



INTERCONTINENTAL.
TORONTO CENTRE



SPA MENU

SPA

INTERCONTINENTAL

Welcome to SPA InterContinental®



At The Spa InterContinental, we encourage rest, promote wellness, and embody vitality. Combining innovative technology and industry expertise, we provide guests with full-spectrum skin, body, and wellness care in a relaxing spa environment.

Whether you wish to feel calm, rejuvenated, or energized, our soothing treatments will restore a sense of harmony to your body, mind, and soul.

[BOOK NOW](#)

REGISTERED MASSAGE THERAPY

These services are performed by a Registered Massage Therapist.

An insurance receipt will be provided upon request.

Swedish Massage

Mon-Fri \$195 (50mins) / \$250 (80mins)

Sat-Sun \$220 (50mins) / \$275 (80mins)

This classic form of massage promotes good health by relaxing muscles and evokes feelings of tranquility and well-being.

Prenatal Massage

Mon-Fri \$195 (50mins) / \$250 (80mins)

Sat-Sun \$220 (50mins) / \$275 (80mins)

Relax and relieve discomfort with our prenatal massage, safe and suited for those who are expecting. Our therapists will discuss your needs before treatment and will set you up for ultimate comfort with supportive pillows.

Deep Tissue Massage

Mon-Fri \$205 (50mins) / \$260 (80mins)

Sat-Sun \$225 (50mins) / \$285 (80mins)

A firmer pressure massage than the Swedish massage, this treatment is designed to relieve deep muscle tension and ease aching muscles.

Aromatherapy

Mon-Fri \$200 (50mins) / \$255 (80mins)

Sat-Sun \$225 (50mins) / \$275 (80mins)

Enhance your massage with the unique properties of our sensuous essential oil blends, tailored to suit your exact needs.



MASSAGE

Some of these services may be performed by a Spa Therapist or a Registered Massage Therapist. If you require an insurance receipt, please ensure your treatment is booked with an RMT.

Warm Stone Massage

Mon-Fri \$210 (50mins) / \$275 (80mins)

Sat-Sun \$225 (50mins) / \$285 (80mins)

This organic massage uses heated volcanic stones to dissolve tension, melt muscle aches and gently improve circulation.

Warm Bamboo Massage

Mon-Fri \$210 (50mins) / \$275 (80mins)

Sat-Sun \$225 (50mins) / \$285 (80mins)

This unique massage uses heated bamboo rods of various sizes to knead and roll out knots and relax tense muscles. It combines the traditional benefits of massage along with the soothing properties of heat.

Relaxation Massage

Mon-Fri \$195 (50mins) / \$250 (80mins)

Sat-Sun \$220 (50mins) / \$275 (80mins)

This classic form of massage promotes good health by relaxing muscles and evokes feelings of tranquility and well-being.

*This service is performed by a Spa Therapist and is intended for relaxation purposes only. No insurance receipt will be issued.

Couples Massage

Enjoy a massage side-by-side with a friend or loved one.
Priced per person.

ENHANCEMENTS

Foot Massage Add-on \$55 (15mins)

Scalp Massage Add-on \$55 (15mins)

[BOOK NOW](#)

FACIAL TREATMENTS

Deluxe Resurfacing Treatment

\$275 (90mins)

A 90-minute luxurious and deeply exfoliating facial treatment using a powerful peeling solution (Lactic, Pumpkin, or Vitamin C) to target age concerns, pigmentation, acne scarring, congestion, and dehydration. This service includes cleansing, steaming, exfoliation, a customizable mask, and a neck and shoulder massage. The treatment is finished with a cooling lymphatic facial massage using ice globes wands. This service cannot be performed on broken/inflamed skin. SPF must be worn for the following 3 days.

Deluxe Skin Nourishing Facial

\$275 (90mins)

A deeply nourishing treatment that targets fine lines, dryness and dehydration, skin firmness, and more. Celluma Light Therapy is used to aid in collagen and elastin production, reducing the appearance of hyperpigmentation and redness, and improving the overall look and feel of the skin. This treatment includes cleansing, steaming, exfoliation, a hydrating collagen mask, and a relaxing hand and foot massage. This treatment is not recommended for our pregnant guests.

Super Hydration Facial

\$210 (60mins)

Experience immense hydration that leaves your skin feeling fresh, dewy and plump. Suitable for all skin types, including the most sensitive. Cleansing, steaming, exfoliating, extractions, a deeply hydrating mask and a luxurious face, neck and shoulder massage.



FACIAL TREATMENTS

Illuminating Facial

\$210 (60mins)

Get that Glow with powerful brightening benefits of Vitamin-C and shiitake mushroom. Suitable for all skin types, especially those suffering from hyperpigmentation, sun damage, or dull skin.

Cleansing, steaming, exfoliating, extractions, Vitamin C-Infusion TX mask and a luxurious face, neck and shoulder massage.

Skin Renewal Facial

\$210 (60mins)

Reverse the years with this effective anti-aging facial treatment.

DermaQuest's trifecta of powerhouse ingredients - Peptides, Antioxidants and Stem Cell Technology target the signs of aging, mimicking the effects of Botox. Cleansing, steaming, exfoliating, extractions, an anti-gravity mask and a luxurious face, neck and shoulder massage.

AquaPeel Express Facial

\$165 (45mins)

A perfect on-the-go option for anyone looking for a deep cleanse and exfoliation. Using revolutionary AquaPeel technology and powerful glycolic or lactic acid solutions, our therapists will target areas of concern including acne, congestion, fine lines, hyperpigmentation, and more. Best results are achieved with a regular series of at least 3 treatments, each spaced 2 weeks apart. This treatment is not recommended for our pregnant guests.

AquaPeel Facial

\$250 (75mins)

This treatment combines the deep cleanse and exfoliation of our AquaPeel Express Facial with a luxurious jelly mask and massage ritual for a highly effective, yet thoroughly relaxing, skin treatment. Skin is left glowing and radiant and you are left relaxed and refreshed. This treatment is not recommended for our pregnant guests.

Express Facial

\$135 (30mins)

A facial great for those on-the-go! A good introductory facial to leave your skin clean, soft and glowing. Suitable for all skin types, this treatment includes cleansing, steaming, exfoliation, a customizable mask and finishing products.

BODY TREATMENTS

AquaPeel Back Treatment

\$210 (60mins)

Using revolutionary AquaPeel technology to provide deep cleansing and exfoliation, this treatment is perfect for anyone looking to address concerns of acne, blackheads, dryness, and dehydration on the back. This treatment includes a full cleanse, exfoliation, extractions, mask, and moisturization. This treatment is not recommended for our pregnant guests.

Detoxifying Body Wrap

\$185 (75mins)

An exfoliating body scrub removes dead skin cells and increases circulation of fresh nutrients and oxygen to the skin. The organic marine mud helps to flush out toxins, contouring and smoothing the skin's appearance. The service is completed with a nourishing moisturizer application to leave your skin looking and feeling radiant.

Body Glow

\$165 (60mins)

Get that whole body glowing! Natural sea salt minerals buff away old dead skin cells revealing a brighter, smoother looking you. Soothe and replenish the skin post exfoliation with the hydrating and nourishing properties of honey with delicious vanilla scent.

ENHANCEMENTS

Foot Massage Add-on \$55 (15mins)

Scalp Massage Add-on \$55 (15mins)

