

# TIME TO DETOX

DETOX with these treatments, designed to cleanse the skin and body, tone and refine the figure or kick start a new healthy lifestyle. Choose PURE TIME to allow your therapist to select treatments perfectly suited to your needs on the day. Choose to add on any of our 'Time is of the Essence' 15 minute Boosters to enhance your spa time.

## Detox Treatments

### Steam Temple Therapy\*

- for One or Two People **50mins**

Purify the body and skin with this cleansing ritual. Mineral rich clays stimulate circulation, whilst the herb infused steam encourages the body to eliminate toxins.

### Exotic Lime and Ginger Salt Glow\* **30mins**

A body exfoliation ritual to invigorate and detox the body. Warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it vibrant, replenished and flawless.

### Herbal Back Revive\* **30mins**

This treatment combines a targeted back massage with a regenerating 'facial for the back' to decongest and eliminate impurities.

### Deep Tissue Muscle Massage\* **30mins/1hr**

This powerful customised therapy provides deep massage helping to alleviate stress, aching muscles and revive the senses.

Or try the **Deep Tissue Back Massage\* 30mins**

### Aroma Stone Therapy\* **1hr 15mins**

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst releasing tension, toxins and improving circulation.

### Cellutox Aroma Spa Ocean Wrap or Float\* **1hr 15mins**

This marine wrap uses lemon and juniper extracts to cleanse and detox the body, while cocooned in a purifying foil wrap or lying weightless on the dry flotation bed.

### Body Sculpting Cellulite and Colon Therapy\* **1hr**

Targeting stubborn cellulite and sagging skin, this treatment will achieve rapid, visible results, while a peel off body mask and abdominal massage will detoxify the body from the inside out.

### Elemis and La Thérapie Facials

Ask your Spa Therapist to prescribe the most detoxifying facial personalised to your skin type.

\*Unsuitable during pregnancy.

## TIME IS OF THE ESSENCE BOOSTERS

- Facial Booster  
15mins
- Eye Treatment Booster  
15mins
- Back Massage Booster  
15mins
- Hand Treatment Booster  
15mins
- Foot Treatment Booster  
15mins
- Hip and Thigh  
Sculpting Booster  
15mins

## IN-BETWEEN TIMES RITUALS

- Exotic Lime and Ginger  
Salt Glow
- Aroma Stone Therapy  
1hr 45mins
- Body Sculpting Cellulite  
and Colon Therapy
- Elemis or  
La Thérapie Facial  
2hrs
- Aroma Stone Therapy
- Elemis or  
La Thérapie Facial  
2hrs 15mins
- Exotic Lime and  
Ginger Salt Glow
- Cellutox Aroma Spa  
Ocean Wrap or Float
- Deep Tissue  
Muscle Massage  
2hrs 30mins

## ALL THE TIME IN THE WORLD RITUAL

- Steam Temple Therapy
- Exotic Lime and  
Ginger Salt Glow
- Body Sculpting Cellulite  
and Colon Therapy
- Aroma Stone
- Elemis or  
La Thérapie Facial
- A meal from one of  
InterContinental London  
Park Lane's restaurants  
5hrs

Please refer to the [HOW TO SPA](#) pages for more information about treatment suitability.