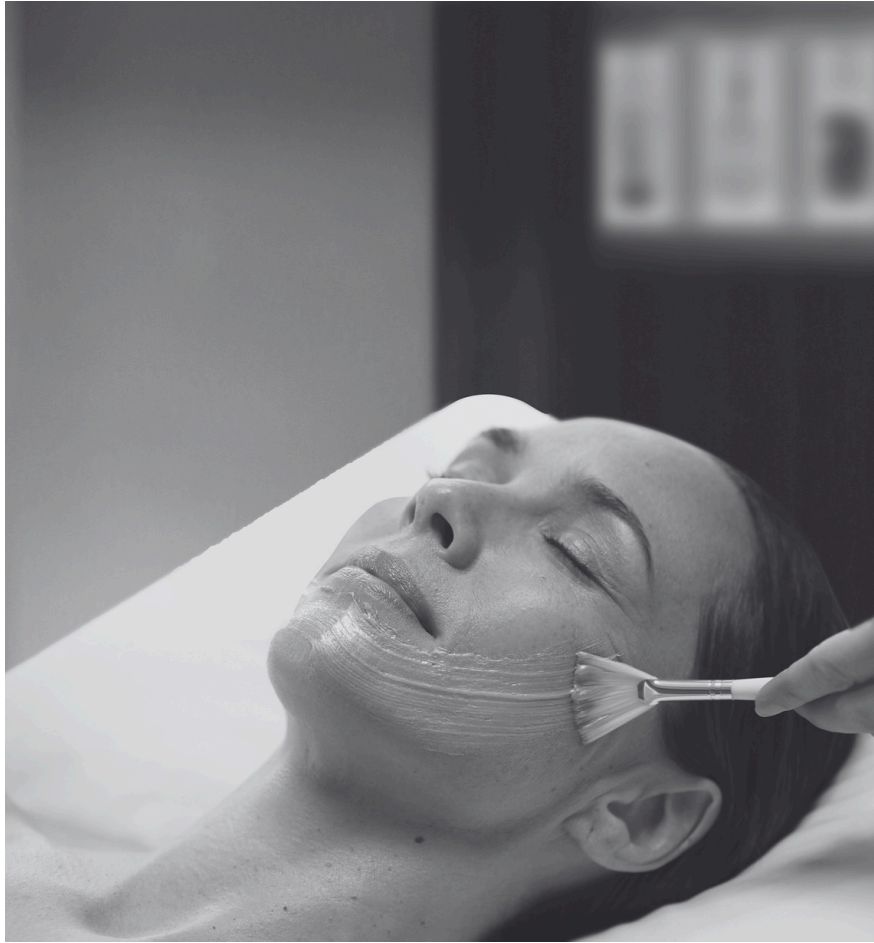


SPA

INTERCONTINENTAL.
LONDON - THE O2



Discover an oasis of tranquillity at InterContinental London - The O2, where luxurious surroundings and bespoke treatments come together to create an unparalleled Spa experience.

We are proud to partner with Temple Spa, renowned for their results-driven treatments and award-winning skincare, inspired by the soul-soothing ingredients of the Mediterranean. Our curated menu of Temple Spa treatments harnesses their innovative products to deliver visible results and pure relaxation.

Whether you seek a moment of calm, a restorative escape, or targeted skincare solutions, our expert therapists are here to guide you on a journey of rejuvenation and wellbeing.

Facials



TEMPLESPA MY KINDA SKIN

PRESCRIPTION FACIAL

30 minutes - £80 | 60 mins - £140

Your treatment begins with a thorough skin analysis, deep cleanse, and gentle exfoliation. A bespoke treatment mask is then applied, accompanied by a hydrating moisturiser selected just for you. To complete your experience, choose between a tension-relieving hand and arm massage or a calming scalp massage, leaving you refreshed and radiant. Additionally, the 60 minutes treatment includes our signature relaxing face and décolleté massage.

TEMPLESPA MEDITERRANEAN MARINADE

HYDRATE & SOOTHE FACIAL

30 minutes - £90 | 60 mins - £150

A calming and de-sensitising facial enriched with fresh ingredients, Mediterranean essential oils, and vitamin boosters. Perfect for soothing sensitive or stressed skin, this treatment is designed to restore balance and calm. Following a gentle yet thorough cleanse, your skin is lightly exfoliated. The treatment concludes with the application of a unique Temple Spa marinade mask, leaving your skin nourished, radiant, and restored to its natural equilibrium. Additionally, the 60 minutes treatment includes our signature relaxing face and décolleté massage.

TEMPLESPA CHAMPAGNE & TRUFFLES DELUXE

SMOOTH & FIRM

60 minutes - £220

Treat your skin to the ultimate celebration with this luxurious treatment, designed to lift, sculpt, and rejuvenate. This experience includes an anti-ageing face massage, a resurfacing peel, and a hydrating, brightening alginate mask to smooth fine lines and wrinkles. Cold stone therapy reduces puffiness, while the application of the award-winning SKIN TRUFFLE leaves your skin plump, firm, and radiant. To complete your treatment, enjoy a soothing shoulder and neck massage with warm stones for total relaxation. Conclude with a flute of bubbly and a handmade truffle as you admire your glowing complexion.

