

SPA
INTERCONTINENTAL

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TIME TO SPA

Discover a unique In the Know SPA destination where every element is customised to your time and to your needs.

Whether you have a moment to REFRESH, or an hour to RELAX, immerse yourself in marvellous surroundings and enjoy our unique treatments using only the most sophisticated natural products.



SPA BRANDS

SPA InterContinental is using only carefully selected products from very prestigious and award winning brands like Kaviczky and Skeyndor.

KAVICZKY - NATURAL PLANT BOTOX

Kaviczky products present a new dimension of beauty care for you to preserve the beauty, youth and vitality of yours. Moreover they are inspired by Hungarian tradition and its great heritage of thermal baths.

SKEYNDOR - SCIENTIFIC SKINCARE

Skeyndor, which means “golden skin” in Spanish, combines the goodness of nature with the wonders of science and delivers the highest quality non-chemical beauty solutions to everybody.





MASSAGES

RELAXATION SWEDISH MASSAGE

This type of massage is beneficial to promote the feeling of well-being and also help to reduce emotional and physical stress.

Duration: 50 minutes

DEEP TISSUE MASSAGE

Guaranteed to relax tight muscles and aid in stress relief. Certain problem areas can be targeted in this treatment to ensure that muscles are lengthened and tension is removed.

Duration: 50 minutes

REFRESHING NECK & BACK & SHOULDER MASSAGE

This deep tissue massage targets the areas where you need it most the neck, back and shoulder.

Duration: 25 minutes

AROMATHERAPY MASSAGE

Aromatherapy massage has a more holistic approach, will concentrate on more relaxing strokes with the choice of your aromatherapy oil.

Duration: 25 minutes

AROMATHERAPY MASSAGE & BATH

Aromatherapy massage has a more holistic approach, will concentrate on more relaxing strokes with the choice of your aromatherapy oil followed by an aromatherapy bath.

Duration: 50 minutes massage + 20 minutes bath

NATURAL TRANQUILITY MASSAGE & BATH

Indulge yourself with a 30 minutes peppermint oil massage followed with + 20 minutes mineral salt bath from the heart of Hungary

Duration: 30 minutes massage + 20 minutes bath



MASSAGES

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: 60 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 or 75 minutes

MOTHER-TO-BE MASSAGE

The massage is given to the mother-to-be lying on her side with pillows and cushions supporting the legs and the belly for comfort.

Duration: 25 minutes

REFRESHING FOOT & LEG MASSAGE

This ancient Egyptian, Chinese and Indian therapy is based on principles that reflexes in your 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



TREATMENTS FOR COUPLES

HAWAIIAN MASSAGE

Includes a 50 minutes Lomi lomi massage with a 20 minutes coconut bath.
Duration: 50 minutes massage + 20 minutes bath

RELAXATION COUPLE MASSAGE

Includes a 50 minutes relaxing Swedish massage with a 20 minutes aromatherapy bath.
Duration: 50 minutes massage + 20 minutes bath

VITALIZING GRAPE COUPLE MASSAGE

Includes a 50 minutes massage with grape seed oil and a 20 minutes bath with refreshing fruit juice.
Duration: 50 minutes massage + 20 minutes bath



KAVICZKY FACIAL TREATMENTS

EXPRESS FACIAL

A quick and calming facial treatment when time is against you. | Duration: 30 minutes

ANTI-AGING FACIAL

This treatment reduces fine lines, strengthens the skin's elasticity, improves wrinkles.
Duration: 45 minutes

FIRMING & LIFTING FACIAL

This firming facial combines detoxification and illumination of the skin. The perfect remedy for mature skin to visibly improve the appearance of fine lines and wrinkles.
Duration: 60 minutes

HYDRATING FACIAL

A rejuvenating treatment which will ensure maximum hydration and firm the contours of the skin. | Duration: 60 minutes

SOOTHING FACIAL

Hydrates and soothes dry, sensitive, irritated and post procedure skin. | Duration: 60 minutes

DEEP CLEANSING FACIAL (WITH EXTRACTIONS)

Purifying facial for congested skin. Rebalancing detoxifying treatment is used to prepare for extraction of clogged pores. Helps skin look brighter and fresher. | Duration: 75 minutes

VITALIZING FACIAL

Vitalizing treatment helps retain skin firmness and elasticity. Ideal for mature skin that has lost its vitality. | Duration: 60 minutes

