



INTERCONTINENTAL[®]
LONDON - THE O2



SPA MENU

SPA MENU



Welcome to The Spa®

The Spa at InterContinental London – The O2 offers a luxurious and holistic approach to well-being, with state-of-the-art facilities, acclaimed treatments and a team of professionals who deliver them.

Drawing its aesthetic from the local area, The Spa features bespoke mosaic tiles, sumptuous rugs, delicate die-cut pendant lighting and other exotic materials, all of which are inspired by the area's rich maritime trading history.

The Spa offers eight dedicated treatment rooms, allowing you to escape to a sense of bliss. Indulge in a tranquil, calming environment, where time slows and your stress fades away. Hotel guests and relaxation seekers alike are invited to relax the mind, pamper the body and renew the spirit.

SPA MENU

FACILITIES

Eight treatment rooms, including exclusive couple's treatment suites.

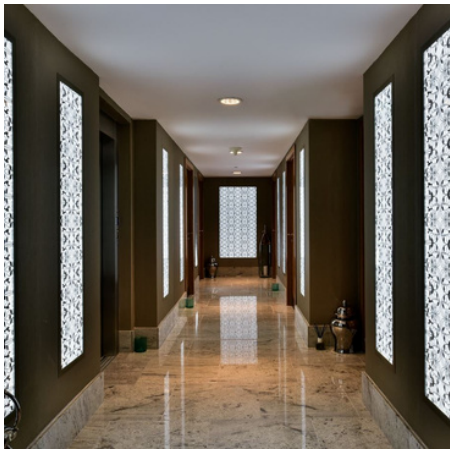
Dedicated manicure and pedicure suite.

Serene relaxation lounge for unwinding, with herbal teas and nutritional snacks.

17-meter swimming pool, complete with a relaxation pool and soothing water cannons.

Revitalizing sauna and steam room.

Spa Boutique with premium skincare and wellness products.



PRICES

For Hotel Guests: Complimentary with their room reservation

Non-Hotel Guests: £75 for a Swimming Pool Day Pass (with no treatment booked)

£35 for a Swimming Pool Day Pass (with treatment booked)

The Hotel Gym is complimentary for all hotel guests, is accessible 24-hours and does not require advance booking

SPA MENU

OPENING TIMES



FITNESS CENTRE

Hotel guests:

24 hours, Monday - Sunday,
including bank holidays

NON-HOTEL GUESTS

Monday - Friday: 06:30 – 21:00

Saturday - Sunday: 07:30 - 21:00

Bank holidays: 07:30 – 21:00

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: 06:30 – 21:00

Saturday - Sunday: 07:30 – 21:00

Bank holidays: 07:30 – 21:00

Last pool entry: 20:30

SPA TREATMENTS

Monday – Sunday: 10:00 – 18:30

CHILDREN'S TIMES

Monday - Sunday: 09:00 – 11:00 and
15:30 – 17:30

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.

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SIGNATURE TREATMENTS

Meridian Time Ritual

120 minutes - £190

The Meridian Time Ritual combines an extraordinary composition of Himalayan salt for the body. Rich in essential minerals, the treatment carries out an intense purifying and cleansing action, followed by bamboo techniques reflecting the ancient traditions of the Oriental, Mediterranean, Indian and Arabian cultures. Ending with a personalised Express Facial, the treatment profoundly renews, nourishes and illuminates the skin.

Chocolate Ritual

75 minutes - £160

The Chocolate Ritual massage is produced in-house.

This chocolate treatment is the essence of indulgence, promoting healthy skin, removing toxins from the body and producing a deep sense of well-being. Pure, melted dark chocolate is mixed with almond oil, coconut and orange aromatherapy oil, which have properties that tone and moisturize the skin with a pleasant natural smell. Enjoy the decadence as you are wrapped in chocolate and surrounded by the heavenly aroma, whilst relaxing in your serene and calm therapy room. The treatment will leave you feeling pampered and relaxed.

The Meridian Time Ritual and Chocolate Ritual treatments include two hour complimentary access to The Spa facilities.

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FACIALS

The Joy of Beauty

60 minutes - £130

Personalised Express Facial

30 minutes - £90

Treat your skin to the care it deserves.
In a rush but in need of a special beauty touch?

A bespoke power-packed facial designed for your skin's needs, Ask for our support in selecting an whether it be hydration, purification, Express Facial that can fit your tight age protection, soothing or schedule delivering exceptional desensitizing for immediate results.

