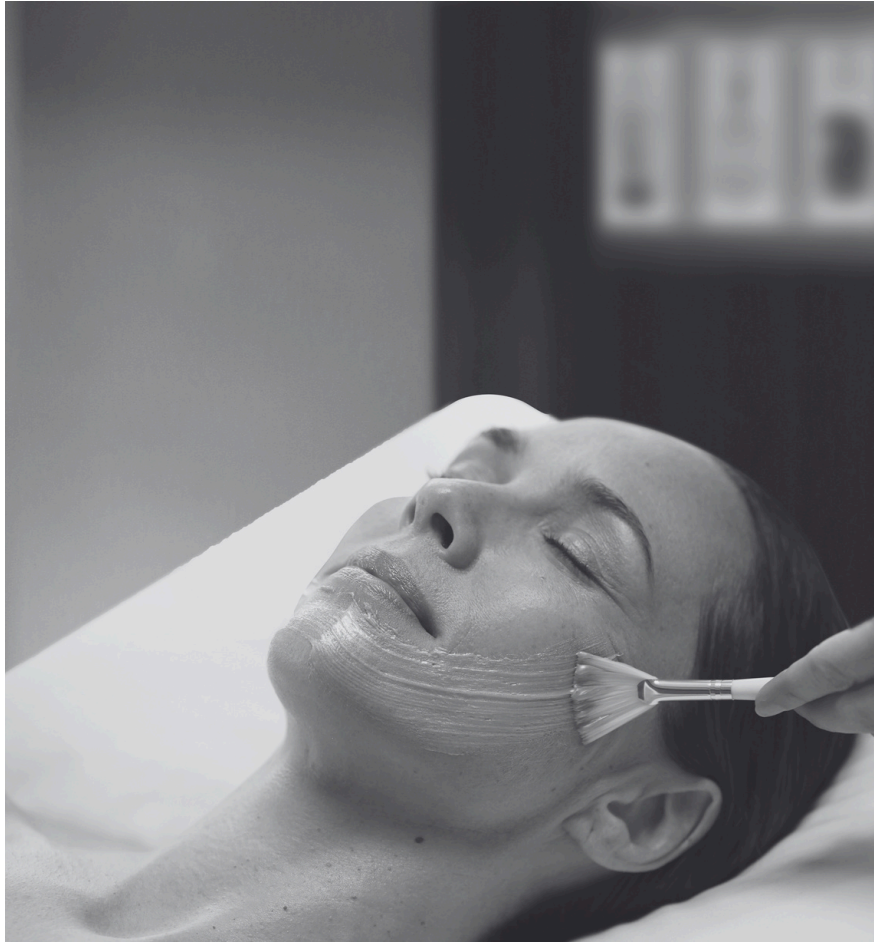


SPA

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. 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 - £100 | 60 minutes - £145 | 90 minutes - £175

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 tranquillity.

TEMPLESPA ROCKS OF THE MEDITERRANEAN

RELAX & RESTORE HOT STONE MASSAGE

30 minutes - £105 | 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 - £130 | 60 minutes £175

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.

TEMPLESPA YOUR BEST YOU

HYDRATE AND SOOTHE TREATMENT

60 minutes £185 | 90 minutes £205

(60 minute treatments targets the body, 90 minutes treatment targets the body and face)

Rebalance your Mind, Body and Soul. This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan salt stones with Templespa hydrating and soothing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. This treatment can also help target hot flushes and improve your quality of sleep. 1 treatment every 10-14 days is recommended.

NEW BEGINNINGS

PRE NATAL MASSAGE

60 minutes £145 | 90 minutes £175

(Suitable for guests over their 1st trimester)

Pregnancy is a most wonderful time that requires treatments specially designed for you. This is our specially designed treatment for expectant mummies to enable your full body to be massaged and treated without having to lie on your front. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving you truly relaxed. You never know, your little bambino might enjoy the sense of calm too.

