



INTERCONTINENTAL[®]
ATHÉNÉE PALACE



SPA MENU



Welcome to **SPA InterContinental Athénée Palace!**

SPA InterContinental Athénée Palace Bucharest is a refined wellbeing sanctuary where timeless luxury meets historic grandeur. Housed within the legendary Athénée Palace, the spa honours its guests through a curated selection of treatments designed to restore and rejuvenate the body, while soothing and elevating the spirit.

Inspired by traditions of royal indulgence, our spa rituals blend heritage with innovation. From revitalizing massages to holistic therapies and next-generation skincare, every treatment is thoughtfully crafted to transport you into a world of serenity and sophistication, while advanced beauty technology such as NOOANCE Paris LED therapy target specific skin concerns through the power of infrared light. For mental clarity and deep relaxation, NeuroVizr offers a cutting-edge meditative experience.

Opening Hours

For hotel guests:

Gym 24/7;

Pool & spa

08:00 - 20:00 on weekdays and

09:00 – 21:00 on weekends

For external guests:

Gym 06:00 - 22:00;

Pool & spa

08:00 - 20:00 on weekdays and

09:00 – 21:00 on weekends

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SPA & FITNESS FACILITIES

- Indoor Pool
- Steam Room
- Dry Sauna
- Ice Fountain
- Jacuzzi
- Experience Shower
- Gym
- Spa Treatment Rooms
- Beauty Salon – Hair, Nails & Make-Up

Beauty services are available by appointment with Geanina Stoleru, Phone & WA +40723 524 915

Facial treatments and make-up are available by appointment with Dana Dobrescu, Phone & WA +40744 315 501





