



INTERCONTINENTAL®
LUANDA MIRAMAR



SPA MENU



Welcome to SPA InterContinental®

Discover a sanctuary of serenity at SPA InterContinental® Luanda Miramar, where modern luxury meets timeless relaxation. Our spa menu invites you to indulge in premium skincare rituals, rejuvenating massage therapies, beauty treatments, and an array of hydrotherapy experiences. Each treatment is designed to restore balance, enhance natural beauty, and promote overall well-being in a tranquil and elegant atmosphere. Allow our skilled therapists to guide you on a personalised journey of renewal and indulgence.



MASSAGE TREATMENTS

Signature Massage

60 min | Kz 88 000

90 min | Kz 110 000

A combination of Hot Stone, Kahuna, Balinese and Indian Head massage techniques for those who want to experience various types of massage

Swedish Body Massage

60 min | Kz 71 500

90 min | Kz 99 000

Incorporates light to medium pressure, long, smooth strokes and kneading to ease tense muscles and induce relaxation.

Aromatherapy Massage

60 min | Kz 77 000

90 min | Kz 110 000

Promotes healing, well-being and relaxation using pure essential oils and light massage strokes.

Pregnancy Massage**

60 min | Kz 71 500

A relaxing massage experience tailored to relieve typical pregnancy discomforts such as lower back ache and poor circulation. This treatment is not available for Moms within their first trimester.

Deep Tissue Massage

60 min | Kz 77 000

90 min | Kz 110 000

A deep pressure massage to relieve tension and detoxify.

Back, Neck & Shoulder Massage

60 min | Kz 71 500

45 min | Kz 55 000

30 min | Kz 44 000

This focused massage helps relieve tension in the neck, shoulders, upper and lower back.

Hot Stone Massage

60 min | Kz 77 000

90 min | Kz 110 000

This re-energising stone therapy massage creates a cleansing, harmonizing and relaxing effect on the body.

Pressure Point Foot Massage

45 min | Kz 55 000

30 min | Kz 44 000

Relax and balance the body through stimulation of pressure points situated on the feet.

MASSAGE TREATMENTS

Indian Head Massage

30 min | Kz 44 000

A detoxifying massage treatment of the head, scalp, face, neck and shoulders.

ADD ONS

Upgrade your 60min full body massage with an additional 30min | Kz 33 000

Add a Back Scrub | Kz 16 500

Add Hot Stones (back only) | Kz 11 000

Add Bellabaci Cups (back only) | Kz 11 000

Add on Thalgo Pebble | Kz 14 300

Bellabaci Oil | Kz 16 500



SKIN CARE THERAPY

Thalgo Silicium Marin Super Lift Treatment

60 min | Kz 264 000

A wrinkle lifting face, neck and décolleté treatment with double-masks. An infused sheet mask is activated on application and followed by a cryo-firming mask with dermal stimulation massage techniques including Dermastim+ massage.

Thalgo Lumière Marine Brightening Treatment

60 min | Kz 203 500

A brightening and rejuvenating treatment that lightens the skin and improves pigmentation. Skin will appear visibly younger with renewed radiance and an even tone skin.

Thalgo Hyalu-Procollagene Wrinkle Correcting Treatment

60 min | Kz 187 000

The first Thalgo wrinkle-by-wrinkle treatment combining hyaluronic acids & marine pro-collagen using Roller Boosters, with targeted action on even set-in wrinkles; for visible effectiveness, from the 1st treatment.

Thalgo Cica Marin Soothing Repairing Treatment

60 min | Kz 110 000

An SOS treatment with marine prebiotics to repair, soothe and strengthen sensitive or weakened skin.

Thalgo Source Marine Hydra-Strengthening Treatment

60 min | Kz 111 100

This facial corrects the hydration levels of the skin, deeply replenishing and restoring the skin's velvety-smooth feel and radiance. This treatment includes a revitalizing Infusion mask.

