

The Spa offers an essential blend of spa services to refresh your body and mind. Specializing in massage, body therapy, skin care and esthetic services – all delivered within 8,000 square feet of spacious comfort and flooded with natural light, complete with solarium, a 48 ft saline pool, Himalayan salt hot tub, and a peaceful outdoor terrace with spectacular views of the Toronto skyline and the CN Tower.

Located within the chic InterContinental Toronto Centre Hotel, The Spa is the perfect destination in the heart of downtown Toronto. Steps to the Entertainment and Financial districts, The Spa is a dynamic urban retreat with options available for single or group treatments.

Guests are encouraged to arrive early to exercise in our fitness facility, enjoy a refreshing swim, soak in the jet tub, or relax in the steam room. Robes, towels and sandals are provided.

Committed to the power of nature, The Spa offers a synergy of purity and beauty through organic, natural and advanced scientific skin care. To promote your wellness from the inside out, a healthy food and drink menu is available and highlights extensive tea and juice options to enjoy in our solarium or on the outdoor terrace.

Call today to book your Spa experience: 416-646-5838 or email spainfo@ihg.com.

SERVICES

For the ultimate in relaxation and rejuvenation, let our expert's help you look and feel your best. Using only the finest spa skin care, our advanced bioactive and organic skin care lines offer special results for every skin care need - featuring Comfort Zone and Jurlique products.

FACE

All facials include our unique hand, foot and arm massage, plus aromatic touches.

Calm Infusion

*Using nature's best formulation to protect and sustain balance for even the most sensitive and fragile skin. This aromatic organic treatment leaves your skin feeling soothed and radiant, with renewed protection. (60 min) **\$110***

Moisture Drench

*A great recovery from travel and environmental exposure, this rich blend of organic ingredients is loaded with vitamins and anti-oxidants. It works deeply to deliver exceptional hydration and nourishment and leaves your skin feeling fresh and replenished. (60 min) **\$110***

Active Deep Cleanse

*Deep cleansing flushes impurities and unclogs pores to freshen your skin. We'll customize your facial to suit your skin type. A popular choice for men. (60 min) **\$105***

Pearl Luxury

*Enriched with pearl powder and active natural ingredients that provide oxygenating and anti-oxidant action, this treatment greatly increases skin luminosity leaving your skin looking radiant. (60 min) **\$140***

Glorious Lift

*An intensive treatment to transform your skin by immediately improving expression lines and promoting a lifting effect. The result is a toned and youthful face, neck and décolleté. (60 min) **\$160***

Absolute Renewal

*An extraordinary anti-aging treatment with deep renewing alpha hydroxy acid and pure collagen to resurface and hydrate your skin while rejuvenating cells. For supple skin with a long lasting glow. (60 min) **\$180***

Optimize your facial results with a treatment enhancement...

Supreme Eye Therapy

*This multi-active rejuvenating treatment for the delicate skin around your eyes reduces swelling, dark circles and expression lines. Provides deep nourishment and protection. **\$40***

Collagen Mask

*Deeply penetrating mask with ingredients to improve elasticity, firmness, microcirculation, and moisture. Reduces the appearance of fine lines and wrinkles. **\$50***

Lip Bloom

*Active ingredients immediately volumize and hydrate your lips while smoothing fine lines. Lips are left feeling soft, plump and healthy. **\$35***

BODY

Aromatic Body Scrub

*A fragrant-rich exfoliation treatment to remove dull surface skin, improve circulation and aromatically refresh your skin leaving it nourished and glowing. Created seasonally by therapists at The Spa using selected organic ingredients loaded with vitamins and anti-oxidants. (60 min) **\$135***

Intense Detoxifying Mud

*This treatment begins with an alpha hydroxy scrub to stimulate circulation and lymphatic flow before your body is massaged with an aromatic oil blend of thyme, fennel, tangerine and lemon. (60 min) **\$150***

Body Firming Extraordinaire

*A luxurious combination of exfoliating peel, stimulating oil, serum and cream complex culminates on your entire body to regain elasticity. Leaves skin silky smooth and pleasantly fragranced with bitter Italian orange. (60 min) **\$165***

Vital Leg Relief

*This treatment is designed for legs subject to fluid retention, tension and a sensation of heaviness. Circulation is improved through the use of natural extracts and essential oil. Enjoy a visible reduction of swelling and a light, fresh feeling in your legs. (30 min) **\$70***

MASSAGE

Using only organic massage and essential oils; treatments are available in 30, 60 or 90 minute sessions. A soak in our Himalayan salt hot tub following any massage is highly recommended to further soothe the muscles and aid in detoxification.