Choose from:

Active Pureness: For treating oily skin and blemishes

Hydrmemory: Visible immediate glow, hydration and vitality

Recover Touch: For undernourished and tired skins

Remedy: For sensitive, delicate skin

Nut Free: All skins and especially for those prone to allergies associated with nuts

Luminant: ideal after sun exposure, for dull and uneven complexions and is suitable for everyone, even during pregnancy and sensitivity.

Eye Treatment

Add on - £30

Triple action against dark circles, puffiness and wrinkles, providing immediate lifting and luminosity. The Eye Treatment can be added to any of the facial treatments except Sublime Skin Facial.

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FACIALS

Sublime Skin Facial

75 minutes - £150

Give your skin the boost of radiance and plumpness that it needs with an innovative double peel, followed by a lifting mask for immediate rejuvenation. The active lift massage, inspired by Kobido techniques, softens wrinkles and invigorates skin tone. Sublime Skin Facial includes an Eye Treatment.

Hydra Memory Facial

60 minutes - £130

A dynamic fresh treatment made for anyone seeking visible immediate glow, hydration and vitality. Thanks to its unique combination of Lactic Acid for immediate renewal and glow, the powerful concentration of Hyaluronic Acid for superficial and profound hydration, and the bioactive Prickly Pear extract from Regenerative Agriculture, we deliver instant hydration and radiance for a healthy dewy look.



Hydra Memory Facial

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FACIALS

Sacred Nature Regenerative Hydra Facial

30 minutes - £100

Revitalizing hydrating antioxidant express face treatment for immediate radiance. With formulations certified according to COSMOS guidelines, it ensures pleasant and visible freshness and vitality. Its effectiveness is guaranteed by the combination of renewal, deep hydration and the 7-step Regeneration Ritual.

Sacred Nature Regenerative Elixir Facial

60 minutes - £140

Youth-enhancing regenerating antioxidant face treatment. This pro-youth facial formulated according to COSMOS guidelines, nourishes, reoxygenates, and protects the skin. The customized choice of two different masks, enhanced with the extraordinary Regenerlift Massage and a variety of special touch points throughout the treatment makes this a deeply relaxing facial, that leaves the skin radiant, firm and lifted.



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FACIALS

Urban Detox

60 minutes - £150

The perfect antidote for everyone to detox their skin from pollution. A detox mask with chlorella and plant-based charcoal is applied, enhanced by the synergy of Qigong and Rolling Roulage massage with a customised selection of highly effective boosters. This counteracts the effects of stress and environmental daily pollution, which intoxicates the skin and accelerates the aging process.

Urban Longevity

60 minutes - £140

This facial is ideal to renew the skin and counteract the effects of stress. The treatment uses AHAs and a customised selection of highly effective boosters, enhanced by Qigong and Rolling Roulage massage, correcting stress-related imperfections and signs of aging.

Urban Longevity Express

30 minutes - £100

This facial reduces symptoms of stressed skin and contrasts accelerates ageing, using AHAs and a customised selection of highly effective boosters.



/skin
regimen/
*modern plant chemistry*TM

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MASSAGES

Swedish Massage

30 minutes - £90 | 60 minutes - £130 | 90 minutes - £170

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

Aromatherapy Massage

30 minutes - £ 95 | 60 minutes - £140

Aromatherapy massage performed using a specific blend of individually chosen oils. A personal consultation will ensure that you receive a light and soothing treatment to suit your needs.

Hot Stone Massage

30 minutes - £ 95 | 60 minutes - £145

A therapeutic full-body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to relax and feel rejuvenated.

Deep Muscle Massage

30 minutes - £105 | 60 minutes - £150

Perfect for the massage connoisseur who experiences regular treatments. Our deep muscle treatment is a powerful massage, designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern, and alleviate common discomforts such as a stiff neck, lower back pain and sore tight shoulders.

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MASSAGES

New Life New Mum Massage

60 minutes - £130

A deeply nourishing body massage designed to target areas prone to stress and tension, during or after pregnancy. The treatment consists of soothing body and scalp massages, specifically designed to suit your individual concerns. The treatment focuses on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise. A course of six treatments is recommended. This treatment is exclusively for mothers after their first trimester.



