



SPA MENU



FACIAL COLLECTION

Marine breeze pollution  
shield treatment

55 minutes

This relaxing treatment is ideal for combination, oily or clogged skin and is designed to oxygenate and purify. It notably brings together two specific marine masks with strong deep-cleansing and clarifying properties. The first of these ensures an excellent dilation of pores to promote the elimination of impurities. The second mask acts on absorbing excess sebum and contains ingredients which promote cellular respiration and remineralization making your skin deeply cleansed and purified & your complexion fresh and luminous.

Express facial

25 minutes

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

Hydra blue

60 minutes

This treatment perfectly balances effective moisturizing and intense relaxation. It combines signature products with ultra-sensory textures and a relaxing massage to moisturize and comfort the skin, which instantly reveals its natural freshness.

MASSAGE COLLECTION

**Lifestyles aromatic massage** 50 minutes

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

**Volcanic thermal stones ritual** 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.

**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.

**Thai massage** 80 minutes

A stretching massage to manipulate the body without 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.



## 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

**Satin shimmer salt crystal exfoliation** 55 minutes

Exfoliation with salt crystals combined with a moisturizing massage for an express beautifying treatment that leaves the skin soft and silky.

Results: Luminous, moisturized and relaxed 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 using aromatic mint oil.

**Relaxing bath** 25 minutes

Water massage using pure dry lavender flowers.

**Detoxifying bath** 25 minutes

Water massage detoxifying the body through the use of minerals & nutrients of sea salt.

**Cleopatra bath** 25 minutes

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

SPECIALIST COLLECTION

## The world of LPG

LPG Endermologie is the latest non-invasive treatment for cellulite.

### Body cellulite

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 & receive 1 complimentary session.

Book 10 sessions & receive 3 complimentary sessions.



## SPA MENU

### BODY BEAUTIFUL COLLECTION

#### Balance 100 minutes

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

#### Harmony 100 minutes

an invigorating full body scrub, followed by both therapeutic and feet 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

**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 of your choice.

**Nails – french touch**

Available to complement our manicures and pedicures, 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 of your choice.

**Spa pedicure**      50 minutes

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

## SPA MENU

### SPA DAY PACKAGES

Half - day package allow 3 hours

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

#### Relax your mind

This relaxing package offers LifeStyles aromatic massage, a deluxe facial and a deluxe pedicure.

#### 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 hydrobath and receive a soothing head and shoulder massage, a shiatsu massage, hand and feet massage and a deluxe facial treatment.

## SPA MENU

### 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.
- Gift certificates are valid for one year from date of purchase and are non-refundable and non-transferable.
- All prices include taxes & service charge.



## SPA MENU

### SPA ETIQUETTE

#### Arrival

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

#### Late Arrival

Out of respect for other guests' reservations, 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 3 hours notice for cancellation, change or re-scheduling of any appointment. Full payment will be applied for cancellations or "no show".

#### Reservations

Advance bookings are always recommended to guarantee your preferred treatment and time. We cannot secure any spa treatment bookings without a credit card or cash deposit. Same day bookings are possible 3 hours in advance, depending on availability.

#### Medical Concerns

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

#### Spa Attire

Robes & slippers are provided for your comfort as well as loose clothing for Thai massages.



### Valuables

Leave all jewelry and valuables in your room or house before coming to the Spa. Lifestyles Health Club & Spa and InterContinental Cairo Citystars will not accept responsibility for any lost or stolen item.

### Mobile Phones

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

### Age Requirement

Guests must be at least 16 years of age or older to be able to use our facilities.

### Special Occasions

In preparation for your special day, we will be delighted to create a personalised ritual to ensure that you achieve the results you desire.

### Couples Suite

Enjoy treatments with your partner in our 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**

Omar Ibn El Khattab St., Heliopolis, 11737 Cairo, Egypt.

### Operating Hours

10:00 am - 10:00 pm

(Operating hours are subject to seasonal change)

To arrange a tour of LifeStyles Health Club & Spa

+ (202) 248 00 230

+ (202) 248 00 090 or dial ext. 2637 / 2638