SKIN CARE THERAPY

Thalgo Spa Skin Facial

60 min | Kz 88 000

This classic facial is tailored to meet the specific needs of all skin types. Two treatment options (i.e. Hydrating or Purifying).

Thalgo Purité Marine Purifying Treatment

60 min | Kz 88 000

Specifically designed for combination to oily skin, this Purity Marine treatment reduces imperfections, redefines pores and controls shine; with the optional inclusion of extractions.

Thalgo Hydra-Radiance Facial

30 min | Kz 66 000

The ultimate “illuminating” treatment, it boosts radiance and reveals the beauty of dull, tired complexions.

ThalgoMen Facial Treatment

60 min | Kz 110 000

Whether your concern is dehydration, dryness, sensitivity or oiliness, this treatment provides a tailored solution for the male skin. Treatment includes a relaxing massage, leaving the skin revitalised and perfectly balanced.

Express Treatment For Men

30 min | Kz 66 000

Revive and energise tired complexions in just 30 mins. Includes a cleanse, marine crystal scrub, energising signature acupressure and an anti-fatigue mask to reveal clearer, cleaner skin.

SKIN CARE THERAPY

Wrinkle Correcting Pro Eye Treatment Add On

Kz 33 000

An SOS treatment to smooth the eye contour area and lessen the appearance of fine lines and wrinkles, diminishing signs of ageing and fatigue for younger-looking eyes.



THALGO IBEAUTY PRO



A tailor-made high-performance treatment combining three innovative non-invasive, non-aggressive technologies with proven effectiveness: sound vibrations, sequential ultrasound and tripolar radio-frequency.

THALGO IBEAUTY PRO

iBeauty Pro Hydrating

60min | Kz 126 500

iBeauty Pro Anti - Ageing

60min | Kz 126 500

iBeauty Pro Eye Contour

30min | Kz 47 300

ADD ONS

**Deep Cleansing Sound
Vibrations**

15min | Kz 44 000

This classic facial is tailored to meet the specific needs of all skin types. Two treatment options (i.e. Hydrating or Purifying).

Mechanical Lymph Drainage

15min | Kz 44 000

Pulsed ultrasound that accelerates tissue drainage, and increases micro-circulation, the result is increased radiance and great skin health.

Ultimate Hydration

15min | Kz 44 000

Continuous ultrasound creates spaces in between the layers of the skin, to enable increased absorption.

Microcirculation

15min | Kz 44 000

Microcurrent helps deliver oxygen naturally into the skin tissue, and increases blood flow. This action increases tissue oxygenation which improves radiance.

Anti-Ageing Stimulation

15min | Kz 44 000

This technology softens collagen fibres, and the natural cell renewal process is boosted.

**Anti-Ageing Tissue
Regeneration**

15min | Kz 44 000

The iBeauty Pro Tripolar Radiofrequency probe has an anti-ageing effect through tissue regeneration, thanks to a high frequency micro-current.

Muscle Stimulation

15min | Kz 44 000

Like exercise for the skin, these frequencies stimulate and firm the muscles of the face and neck. The action of this microcurrent forces the muscles of the face to contract for tightening and a muscle firming effect.

BODY TREATMENTS

Salt Glow Body Scrub

30 min | Kz 44 000

This luxurious natural salt and coconut oil exfoliating body treatment improves the skins texture leaving it smooth and looking radiant.

Vichy Treatment

This shower treatment is a luxurious spa therapy involving adjustable shower heads that cascade warm water over your body while you lie on a cushioned, waterproof table.

120 min | Kz 78 100



BODY TREATMENTS

BODY WRAPS

Thalgo Three Marine Algae Body Wrap

60 min | Kz 132 000

The “Thalassotherapy” body wrap by excellence; this 100% pure and detoxifying wrap is rich in minerals, vitamins and trace elements, leaving skin remineralized and the body revitalized.

Hydrating or Detox Wrap

45 min | Kz 66 000

Choose between a relaxing or an invigorating aroma wellness body wrap. Hydrate with Neroli and Vanilla essential oils or detoxify with Peppermint and Rosemary essential oils.