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MASSAGES

TRANQUILLITY™ Pro-Sleep Massage

60 minutes - £150

Inspired by the Indonesian Sea Malay Massage, this exceptional massage ritual acts in synergy with our Tranquillity™ Sound and Essential Oil Blend to effectively induce a state of deep rest & wellbeing.

TRANQUILLITY™ Wellness Ritual

60 minutes - £150

This experience begins with our Tranquillity hand ritual, followed by full body exfoliation with our signature Tranquillity Scrub. Our exceptional massage, inspired by the Indonesian Sea Malay Massage techniques, acts in synergy with our Tranquillity™ Sound and Essential Oil Blend to effectively induce a state of deep rest and wellbeing. Ideal to reduce stress and bring about a profound sense of wellbeing.

Tranquillity Calm Head, Neck and Shoulders

30 minutes - £85

A unique sensorial and aromatic well-being ritual for the head, neck and shoulders, aimed at favouring complete relaxation and rebalancing. A feeling of timelessness is achieved by a touch that is embracing, slow and deep, through massage of the head, neck and shoulders.



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BODY

Aromasoul Scrub

30 minutes - £85

A unique renewing body ritual, using volcanic particles to reflect the ancient traditions of the Oriental, Mediterranean, Indian and Arabian cultures. Bestows nourishment, youth and splendour to all skin types, which profoundly renews, nourishes, smoothes and illuminates the skin. A full body exfoliation is followed by an oil application, with four different aromas to choose from.

Himalayan Salt and Oil Massage Ritual

60 minutes - £140

An exclusive revitalizing treatment for the body combined with a specific massage modality, which enhances its efficacy and pleasure. Thanks to the extraordinary composition of the Himalayan salt, rich in essential minerals, the treatment carries out an intense purifying and cleansing action. A warm salt stone massage is followed by a salt and oil scrub and application of body cream.



Himalayan Salt and Oil Massage Ritual

SPA MENU

WRAP & RITUALS

Back and Face Ritual

60 minutes - £140

Recommended for those in need of therapeutic massage to ease muscle aches and pains, instilling a sense of well-being. For skins lacking vitamins, and minerals in need of something restoring and protective. We relieve tired and tense muscles, transitioning into our replenishing, repairing facial which nourishes and soothes, whilst providing an antioxidant action. Treatment includes back exfoliation, back massage and a 30-minute facial.

Montalcino Thermal Mud

60 minutes - £150

An intensive treatment with thermal waters from Montalcino in Tuscany, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues, while the fucus and laminaria algae promote lipolytic action. Ideal for removing accumulated toxins and restore the skin's vitality.

Deep Body Renewal

60 minutes - £150

A smoothing, renewing and regenerating treatment for restored tone, elasticity and hydration. An ideal treatment for skin that needs moisture and elasticity, and for those who want to contrast stretchmarks. With a regenerating and revitalizing action, the skin is left soft, silky and compact. Add on - 30 minutes Swedish Massage - £70

Manspace Back, Head and Neck

45 minutes - £105

Designed for men, an exhilarating exfoliation and a truly unique remineralising mask is applied to the back. The head, neck and back are massaged with a special technique that will relieve tiredness and tense muscles. Recommended for men in need of therapeutic massage to ease muscle aches, and pains instilling a sense of well-being.

Add on - 30 minutes Swedish Massage - £70

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HANDS & FEET

c n d™ shellac brand 14+ day nail colour

CND™ Shellac™

Manicure

45 minutes - £50

CND™ Shellac™ Pedicure

45 minutes - £55

Shellac™ Removal

15 minutes - £10

Please note that we can only remove CND™ Shellac™.

Imagine a treatment that gives zero dry time, no nail damage, resilient mirror finish, strong protected nails and flawless colour up to 14 days. CND™ Shellac™ brand nail colour goes on like polish, wears like gel and is off in minutes. A flawless manicure or pedicure that never chips, dings or wears, in a colour of your choice.

Shape and Polish Hands

30 minutes - £35

Designed for the 'city girl' that has little time, or as an add-on to another treatment. Our express manicure includes nail shaping, and the application of varnish of your choice. This treatment does not include cuticle work.

Shape and Polish Feet

30 minutes - £40

Our express pedicure includes nail shaping, nourishing of cuticles and feet, finishing with varnish of your choice. This treatment does not include cuticle work.

