


# SPA

INTERCONTINENTAL

## TREATMENT MENU

INTERCONTINENTAL WELLINGTON




The image features a close-up of an ornate, aged brass frame in the upper left corner, with intricate scrollwork and a patina. The background is a light-colored, veined marble surface. Centered in the lower half is the text "Sense your daily stresses falling behind you" in a black, elegant cursive script.

*Sense your  
daily stresses falling  
behind you*

AS YOU ENTER THE INNER CITY OASIS  
OF SPA INTERCONTINENTAL.





*Soft music,  
beautiful scents and  
luxurious treatments*

WILL TAKE YOU TO A STATE OF  
RELAXATION AND BLISS.

# Spa Rituals

## Soak and Soothe

1 HOUR, 50 MINUTES \$215

An ancient milk bath technique that calms and eases the body with selected salts and essential oils, preparing your skin and mind for a full body massage. This treatment also includes a restoring facial with our range of cosmeceutical products from the exclusive beauty brand SOTHYS. Your skin will be glowing after a cleansing milk and lotion, an exfoliating skin peel and a customised mask. A truly beautifying treatment.

## New Zealand Restoration

2 HOURS \$240

Delight in this restoring ritual. A full body New Zealand-made body polish followed with an application of a Rotorua Thermal Mud wrap, which is applied to absorb specific nutrients into the body. A heavenly New Zealand manuka honey hair mask and scalp massage will ensure you feel relaxed head-to-toe. Refresh with a rain shower and be delighted as this ritual concludes with a massage using SOTHYS Hydra-Nourishing Body Lotion that restores the skin's protective film, leaving the body soft and comfortable.

## Body Bliss

1 HOUR \$160

This ritual starts with the ancient technique of body brushing; a reviving and detoxifying treatment to increase circulation, remove dead skin cells, and improve your skin condition immediately. You will then be treated to an exclusive Ginger and Cinnamon Body Scrub by SOTHYS to soften the skin before rinsing off in a luxury rain shower. A cream application of SOTHYS Hydra-Nourishing Lotion will be applied to complete this blissful treatment.

## Revive

2 HOURS \$240

Treat your body and revive your skin to peak condition with this ritual, perfect to relieve jet lag or accumulated stress. Begin with a ginger foot bath and coffee scrub to revive your feet and remove dead skin cells, while retaining smoothness and softness. A full body massage starts with an application of a SOTHYS Refreshing Gel focusing on the legs and feet then continuing to other tension prone areas. The treatment finishes with a rejuvenating scalp massage.

## De-Stress

2 HOURS \$220

Indulge in the therapeutic muscle relief massage specially performed with stretching techniques and essential oils of rosemary and arnica, designed to improve muscle condition and ease inflammation. A muscle therapy cream containing ingredients that assist in relief of muscle and joint aches will be used, absorbing nutrients into your skin to ease the symptoms of stress. A scalp massage completes your treatment.



# Massage

## Signature

60 MINUTES \$120

90 MINUTES \$170

Our therapist will use a combination of techniques from Swedish, Therapeutic and Aromatherapy Massage to restore vitality and ease muscular tension or discomfort. Uniquely-blended aromatic balms will ensure your body is revitalised and rejuvenated.

## Aromatherapy

60 MINUTES \$115

90 MINUTES \$160

Take your massage to another level with a nourishing SOTHYS oil blend, using a dual-absorption method to combine fragrance into your treatment by an essential oil inhalation. This treatment incorporates a heavenly sculpt massage and breathing techniques to ensure you are fully relaxed and pampered. A selection of SOTHYS oil blends create a treatment that can uplift, energise or relax your senses, depending on your choice. Choose between: Musky Orange Blossom and Cedar wood, Floral Lily and Bamboo or Fresh Lemon and Petitgrain. (Receive a discount of 10% should you wish to purchase the elixir used during your treatment).

## Sports

60 MINUTES \$130

90 MINUTES \$180

The perfect massage after strenuous activity or to decrease muscle fatigue. This highly-specialised treatment targets problem areas to relieve tired or stressed muscles, whilst also improving circulation throughout the body. The essential oil combination of arnica, rosemary, ginger and lemongrass in a warm balm will assist to relieve muscle tension and inflammation.

## Relaxation

60 MINUTES \$110

This relaxation massage involves long rhythmic strokes of light to medium pressure which allows your body to fall into a deep state of relaxation. New Zealand aromatic balms made from essential oils such as arnica, lavender, petitgrain, ylang-ylang and orange ensure you leave relaxed and revitalised.