TEMPLESPA FEELING GOOD

ENERGISING AROMATHERAPY MASSAGE

30 minutes - £100 | 60 minutes £145 | 90 minutes £175

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean citrus groves. Bergamot, sweet orange, lemon and cooling mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. You will be left feeling re-energised and at ease.

Body scrubs



TEMPLESPA AAAHHH! - FOOT & LEG ENERGISER

30 minutes - £95

Say goodbye to tired, swollen legs and feet with this revitalising treatment, designed to provide instant relief. It begins with skin brushing to reduce fluid retention, followed by an exfoliating Mediterranean Scrub to boost circulation. Next, enjoy a warm oil massage to soothe and invigorate your legs, leaving them feeling lighter and refreshed. The treatment concludes with an energising application of the cooling AAAHHH! balm, followed by a nourishing sweep of the award-winning SOLE BALM for your feet.

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!

Cancer care



CANCER TOUCH THERAPY TREATMENTS

We have worked with the renowned Amethyst Trust to create an adapted menu of our wonderful TEMPLESPA treatments that are suitable for clients who are medically frail, recovering from illness or are immune compromised such as those with or recovering from cancer. These bespoke and customisable treatments allow the therapist to adapt to suit the clients needs.

TEMPLESPA LIGHT RELIEF

CBD WELLBEING FACIAL

75 minutes £165

This soothing de-stress facial includes our tranquil face massage using our Light Relief CBD skin booster oil leaving your skin comforted, hydrated and looking radiant, followed by a tension-relieving massage to the arms, neck and shoulders, you will feel totally chilled.

TEMPLESPA MY KINDA SKIN

PRESCRIPTION FACIAL

60 minutes £140

This personalised, skin-reviving facial is your ultimate bespoke treatment. Tailored precisely to your unique skin type, My Kinda Skin is a 60-minute experience designed to cleanse, restore, and nourish. Using expert massage techniques this restorative facial replenishes moisture levels while addressing your skin's specific needs. The journey doesn't end there; you'll leave with a detailed skin prescription and professional observations to preserve your skin's natural radiance.

TEMPLESPA DRIFT AWAY

RELAXING AROMATHERAPY MASSAGE

30 minutes - £100 | 60 minutes - £145 | 90 minutes - £175

This deeply relaxing top-to-toe massage, using our beautiful oil Its All Good which contains a dreamy blend of Vitamin E, watermelon seed oil and Neroli, guaranteed to leave you drifting away...zzzzzzzz!
Upgrade your experience to 90 minutes to include a signature face and scalp massage

TEMPLESPA STRESS NOT

CBD WELLBEING MASSAGE

30 minutes - £105 | 60 minutes - £150 | 90 minutes - £180

This calming massage with therapeutic warm mineral stones, targets muscle pain and melts away tension, leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm Stress Not naturally eases muscle stiffness and calms busy minds.

Upgrade your experience to 90 minutes to include a signature face and scalp massage using our CBD skin booster facial oil Light Relief.

TEMPLESPA AAAHHH

REVIVE & ENERGISE FOOT & LEG TREATMENT

30 minutes - £95

This Oh-So-Good treatment is an instant relief for tired, Overworked legs and feet. Including a warm oil massage and an invigorating foot rub! Wonderful add on to another treatment.

Not suitable for guests who are currently undergoing treatment for cancer if their skin is sensitised, or they are experiencing nausea

Finishing Touches



MANICURE

60 minutes £60

Step into relaxation with our Classic CND Manicure. This indulgent treatment begins with expert nail shaping, cuticle care, and a gentle exfoliation to rejuvenate your hands. The Vinylux polish is then applied, offering a high-shine, chip-resistant finish. Complete the experience with a relaxing hand massage, leaving your hands feeling soft, nourished, and beautifully manicured.