SLIMMING

Bellabaci Cellulite Cupping Treatment

60 min | Kz 77 000

30 min | Kz 55 000

Re-sculpt your body with the combination of cupping, hands-on massage and the use of a copper mitt, performed with premium hand-crafted all-natural aromatherapy oils formulated to target the visible signs of cellulite, expel toxins and breakdown lipids to detoxify and to give your body the ultimate deep cleanse. Target one area for 30min or target more than one area for 60 mins.

SPA FACILITIES

Jacuzzi | Kz 35 200

Steam Room | Kz 35 200

Sauna | Kz 35 200

BEAUTY TREATMENTS

Spa Beauty Treatments

Brow Shape & Tint | Kz 17 600

Tint Lash & Brow 20 min | Kz 22 000

Tint Lashes 20 min | Kz 16 500

Tint Brows 15 min | Kz 16 500

Waxing

Lip / Chin / Brow 15 min | Kz 16 500

Underarms / Sides of Face 20 min | Kz 22 000

Full Face 20 min | Kz 33 000

Bikini / Half Arm 25 min | Kz 22 000

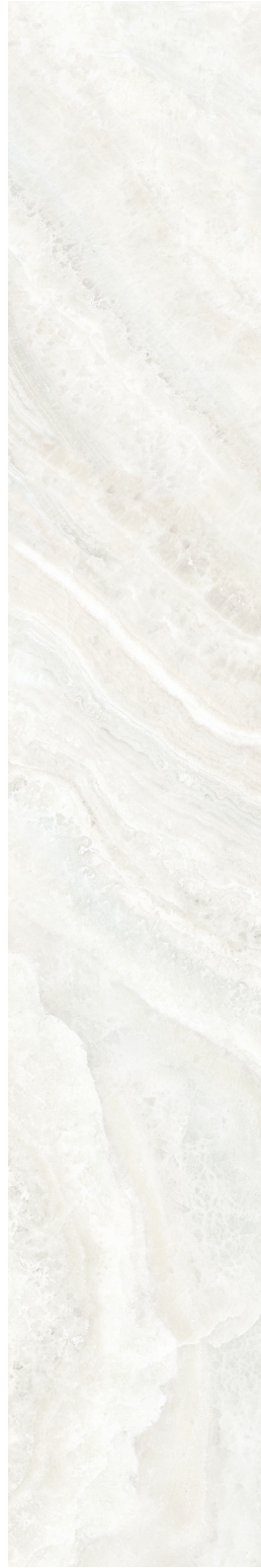
Half Leg / Full Arm / Half Chest 30 min | Kz 33 000

Full Leg 45 min | Kz 44 000

Brazilian 30 min | Kz 33 000

Hollywood 30 min | Kz 38 500

Back / Chest 45 min | Kz 44 000



SPA MENU

BEAUTY TREATMENTS



SPA MENU

HAND + FOOT CARE



SPA MENU

HAND + FOOT CARE

Paraffin Dip on Hands or Feet

15 min | Kz 16 500

Heel Peel Treatment Add On

15 min | Kz 16 500



HYDROTHERAPY

Thalgo Îles Pacifique Lagoon Bath

30 min | Kz 36 300

Rich in trace minerals and marine minerals, this blue lagoon bath instantly immerses the body into relaxing and comforting water. With aquatic aromas reminiscent of the atolls of the Polynesian Islands.

Thalgo Mer des Indes Milk Bath

30 min | Kz 41 800

Ayurvedic traditions have inspired this milky effervescent bath which awakens the senses and wraps the skin in soft, powdery notes.

CSpa Sensorial Shimmer Milk Hydrobath

30 min | Kz 35 200

Immerse yourself into a milk bath rich in vitamins to regenerate, rejuvenate and remineralise. Leaves the skin dusted in a shimmering veil.