Therapeutic Massage

*For real therapeutic benefits that dissolve tension and knots, increase blood circulation and restore lymphatic and muscular systems, this massage is adapted to suit your needs. (60min) **\$125** (If your health care insurance covers therapeutic massages, please request your receipt for reimbursement.)*

Aromatic Massage

*Treat your mind and muscles with a powerful infusion of fine, organic essential oils. With the guidance of your therapist, intuitively select the aroma oil that refers to you. (60 min) **\$135***

Shiatsu

*Based on the same principles as acupuncture, shi (finger) atsu (pressure) stimulates energy flow (Chi) along your body's meridian lines to rebalance emotions and recharge your natural energy. Performed by licensed Shiatsu Therapists. (60 min) **\$130***

Couples Massage

*Enjoy a massage side-by-side with a friend or loved one. The Spa staff will be happy to assist you with any personal requests to make your experience special. (60 min) **\$270***

In Room Massage

*Experience any of our massage or shiatsu treatments in the privacy of your own hotel room. After your treatment, relax in your robe and enjoy a complimentary Himalayan salt bath and fresh bottle of water. (60 min) **\$145***

*Add a stimulating tonic-infused scalp treatment to any massage for the ultimate sensory experience. **\$35***

ESTHETICS

Our professional esthetic services use carefully selected products and safe hygienic practices to give you optimal beauty results.

Spa Manicure

*This luxurious service is layered with fragrant aromas, rich moisturizers and hydrating mask to leave your skin and nails nourished and refreshed. Precision manicure techniques ensure a beautiful hand display. (50 min) **\$55***

Spa Pedicure

*Treat your feet to a refreshing fusion of oceanic salt to detoxify, an uplifting scrub to remove dead surface skin, plus invigorating lower leg and foot moisture massage. Treatment is completed with a professional polish application for the ultimate pedi-cure. (60 min) **\$70***

French Polish, add **\$12**

Polish Change, **\$20**

Manicure for Men

*A refreshing soak and exfoliation, cuticle and nail repair and nail shaping, complete with a relaxing hand massage. (30 min) **\$35***

Pedicure for Men

*A refreshing soak and exfoliation, cuticle and nail repair and nail shaping, complete with a pressure point foot massage. Feet are buffed to perfection. (45 min) **\$50***

Make Up

*Recommended by dermatologists, natural mineral make up by Jane Iredale allows skin to breathe while protecting it from natural pollutants. Offers great staying power and resists smearing. (45min +) Starting at **\$45**.*

Waxing Services

We offer a full menu of waxing options. Please contact us for current prices.

PACKAGES

Arrive early to relax pool side, take a refreshing dip, enjoy the Himalayan salt hot tub, and steam room. We provide you with shampoo, conditioner, body lotion, and hairdryers, robes, towels and slippers.

Seasonal: Spring Bloom

Refresh mind and body by starting with a ½ hour massage followed by a lifting facial and lip bloom treatment. Relax pool side or soak in our therapeutic salt jet tub and end the afternoon with a premium specialty tea while receiving our signature pedicure.

*Therapeutic Massage ½ hour
Glorious Lift Facial and Lip Bloom
Spa Pedicure
(2 ½ hours) **\$320***

The Classic

Also a popular package for brides before their wedding day.

*French Manicure
French Pedicure
Aromatherapy Massage
(3 hours) **\$260***

Executive Refresh

Unwind with a full body massage, followed by a ½ hour facial and ½ hour manicure. Leave your shoes with us during your treatment and they will be returned completely polished.

*1 hour massage
Sample facial and manicure
(2 hours) **\$220***

THE SIMPLER MENU

For those on the go or who would like to sample our signature services (30 min each).