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HANDS & FEET

CND™ Spa Manicure™

60 minutes - £55

CND™ Shellac™ Manicure Upgrade

75 minutes £65

A journey cradled in and jojoba oils enriched with vitamin E. Indulge in a moisture scrub, followed by an illuminating masque to brighten dull hands. Massage will relieve overworked hands whilst cuticle work and fast drying Vinylux paint will be the finishing touch. Upgrade to CND™ Shellac™ for longer wear.

CND™ Spa Pedicure™

60 minutes - £60

CND™ Shellac™ Pedicure Upgrade

75 minutes - £70

Marine botanicals and sea salts energize and soothe tired feet. Begin with a mineral foot soak, hard skin removal and a salt scrub exfoliation. Massage and a marine cooling masque will relax and aid swollen feet. Fast drying Vinylux paint will give you weeklong wear for a beautiful appearance. Upgrade to CND™ Shellac™ for longer wear.



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Spa Afternoon Tea - £140

Choose between a 30-minute personalised Express Facial or 30-minute Swedish Massage, along with the 2 hour use of the spa facilities and traditional afternoon tea in Meridian Lounge.

Total treatment time: 30 minutes

Available Monday to Thursday. Maximum of eight guests per booking.

Champagne Spa Afternoon Tea - £185

Your choice of either a 60-minute Swedish Massage, 60-minute The Joy of Beauty Facial or a 60-minute combined treatment of both, along with the 2 hour use of the spa facilities and champagne afternoon tea in Meridian Lounge.

Total treatment time: 60 minutes. Available daily.

Morning Chill Spa Day - £165

Includes your choice of either a 60-minute Swedish Massage, 60-minute The Joy of Beauty Facial or a 60-minute combined treatment of both, along with the 2 hour use of the spa facilities. Tea, coffee and pastries on arrival.

Total treatment time: 60 minutes. Available daily.

Twilight Spa Day - From £155

This package includes your choice of a 30-minute Swedish Massage, 30-minute personalised Express Facial, or 30-minute Shape and Polish, 2 hour use of the spa facilities, followed by a two-course dinner in Market Brasserie with a glass of Prosecco. Total treatment time: 30 minutes.

Available from 4pm on Monday - Friday: £155 | Saturday - Sunday: £165. Maximum of eight guests per booking.

Classic Half Day Spa- £190

Experience includes tea, coffee and pastries on arrival, your choice of a 60-minute Swedish Massage, 60-minute The Joy of Beauty 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.

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Urban Retreat For Two - From £290

Escape to tranquillity with our new and exclusive treatment, the perfect antidote to urban lifestyle. Experience includes a back, neck and shoulder massage with the hot stones, a Skin Regimen Urban Longevity Facial™ with chemical peeling and 2 hour use of the spa facilities. Package is for two guests.

60-minute treatment per person.

Monday - Friday: £290 | Saturday - Sunday: £310

Luxurious Spa Day For Two - £205

Escape the hustle and bustle of the city with our invigorating spa package, designed for the modern couple. Experience includes tea, coffee and pastries on arrival, a choice of a 30-minute personalised Express Facial or 30-minute Swedish Massage for two, and 2-hour use of the spa facilities.

Available Monday - Thursday.

30-minute treatment per person. Maximum of eight guests per booking.

Unwind Together Party Package - £175

There is no finer experience than a surrendering to luxurious indulgence in the company of friends. We have everything you need for an unforgettable day of pampering. Experience includes a choice of a 30-minute Tranquility Calm Head, Neck and Shoulders Ritual, 30-minute personalised Express facial or 30-minute Aromasoul Scrub, 2 hour use of the spa facilities followed by a cocktail masterclass with bar snacks in Clipper Bar.

Monday-Sunday: £175 per person.

30-minute treatment per person.

Minimum of 4 guests and a maximum of 8 per booking.

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SPA ETIQUETTE

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, we ask guests to be robed or wear their swimming clothing. Gym attire is not permitted. Burkini and Islamic-compliant male swimwear should be made from the same material as any other swimming clothes. We kindly ask guests to shower before entering the pool and avoid applying any beauty products. Please be aware that 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 at all times while using the pool or gym facilities.

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, and change 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, thus lessening its effectiveness. Your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied. While in the waiting area, please be aware that others may be receiving treatments, so please keep all conversations at a low volume.

TREATMENT GUIDELINES

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

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 exclusively for pregnant woman 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.



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