



INTERCONTINENTAL[®]
REGENCY BAHRAIN



SPA MENU



Welcome to SPA InterContinental®

Discover a unique “in the know” Spa & Health club destination, where every element is customized to your healthy time. SPA InterContinental located at the InterContinental Regency Bahrain, bridges the gap between expert skincare and total wellness for body and mind with treatments from award-winning luxury European brand Bruno Vassari and natural products such as fruits, seeds, chocolate and yoghurt.

Whether you have a moment to recharge, an hour to detox & workout or a day to relax; immerse yourself in sumptuous surroundings and enjoy sport time or a treatment from the specially tailored therapy menu to suit any schedule or lifestyle.

Massages

We offer several types of massage that focus on different parts of the body or healing approaches. During a massage, our massage therapist will apply gentle or strong pressure to the muscles and joints of the body to ease pain and tension. No two people are the same. That's why our exclusive personalized packages provided by our professional therapists will give you total relaxation to pamper and rejuvenate your five senses.



MASSAGES

Aromatherapy

Using essential oils, this soothing treatment is designed to balance the body's equilibrium and improve mental and physical health. The essential oil properly works on the brain and nervous system through stimulation of the olfactory nerves, improving blood circulation and lymphatic flow.

50 minutes: BD 31.500

80 minutes: BD 42.000

Balinese

Balinese massage is a combined technique of gentle stretches, acupressure and aromatherapy oil treatment which stimulates the flow of blood, oxygen and energy all over the body and brings deep relaxation and wellness. It is a highly effective treatment for sport injuries.

50 minutes: BD 31.500

80 minutes: BD 42.000

Deep Tissue Sports

This invigorating treatment technique incorporates elbow and forearm work on deeper tissues and it is ideal for those who are seeking for massages with harder pressure. It helps to release the air trap in the blood stream and veins for physical well-being.

50 minutes: BD 31.500

80 minutes: BD 42.000

Swedish

Relaxing and stimulating, this classic full body massage helps soothe sore muscles, increase blood circulation and reduce the body tension. The application of long strokes, combined with kneading by thumbs and palms along the nerve path, aids in the removal of toxins by way of stimulating the lymphatic system.

50 minutes: BD 31.500

80 minutes: BD 42.000

Traditional Malaysian Urut

The main cause of ill health and lethargy is because of trapped air in the blood stream and vein. The traditional Malaysian Urut massage uses herbal oil and works with rhythmic combination of thumb, palm pressure, wrist and elbow gliding on the back to help to ease the tense, aches and pains and enhance the physical well-being.

50 minutes: BD 31.500

80 minutes: BD 42.000

Anti-Stress Neck & Shoulder

This treatment is tailored for those who work on computers most of the time. It helps to loose the tightened muscles of neck, shoulder and back; as well as to ease the tension and improve smooth flow of blood.

25 minutes: BD 16.800

40 minutes: BD 23.100

Ancient Royal Thai

Stretching the muscles and joints is a form of “passive yoga,” which improves flexibility of the body. Gentle pressure is applied to stretch the muscles along the energy lines of the body to enhance the energy flow and to harmonize the body, loosen the knots, and regain deficiencies.

50 minutes: BD 31.500

80 minutes: BD 42.000

Shiatsu

Based on the concept of acupuncture, this Japanese style pressure point massage works on vital energy points resulting in a balanced “Chi” (subtle energy). This oil-free massage focuses on applying firm rhythmic pressure by using thumbs, fingers and palms on the pressure points of the body. Thereby it unlocks the energy flow through the meridian lines.

50 minutes: BD 31.500

80 minutes: BD 42.000

Foot Reflexology

Foot reflexology promotes relaxation and well-being through reflex points located on the foot. By pressing the reflex points, the blockage in glands, organs and other parts of the body can be reduced and eliminated.

35 minutes: BD 21.000

50 minutes: BD 26.250

Facial

Face is the body of various compositions. Our unique facial treatments, which are designed to pamper as well as to enhance the beauty, texture and appearance of the skin, allows the face to gain glow in a natural way with homemade ingredients - totally out of chemical compositions.



FACIAL

Natural Moisturizing Facial

Designed for dry skin, this rejuvenating treatment will ensure maximum hydration and firm the contours of the skin.

60 minutes: BD 29.400



Bruno Vassari

Bruno Vassari was founded in 1984 by a group of professionals from the world of cosmetics, marketing and business, who decided to create a new brand of cosmetics for the professional market. They were inspired by the Italian classics, and amongst them, Giorgio Vassari, a renowned painter, sculptor and architect from the sixteenth century. Like he did, these professionals wanted to break down the ways of the past, and start a new path in the professional beauty market. The below facial treatments utilize the luxurious Bruno Vassari products.



BRUNOVASSARI

Enchanting Escape

Indulge in our anti-stress facial, which relieves muscle tension and helps protect your skin from harsh environments.

60 minutes: BD 36.750

Pure Solutions

Effective treatment for those with oily / combination skin, This treatment is designed to normalize oil production and reduce excessive shine.

