

SPA  
INTERCONTINENTAL



# TIME FOR YOU

InterContinental Budapest invites You  
to indulge in the finest spa treatment therapy  
using only the most sophisticated natural products  
and superb techniques  
from our professionally trained staff.



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# TIME TO SPA

Our newly renovated 842 square meters state of the art SPA InterContinental features four tastefully decorated treatment suites, including one for couples massages and offers a variety of body, facial and nail services. Products which are used in our treatments have been carefully selected by Omorovicza and are inspired by Hungarian tradition and its great heritage of thermal baths.

All day fitness centre is fully equipped with Free Motion machines with built-in TV screens and MP3 access points while swimming pool, steam room and sauna are the perfect way to complete your day full of pampering and relaxation...

# CAPITAL OF BATH

For decades, Budapest has been recognized as the spa capital of the World. The Celts and the Romans used the hot springs on the Buda side and baths had been already operating during the Turkish occupation (16<sup>th</sup> - 17<sup>th</sup> century). There is probably no other capital city on the globe with swimming pools and bathing halls dating back to the Turkish occupation and still in use today, with thermal spas irradiating the rich colours and forms of Art Nouveau and featuring one of the largest spas in Europe. Filtering up through the geologically unique formations of the Carpathian Basin, there are over one thousand hot springs in Hungary; one hundred in Budapest alone. If you would like to learn more about a particular bath, please contact our Concierge Desk.

# STORY OF OMOROVICZA

The Omorovicza story really begins over two thousand years ago when the curative properties of Hungarian healing waters were first discovered. They have been prized for their unique benefits ever since. These unique waters are the foundation of Omorovicza's innovative skincare range. Inspired by tradition, guided by nature and spearheading the concept of Mineral Cosmetology, the Omorovicza skincare range has a rich, romantic heritage. It was founded by a young couple, Stephen and Margaret de Heinrich de Omorovicza, who met and now live in Budapest. Amazed by the unusual and remarkable effects of the mineral-rich waters on their skin, the couple investigated their dermatological benefits. Encouraged by their findings, they embarked on a quest to create an innovative, high-performance skincare range harnessing the unique virtues of Hungarian waters. The expanding product range and bespoke facial treatments have received international acclaim and the story continues.

Omorovicza products are available in our SPA InterContinental, in Omorovicza's flagship store and spa on Andrassy Avenue in Budapest, in the United Kingdom at Harrods and in the United States in Neiman Marcus stores. Should you need further information or direction on how to purchase these products, please contact our friendly Spa Hostesses.

# MASSAGES

## General Messages

### SWEDISH MASSAGE

A classic European-style treatment which uses long gliding strokes to improve the circulation, ease muscle aches and tension, improve flexibility and leave you feeling totally relaxed.

Duration: 25, 50 minutes

### SPORTS MASSAGE

The strong, deep pressured techniques will help prepare your body for optimal performance or help alleviate stress, tension and promote flexibility. It stimulates blood circulation, reduces heart rate and blood pressure.

Duration: 25, 50 minutes

### REFLEXOLOGY

This Ancient Egyptian, Chinese and Indian therapy is based on principles that reflexes in your hands and feet correspond to every part of your body. Stimulating those reflex points promotes health in each organ through your body's energetic pathways.

Duration: 25 minutes

## Wellness Massage

### HOT STONE THERAPY

This unique treatment is performed with smooth, heated basal stones. The volcanic rocks absorb and retain heat and are placed on key points of your body to improve circulation, calm the nerve system and release tension in your muscles.

Duration: 75 minutes

# MASSAGES

## Eastern Massages

### JAPANESE SHIATSU

This old Asian technique alleviates muscle fatigue and tension by applying pressure with thumbs on points that are related to central and autonomic nervous systems. It restores healthy flow of energy through your body and leaves you feeling totally rejuvenated.

Duration: 50 minutes

### THAI MASSAGE

Your therapist will use a sophisticated system of passive stretching and gentle rocking to increase flexibility and relieve muscle and joint tension along the body's energy lines. This therapy's integrated approach stimulates the body's natural healing by releasing blocked energy resulting in an energized calm and extraordinary flexibility.

Duration: 50, 75 minutes

## Deluxe treatments

### 4 HANDS MASSAGE

Experience the unique and complete pampering with a synchronized massage by two skilled therapists. Various massage techniques will be used to cater to your needs. This luxurious treatment is guaranteed to reduce stress, achieve balance in your body and leave you feeling completely refreshed.

Duration: 50 minutes

### COUPLES MASSAGE

Our unique Couples Suite invites you and your loved one to experience our massage for couples! Discover together the spirit of parallel massage and enjoy the privacy of a candle lit ambient Suite.

Duration: 50 minutes

# TREATMENTS

## Facial

### ANTI-AGING, PLUMPING FLASH FACIAL

Designed to leave complexion rejuvenated and glowing, this flash facial begins with a gentle cleansing followed by an unique facial massage soothing the senses and accelerating microcirculation. A rose and peony scented mask plumps the epidermis to reduce the appearance of fine lines and wrinkles. Attention is also paid to all-too-often neglected hands!

Duration: 30 minutes

### PORE REFINING FLASH FACIAL

Mineral-rich Hungarian moor mud draws out impurities and nourishes the skin. The application of the mud mask follows a cleansing and an unique Hungarian facial massage while hands are exfoliated and massaged. This flash facial is certain to give the face a fresh glow.

