



# INTERCONTINENTAL®

TORONTO CENTRE



## SPA MENU



# SPA

INTERCONTINENTAL

Welcome to SPA InterContinental®



Whether you wish to feel calm, rejuvenated, or energized, our soothing treatments will restore a sense of harmony to your body, mind, and soul.

Drift into a state of euphoria at our downtown Toronto sanctuary and treat yourself or your loved one to our services and packages.



# MASSAGE

## Swedish Massage

**\$115 (30mins\*) / \$195 (50mins) / \$250 (80mins)**

This classic form of massage promotes good health by relaxing muscles and evokes feelings of tranquility and well-being.

\*30 minutes is recommended for those who want to focus on 1-2 areas of the body only

## Prenatal Massage

**\$195 (50mins) / \$250 (80mins)**

Relax and relieve discomfort with our prenatal massage, safe and suited for those who are expecting.

Our therapists will discuss your needs before treatment and will set you up for ultimate comfort with supportive pillows.

## Deep Tissue Massage

**\$205 (50mins) / \$260 (80mins)**

A firmer pressure massage than the Swedish massage, this treatment is designed to relieve deep muscle tension and ease aching muscles.

## Aromatherapy

**\$200 (50mins) / \$255 (80mins)**

Enhance your massage with the unique properties of our sensuous essential oil blends, tailored to suit your exact needs.



# MASSAGE

## **Warm Stone Massage**

**\$210 (50mins) / \$275 (80mins)**

This organic massage uses heated volcanic stones to dissolve tension, melt muscle aches and gently improve circulation.

## **Warm Bamboo Massage**

**\$210 (50mins) / \$275 (80mins)**

This unique massage uses heated bamboo rods of various sizes to knead and roll out knots and relax tense muscles. It combines the traditional benefits of massage along with the soothing properties of heat.

## **Couples Massage**

Enjoy a massage side-by-side with a friend or loved one. Priced per person.

# ENHANCEMENTS

## **Foot Massage Add-on**

**\$55 (15mins)**

## **Scalp Massage Add-on**

**\$55 (15mins)**

**Sparkling Wine & Chocolates Add-on  
(only available for couple's services)**

**\$35**



# FACIALS

## **Super Hydration Facial**

**\$190 (60mins)**

Experience immense hydration that leaves your skin feeling fresh, dewy and plump. Suitable for all skin types, including the most sensitive. Cleansing, steaming, exfoliating, extractions, a deeply hydrating mask and a luxurious face, neck and shoulder massage.

## **Illuminating Facial**

**\$190 (60mins)**

Get that Glow with powerful brightening benefits of Vitamin-C and shiitake mushroom. Suitable for all skin types, especially those suffering from hyperpigmentation, sun damage, or dull skin. Cleansing, steaming, exfoliating, extractions, Vitamin C-Infusion TX mask and a luxurious face, neck and shoulder massage.

## **Skin Renewal Facial**

**\$190 (60mins)**

Reverse the years with this effective anti-aging facial treatment. DermaQuest's trifecta of powerhouse ingredients - Peptides, Antioxidants and Stem Cell Technology target the signs of aging, mimicking the effects of Botox. Cleansing, steaming, exfoliating, extractions, an anti-gravity mask and a luxurious face, neck and shoulder massage.



## FACIALS

### **Deluxe Resurfacing Treatment**

**\$250 (90mins)**

A 90-minute luxurious and deeply exfoliating facial treatment to target age concerns, pigmentation, acne scarring, congestion, and dehydration. This service includes cleansing, steaming, exfoliation, a customizable mask, and a neck and shoulder massage. The treatment is finished with a cooling lymphatic facial massage using ice globes wands. This service cannot be performed on broken/inflamed skin. SPF must be worn for the following 3 days.

### **Express Facial**

**\$115 (30mins)**

A facial great for those on-the-go! A good introductory facial to leave your skin clean, soft and glowing. Suitable for all skin types, this treatment includes cleansing, steaming, exfoliation, a customizable mask and finishing products.

## ENHANCEMENTS

**Ice Globe Facial Massage Add-on \$25 (15mins)**

**Collagen Mask Add-on \$30**

**Resurfacing Treatment Add-on \$55**

**24ct. Gold Casmara Mask Add-on \$45**



# BODY TREATMENTS

## **Detoxifying Body Wrap**

**\$165 (75mins)**

An exfoliating body scrub removes dead skin cells and increases circulation of fresh nutrients and oxygen to the skin. The organic marine mud helps to flush out toxins, contouring and smoothing the skin's appearance. The service is completed with a nourishing moisturizer application to leave your skin looking and feeling radiant.

## **Body Glow**

**\$115 (45mins)**

Get that whole body glowing! Natural sea salt minerals buff away old dead skin cells revealing a brighter, smoother looking you. Soothe and replenish the skin post exfoliation with the hydrating and nourishing properties of honey with delicious vanilla scent.

# ENHANCEMENTS

**Foot Massage Add-on \$55 (15mins)**

**Scalp Massage Add-on \$55 (15mins)**

**Ice Globe Facial Massage Add-on \$25 (15mins)**

**Collagen Mask Add-on \$30**



## **NAILS**

**Classic Mani \$70**

**Classic Pedi \$80**

**Shellac Mani \$80**

**Shellac Pedi \$90**

**Signature Mani (with deluxe paraffin dip) \$80**

**Signature Pedi (with deluxe paraffin dip) \$90**

**Sports Mani \$60**

**Sports Pedi \$70**

## **ENHANCEMENTS**

**French Polish Add-on \$10**

**Shellac Removal \$25**

**Deluxe Paraffin Dip Add-on \$10**



# AESTHETICS

**Lash Tint \$30**

**Brow Tint \$30**

**Lash & Brow Tint \$45**

**Brow Wax \$25**

**Lip Wax \$25**

**Chin Wax \$15**

**Underarm Wax \$25**

**Bikini Wax \$40**

**Brazilian Wax \$75**

**Half Leg Wax \$50**

**Full Leg Wax \$80**





## PACKAGES

### **Favourites Package \$330 (3hrs)**

Super Hydration Facial

Classic Mani & Pedi

### **Gentlemen's Retreat Package \$215 (1hr)**

Express Facial

30 min Head, Neck & Shoulder Massage

### **Traveler's Relief Package \$215 (1hr)**

Express Facial

Foot & Scalp Massage Add-on

### **Refresh Package \$300 (1hr 45mins)**

Body Glow

50 min RMT Swedish Massage

### **Together Package \$335 per person (3hrs)**

50 min RMT Couple's Massage

Classic Mani & Pedi

## ADDITIONAL OFFERINGS

### **Sparkling Wine & Chocolates Add-on \$35**

(Includes 2 glasses of bubbles and an assortment of chocolates)

### **SPA Lounge Lunch**

See Azure lunch menu for options & pricing