



your haven  
of **relaxation**

# beauty and rejuvenation await you at LifeStyles

LifeStyles Health Club & Spa InterContinental is a health and fitness club that provides a wonderful escape from the hustle and bustle of the city.

Come along to LifeStyles and clear your mind and invigorate your body in a perfect haven of quiet and seclusion.

Our team of experienced and fully qualified therapists use both Asian and local techniques to focus on relaxing and stimulating your senses to create a feeling of health and well-being.



facilities



The Spa InterContinental is the first in Egypt to employ its exclusive range of services and facilities. Here you can experience dry flotation, hydrotherapy and massage suites. All suites are self-contained with changing facilities and shower cubicles and in addition there are six treatment rooms and two Thai massage rooms.

Separate rooms are available for men and women.

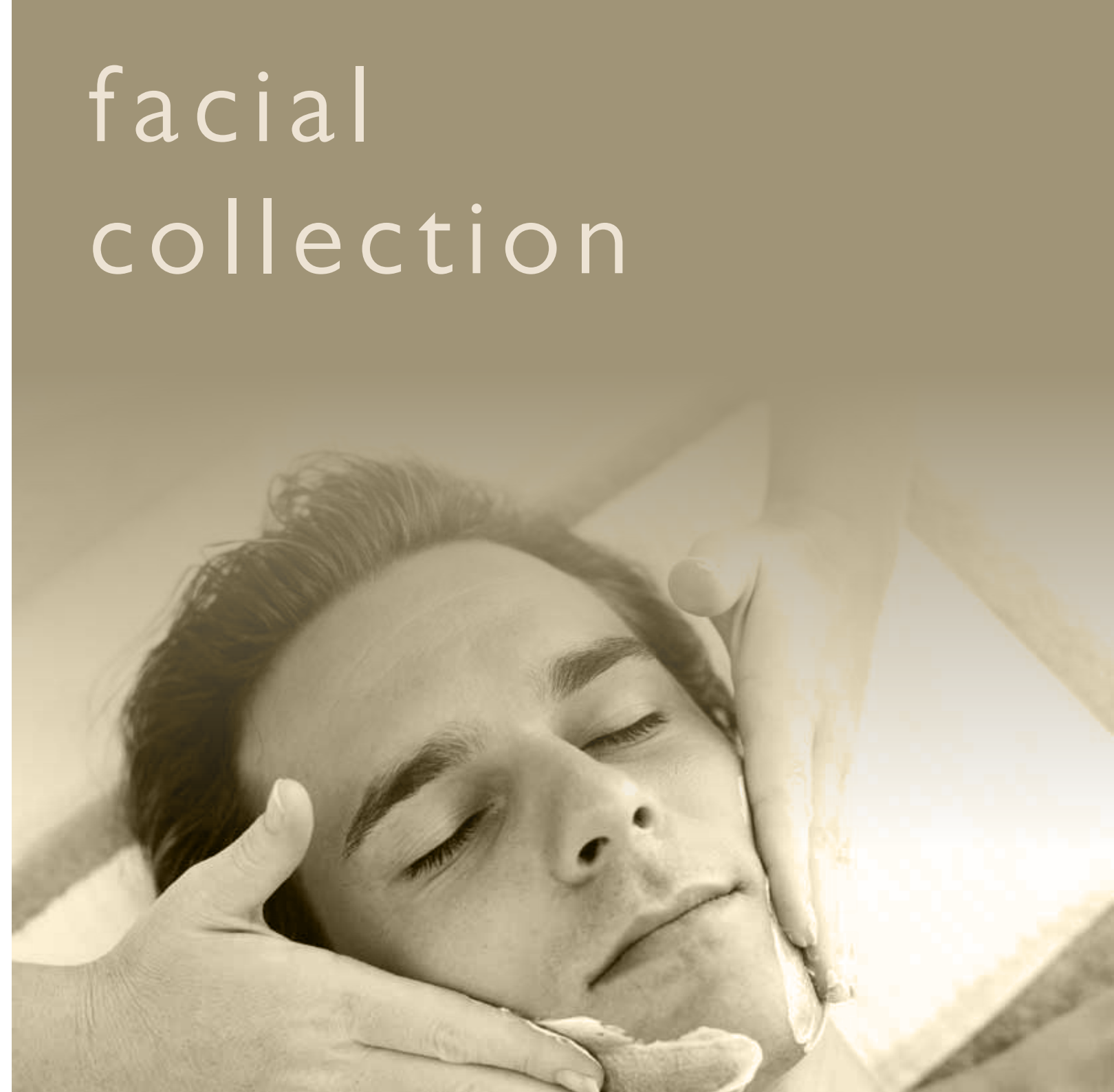
The steam room, sauna and Jacuzzi are perfect for reviving tired muscles and also have separate facilities for male and female guests, though the Jacuzzi is for females only.