COSMECEUTICAL FACIAL

Cosmeceutical is a new concept in beauty care meaning that cosmetics are progressing towards medicine. This luxurious treatment is ideal for mature skin that has lost its vitality.
Duration: 60 minutes



KAVICZKY BODY TREATMENTS

TRUE INDULGENCE

This treatment includes a specific facial care for your skin type and an exfoliation of the back. You will also receive a Hévíz mud on your back. A soothing face & back & calf massage that relieves tension and opens up your senses. | Duration: 90 minutes

HÉVÍZ MUD WRAP

This treatment is a combination of a self heating body exfoliation with a pineapple extract and sliming Hévíz mud wrap. In the meantime we will provide you a facial massage. Gentle massage with our shaping body balm. | Duration: 75 minutes

COSMECEUTICAL MUD WRAP

This treatment is a combination of a self heating body exfoliation and a rose body wrap which contains plant Botox. Meanwhile we provide you with a facial massage and a soothing body massage with a rejuvenating body balm. | Duration: 75 minutes

FIRMING GRAPE BODY WRAP

The combination of a self heating body peeling and a firming grape body wrap leaves your skin firm and smooth. In the meantime we will provide you a facial massage and finish this treatment with a gentle body massage using a firming body balm. | Duration: 75 minutes

WATER-LILY BODY WRAP

This is our magic wrap, since it will leave your skin detoxified, slim and firm. We combine our Hévíz mud and rose mask in one treatment. Gentle face and body massage is provided during the treatment. | Duration: 75 minutes

KAVICZKY SPA RITUAL

This 2 hour treatment will pamper you from head to toe. Starting with an enzymatic body peeling followed by a Hévíz mud wrap which is applied to the body. During this time we will provide you with a Kaviczky personalized express facial. Duration: 90 minutes + 30 minutes relaxing massage



SKEYNDOR FACIAL TREATMENTS

HYALURONIC FACIAL

Intensive moisturizing facial treatment to ensure a perfectly hydrated skin. Includes an Indian face massage technique with energetic Selenite crystal stones for smoothed micro relief skin. Duration: 60 minutes

HYALURONIC COOLING EYE AND FACE TREAT

Concentrating on the eye contour to decrease dark circles and wrinkles, with special eye-contour massage. The cooling effect produces a feeling of well being. Duration: 60 minutes

POWER C⁺ FACIAL

Thanks to its intensive light effect and great concentration of high absorption Vitamin C, it activates cell metabolism. | Duration: 60 minutes

POWER RETINOL

Purest form of vitamin-A ensures its intensive rejuvenation effect on wrinkles and dark spots. Relaxing Indian-Champi face massage is nurturing the skin. | Duration: 75 minutes

ETERNAL STEM CELL TREATMENT

An extra powerful facial treatment with plant stem cells to nourish and revitalize the tissues under the skin and provide a long-lasting anti-aging effect. | Duration: 75 minutes

CORRECTIVE FACIAL TREATMENT

Treatment that reduces the deepest wrinkles, rejuvenates the expression and restores the skin's firmness and youthful appearance. | Duration: 75 minutes

GLOBAL LIFT

This new global anti-age strategy achieves a face-lift effect, redefining the jaw line and reducing double chin in mature skins. | Duration: 75 minutes



SKEYNDOR MEN'S FACIAL

INTENSE HYDRATING FACIAL

Deep hydration treatment regulates the water release of cells and protects the skin from a sudden loss of water. | Duration: 45 or 60 minutes

EXPRESS ENERGIZING FACIAL

A treatment that energizes the skin with Siberian ginseng, it stabilizes the cellular metabolism, activates the immune system, and increases the skin's resistance to stress. Duration: 45 or 60 minutes

SKEYNDOR BODY TREATMENTS

BODY SCULPT THERAPY

Anti-cellulite contouring treatment, eliminates toxins, accelerates the lymphatic circulation to reduce cellulite. | Duration: 75 minutes

DELUXE CELLULITE

A special intensive detoxifying spa treatment that will get you in shape. Toning and firming the skin including a bamboo stick massage to stimulate circulation and tighten connective tissues. Duration: 75 minutes

THERMAL SPRING SALT BODY POLISH

The rich mineral salt content makes this peeling a relaxing therapy. It contains Salies de Bearn thermal salts from France, malachite for relaxing the tired skin, sapphire to provide vitality and organic mud and hematite to hydrate and fortify the skin tissue. | Duration: 40 minutes