Massages

A close-up photograph of a hand resting on a person's back, with the word 'Massages' overlaid in white serif font. The hand is positioned in the upper right quadrant, with fingers slightly curled. The skin is light-toned and appears soft. The background is a blurred view of a person's back and shoulder, suggesting a massage session. A thin white vertical line is positioned to the right of the text.

TEMPLESPA DRIFT AWAY

RELAXING AROMATHERAPY MASSAGE

30 minutes - £95 | 60 minutes - £140 | 90 minutes - £170

Unwind with this deeply relaxing Drift Away massage, featuring a soothing blend of Mediterranean essential oils such as Frankincense, Lavender, and Patchouli. Designed to ease tension and calm the mind, this treatment melts away stress, leaving you feeling completely at peace. The 90 minutes ritual includes our signature face and scalp massage, enhanced with the restorative properties of REPOSE aromatherapy resting cream.

Perfect for soothing frazzled nerves and overactive thoughts, this treatment is your ultimate escape to tranquility.

TEMPLESPA ROCKS OF THE MEDITERRANEAN

RELAX & RESTORE HOT STONE MASSAGE

30 minutes - £95 | 60 minutes - £150

Experience the soothing power of warm basalt stones in this popular full-body massage. Designed to rebalance and harmonise energy points throughout the body, this deeply relaxing treatment eases tension and rejuvenates tired muscles. The unique sensation of hot stone therapy offers an unparalleled level of comfort and relaxation, making this an experience everyone should enjoy at least once. Pure bliss from head to toe.

TEMPLESPA WORK IT OUT

REVIVING DEEP TISSUE MASSAGE

30 minutes - £105 | 60 minutes £150

Re-energise with this detoxifying deep tissue massage, designed to relieve fluid retention and soothe tired, aching muscles. The treatment begins with full-body brushing to stimulate circulation and support lymphatic drainage, followed by a dynamic deep tissue massage using the invigorating WORK IT OUT detox oil, enriched with Juniper, Lavender, and Cypress essential oils.

Targeting knots, tension, and tightness, this body-boosting experience helps eliminate toxins while revitalising your muscles. A powerful treatment to leave you feeling refreshed and restored.

TEMPLESPA BACK TO LIFE

45 minutes - £105

Following an invigorating exfoliation with TEMPLESPA'S Mediterranean SUGAR BUFF scrub, a warm purifying mud is smoothed all over your back for a powerful and deeply cleansing and hydrating treatment. Whilst the mask is working its magic enjoy a detoxifying foot massage. Luxurious warm mitts are used to remove the mask before a stimulating back, neck and shoulder massage is performed, leaving you energised, relaxed and with a back to be proud of.

Body scrubs



TEMPLESPA AAAHHH! - FOOT & LEG ENERGISER

30 minutes - £95

What a treat! Top-to-toe buffing and polishing. Using our unique, Award Winning Mediterranean Sugar Buff Scrub, we exfoliate and polish your body and gently buff away dead skin cells on your face with the Breakfast Smoothie. This invigorating and refreshing all over treatment leaves the skin soft as silk, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!

THE OUTER GLOW

SCRUB AND GLOW

45 minutes - £105

What a treat! Top-to-toe buffing and polishing. Using our unique, Award Winning Mediterranean Sugar Buff Scrub, we exfoliate and polish your body and gently buff away dead skin cells on your face with the Breakfast Smoothie. This invigorating and refreshing all over treatment leaves the skin soft as silk, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!

Side orders

Only bookable as an add on
to a minimum treatment of 30 minutes



HAND RITUAL

15 minutes - £45

Love your hands to be pampered? Select our indulgent hand ritual. The treatment is completed with an invigorating rub of our cooling and soothing balm AAAHHH! Followed with a skin treating sweep across the hands with Palm Balm. You really will say 'AAAHHH!'.

FOOT RITUAL

15 minutes - £45

Want a spring in your step? Select our indulgent foot ritual. The treatment is completed with an invigorating rub of our cooling and soothing balm AAAHHH! Followed with a skin treating sweep across the feet with the Award Winning SOLE BALM. You really will say "AAAHHH!".

HOT OIL SCALP MASSAGE

15 minutes - £45

Head feel heavy and uptight? Select our indulgent hot oil scalp massage. This relaxing and tension relieving head massage will fight fatigue and nourish the hair.

TARGETED BODY EXFOLIATION

30 minutes - £90

On your way to the sunshine or to an event? Select our indulgent targeted body exfoliation to purify and balance the skin. This refreshing treatment is perfect to smooth and soften the skin, preparing your skin before an event, pre or post-holiday.