Luxuriate as you relax in our spectacular hydro pool, a mixed facility with air jets, neck massagers, air bed and air tub while water jets provide different levels of intensity with their treatment.

The Anne Sémonin products which we mainly use for our treatment collection combine an ingenious blend of aromatic essential oils, trace elements and marine ingredients with the classic French touch and a holistic approach to treating the particular needs of your skin.

Treatments with Anne Sémonin products are designed to be 'tailor made' and are created to provide maximum comfort, absolute luxury and outstanding results.

# facial collection





## for women

### eternal youth cryotherapy facial ..... 55 minutes

A contouring and firming facial designed to combat the visible signs of ageing. The treatment is excellent for mature, dry and dehydrated skin. Innovative Anne Sémonin neurocosmetic ingredients are combined with 100% active serums and advanced cryotherapy ice cubes to replenish the skin's natural youthful glow. The result is instantly tightened and firmed skin and this is a superb brightener for special events and boosting skin vitality.

### deep marine purifying facial ..... 75 minutes

Ideal for combination, oily, congested, problematic skin, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with rebalancing lymphatic drainage massage. A detoxifying and anti-inflammatory peel-off mask and aromatic intensive complexes are used to soothe and rebalance the skin to encourage a visibly clear complexion.

### made to measure ..... 55 minutes

This skin-enhancing facial ensures effective, visible results. this treatment is tailor made for your individual skin needs through specially blended plant active serums, masks and aromatic intensive complexes. This ultimate bespoke treatment is just for you.

### express facial ..... 25 minutes

A powerful express skin treatment that is ideal for quick and instant results.

## for men

### made to measure facial treatment for men ..... 55 minutes

This phyto-aromatic facial is tailored for you. following your consultation a bespoke facial is created for your skin using our Anne Sémonin essential oils, trace elements, serums and botanical oils.

### SOS facial for men ..... 25 minutes

Immediately refreshes and hydrates the skin, leaving it soft and revitalised.

# massage collection



**made to measure massage ..... 50 minutes**

A tailor-made full body massage combines classic Anne Sémonin techniques with a personally prescribed blend of intensive complexes and warmed botanical oil. After your initial consultation your therapist will mix and blend aromatic oil specifically for you.

**volcanic thermal stones ritual ..... 80 minutes**

Heated black basalt stones are used to massage the whole body, releasing deep-seated tension, ideal for anyone suffering muscular aches and pains by working to relieve stress at the deepest level. This intensive and exceptional treatment is designed to work on the body's energy channels and is a holistic and energising therapy for the mind, body and spirit.

**therapeutic massage ..... 50 to 80 minutes**

A special deep tissue massage combined with stretching and acupressure... the perfect massage for muscle contraction or accumulated tension.

**back, shoulder and neck massage ..... 25 minutes**

A deep tissue massage to ease aches and tensions. the therapist will be working with strong relaxing movements on the neck, shoulder area and back.