Aroma Facial

*This refining facial is customized for each guest. Using The Spa's signature cleansing techniques and our bio-active aromatic products, the expert hands of our therapists will leave you cleansed and hydrated. **\$65***

Massage or Shiatsu

*Allow your body a quick reprieve from everyday stresses. Our certified Registered Massage Therapists and Certified Shiatsu therapists will help ease tension and increase your body's circulation. The perfect way to start or end your day. **\$62.50 / \$70***

Vital Leg Relief

*This treatment is designed for legs subject to fluid retention, tension and a sensation of heaviness. Circulation is improved through the use of natural extracts and essential oil. Enjoy a visible reduction of swelling and a light, fresh feeling in your legs. (30 min) **\$70***

Manicure

*This treatment will trim and perfect your hands for any occasion. Your skin and nails will look trim, flawless, and moisturized with The Spa's signature scents. **\$35***

Pedicure

*A Simpler Pedicure allows the tension of the day to dissolve from your feet without taking up your schedule. Including a buff and polish application, your feet will be velvety smooth and looking red-carpet-ready. **\$38***

Body Scrub

*This treatment allows the skin to be gently smoothed with our range of signature scrubs, infused with aromatic blends. Enjoy polished and rejuvenated skin, with improved circulation and renewed senses. **\$85***

Make-Up Touch Up

*With the use of high mineral content makeup, brush off the effects of a stressful day. Put your best face forward with a Jane Iredale mineral make-up touch up. **\$30***

FITNESS AMENITIES & MEMBERSHIPS

Limber up in our stretching studio, complete with stretch mats and exercise balls. Then take it to the next level in our air conditioned gym featuring:

- 3 Treadmills
- 2 Stationary Bikes
- 2 Elliptical Machines
- 1 Lat/Row Machine
- 1 Bicep/Tricep Machine
- 1 Multipress Machine
- 1 Leg Curl Extension Machine
- 2 Free Weight Benches
- Free Weights
- Yoga studio

Soothe your muscles in with our steam room, 48 foot saline swimming pool or the Himalayan hot jet tub. A perfect end to a good workout!

A juice bar is available for your after workout replenishment.

Guests of The Spa or hotel have complimentary access to all fitness amenities.

Pool amenities are available 7 days a week from 6am – 10pm

Fitness Facility open 7 days a week, 24 hours a day!

FITNESS MEMBERSHIP

Enjoy the serenity and natural light while you maintain your fitness regimen. Become a member and you will have full access to fitness and yoga studio, steam room, Himalayan salt hot jet tub, and 48 foot saline swimming pool.

Complimentary use of robes, towels, slippers, showers.

Special 15% discounts on spa treatments (excluding massage) and retail products, plus exclusive promotions.

One Year Membership: **\$1200**

6 Months: **\$800**

3 months: **\$375**

THE SPA ETIQUETTE

Please arrive 15-30 minutes prior to your scheduled treatment to check-in and complete a health form (first time guests only).

If you wish to use our fitness facility, 48 ft saline swimming pool, soak in our Himalayan Salt hot tub or relax in our steam room, please arrive 45 minutes early.

Appointments must be reserved with a credit card.

Walk-ins are also welcome and we will do our best to accommodate you.

Cancellation Policy

We kindly ask that you give us a minimum 24-hours notice to cancel or reschedule a single service. 48-hours notice is required to cancel or reschedule a group or treatment package.

Please note that full charges will be applied to your credit card if you change your appointment without the minimum notice.

Cell Phones

The Spa is a place for wellness and relaxation. Your cooperation in providing a peaceful environment is greatly appreciated. Please turn your cell phone off while at The Spa.

Safety

Guests under 18 require parental consent to receive treatments. The pool area is shared by all hotel and spa guests. Children under the age of 16 are allowed access to the pool with adult supervision.

For your safety, a physician's consultation is required if you suffer from any conditions or contraindications such as allergies, recent surgery, cardiac, respiratory, or any other medical conditions that may prevent you from enjoying a treatment.

Expectant Mothers: The Spa will not perform treatments that use hot temperatures, essential oils, or pose risk to your pregnancy. Use of the hot tub is not recommended.

Please advise us of any of the above mentioned concerns so we can ensure a more relaxing spa experience.

What to Wear

A comfortable robe, towels, footwear, and a secure space to store your belongings is provided by The Spa for your convenience.

For scrub treatments, we will provide you with a disposable garment and proper draping procedures will be administered.

The Spa is not responsible for lost or misplaced items. Valuables are best left at home or in your hotel room.

What to Bring

We provide you with shampoo, conditioner, body lotion, and hairdryers, robes, towels and slippers. Please bring your cosmetics and any other toiletries you may need. But if you have left your cosmetics and skin care at home, you are sure to find something special in our retail area including Jane Iredale cosmetics and Jurlique and Comfort Zone skin care, for both men and women!

CONTACT THE SPA

To receive more information about The Spa or to schedule an appointment, please contact us at 416 646 5838 or email spainfo@ihg.com

For group or private events, please contact The Spa director, *Paola Perin*, at 416 646 5810 or email paola.perin@ihg.com

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