HOT STONE NECK & SHOULDERS

15 minutes - £45

Stressed out? This is the Zen Treatment to rebalance your mind body and soul, relieving stress and creating renewed energy.

Packages



PEACEFUL ESCAPE | SPA AFTERNOON TEA

£150pp

Upgrade to Champagne afternoon tea £20pp

Choose between a 30-minute personalised express facial or 30-minute Drift Away massage, along with the 2-hour use of the spa facilities and Indian-inspired afternoon tea served in Kinaara.

Total treatment time: 30 minutes

Available Monday to Thursday.

Maximum of eight guests per booking.

£10 voucher for SPA retail redeemable on the day.

EVENING INDULGENCE | TWILIGHT

£165pp

This package includes your choice of a 30-minute Drift Away Massage, 30-minute personalised Express Facial, 2-hour use of the Spa facilities, followed by a 2-course dinner in Market Brasserie with a glass of Prosecco.

Total treatment time: 30 minutes.

Available from 4pm on Monday - Friday: £165 | Saturday - Sunday: £175.

Maximum of eight guests per booking.

£10 Voucher for SPA retail redeemable on the day.

TOTAL GLOW UP | HALF DAY SPA

£200pp

Experience includes tea, coffee and pastries on arrival, your choice of a 60-minute Drift Away Massage, 60-minute Facial or a 60-minute combined treatment of both, along with the 2-hour use of the spa facilities.

This is followed by lunch in Meridian Lounge. Available daily.

Total treatment time: 60 minutes

£10 Voucher for SPA retail redeemable on the day.

MY KINDA MOOD FOR TWO | URBAN RETREAT

FROM £300

Escape to tranquillity with an exclusive treatment, the perfect antidote to urban lifestyle. Experience includes a back, neck and shoulder massage with Mediterranean hot rocks, facial and 2-hour use of the Spa facilities.

60-minute treatment per person

Monday - Friday: £300 | Saturday - Sunday: £325

£10 Voucher for SPA retail redeemable on the day.

Etiquette



YOUR COMFORT

The Spa will provide you with a robe, along with slippers and towels. You can either get changed or enter the treatment room as you are. You may be asked to remove certain clothing, however, please feel free to wear whatever makes you comfortable. Our therapists will keep you draped in towels and only expose each area being treated. In wet treatments, such as body scrubs and body wraps, please note you will not always be draped. Swimsuits are optional in these treatments, and we have disposable underwear on offer if you prefer. This is your time, and you should enjoy the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify your therapist of any discomforts or preferences, as they will be more than happy to make any necessary adjustments. Please feel free to talk to your therapist during the treatment. Your therapist will follow your lead so if you prefer a quiet atmosphere, just let them know.

HEALTH CONSIDERATIONS

Please notify us at the time of booking if you have any sort of medical condition that we should be aware of. Some conditions may mean a treatment is unsuitable for you. If you have any concerns, please let us know. If at any time during your visit you experience discomfort, please alert your therapist immediately.

PREGNANCY

Please note that all treatments are suitable for pregnant women after their first trimester. If you are pregnant or breastfeeding, please inform the spa reception at time of booking. They will be able to match your needs to a suitable treatment.

CANCELLATION POLICY

A 100% cancellation charge will be incurred for any treatment or day spa package which is not cancelled at least 48 hours before your appointment.

GRATUITIES

Are not included and are welcomed at your discretion.

SWIMMING POOL

We would like to remind guests that the spa is a gadget, camera, mobile phone and smoke-free zone. We request guests to switch their mobile phones off or set to silent mode. If you are using the pool area, please be robed or wear a swimming clothing. Gym attire is not permitted. We kindly ask guests to shower before entering the pool and avoid applying any beauty products. Food and alcohol are not permitted in the pool area.

AGE REQUIREMENTS

The minimum age requirement for access to the gym is the age of 16 years. Children under the age of 18 must be supervised by a parent or guardian.

VALUABLES

It is highly recommended to leave your jewellery at home or in your room. Please be aware, The Spa accepts no responsibility for loss of valuables and jewellery left unattended.

SCHEDULING APPOINTMENTS

To schedule an appointment for your treatment, please contact the spa reception who will be able to guide you. To ensure your preferred time and service is available, we recommend you book in advance. All spa treatments and packages will need to be guaranteed with a credit card. We accept cash and all major credit cards. If you are a hotel guest, you may also charge your spa services to your hotel bill.

SPA ARRIVAL

It is advisable to arrive to the spa reception at least 15 minutes prior to your treatment. Upon arrival you are requested to complete a consultation form prior to the treatment. Although we will endeavour to accommodate, please be aware that late arrivals will not receive an extension to their treatment. Arriving late, will simply limit the time for your treatment. Your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied.

TREATMENT GUIDELINES

Treatments are available to guests 16 years of age and over. Valid proof of ID is required.

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LONDON - THE O2



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