SAPPHIRE BODY RITUAL

Pamper yourself with our body treatment commencing with a foot ritual followed by soothing body scrub massage and an indulging sapphire body wrap which will drift you away. Duration: 90 minutes



MANICURE

FILE AND POLISH

Nails will be shaped and cuticles will be tidied before application of polish of your choice.
Duration: 40 minutes

CLASSIC MANICURE

A classic hand and nail treatment including shaping of the nail, cuticle removal, buff and shine, hand moisture application, finishing with your choice of colour. | Duration: 60 minutes

SPA MANICURE

A deeply therapeutic, nurturing hand and nail treatment, involving exfoliation, shaping of the nail, cuticle removal, buff and shine, hand/arm massage, hand mask, finishing with your choice of polish colour. | Duration: 75 minutes

MANICURE FOR GENTLEMEN

This hand treatment is designed to tidy up and rehydrate male hands. It includes nail shaping, cuticle care, stress release hand/arm massage and nail buffing. | Duration: 45 minutes

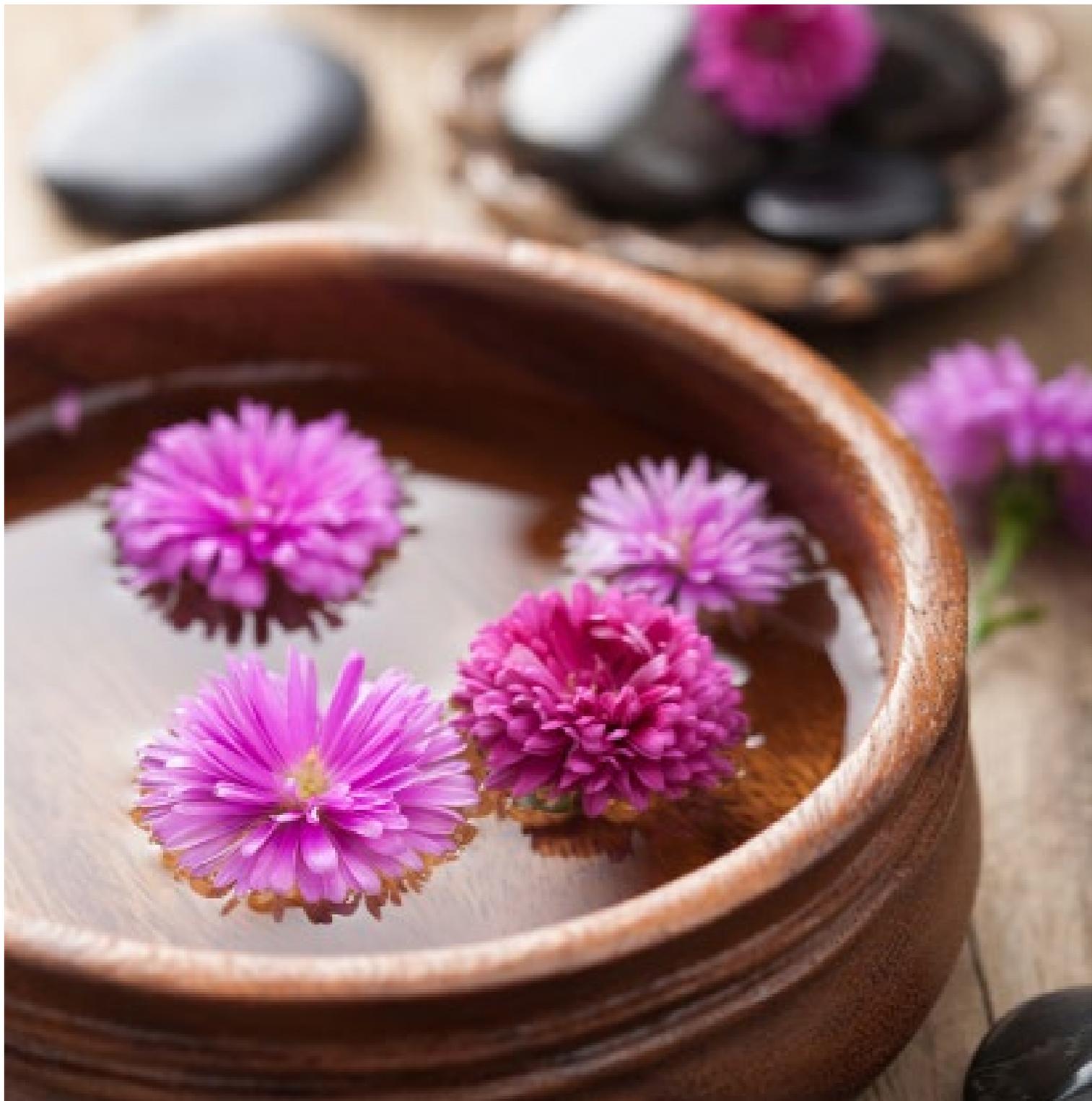
JAPANESE MANICURE

A Japanese manicure is a unique eastern procedure which allows the most weakened and damaged nail to be restored completely. After several sessions of the Japanese manicure the nail became firm smooth, strong and shiny. | Duration: 40 minutes

LONG-LASTING GEL NAIL POLISH

This perfectly special gel nail polish is helping for your nails to grow long and protecting from splitting. Book together with a manicure and enjoy its beautiful shine! | Duration: 25 minutes

French polish can be requested as an extra service for all manicure treatments. | Duration: extra 15 minutes



PEDICURE

FILE AND POLISH

Nails will be shaped and cuticles will be tidied before application of polish of your choice.
Duration: 40 minutes

CLASSIC PEDICURE

A classic foot and nail treatment including shaping of the nail, cuticle removal, buff and shine, foot moisture application, finishing with your choice of colour.
Duration: 60 minutes

SPA PEDICURE

Soak away tension and treat your soul to this wonderfully relaxing and grounding treatment. An intensive foot and nail treatment involving exfoliation, shaping of the nail, cuticle removal, buff and shine, leg/foot massage, finishing with your choice of polish colour.
Duration: 75 minutes

LONG-LASTING GEL NAIL POLISH

This perfectly special gel nail polish is helping for your nails to grow long and protecting from splitting. Book together with a pedicure and enjoy its beautiful shine! | Duration: 25 minutes

French polish can be requested as an extra service for all pedicure treatments. | Duration: extra 15 minutes



SPA GUIDELINES

HOW TO BOOK

