



Journeys and Rituals

Spa Sensation (2 hours30 min) 1280 RMB

A perfect way to indulge your senses and recharge body and mind. This sensational journey combines Aromatic Salt Glow, followed by a soothing Aromatherapy Massage and Hydrating Facial to complete all senses.

Signature Asian Rejuvenation (2 hours 30min) 1,180 RMB

This indulgent package starts with an exfoliating scrub and continues with the healing properties of the Ginger and Honey wrap. The experience is completed by a deep pressure Traditional Chinese Massage.

City Escape (2 hours) 980 RMB

After a long hectic day, we recommend this combination of our own Signature Massage and Anti Oxidant Rejuvenating Facial to restore radiance whilst refreshing the mind and body.

Jet Lag Revival Treatment (90min) 780 RMB

The ultimate re-energizing body experience for the weary traveler. The treatment begins with a relaxing body aromatherapy massage is perfect to relieve water retention swollen ankles and feet and backache from a long plane flight. Complete the rejuvenation with a nurturing mini-facial to cleanse and clarify the skin.

Massage Therapy

Hot Stone Massage (90min) 880RMB

Hot stone therapy refreshes the body by use of heated “Volcanic stone” to bring about total balance within the body. The effect is simply divine.

Spa InterContinental Signature Massage (80min) 780RMB

This treatment combines Traditional Chinese Massage with Western Aromatherapy techniques to give your body a complete workout. Choose from our selection of Aromatherapy blends and let this ultimate bodywork experience begin.

Aromatherapy Massage (80min)

780RMB

Let this aromatic and gentle massage combine with the therapeutic effects of pure essential oils on the body, leaving you relaxed and creating wholeness of mind, body and spirit.

Traditional Chinese Massage (50min)

450RMB

The benefits of Chinese tradition are once again echoed in this stimulating dry massage treatment. Balance Yin and Yang energies by applying deep massage techniques over the body.

Back Revival (30min)

380RMB

The back retains tension absorbed from stress in head, shoulders, neck and spine. This treatment specifically designed to calm and relax with luxurious aromatherapy massage to the back and shoulder area.

Traditional Foot Reflexology (50min)

350RMB

This specialized foot massage assists in the relief of stress and tension. It helps to improve circulation and provide relaxation while stimulating the body's own healing mechanism.

Body Treatments

Aromatic Salt Glow (45min)

520RMB

This invigorating body exfoliation uses lemon and lime essential oils, combined with natural sea salts, to remove toxins and leave the skin noticeably smooth.

Silky Skin Body Scrub (45min)

520RMB

A gentle and deep cleanse exfoliation, resulting in youthful skin. Highly recommended for all skin types.

Almond Soya Scrub (45min)

450RMB

This pure natural body scrub is perfect for dry skin as it cleanses and nurtures, leaving skin smooth, moist and radiant.

Detoxifying Algae Wrap (60min)

580RMB

This effective treatment detoxifies and re-mineralizes dry, depleted skin. As stress and toxins are eliminated, your entire body resurfaces youthful, replenished and hydrated.

Moor Mud Body Warp (60min)

580RMB

A combination of European Moor and Dead Sea Mud works to stimulate circulation and deep cleanse the skin whilst detoxifying the body and reducing water retention.

Natural Ginger and Honey Wrap (60min)

480RMB

An oriental wrap using ginger to warm and honey to tone refine and nourish the skin. A gentle scalp massage during the wrap creates a soothing treatment ideal for relieving muscular fatigue and stress.

Facial Treatments

Luminous C & Sea (90 min)

880RMB

Using a potent blend of stabilized “C” combines with the latest high tech formulation of freeze dried seaweed. Your complexion resurfaces renewed, firm and extremely smooth with luminous glow.

Anti-Oxidant Rejuvenating Facial (75min)

620RMB

An intensive therapeutic facial targeting mature, sensitive and allergic skin types. Rich in natural anti-oxidants, this facial is designed to nourish nutrient-deprived skin due to sun damage, pollutants stress and time.

Hydrating Facial (60min)

580RMB

A cleansing and relaxing facial performed using pure aromatherapy preparations personalized for individual skin types and conditions. This classic facial provides holistic benefits essential for radiant, healthy skin.

Skin Vitality for Men (60min)

520RMB

A deep-cleansing and purifying facial designed especially for men to relax and hydrate the skin. A soothing neck and hand massage completes the treatment.

Express Facial (30min)

280RMB

Restore a natural radiance to the face and ease tension in the neck and shoulders. This treatment is ideal for someone who wants great results in the shortest time.

De-Stress Eye Treatment (45min)

380RMB

A gentle soothing with anti puffiness and anti stress treatment. Promote lift up and reduce fine lines around eyes area.

Salon Services

Essential Hand Treatment (60min)

280RMB

Soften and condition your hands in a stimulating bath with essential oils. Gentle exfoliation, cuticle softening and nail shaping is followed by a relaxing hand massage. Your hands will feel beautifully soft and hydrated.

How to Spa

Reservations

Reservations are highly recommended. To make your reservation, telephone Spa InterContinental or visit us on the 4th floor, InterContinental Shanghai Pudong.

Canceling Reservations

Please note that a 50% charge will be levied should you cancel your appointment within 6 hours of the scheduled time, and 100% will be charged should you fail to keep your appointment.

Preparation and Dressing for Spa Treatments

We will provide you with a comfortable robe, disposable underwear and slippers upon arrival. During spa treatments, our therapists will drape you appropriately at all times. Men are advised to shave before receiving any facial treatment.

Spa Etiquette

Spa InterContinental is a tranquil and smoke-free environment. We request that all mobile devices are turned off during your visit and that noise levels are kept to a minimum at all times. No alcohol should be consumed before any spa treatments.

Arrival at Spa InterContinental

We suggest you arrive 10 minutes before your scheduled appointment time. Late arrivals may be subject to a reduced treatment time.

Consultation

There will be a consultation before each spa treatment where any health concerns will be addressed.

Valuable

Each spa treatment room has secure storage for valuables; we recommend that no jewellery be worn during spa treatments.

Payment

Guests may charge to their hotel room, we also accept cash and a variety of local and international credit cards. All prices listed are in RMB and are subject to a 15% service charge.