Duration: 30 minutes

### GENTLEMAN'S FACIAL

Regular cleansing and extraction makes a face more handsome. The gentleman's facial is designed to address those needs. Cleansing and exfoliation prepare the skin for extraction. A mineral-rich Hungarian thermal mud mask draws out impurities, cleanses deeply and nourishes the skin. An unique Hungarian facial massage soothes the skin whilst stimulating micro-circulation and a scalp and shoulder massage relieves tension and stress.

Duration: 60 minutes

# TREATMENTS

## GENTLE TOUCH FACIAL

For sensitive skin in need of special attention, this facial applies gentle products to cleanse and exfoliate. An unique Hungarian facial massage stimulates micro-circulation whilst relieving tension. A nourishing poultice of organic oats and wheat supplies ample nourishment and moisture and leaves the skin glowing with new found health.

Duration: 60 minutes

## LIGHTENING & BRIGHTENING FACIAL

Designed to leave complexion rejuvenated and glowing, this facial begins with a gentle peeling, enriched with copper for an anti-oxidant collagen stimulating punch. An unique facial massage soothes the senses and accelerates micro-circulation whilst a rose and peony scented mask plumps the epidermis to reduce the appearance of fine lines and wrinkles. Attention is also paid to all-too-often neglected hands!

Duration: 75 minutes

## DEEP CLEANSING & PORE REFINING FACIAL

Mineral-rich Hungarian moor mud draws out impurities and nourishes the skin. The application of the mud mask follows a thorough cleansing and exfoliation using rosemary and pineapple extracts which treat sensitive skin and reduce the size of pores. The treatment includes an unique Hungarian facial massage while hands are exfoliated and massaged. This facial is certain to give the face a fresh glow.

Duration: 90 minutes

# TREATMENTS

## Body

### MINERAL SCRUB & GLOW

Who does not want healthy, smooth and sun-kissed skin? Following a gentle but thorough exfoliation of face and body, an even application of Glam Glow will reveal a beautiful, natural-looking tan within a day of application.

Duration: 60 minutes

### DIMPLE DISSOLVE (cellulite reduction treatment)

This cellulite busting treatment begins with a vigorous yet gentle brushing of the body and a detoxifying exfoliation using sea salt and mineral-rich Hungarian thermal mud. The Dimple Vanisher is then massaged into freshly brushed and buffed skin. The finishing touch is a light lymphatic drainage. The body's micro-circulation is accelerated and the appearance of dimples is reduced.

Duration: 60 minutes

### MINERAL STONE MASSAGE

A warm blend of essential oils combine with warm mineral stones to make this body experience truly transporting. Stones are not placed on the body; they become extensions of the therapist's hands to relieve muscular tension and stress.

Duration: 60 minutes

# TREATMENTS

## CLASSIC HUNGARIAN BODY WRAP

More than an ordinary wrap treatment, this body experience begins with a vigorous yet gentle brushing of the body and a detoxifying exfoliation using sea salt, Hungarian moor mud and capsicum peptide. A deep cleansing mud mask is then lathered onto the body. While the mud cleanses and the body is wrapped, the therapist performs a scalp massage to relieve any tension or stress. A brief body massage using a rich blend of essential oils adds a soothing finishing touch.

Duration: 75 minutes

## NOURISH & POLISH (face & back)

A true indulgence! This treatment combines exfoliation of face, hands and back with the application of a nourishing poultice of organic oats and wheat to the face and mineral-rich deep cleansing Hungarian mud mask to the back. A soothing massage of the face, hands and feet relieves tension and relaxes the senses.

Duration: 90 minutes

## HEALING WATERS

This mind and body experience begins with a gentle yet thorough exfoliation of the body, using sea salt, Hungarian moor mud and capsicum peptide. A steaming thermal soak and a healing scalp massage follow. A massage using a blend of essential oils of sage, rosemary, chamomile, rose geranium, plum and apricot kernel adds a firming finishing touch and leaves the skin hydrated and silky smooth.

Duration: 120 minutes

# TREATMENTS

## QUEEN OF HUNGARY SPA RITUAL

Inspired by the world's original "SPA" city, this 2½ hour treatment pampers you from head to toe. The combination of a purifying body exfoliation and a nourishing, mineral-rich Hungarian mud wrap leaves the body silky smooth. An unique facial massage revives the complexion whilst a 60-minute mineral stone massage soothes the muscles and banishes tension and stress for renewed zest and vigour.

Duration: 150 minutes

## MANICURE - PEDICURE

Manicure and pedicure services are also available upon request.

# SPA INTERCONTINENTAL GUIDELINES

## HOW TO BOOK

Advance booking is recommended.

## ARRIVAL

Please arrive at least 15 minutes before your scheduled session time. This will enable you to enjoy a relaxed preparation for your treatment.

## LATE ARRIVAL

If you arrive late for an appointment, you will receive the best treatment possible within the remaining appointment time.

## CANCELLATION POLICY

We require 6 hours notice time for any cancellation, change or re-scheduling of your appointment.

## MEDICAL CONCERNS

Please notify spa reservation before booking any treatment if you have any allergies, physical disabilities or are taking any medication, as this may affect your treatment.

## PRICES

All treatments, massages, prices and information are current at the time of printing and are subject to change without notice. All prices include VAT.

We look forward to welcoming you to our SPA InterContinental.





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