**Balinese massage ..... 50 to 80 minutes**

A deep tissue massage that combines acupressure, reflexology, gentle stretching and aromatherapy to stimulate blood circulation.

**Thai massage ..... 80 minutes**

A stretching massage to manipulate the body without oils.

**shiatsu ..... 50 minutes**

A tension relief treatment through finger tips and palm pressure movements

**foot reflexology ..... 25 to 50 minutes**

An oriental foot massage concentrating on the pressure points of the feet that relate directly to zones and organs of the body. This therapy helps to ease tension, improve circulation and generally promotes a feeling of complete wellbeing.

# wraps, scrubs & bath collection



**sea salt and aromatic oil wrap and scrub ..... 55 minutes**

An ultra moisturising body scrub experience incorporating a therapeutic scalp massage. Warmed aromatic oils are applied all over the body designed to deeply nourish and soften the skin, followed by a revitalising exfoliation and warm body wrap. This treatment is an ideal preparation for pre-tanning and special occasions as the skin is left hydrated and silky smooth.

**detoxifying spirulina wrap ..... 55 minutes**

This detoxifying, slimming and energy boosting body envelopment begins with gentle exfoliation to boost blood circulation, combined with seaweed extracts to harness the powerful cleansing and re-mineralising benefits of the ocean. This natural seaweed re-metabolises the body to efficiently kick-start and maintain the elimination of toxins and waste. It is an essential body treatment to support a detox or weight management programme.

**hydrating pink kaolin clay body envelopment ..... 55 minutes**

An ultra moisturising and hydrating body envelopment designed to recondition dry, dehydrated or sun damaged skin. This treatment begins with a full body exfoliation and scalp massage followed by an application of Pink Kaolin clay combined with nutrient rich treatment oils and is a perfect full body thirst quencher for tired and sensitive skin.

**express aromatic salt, coffee or mandarin exfoliation ..... 25 minutes**

An express aromatic scrub for perfect skin preparation, leaving the skin deeply nourished, smoothed and hydrated.

**re-energising bath ..... 25 minutes**

Water massage with the benefit of essential oils.

**relaxing bath ..... 25 minutes**

Water massage with the benefit of essential oils.

**detoxifying bath ..... 25 minutes**

Water massage with the benefit of essential oils.

**cleopatra bath ..... 25 minutes**

Water massage with the benefit of body milk and honey.

# body specific collection

# specialist collection

**anti-stress back therapy ..... 50 minutes**

A self-heating marine mineral mud treatment for the back, neck and shoulders, that is designed to release tension and relax tight muscles. The feet and lower legs are carefully massaged to improve blood circulation and create a powerful sense of wellbeing. This energizing, stimulating therapy will rebalance your energy levels and reactivate your senses.

**anti cellulite therapy ..... 50 minutes**

A specialised treatment designed to stimulate the body's systems and target areas of fluid retention, cellulite and uneven skin tone. Using massage and lymphatic drainage techniques the legs and feet are massaged to restore blood circulation while a firming and detoxifying mask is applied to relieve blockages and tone the skin. A course of treatments is recommended.

**the world of L. P. G**

L. P. G Endermologie is the latest non-invasive treatment for cellulite.

**body cellu m6**

This treatment reduces the appearance of cellulite, tones the skin, reduces the body's measurements in treated areas and aids in the drainage of excess water, fats and toxins

**lift 6**

- Stimulates the elastic capacity of the skin inducing a natural face- lift effect
- A course of treatments is recommended to gain optimum results.
- Book 5 sessions and receive 1 complimentary
- Book 10 sessions and receive 3 complimentary

# body beautiful collection





**balance** ..... 100 minutes

Relax in the water jets of the hydro bath while receiving a soothing head and shoulder massage, followed by an express facial and finishing with a relaxing Swedish massage.

**harmony** ..... 100 minutes

An invigorating full body scrub, followed by aromatic stress-relieving massage accompanied by a therapeutic massage of the feet.

