

# HEALTH CLUB

INTERCONTINENTAL ABU DHABI

TREATMENT GUIDE  
WELLNESS



# CLEANSE MIND & BODY

## Specialist Massage & Facial Treatments

With six treatments rooms, a private consultation space, a laid back relaxation area and a healthy refreshment bar, InterContinental Abu Dhabi's health club is the perfect place to unwind.

And, if that isn't tempting enough, everyone who buys a treatment can use our sauna, steam, jacuzzi and plunge pool at no extra cost.

# FACIAL TREATMENTS

## ELEMIS - PRO COLLAGEN AGE DEFY

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**60 MIN - AED655**

## ELEMIS - PRO DEFINITION LIFT AND CONTOUR

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

**60 MIN - AED590**

## ELEMIS - DYNAMIC RESURFACING PEEL

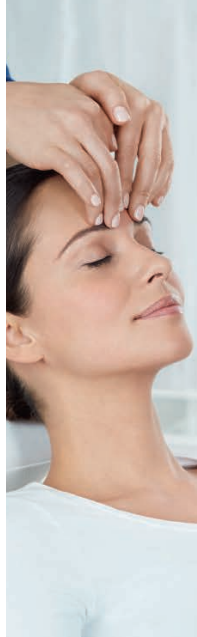
Clinically proven to target the signs of aging and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

**60 MIN - AED580**

## ELEMIS - WHITE BRIGHTENING PIGMENT PERFECTOR

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion

**60 MIN - AED655**



### ELEMIS - SUPERFOOD PRO-RADIANCE

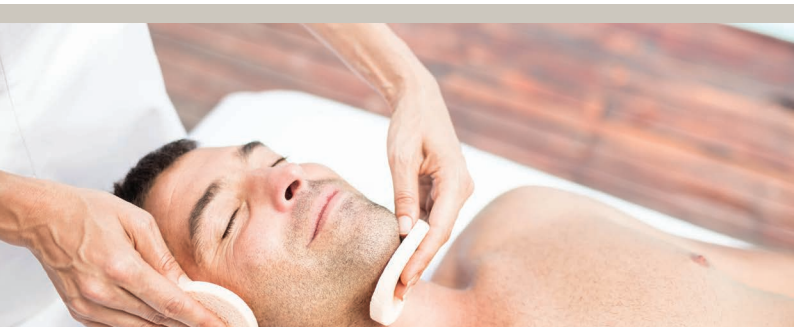
A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

60 MIN - AED655

### ELEMIS - EXPRESS FACIAL

A unique gently cleansing and hydrating facial.

30 MIN - AED350



## MEN FACIAL TREATMENTS

### ELEMIS - HIGH PERFORMANCE SKIN ENERGIZER

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximizes cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax

60 MIN - AED500

# BODY TREATMENTS

## ELEMIS - BODY NECTAR NOURISHING WRAP

SWEET ORCHID OR FRANGIPANI

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

60 MIN - AED430

## ELEMIS -THOUSAND FLOWER DETOX WRAP

This nutrient-rich detox wrap uses the deeply nourishing Green Tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave your feeling completely reinvigorated.

60 MIN - AED580

## ELEMIS - INTENSELY CLEANSING SALT SCRUB

LIME & GINGER OR FRANGIPANI

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil

30 MIN - AED400





# MASSAGES

## SWEDISH MASSAGE

This massage places firm focus relaxing the entire body. Leave it to us and we guarantee you total relaxation. This massage will not only relax you it will increase the level of oxygen in the blood and will decrease the muscle toxins to improve circulation and flexibility and eases tension. Our therapist will work on the whole body by rubbing the muscles with long gliding strokes following the blood circulation direction.

60/90 MIN - AED340/390

## DEEP TISSUE MASSAGE

This massage is ideal for chronic aches and pain and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness and sore shoulders. The deep tissue massage is about releasing the tension in the muscles and improving blood pressure. The ideal treatment to relax and release the daily stress.

60/90 MIN - AED340/390

## THAI MASSAGE

This massage will relax and rejuvenate your body and your physical and mental well-being. It is a traditional ancient healing massage, combining broad and targeted acupressure. The therapist will use thumbs, palms, forearms, elbows, knees and feet to create a rhythm of movement on the body.

60/90 MIN - AED340/390

## BALINESE MASSAGE

Treat your body to maximum, relaxation and reach the highest sense of calmness and wellbeing. This is a relaxation massage with defiance. In addition, it will boost circulation, releases all the tension by targeting the knotted tissue.

60/90 MIN - AED340/390



## HOT STONE EXPERIENCE

Special smooth heated stones are used in this treatment plus the therapist hands. The heat from the stones relaxes the muscles allowing the therapist to massage the tight muscles in the deeper layers of the body. The heated stones allows the expansion of blood vessels easing the blood flow in the body. This treatment is ideal for chronic pain, and stress reduction.

90 MIN - AED390





## EXPRESS BACK MASSAGE

A quick but effective treatment, where you will feel aches and pains dissolve under the skilled hands of your therapist.

30 MIN - AED270

## FOOT REFLEXOLOGY

A balancing foot massage that releases blocked energy from reflexology pressure points.

30 MIN - AED270

# ULTIMATE RITUALS

## BODY DREAM RITUAL

Includes : Intensely Cleansing Salt Scrub, Body Massage & Express Facial

120 MIN - AED855

## INTERCONTINENTAL SIGNATURE RITUAL

Includes :Thousand Flower Detox Wrap & Express Facial

90 MIN - AED700



# HOW TO SPA

## IS SOMEONE ABLE TO HELP ME SELECT THE RIGHT TREATMENT; WHAT IF I HAVE HEALTH ISSUES?

Please notify our Spa staff while booking your treatment if you are pregnant or have physical ailments or medical conditions, as some treatments are not recommended. If you have any concerns, please let us know. We recommend that alcohol is not consumed before, or immediately after massage, and drink plenty of water.

## WHAT TIME SHOULD I ARRIVE FOR MY TREATMENT?

If this is your first appointment, please arrive at least 15 minutes early to familiarize yourself with the facility and utilize the steam room, sauna, or whirlpool, to help loosen tight muscles and release stress.

## SHOULD MEN SHAVE BEFORE THEIR FACIAL TREATMENT?

It is recommended that men shave a few hours before their facial appointments.

## CAN I REQUEST A TREATMENT PRESSURE THAT SUITS MY COMFORT ?

Absolutely. Please don't hesitate to request anything that makes you feel better. The treatment is all yours and is reserved exclusively to your fullest comfort.

## ARE THERE ANY TREATMENTS FOR CHILDREN?

Only for 18 years age and older.

## WHAT IF I AM RUNNING LATE

If you are late, your treatment will be limited in time. It will end on scheduled time so that next guest won't be delayed. Cancellation will be free of charge if it is done four hours prior to the scheduled appointment.

## GIFT CERTIFICATES

Gift Certificates can be purchased for a specific service, package or amount at the Spa reception.

## HOME CARE

Professional recommendations and prescriptions are available from our therapists and can be purchased at the Spa reception.

## TREATMENT HOURS ARE

11:00 - 23:00

All prices are inclusive of 3.5% tourism fees, 2% municipality fee & 5% VAT.

For reservations, please call the Health Club reception  
on +971 2 697 2316 or 02 666 6888  
[recreation.icabudhabi@ihg.com](mailto:recreation.icabudhabi@ihg.com)  
[dining-intercontinental-ad.ae](http://dining-intercontinental-ad.ae)

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