## Hot Stones

90 MINUTES \$180

This ancient treatment has a history dating back over 2000 years. Smooth basalt stones are soaked in a salt bath and placed outdoors to absorb natural energies from the sun's rays. The stones are then heated slowly and placed on specific areas of the body as the massage extracts energy from the basalt and into the body: a true holistic experience.

Spa InterContinental takes the concept further and combines the use of hot stones with carefully-selected aromatic oils to bring your state of rejuvenation to soaring heights.

## Pregnancy

60 MINUTES \$120

90 MINUTES \$170

A special treatment for the mother-to-be. An aromatic balm packed full of shea butter, coconut oil, cocoa butter and jojoba oil will be applied to improve your skin's elasticity and hydration. It will also reduce the effects of stretch marks and leave you thoroughly relaxed. Spa InterContinental recommends the 90 minute treatment as it includes the choice of a foot bath or a mini facial to complete the experience.





# 30 Minute Express Treatments

## Back, Neck and Shoulder Massage

30 MINUTES \$75

Relax and Unwind. This massage will break down muscle tension in the common areas of the back, neck and shoulder.

## Foot and Leg Revival

FOOT SOAK, SCRUB, MASSAGE  
AND GEL REVIVAL

30 MINUTES \$55

The perfect treatment after a long flight or busy day on your feet. Begin with a ginger foot soak and coffee scrub, followed by a leg massage and an application of SOTHYS Refreshing Gel, containing ingredients such as arnica, camphor and menthol which will refresh the skin and immediately leave your feet and legs feeling their very best.

## Scalp Treatment with Warm Hair Mask

30 MINUTES \$60

This treatment begins with an oil application on the scalp and hair. The healing properties of the oils help to reach a deeper state of relaxation when combined with a soothing scalp massage. To finish the treatment we will use a New Zealand Manuka Honey mask to strengthen and hydrate your hair and scalp.

## Massage with Hand and Foot Mask

GREAT ADDITION TO A MANICURE  
OR PEDICURE

30 MINUTES \$45

This treatment includes a hand and foot New Zealand Roturua mud treatment. The massage improves joints and circulation, finishing with a nourishing lotion to smooth and hydrate.

## Revive Facial by SOTHYS

30 MINUTES \$80

This on-the-go facial ensures you can relax and pamper yourself on a time schedule, gifting your skin immediate results.

## Express Manicure

30 MINUTES \$50

This Non-Gel treatment leaves your nails cared for with a file, buff and paint.

## Express Pedicure

30 MINUTES \$55

This Non-Gel treatment leaves your nails cared for with a file, buff and paint.

## Milk, Salt or Aromatherapy Candle-lit Bath with Herbal Tea

30 MINUTES \$45

Relax and unwind with a candle-lit bath. Choose one of our finest herbal tea blends and relax in a milk, salt or aromatic bath.

## Pamper and a Platter

30 MINUTES \$60

Enjoy a glass of bubbles, a fruit platter and a bath. True bliss.



# Signature Experiences

## Thermal Mud Mask and Massage

BACK, NECK AND SHOULDER  
MASSAGE WITH THERMAL MUD  
BACK MASK  
45 MINUTES \$80

A cleanse and tone begins this treatment to prepare your skin for the mud mask. Our Rotorua Thermal Mud is precisely heated to peak temperature and applied to absorb specific nutrients into the body. Following the mud removal you will receive a back, neck and shoulder massage.

## Signature Facial

SIGNATURE SPA FACIAL  
90 MINUTES \$130

The Spa InterContinental signature facial enhances your skin's natural radiance. The facial begins with cleansing milk and lotion, followed by an exfoliation with an enzymatic biological skin peel and a deep cleanse with the famous SOTHYS 'Desquacrem'. A moisturising ampoule will be applied to the entire face and neck and absorbed into your skin through pressure point massage. A personalised mask will be applied, and then your choice of either a scalp, shoulder or hand massage. The facial finishes with a hydrating moisturiser and multi-action eye contour cream that will leave your skin revitalised and refreshed.

## Rejuvenation Facial

SOTHYS 'REJUVENATION' SPA FACIAL  
60 MINUTES \$110

Our SOTHYS 'Rejuvenation' Facial is fully-customised to each individual's skin to help maintain radiance and hydration. The treatment begins with cleansing milk and lotion, followed by an exfoliation with our enzymatic biological skin peel and a deep cleanse with the famous SOTHYS 'Desquacrem'. A facial massage and personalised mask is followed by a silky moisturiser and multi-action eye contour cream to leave your skin feeling truly rejuvenated.

## Manicures

INDULGENT SPA MANICURE  
60 MINUTES \$95  
GEL 75 MINUTES \$105

This specialised treatment to encourage healthy nails and skin includes cuticle work, shape, file, hand massage and polish.

