

# SPA

## INTERCONTINENTAL

HAVEN OF  
RELAXATION





## A HAVEN

where beauty and rejuvenation awaits you

LifeStyles... a health and fitness club where you will be challenged physically by our team of experienced instructors and where our focus is on total relaxation and rejuvenation using both Asian and local techniques to relax your body.

### FACILITIES

InterContinental Spa hosts an exclusive range of services and facilities. The first of it's kind in Egypt.

Come and experience dry floatation, hydrotherapy, wet and dry massage suites. All suites are self contained with changing facilities and shower cubicles.

You will also find 6 treatment rooms, 2 Thai massage rooms.

Separate rooms are available for male and female guests.

Revive your muscles by using the steam room, sauna, or jacuzzi. Separate facilities for male and female. Jacuzzi female only.

Discover true luxurious relaxation in our spectacular hydropool. This is a mixed facility with air jets, neck massagers, air bed, different level of water jet and air tub.

# HANDS AND FEET

## MANICURES

### MANICURES FOR WOMEN

Express	30 min	87 LE
Deluxe	45 min	115 LE

### MANICURES FOR MEN

Express	15 min	58 LE
Deluxe	30 min	87 LE

### JUST NAILS

Classic Polish	15 min	58 LE
French Polish	25 min	87 LE
Nail Art	15 min	58 LE

## PEDICURES

### PEDICURES FOR WOMEN

Express	25 min	87 LE
Deluxe	55 min	144 LE

### PEDICURES FOR MEN

Express	25 min	87 LE
Deluxe	45 min	115 LE

### EXTRAS

Hand Massage	15 min	58 LE
Foot Massage	15 min	58 LE



# BEAUTY ESSENTIALS

## FACIALS

Facials for both men and women

Express	25 min	230 LE
Deluxe	50 min	432 LE

## WAXING

Upper lip & chin	15 min	58 LE
Underarm	15 min	58 LE
Half arm	20 min	58 LE
Full arm	30 min	87 LE
Half leg	30 min	87 LE
Full leg	40 min	115 LE
Bikini Half Line	15 min	41 LE
Bikini Full Line	20 min	58 LE
Full leg & Bikini	55 min	144 LE
Back	40 min	115 LE

## EYEBROWS AND LASHES

Eyebrow tidy	15 min	58 LE
Eyebrow tint	15 min	58 LE
Eye Lash tint	30 min	87 LE
Eyebrow & Lash tint	30 min	115 LE

# MASSAGES

<b>BACK MASSAGE</b>	25 min	259 LE
<i>Back massage with oil, using relaxing movements</i>		
<b>HEAD MASSAGE</b>	25 min	230 LE
<i>A pressure point massage to aid relaxation</i>		
<b>SWEDISH</b>	50 min	374 LE
<i>Full body massage with oil, using relaxing movements</i>		
<b>SPORTS</b>	50 min	374 LE
<i>A firm therapeutic massage to relieve tension &amp; pain</i>		
<b>AROMATIC</b>	50/80 min	403/518 LE
<i>A relaxing massage with aromatic oils using various techniques</i>		
<b>THAI</b>	80/90 min	518/575 LE
<i>A stretching massage to manipulate the body without oils</i>		
<b>SHIATSU</b>	50 min	403 LE
<i>A tension relieving full body massage to improve circulation &amp; energy flow</i>		
<b>LOMI LOMI</b>	50/80 min	403/518 LE
<i>A gentle deep reaching full body massage using flowing strokes</i>		
<b>BALINESE</b>	50/80 min	403/518 LE
<i>A deep tissue massage using aromatherapy oils to relieve tension</i>		
<b>HEALING STONE</b>	80 min	518 LE
<i>Full body massage using hot stones used to improve circulation</i>		
<b>SLIMMING MASSAGE</b>	50 min	403 LE
<i>Slimming Aromatic oil used for a relaxing slimming massage to help break down fatty cells, the common cause of cellulite; this treatment cleverly combines several massage techniques with the wonderful powers of the Slimming Balm: effleurages, smoothing movements, kneading movements. At the end, you will feel pounds lighter and relaxed. Your skin is visibly smoother and softer.</i>		
<b>REFLEXOLOGY MASSAGE</b>	50 min	403 LE
<i>An ancient healing massage based on the principles that there are reflexes in the hands and feet that correspond to every part, organ and gland in the body which help to cure headache, back pain, stress and boost the blood circulation.</i>		





# SPECIALIST TREATMENTS

## THE WORLD OF L.P.G

L.P.G Endermologie is the latest non-invasive treatment for cellulite.

