

The SPA at the InterContinental Dubai Marina, is a true urban escape which allows you to experience the impact of the ESPA Products and their pure extracts. Our genuine and intuitive service will always be important for our guests and we aim to personalize your treatment, listening to what you want whilst assessing what your senses are telling you. Our aim each time you visit the Spa is to make every treatment exactly how you want it to be.

SIGNATURE RITUALS

MARINA MYSTIQUE

120 minutes | AED 840

Slip away from the hustle of the City and be captivated by the scents and sensory experience of the Spa. Embark upon a personalised journey in which your body selects the oils and aromas required to address your needs. This simple sensory process opens the door to powerful effects to revive and invigorate, de-stress and restore or even aid restful sleep. Your highly skilled therapist will personalise the full body massage and skin solutions facial to your needs – addressing areas of tension and concern, making this treatment the essential Spa escape.

Includes: Sensory experience - Aromatherapy body massage – skin solutions facial

SPIRIT OF OCEAN AND EARTH

120 minutes | AED 940

This nurturing, comforting and relaxing treatment combines potent Marine actives and Plant essences to smooth and nourish skin and revive mind and body. Sundried sea salts and essential oils are used to exfoliate the body before the comforting body wrap in either warm detoxifying algae or skin nourishing marine mud. The flowing aromatherapy massage that follows begins with gentle stretching and re-alignment to free muscle and joints alike and can include the use of hot stones to warm muscles and melt away deep-seated tension. The ultimate bliss.

Includes: Salt and Oil scrub – algae or marine mud wrap - scalp massage – aromatherapy body massage

SUITE TIME TOGETHER

120 minutes | AED 1670 for two person

Our Private Spa Suite allows you complete privacy to enjoy the ultimate spa experience. With side by side treatment couches the Spa Suite is perfect for sharing indulgent relaxation time with a friend or loved one. Our Time Together Ritual begins with a welcome foot cleansing ritual and traditional tea ceremony before an express facial cleanse and 90 minute body massage transport you to another world.

Includes: Cleansing foot ritual and welcome tea ceremony – express facial – personalized body massage - scalp massage

ESPA BODY TREATMENTS

BACK, FACE & SCALP TREATMENT

90 minutes | AED 630

Renowned as our ESPA 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and back massage – personalised facial – scalp massage

ESPA BODY RITUAL

120 minutes | AED 920

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit. Following body exfoliation, a Marine Algae or Mud wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a tailor made aromatherapy massage takes place, leaving you with a sense of well-being, cleansed and revitalised. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

Includes: Body exfoliation – Algae or Mud wrap – scalp massage – Aromatherapy massage

FACIALS

SKIN RADIANCE FACIAL

60 minutes | AED 520

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturizer; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

RE-HYDRATOR FACIAL

60 minutes | AED 520

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturize and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

DE-SENSITIZER FACIAL

60 minutes | AED 520

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

SKIN PURIFYING FACIAL

60 minutes | AED 520

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

LIFT AND FIRM EYE TREATMENT

30 minutes | AED 330

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

ESPA FOR MEN

MEN'S PURIFYING FACIAL

60 minutes | AED 520

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Includes: Double cleanse – exfoliation – steam and extraction – face massage – mask – scalp massage

BACK, FACE & SCALP TREATMENT

90 minutes | AED 630

Renowned as our **ESPA 'Hero'** treatment and loved by all; this **ESPA** experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and back massage – personalised facial – scalp massage

MUSCLE REVIVER

45 minutes | AED 360

A condensed massage for those who suffer with tension related headaches and neck strain. If you have little time to spare, this deeply soothing back, neck, shoulder and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You'll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

Includes: Back massage – neck, shoulder and scalp massage

MASSAGE

AROMATHERAPY MASSAGE

60 minutes | AED 490 or 90 minutes | AED 670

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energizer, Body Toner

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

SWEDISH MASSAGE

60 Minutes | AED 490 or 90 Minutes | AED 670

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

Includes: Swedish massage to back, legs, arms, abdomen, neck/shoulder massage

SALT & OIL SCRUB

30 minutes | AED 290

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an **ESPA** Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

CANCELLATION POLICY

A 50% charge will be incurred for any treatment not cancelled at least 12 hours prior to your scheduled time and a 100% charge for a no show. Late arrival will shorten your treatment time.

To schedule an appointment for your treatment, please visit us at **Spa InterContinental Dubai Marina**, which is located on the 2nd floor, or contact our **Spa** reservations team:

Phone: +971 04 446 6643

Email: spa.icdubaimarina@ihg.com