PEDICURE

60 minutes £65

Step into relaxation with our Classic CND Pedicure, a perfect blend of essential foot care and indulgent pampering. This treatment begins with a soothing foot soak, followed by expert nail shaping and cuticle care to refresh your nails. Your feet will be gently exfoliated, leaving your skin smooth and revitalised. Choose from a wide range of CND polishes for a beautifully applied finish. The treatment is completed with a relaxing foot massage, ensuring your feet feel soft, refreshed, and ready to take on the day.

CND SHELLAC MANICURE

75 minutes - £75

Elevate your hand care with our CND Shellac Manicure, designed to leave your nails flawless and long-lasting. This indulgent treatment begins with expert nail shaping, cuticle care, and a gentle exfoliation to rejuvenate your hands. The Shellac polish is then applied, offering a high-shine, chip-resistant finish that lasts up to two weeks without smudging or fading. Complete the experience with a relaxing hand massage, leaving your hands feeling soft, nourished, and beautifully manicured.

CND SHELLAC PEDICURE

75 minutes - £80

Treat your feet to the ultimate pampering experience with our CND Shellac Pedicure. This luxurious treatment combines expert nail care with the long-lasting beauty of Shellac polish. Enjoy a soothing soak, followed by meticulous nail shaping, cuticle care, and a gentle exfoliation to leave your feet feeling refreshed. The application of Shellac provides a high-gloss, chip-resistant finish that lasts for up to two weeks, ensuring your toes stay perfectly polished for longer. Finish with a relaxing foot massage to leave you walking on air.

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 creating a stress relieving hand & arm massage. You really will say 'AAAHHH!'.

FOOT RITUAL

15 minutes - £45

Want a spring in your step? 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 including a detoxifying foot massage.

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



WELLNESS ESCAPE | SPA HEALTHY LUNCH

£170pp (Mon - Thursday)

Choose between a 30 minute My Kinda Skin facial or a 30 minute Drift away massage, along with 2 hours use of the spa facilities and healthy lunch at Meridian Lounge.

Total treatment time: 30 minutes
Maximum of eight guests per booking.
£10 voucher for SPA retail redeemable on the day.

EVENING INDULGENCE | TWILIGHT

£185pp (Mon - Fri) | £195 (Sat - Sun)

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.
Maximum of eight guests per booking.
£10 Voucher for SPA retail redeemable on the day.

TOTAL GLOW UP | HALF DAY SPA

£220pp (Mon - Fri) | £240 (Sat - Sun)

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

£350 For Two (Mon - Fri) | £390 For Two (Sat - Sun)

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.

Total treatment time: 60-minute per person
£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

We are able to offer treatments to guests after their 1st trimester.

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

(Treatments only available for guests above 18.)

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

(Please note: We accept card payments only.)

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.

Opening Times

FITNESS CENTRE

Hotel Guests:
24 hours, Monday - Sunday,
including bank holidays

Non-Hotel Guests:

Monday - Friday: 6:30am – 9:00pm
Saturday - Sunday: 7:30am - 9:00pm
Bank Holidays: 7:30am – 9:00pm

Children under the age of 16 years are not permitted to use the gym facilities.

Children under the age of 18 years must be supervised by a parent or guardian at all times.

SPA AND POOL

Monday - Friday: 6:30am – 9:00pm
Saturday - Sunday: 7:30am – 9:00pm
Bank Holidays: 7:30am – 9:00pm
Last Pool Entry: 8:30pm

SPA TREATMENTS

Monday – Sunday: 9:00am – 8:00pm

CHILDREN'S TIMES

Monday - Sunday: 9:00am – 11:00am and 3:30pm – 5:30pm

Children under 18 years must be accompanied by an adult and can only access the pool.

Only resident children can access The Spa facilities.

Timings may vary due to seasonality.

SPA

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LONDON - THE O2



InterContinental London - The O2
One Waterview Drive, Greenwich Peninsula,
London, SE10 0TW
Telephone: +44 (0)208 463 6815
Email: spa@iclondon-theo2.com