Body-Mind Journeys - The Royal Voyage

The Crown Jewel – Awakening Your Senses

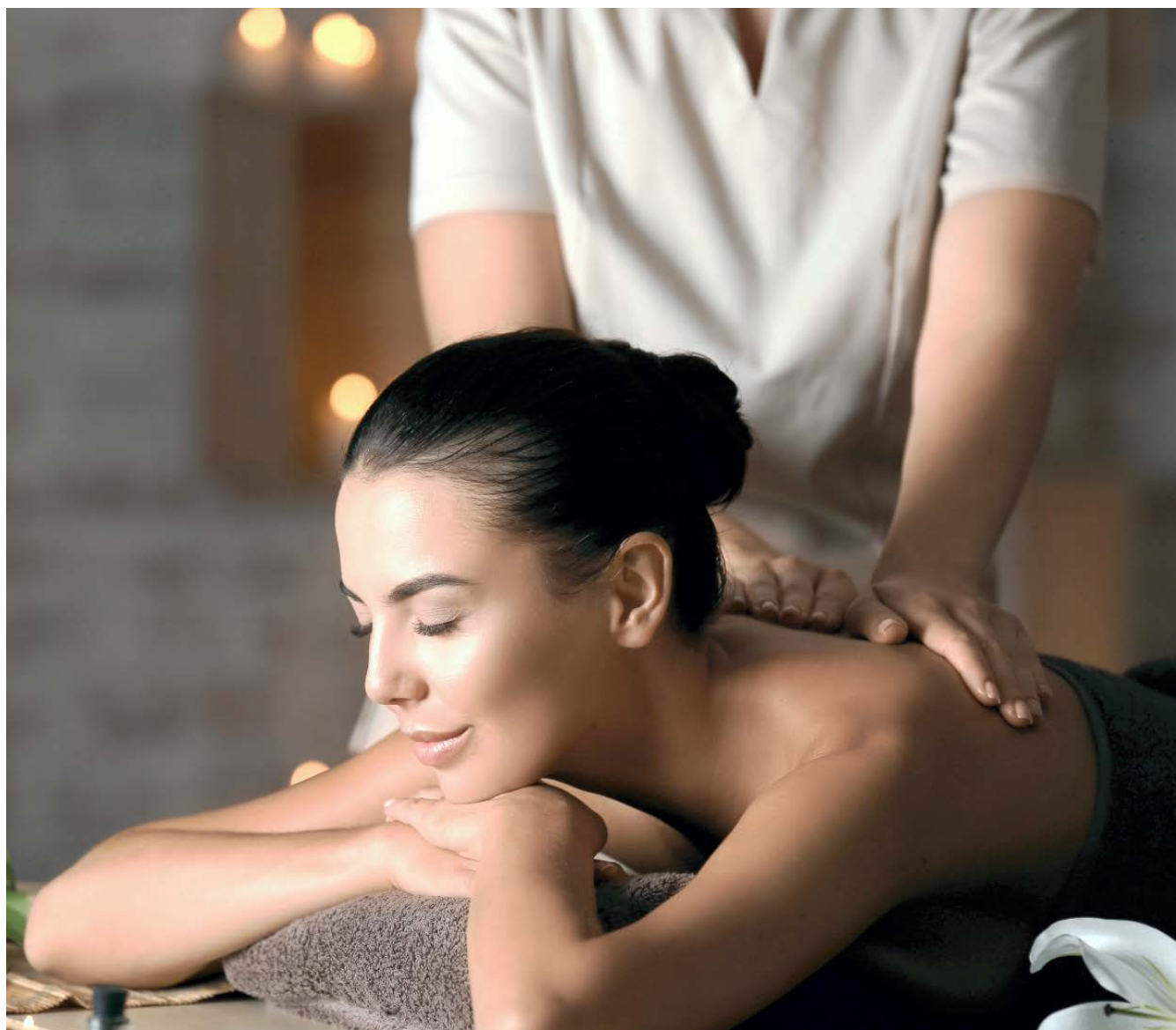
90 min

Begin your royal voyage with an invigorating scrub that polishes the skin to a radiant glow, preparing your body for the ultimate indulgence. Continue with a **60-minute relaxation massage** tailored to your needs, whether for deep relaxation or revitalization. To complete your journey, immerse yourself in **NeuroVizr**, a groundbreaking neuro-wellness experience that guides your mind into deep meditation, easing stress and enhancing mental clarity. This exquisite experience awakens the senses, restores balance, and leaves you feeling renewed, refreshed, and truly regal.

Queen's Glow - Nuances for Timeless Elegance

90 min

Step into a realm of renewal with a **60-minute relaxation massage** designed to ease tension, restore balance, and envelop you in regal relaxation. Your journey continues with **NOOANCE Flexidome Paris LED therapy**, a cutting-edge treatment that harnesses red and infrared light to target blemishes, redness, and wrinkles, promoting deep skin regeneration. This harmonious blend of tradition and innovation leaves you feeling restored, radiant, and effortlessly elegant.



Massages - the Majestic Touch

Regal Comfort - A Tailored 30-Minute Escape

30 min

Enjoy a personalized touch of luxury with our bespoke massage, crafted to suit your needs. Choose between a soothing upper-body focus (shoulders, neck, and head) or a revitalizing lower-body treatment (lower back and legs). Our expert therapists will ensure a regal experience, leaving you feeling renewed, balanced, and utterly indulged.

Majestic Serenity - A Royal Escape

60 / 90 min

Immerse yourself in pure tranquility with our Majestic Serenity relaxation massage. Designed to ease the body and calm the mind, this gentle yet indulgent treatment melts away stress, releasing tension with graceful, flowing movements. Let yourself be transported to a realm of peace and comfort, where every touch is a royal indulgence, leaving you feeling refreshed, balanced, and deeply relaxed.



Imperial Rejuvenation - A Deep Tissue Massage for Strength and Recovery 60 / 90 min

Experience the ultimate recovery with our Imperial Rejuvenation deep tissue massage, designed to target deep-seated tension and revitalize your muscles. This powerful treatment helps to release stress, improve circulation and restore energy, leaving you feeling refreshed and invigorated.

Sovereign Steps - A Foot Massage for Ultimate Comfort 30 min

Treat your feet to the luxury they deserve with our Sovereign Steps foot massage. This rejuvenating experience targets key pressure points, releasing tension and promoting deep relaxation. The experience will leave you feeling light, refreshed, and utterly pampered. The perfect add-on to any massage for those seeking complete indulgence from head to toe.

Empress Contours by Ananné – Natural Firming Body Petro Treatment 60 min

This rejuvenating treatment, conceived as professional organic body care, removes dead skin cells, moisturises the skin and stimulates cell rejuvenation and collagen synthesis. 100% plant-based skincare products and a firming body massage improve lymphatic flow and prepare the skin for subsequent care. Nourishing and lifting body lotions and pure oils promote regeneration, elasticity and skin texture.

Scrub - the Gilded Ritual

Golden Glow Scrub by Chanand

A Luxurious Exfoliation to Enhance Your Massage

30 min

Elevate your massage experience with our pressure-controlled exfoliator that contains biodegradable particles, which removes dead skin cells, revealing a radiant, smooth complexion. This invigorating scrub helps to stimulate circulation and renew your skin, leaving it feeling soft and refreshed. The perfect add-on to any massage, ensuring the ultimate self-care experience.



Facials - the Royal Glow

Express Treatment

30 min

A quick hydration boost for tired or dull skin. An intense nourishing touch that instantly restores freshness and radiance.