Appointments for individual massages and treatments need to be made in advance either by contacting the SPA reception or the Concierge.

ARRIVAL

Please arrive at least 15 minutes before your scheduled appointment. 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 2 hours notice time for any cancellation, change or re-scheduling of your appointment. Guests who do not honour their appointments will be charged a cancellation fee as follows:

- More than 2 hours notice..... Service will be cancelled at no charge
- Less than 2 hours notice..... 50% of the service price will be charged
- Failure to show without notice..... 100% of the service price will be charged

MEDICAL CONCERNS

Before booking your treatment, please advise our spa staff of any allergies, physical disabilities and medication you are currently taking as this may affect your treatment.

OPENING HOURS

- SPA InterContinental is open daily from 6:00 AM until 10:00 PM
- Fitness Center is open 24 hours per day, after 10:00 PM please use the side entrance
- Massages are available daily from 8:00 AM until 8:00 PM
- Skeyndor and Kaviczky treatments are available daily from 11:00 AM until 7:00 PM
- Manicure & pedicure services are available from 11:00 AM until 7:00 PM

SPA & FITNESS ETIQUETTE

- The usage of the fitness gym is only allowed by adequate clothing (sportswear and sneakers).
- Please note that the sauna and fitness area are for relaxation.
- Please note that in the sauna, swimming-suit and sauna-towel are obligatory to be used.



LAND OF HEALING

The geological features of the Carpathian Basin are such that the earth's crust is very thin, so waters rise easily to the surface. Hungary is extremely rich in thermal waters, its thermal water reserve is significant on a world scale and on European scale it is outstanding. Hungary is a land of more than 1,000 hot springs and enough spa facilities to accommodate 300,000 people at the same time! These spas are located in big cities and smaller towns throughout the country. Some are simple thermal baths serving the local community.

The Romans, no strangers to the good life, were the first to take advantage of this naturally occurring phenomenon, but Budapest also offers some of the finest examples of the "Turkish Bath". Currently there are more than a thousand wells in Hungary that give + 30°C hot water most of which is medicinal water.

Medicinal waters can be found in almost all regions of Hungary, and about three-quarters of the wells are located in the Great Hungarian Plain.

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*Images are for illustrative purposes only.

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