**BODY CELLU M6** 35 min 317 LE

*Reduces the appearance of cellulite, tones the skin, reduces body measurements in treated areas and aids in the drainage of excess water, fats & toxins*

**LIFT 6** 35 min 345 LE

*Stimulates the elastic capacity of the skin inducing a natural face-lift effect*

A course of treatments is recommended to gain optimum results.

Book 5 sessions and receive 1 complimentary

Book 10 sessions and receive 3 complimentary

**L.P.G Suit** 350 LE



All prices are subject to 12% service charge and applicable taxes

# BODY BEAUTIFUL

## BODY WET TREATMENTS

**TOTAL BODY SCRUB** 25 min 288 LE  
*Exfoliating treatment to leave your skin smooth*

**DETOXIFYING BODY WRAP** 50 min 432 LE  
*Purifying seaweed mud to eliminate toxins*

**HYDRATING BODY WRAP** 50 min 432 LE  
*Deep moisturising treatment to restore your skin*

**RE-ENERGISING BATH** 25 min 202 LE  
*Water massage with the benefit of essential oils*

**RELAXING BATH** 25 min 202 LE  
*Water massage with the benefit of essential oils*

**DETOXIFYING BATH** 25 min 202 LE  
*Water massage with the benefit of essential oils*

**CLEOPATRA BATH** 25 min 202 LE  
*Water massage with the benefit of body milk and honey*

## DELUXE BODY TREATMENTS

**BALANCE** 100 min 690 LE  
Relax in the water jets of the hydro bath while receiving a soothing head and shoulder massage, followed by an express facial and finished with a relaxing Swedish massage.

**HARMONY** 100 min 690 LE  
An invigorating full body scrub, followed by aromatic stress relieves massage accompanied by therapeutic feet massage.

**FUSION** 100 min 690 LE  
Hydrating Full Body wrap whilst emerged into the Spa dry floatation bed, followed by a relaxing Swedish massage.

# SPA DAY PACKAGES

## HALF DAY PACKAGE

Allow 3 hrs 1150 LE

This includes use of the steam room, sauna, jacuzzi and hydro pool and refreshment in the Café Bar

**PLUS** a choice of one of the following;

## RELAX YOUR MIND

Start with An Aromatic massage, followed by facial deluxe and finished with detoxifying Full body wrap whilst emerged into the Spa dry floatation bed.

## REFRESH YOUR BODY

Start with Lomi Lomi tropical massage, followed by an invigorating full body scrub, then treat your nails by an express manicure and finish by an express facial treatment.

## RE-ENERGISE YOUR SOUL

Relax in the water jets of the hydro bath while receiving a soothing head and shoulder massage, followed by shiatsu, Hand and feet massage finished by a deluxe facial treatment.



# GIFT CERTIFICATES

Our Gift Certificates are the perfect way to celebrate any special occasion.

They may be purchased at InterContinental Spa reception, as treatment(s) or in monetary value.

The lucky recipient simply has to book an appointment to begin their unique InterContinental Spa experience.

Please note that Gift Certificates are valid for 1 year and are non-refundable and non-transferable.

# SPA GUIDELINES

We recommend booking your treatment in advance to avoid disappointment.

Please arrive 15 minutes prior to your scheduled treatment time to allow for our receiving and screening procedure. Late arrivals will receive the best treatment possible in their remaining appointment time, at the same charge.

Pre-booked courses require advanced payment and multiple service appointments require a credit card to hold a reservation.

To cancel or reschedule :

For pre-booked appointments/courses/multiple services, please give 24 hrs notice.

For appointments booked on the day please give 3 hours notice. Inadequate notice will be subject to a full treatment charge.

In order to provide all clients with a safe and relaxing experience, please note that children under the age of 16 are not permitted to partake of any treatment services nor allowed to wait anywhere in the spa.

Spa treatments/courses/multiple services/packages are non transferable.

Smoking and alcohol consumption are not permitted in the Spa. Inappropriate behavior toward Spa therapists is not tolerated.





Spa operating hours

9:00 am until 9:00 pm

(operating hours are subject to seasonal change)

Please contact Lifestyles on

(202) 248 00 230

(202) 248 00 090 or dial ext. 2638/2640

to arrange a tour of the facility

# Lifestyles

Health - Fitness - Spa

*“Enter the world of Spa where indulgence  
is a Lifestyle”*

Managed by



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