60 minutes: BD 36.750

Rivers of Calm

This gentle facial is designed specifically for those with sensitive and fragile skin. The skin will look healthier and more relaxed.

60 minutes: BD 39.900

Kianty Experience

The Kianty Experience is an advanced anti-aging treatment incorporating peptides and grape seed concentrates leading to a youthful, radiant appearance.

75 minutes: BD 57.750

BRUNOVASSARI

Cell Active

Skin revitalizing treatment using botanical stem cells from thousand year old plants; this treatment helps preserve skin's youth and vitality.

60 minutes: BD 42.000

Ray of White

Intensive treatment designed to naturally lighten dark stains and unify overall skin tone.

60 minutes: BD 42.000

Drop of Aqua

Unique hydrating treatment designed to replace skin moisture and maintain water balance, leaving your skin soft and supple.

60 minutes: BD 42.000

Touch of Radiance

Specific treatment designed to reduce eye puffiness, dark circles and wrinkles. Your eyes will look more vibrant and fresh.

45 minutes: BD 31.500

BRUNOVASSARI TREATMENTS

Anti-Cellulite & Firming Treatments

Slimming body treatment to firm skin tissue, resulting in a tighter and slimmer appearance.

60 minutes: BD 48.300

Body Firming Treatments

Intensive firming treatment which stimulates microcirculation. firms up and moisturizes the cutaneous tissue.

60 minutes: BD 37.800

Full Body Scrub

Done with professional grounds, sugar and body oil; regenerates and renews the superficial layers of skin to soften it.

40 minutes: BD 31.500

Scrubs and Wraps

Exfoliation is one of the most important part of all body treatments, which removes dirt from the surface of the skin and helps to remove the dead cells. It leaves your skin clean, soft and smooth.

Body wraps act to improve the detoxification of the body. Toxins are drawn out and soft tissues are compressed. They tone up the muscles and moist dry skins as well as adding on radiance to the skin and improving the skin elasticity.



SCRUBS AND WRAPS

Coconut Body Scrub

45 minutes: BD 29.400

Natural Pulses & Fruits Body Scrub

45 minutes: BD 31.500

Almond Body Scrub

45 minutes: BD 29.400

Yogurt Body Wrap

45 minutes: BD 26.250

Pumpkin & Orange Body Wrap

45 minutes: BD 26.250

Papaya Body Wrap

45 minutes: BD 26.250

Packages

Our tailor-made exclusive personalized packages provided by our professional therapists will give you total relaxation to pamper and rejuvenate your five senses. Please choose the package, which has been designed in combinations of our various treatments for your needs.



PACKAGES

Combination Treatments Packages

Combination of 2 Treatments	100 minutes: BD 54.600
Combination of 3 Treatments	150 minutes: BD 78.750
Combination of 4 Treatments	200 minutes: BD 109.200

Men's Signature Treatments

Top to Toe Treatments

Head, back and shoulder massage
& foot reflexology

70 minutes: BD 36.750

Skin Care for Men

Natural pulses and fruits scrub
& pure solutions facial

110 minutes: BD 57.750



Spa Appointments

Please consult our Spa InterContinental reception for assistance in selecting treatments to fulfill your personal requirements. To ensure availability, advance reservations are highly recommended.

To make your appointment, guests in-house can either call Spa InterContinental at Ext. 3355 or visit the Spa on the tenth floor of the hotel. Alternatively, call InterContinental Regency Bahrain at +973 1722 7777 or call Spa InterContinental at +973 1720 8355.

Cancellation Policy

If you must reschedule or cancel your spa appointment, please notify us 24 hours in advance to avoid a 100% charge of the service reserved. A full charge will be levied for all no-show appointments.

What to Wear

For in-house guests, we recommend wearing the robe and slippers provided in the guest rooms. Alternatively, we can provide you with a robe and slippers at the Spa InterContinental. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy.

Arrival

We suggest you arrive 10 to 15 minutes prior to your scheduled appointment time.

Health Matters

Please inform us of any health conditions when booking your appointment. These include high blood pressure, heart conditions, allergies, recent surgeries or pregnancy. The management shall not be responsible for any unforeseen allergic reactions from the received treatments.

Shaving and Men's Facials

For best results, we recommend that men shave a few hours prior to their facial treatments.

Valuables

Please leave your jewellery and valuables in the safe in the guest room. While we endeavor to look after your belongings, we do not assume liability for any valuables.

Spa InterContinental Etiquette

To preserve the Spa's tranquil environment and protect your privacy, cell phones and any other electronic devices are not permitted in the treatment rooms. If you wish to receive messages during your time at Spa InterContinental, please advise one of our team members and we will be happy to assist you. Spa InterContinental is a smoke-free environment and alcohol consumption is not allowed.



SPA

INTERCONTINENTAL

InterContinental Regency Bahrain
King Faisal Highway, P.O. Box 777
Manama, Kingdom of Bahrain

Tel: +973 1722 7777 Ext 3355
Direct: +973 1720 8355

Regency Hotel (VAT Registration Number 200011312200002)