**fusion** ..... 100 minutes

Hydrating full body wrap while submerged in the Spa's dry flotation bed, followed by a relaxing Swedish massage.

**waxing**

upper lip and chin ..... 15 minutes

underarm ..... 15 minutes

half arm ..... 20 minutes

full arm ..... 30 minutes

half leg ..... 30 minutes

full leg ..... 40 minutes

bikini half line ..... 15 minutes

bikini full line ..... 20 minutes

full leg and bikini ..... 55 minutes

# hand & foot care collection

pamper yourself with a stunning new look from our collection of sumptuous hand and foot care treatments.



**deluxe manicure ..... 50 minutes**

This luxurious pampering programme for your hands includes an exfoliation, a nourishing hand bath, a classic manicure, a massage with moisturising hand cream and nail polish according to your choice.

**nails – French touch**

Available to complement our manicures and pedicure, giving your nails a natural and sophisticated polish.  
Additional fees apply

**spa manicure ..... 30 minutes**

This is a classic wellbeing treatment for your hands with thorough cleansing and exclusive skin nourishment.

**deluxe pedicure ..... 60 minutes**

This luxurious pampering programme for your feet includes an exfoliation, a nourishing footbath, a classic pedicure, a massage with moisturising foot cream and nail polish according to your choice.

**spa pedicure ..... 50 minutes**

Enjoy this classic wellbeing treatment for your feet utilising thorough cleansing and nourishing cream.

# spa day packages



## half - day package ..... allow 3 hours

This includes use of the steam room, sauna, jacuzzi and hydropool with refreshments in the LifeStyles Bar **PLUS** a choice of one of the following:

### relax your mind

This relaxing package offers an aromatic massage, a deluxe facial and a detoxifying full body wrap while immersed in the Spa dry flotation bed.

### refresh your body

This refreshing package includes a Balinese massage, an invigorating full body scrub, an express manicure and an express facial treatment.

### re-energise your soul

Relax in the water jets of the hydro bath and receive a soothing head and shoulder massage, a shiatsu, hand and feet massage and a deluxe facial treatment.

# gift certificates

- Our gift certificates are the perfect way to celebrate any special occasion.
- May be purchased at Spa InterContinental reception, as treatment(s) or in monetary value.
- Lucky recipient simply has to book an appointment to begin their unique Spa InterContinental experience.
- Please note that gift certificates are valid for one year and are non-refundable and non-transferable.



# spa guidelines

- We recommend booking your treatment in advance to avoid disappointment.
- Please arrive 15 minutes prior to your scheduled treatment to allow time for our receiving and screening procedure.
- Late arrivals will receive the best treatment possible in their remaining appointment time, at the same charge.
- Pre-booked courses require advanced payment and multiple service appointments require a credit card to hold a reservation.

# to cancel or reschedule

- For pre-booked appointments/courses/multiple services, please give 24 hrs notice.
- For appointments booked on the day please give three hours notice. Inadequate notice will be subject to a full treatment charge.
- In order to provide all clients with a safe and relaxing experience, please note that children under the age of 16 are neither permitted to partake of any treatment services nor allowed to wait anywhere in the Spa.
- Spa treatments/courses/multiple services/packages are non-transferable.
- Entrance to the sauna, steam bath, jacuzzi and hydro pool is permitted only when wearing a bathrobe, bathing suit, slippers and towel.
- Out of respect for different cultures, nudity is not allowed in any part of the health club.
- Smoking and alcohol consumption are not permitted anywhere or at any time in the entire health club premises. inappropriate behaviour toward spa therapists is not tolerated.



**Spa operating hours**  
9:00 am until 11:00 pm  
(operating hours are subject to seasonal change)

**Please contact LifeStyles on**  
+ (202) 248 00 230  
+ (202) 248 00 090 or dial ext. 2638 / 2640  
**to arrange a tour of the facility**





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