

TIME TO RELAX

RELAX with this selection of de-stressing, soothing therapies or allocate PURE TIME for the perfect way to unwind and ease away the stresses of the day. You're only minutes away from total relaxation. Choose to add on any of our 'Time is of the Essence' 15 minute Boosters to enhance your spa time.

Relax Treatments

Steam Temple Therapy*

– for One or Two People 50mins

Relax with this exotic ritual. Mineral rich clays stimulate circulation, whilst the herb infused steam encourages the body to eliminate impurities.

Exotic Frangipani Body Nourish Wrap or Float 45mins

Warmed Monoi oil – a blend of frangipani flower extract and coconut oil – is drizzled over the body in this decadent treatment. Drenching the skin with moisture, this exotic wrap polishes and scents the skin. For added relaxation try having this therapy on the dry flotation bed.

Nurturing Massage for Mother-To-Be 1hr 15mins

From the soles of the feet to the scalp, this specialised pregnancy massage eases muscles and alleviates swelling. A deeply relaxing way to be pampered during this special time.

Well-Being Massage* 30mins/1hr

Heal body, mind and soul with this popular, de-stressing, all-over body massage, beginning on the soles of the feet and ending in a sublime head massage.

Or try the **Well-Being 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 luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

Musclese Aroma Spa Ocean Wrap or Float* 1hr 15mins

Relax whilst you are cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial massage and gentle scalp treatment. This specialised treatment helps ease away stress.

Exotic Hand Ritual 30mins

This ritualised soak, exfoliation and massage provides a luxurious ritual for the hand and arms, leaving them smooth and supple. Upgrade to an **Exotic Manicure Ritual 1hr**

Sole Delight Foot Treatment 30mins

Soothe and relax from the soles upwards with this therapy to leave them walking on air. Upgrade to a full **Exotic Pedicure Ritual 1hr 10mins**

Elemis and La Thérapie Facials

Ask your Spa Therapist to prescribe the most relaxing 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
- Scalp Massage Booster
15mins

IN-BETWEEN TIMES RITUALS

- Steam Temple Therapy
- Well-Being Massage
1hr 45 mins
- Steam Temple Therapy
- Aroma Stone Therapy
2hrs
- Musclease Aroma Spa
Ocean Wrap or Float
- Well-Being Massage
2hrs
- Well-Being Massage or
Nurturing Massage for
Mother-To-Be
- Elemis or La Thérapie Facial
2hrs/2hrs 15mins
- Nurturing Massage for
Mother-To-Be
- Exotic Frangipani Body
Nourish Wrap or Float
- Elemis Facial
2hrs 45mins

ALL THE TIME IN THE WORLD RITUAL

- Steam Temple Therapy
- Well-Being Massage or
Nurturing Massage for
Mother-To-Be
- Exotic Frangipani Body
Nourish Wrap or Float
- Elemis or
La Thérapie Facial
- Exotic Hand Ritual
- Sole Delight
Foot Treatment
- A meal from one of
InterContinental London
Park Lane's restaurants
5hrs

Please note that the Steam Temple is unsuitable during pregnancy: upgrade either your hand or foot ritual to a full Manicure or Pedicure Ritual instead.