Instant Glow Treatment

60 min

Recommended for dehydrated, dry, irritated skin or uneven tone. This treatment re-energizes the skin, smooths fine lines and wrinkles, improves texture, and strengthens the natural protective barrier.

The result? Revitalized skin, minimized pores, deep hydration and a visible glow boost.

Revitalising Lift Treatment

60 min

A complete treatment for firmer, brighter and visibly rejuvenated skin.

Helps redefine facial contours, reduces signs of fatigue, and effectively targets multiple signs of aging such as loss of elasticity and dehydration.

Skincare Lift Facial Treatment

90 min

A luxurious experience that blends advanced skincare formulas with high-performance beauty techniques. The skin is deeply nourished, regains comfort, glow, and a firmer, more sculpted appearance. Perfect for mature skin with loss of firmness, undefined contours, deep lines, or lack of radiance.

**All treatments use premium Estée Lauder products: DayWear, Revitalizing Supreme+, Resilience Multi-Effect Tri-Peptide and Re-Nutriv.*

Special Makeup

The makeup includes eyebrow styling, the application of a base for a perfectly radiant complexion, subtle bronzing, accentuated eyes, contoured cheeks and lips — all for a defined and glowing look. This is your private moment of relaxation and delight, a time to forget the stress of daily life, knowing your face is in good hands.

Make-up and facial services are available by appointment only with Dana Dobrescu.

Phone & WhatsApp: +40744315501.



Cutting Edge Wellbeing LED Technology

Nooance – Flexidome

NOOANCE Paris LED therapy harnesses red and infrared lights to specifically address skin concerns. Guests can choose between:

- the anti-aging mode, which tones the skin, restoring firmness and elasticity, improves skin density and texture and reduces fine lines and wrinkles and
- the clear skin mode, which effectively eliminates acne-causing bacteria, reduces inflammation and redness and refines and evens out skin texture, leaving skin soft and radiant.

Nooance – Mask

Designed with the highest density of LEDs per cm², the Nooance Mask guarantees unmatched efficiency. The Mask is an incredible boost for your complexion, as it stimulates the production of collagen, fights against blemishes and redness and boosts skin radiance. The results of the Nooance Mask technology are proven by French clinical studies.

NeuroVizr

The neuroVIZR uses specific light and sound patterns to give your brain the break it needs and to put you automatically into a state of effortless meditation in as little as 10 minutes. Take a quick NeuroVIZR journey to unlock peak mental performance, gain mental clarity, and achieve emotional well-being. Think of it as a symphony for your brain, compared to a solo performance!

Spa Etiquette, The Code of Royal Conduct

TREATMENT BOOKING

We highly recommend booking your appointment in advance to ensure your preferred time is available.

ARRIVAL

To fully enjoy your experience, please arrive 15 minutes before your scheduled time. This allows time to complete your health assessment form and unwind in our tranquil surroundings.

LATE ARRIVAL

Should you arrive late, we will provide the best possible treatment within the remaining appointment time. Full treatment costs apply.

CANCELLATION POLICY

For hotel guests, we kindly request at least 5 hours' notice for any cancellations or rescheduling of appointments. Cancellations made after this period will incur a 50% charge, while no-shows will be charged in full.

For non-hotel guests, a 50% pre-payment is required to secure a spa treatment booking. Please note that this payment is non-refundable in the event of a no-show or if the appointment is rescheduled less than 5 hours in advance.

HEALTH & WELLNESS

Please inform us of any health conditions, allergies, injuries, or pregnancy before your treatment to ensure a safe and tailored experience.

RETAIL POLICY

A curated selection of premium spa products is available for purchase. All sales are final and cannot be returned or exchanged after the day of purchase.

SPA ETIQUETTE

To preserve the serene atmosphere, we kindly ask that mobile phones be silenced and that voices be kept at a low volume.

The spa area is a smoke-free environment. The use of alcohol and smoking or vaping tobacco is strictly prohibited within the spa area.

Your privacy is respected at all times. Disposable underwear is available and should be worn during the treatment. Robes and slippers are provided for your comfort during your visit.

Photography and filming are not permitted.

Please store all valuable items in your locker, as the spa cannot be held responsible for lost or stolen belongings.

USE OF FACILITIES

Fitness: Appropriate athletic attire is required while using the fitness facilities. Sports shoes must be worn in the fitness center.

Pool, Sauna & Steam Room: Please bring with you your own bathing suit should you wish to use the pool, sauna or steam room facilities.

AGE REQUIREMENTS

Children and young people up to the age of 15 may visit the spa only when accompanied by a responsible adult and are not permitted to use the fitness area.



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