GEL MANICURE (45 MINUTES) \$60  
Includes shape, file, paint.

GEL / SHELLAC REMOVAL \$20

## Pedicures

INDULGENT SPA PEDICURE  
60 MINUTES \$98  
GEL 75 MINUTES \$108

This specialised treatment encourages healthy nails and skin. Includes a foot soak, foot scrub, cuticle work, shape, file, foot massage and paint.

GEL PEDICURE (45 MINUTES) \$65  
Includes shape, file, paint.

GEL / SHELLAC REMOVAL \$20

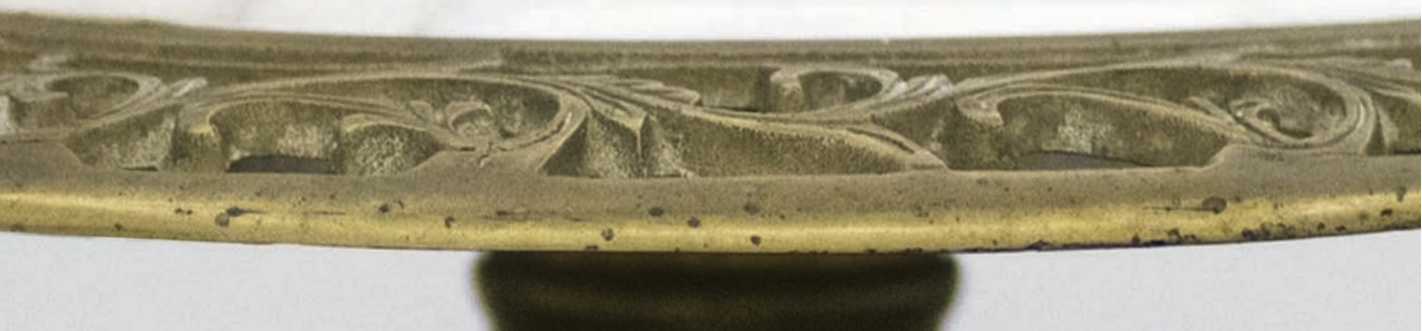
## Eyes

EYEBROW OR EYELASH TINT \$24  
EYEBROW AND EYELASH TINT \$42  
EYE COMBINATION \$58

Includes eyelash tint and eyebrow shape and tint.

## Wax

LIP OR CHIN \$20  
LIP AND CHIN \$35  
½ LEG (30 MINUTES) \$45  
FULL LEG (45 MINUTES) \$60





## Spa Etiquette

Arrival – Please arrive 15 minutes prior to your Spa InterContinental appointment. This allows time to complete a client consultation form. All guests receiving a treatment 60 minutes or longer will have access to the Emerge Health Club facilities; indoor heated salt swimming pool, hot tub and sauna. Following your treatment please allow time to continue the relaxation journey with a warm herbal tea in our spa lounge.

## Reservations

We highly recommend that you make your spa reservations in advance of your arrival. Reservations can be made by visiting the Emerge reception desk on the 3rd floor or by dialling '0' to contact the Instant Service Centre.

Treatments are subject to availability. All bookings are secured by a credit card; confirming your understanding of the cancellation policy.

## Cancellation and Late Policy

As all spa appointments are unique, we ask that you notify the spa a minimum of 12 hours in advance should you need to cancel or re-schedule to avoid a 50% charge for the service. All no-show appointments will be charged at full value. While we will always try to accommodate your treatments, late arrivals may result in reduced treatment length due to prior bookings. Cancellation is free of charge if made 12 hours in advance. After this time period, 50% of the treatment cost will be charged.

## Payments

All prices are inclusive of GST and may be subject to change without notice. Payment is required before all treatments. If you are settling your account with a credit card please note that a service fee will apply.

## Treatment Attire

All guests will be offered a robe and slippers to change into prior to their appointment.

## Age

Spa services are provided to guests 18 years and older. Treatments are not available for children.

## Vouchers

Vouchers are available to purchase for any special occasion. Whether for an anniversary, birthday or holiday gift, a congratulations or thank you gift can be purchased in person or over the phone.

## Special Events

We can cater for couples massages and group bookings for special occasions, please inquire for further information.

## Service and Therapists

Our therapists are specifically selected for their skills and professionalism. We are here to assist you - please let us know if there is anything we can do to guide your experience and help make it more comfortable.

# SPA

## INTERCONTINENTAL

LOCATION: Level 2 InterContinental Wellington, 2 Grey Street

FOR ALL BOOKINGS: Please visit the Emerge Health Club

HOURS OF OPERATION: Monday - Friday 9am - 7pm | Saturday - Sunday 9am - 5pm

TELEPHONE: 04 495 7853 HOTEL EXTENSION: 0

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