SPA MENU

HYDROTHERAPY



SPA MENU

SPA EXPERIENCES



SPA EXPERIENCES

Re-Energising Couples Journey

1 hr 30 min | Kz 220 000

60 min Aromatherapy Massage

15min Head Massage

15min Foot Massage

Gents Executive Package

2 hr 30 min | Kz 209 000

60 min Deep Tissue or Hot Stone Body Massage

60 min ThalgoMen Fortifying Facial Treatment

30 min Pressure Point Foot or Indian Head Massage

Thalgo Relaxing Ritual Iles Pacifique

1 hr 30 min | Kz 159 500

Kz 297 000 per couple

The Iles Pacifique Ritual takes you on a journey of relaxation filled with fragrances and colours from the pacific. This intoxicating body journey includes a scrub, hydrobath and an indulgent massage.

Couples: Iles Pacifique Ritual for two and a glass of bubbly.

Mommy To Be

2 hr 30 min | Kz 137 500

60 min Pregnancy Massage

60 min Delux Foot Treatment

Snacks

SPA EXPERIENCES

Personalised Journey

2 hr 30min | Kz 159 500

3 hr 30min | Kz 231 000

4 hr 30min* | Kz 275 000

Tailor-make a Wellness Journey especially for you. Choose from any of the treatments below, and spend your desired amount of time in pure bliss.

30 min:

- Back, Neck & Shoulder Massage
- Indian Head Massage
- Pressure Point Foot Massage
- Salt Glow Body Scrub
- Hydrating Body Wrap
- Detox Body Wrap

60 min:

- Hot Stone Massage
- Aromatherapy Body Massage
- Thalgo Spa Skin Facial
- *Lunch (Included for 4hrs 30min Journey)

Please ensure when booking this package, you inform the receptionist which of the treatments you have chosen. A maximum of 90 mins can be selected from the massage options.

Spa Taster

60 min | Kz 82 500

30 min Back, Neck & Shoulder Massage

30 min Thalgo Hydra-Radiance Facial

SPA MENU

SPA EXPERIENCES



SPA MENU

KIDS SPA



KIDS SPA

Little Princess Massage | Little Prince Massage

20 min | Kz 33 000

Royal Head & Foot Massage

20 min | Kz 27 500

Little Duchess Facial | Little Duke Facial

20 min | Kz 44 000

Tween Petite Personalised Journey

60 min per child | Kz 71 500

Choose any three of the treatments below:

- 20min Back, Neck & Shoulder Massage
- 20min Booster Facial
- 20min Hand Treatment
- 20min Foot Treatment

Queen for a Day

50 min per child | Kz 44 000

(groups of 4 or more only)

- 20 mins Back, Neck and Shoulder Massage
- 30 mins DIY Facial

SPA MENU

CANCELLATION POLICY & SPA ESSENTIALS



CANCELLATION POLICY & SPA ESSENTIALS

Cancellation Policy

- Cancellations within 24 hours will incur a 50% charge; no-shows will be charged 100% of the treatment fee.
- Late arrival will result in a reduction of treatment time whilst the full treatment fee will apply.

Spa Essentials

- Prices valid for 2026.
- Booking in advance is recommended.
- Kindly arrive 15 minutes prior to your scheduled treatment(s) to change and complete a consultation form with your therapist.
- Please advise us of any health conditions, allergies, injuries, recent medical or cosmetic procedures, which could affect your spa experience.
- In a spirit of mutual respect we kindly request punctuality.
- We respectfully request that you leave mobile phones switched to silent mode.
- Spa guests aged 16 years and under must be accompanied by an adult
- Spa treatments for younger guests are available from 12 years of age.
- Prices are subject to change without notice.
- Gratuities are not included in the treatment price. It is at your discretion to add a gratuity for treatment excellence.
- Lockers are available. However, we recommend leaving valuables at home or securing them in your hotel room safe, as we cannot assume responsibility for any loss or theft.
- Please note that products bought at our spas are not refundable.
- All prices are inclusive of VAT.

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