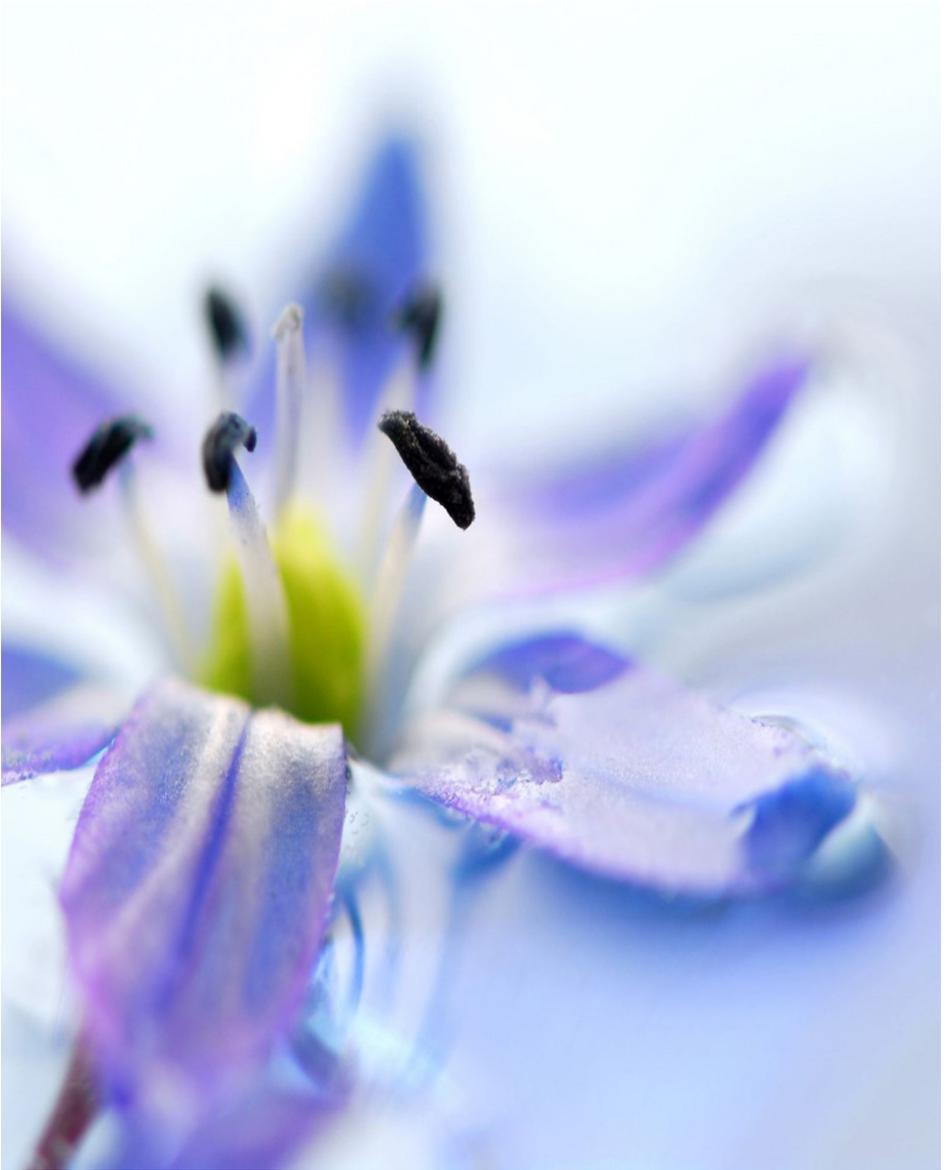




INTERCONTINENTAL.  
DUBAI MARINA



SPA MENU

## Muscle Reviver

30 minutes | AED 200

A condensed massage for those who suffer with tension related headaches and neck strain.

If you have little time to spare, this deeply soothing back, neck, shoulder and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You'll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

Includes: Back massage – neck, shoulder and scalp massage

## Therapeutic Massage

60 minutes | AED 490

This nurturing, comforting and relaxing treatment in reviving mind and body. A flowing massage that begins with gentle stretching and realignment to free muscle and joints alike.

## Relaxing Foot Massage

30 minutes | AED 200

Specific foot & legs massage for tired legs. Great to try after a long day of walking.

## Aromatherapy Massage

60 minutes | AED 430

Aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following: Lavander for Relaxation, Peppermint for Pain and Discomfort, Lemongrass, Ylang-ylang or Rose for Stress and Anxiety

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

## Swedish Massage

60 minutes | AED 420

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

Includes: Swedish massage to back, legs, arms, abdomen, neck/shoulder massage

## Thai Massage

60 minutes | AED 420

Dry Massage medium – firm pressure with stretching techniques

An ancient massage that combines firm acupressure and stretching techniques, relying on the use of palms, elbows and thumbs, to release muscle tension, activate circulation and increase vitality.

## Balinese Massage

60 minutes | AED 420

A full-body, deep-tissue, holistic treatment. Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and “qi” (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation. Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils.

## Hot Stone Massage

90 minutes | AED 590

Heated black basalt stones rich in iron are placed on the body’s key points, including the back, palms of the hands, and between the toes. These flat and smooth stones are also used to massage the whole body, releasing its deep-seated tension and warming up sore muscles. Ideal for anyone suffering from body aches and pains.

## Orange Blossom Refreshing Sea Salt Scrub

90 minutes including 30 minute massage | AED 700   60 minutes | AED 520

Award yourself a downtime and let nature do the work with Aromatic sea salt's natural enzymes that gently sloughs away dead skin cells, while the Argan, Almond and Apricot oil restore moisture balance and boost body vitality.

## Honey and Orange Sweet Body Scrub

90 minutes including 30 minute massage | AED 700   60 minutes | AED 520

Aromatic and gentle, this Honey body polish exfoliates dry skin and polishes away toxins. Your skin resurfaces silky soft and wonderfully hydrated. This treatment will minimize the appearance of wrinkles, leaving your skin soft, smooth and nourished. Ideal as a pretreatment service.

