



INTERCONTINENTAL<sup>®</sup>  
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

Family Time: 8:00 - 10:00 on weekdays; 9:00 - 11:00 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
- Facial Treatments

*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**

**120 min – 635 lei**

Begin your royal voyage with an invigorating scrub that polishes the skin to a radiant glow, preparing your body for the ultimate indulgence – a 60-minute massage tailored to your needs. To complete your journey, we offer you two alternative options:

\*immerse yourself in NeuroVizr, a groundbreaking neuro-wellness experience that guides your mind into deep meditation, easing stress and enhancing mental clarity, or

\*awaken your senses from the inside out with a beauty collagen snack from D-Lab nutricosmetics, the French brand focused on enhancing beauty from within.

## **Queen's Glow - Nuances for Timeless Elegance**

**90 min – 600 lei**

Step into a realm of renewal with a 60-minute relaxation massage designed to ease tension, restore balance, and envelop you in regal delight. 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 restored, radiant, and effortlessly elegant.



## Massages - the Majestic Touch

### **Queen Mary's Signature Massage – An Exquisite Experience**

**90 min – 550 lei**

Embrace the height of relaxation with our Athénée Palace Signature Massage, an exclusive treatment tailored to your needs. Using a combination of relaxation techniques, Lomi-Lomi glides and stretching moves, this massage eases tension, restores harmony, and invigorates the senses, leaving you renewed and fully restored. A soothing 15-minute facial massage will crown the ritual, leaving you totally serene.

### **Royal Treat – A Couple's Massage Fit for Royalty**

**60/90 min – 750/1000 lei**

Indulge in a majestic escape with our Royal Treat couple's massage, where you and your beloved reign supreme. Whether you seek pure tranquility or relief from muscle pain, this shared experience will leave you both pampered, refreshed, and truly royal.



### **Regal Comfort - A Tailored 30-Minute Escape**

**30 min – 260 lei**

Enjoy a personalized touch of luxury with our bespoke massage, crafted to suit your needs. Choose between a soothing upper-body focused massage (shoulders, neck, and head) or a revitalizing lower-body treatment (lower back and legs).

### **Majestic Serenity - A Royal Escape**

**60/90 min – 400/520 lei**

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 with graceful, flowing movements.

### **Imperial Rejuvenation**

**60/90 min – 400/520 lei**

#### **Deep Tissue Massage for Strength and Recovery**

Experience ultimate recovery with our Imperial Rejuvenation **deep tissue massage**, designed to target deep-seated tension and revitalize your muscles. This powerful treatment releases stress, improves circulation, and restores energy, leaving you refreshed and invigorated.

### **Sovereign Steps - A Foot Massage for Ultimate Comfort**

**30 min – 260 lei**

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 perfect add-on to any massage for complete indulgence.

**Empress Contours by Ananné – Natural Firming Body Treatment**      60 min – 500 lei

This rejuvenating treatment, conceived as professional organic care, removes dead skin cells, moisturizes the skin, and stimulates cell rejuvenation and collagen synthesis. Using 100% plant-based skincare and a firming body massage, it improves lymphatic flow and prepares the skin for further care. Nourishing and lifting body lotions and pure oils promote regeneration, elasticity, and a refined skin texture.

**Golden Glow Scrub by Chanand – A Luxurious Exfoliation**      30 min – 200 lei

Elevate your massage experience with our pressure-controlled exfoliator, containing biodegradable particles that gently remove dead skin cells, revealing a radiant, smooth complexion. This invigorating scrub stimulates circulation and renews the skin, leaving it soft and refreshed. The perfect add-on to any massage, ensuring the ultimate self-care experience.



**Candle Massage – A Symphony of Warmth, Scent & Serenity** 60/90 min – 400/520 lei

An indulgent sensory ritual where warmth meets well-being. This luxurious full-body massage uses a bespoke candle that melts into a rich, nourishing oil infused with natural butters and delicate essential oils. The warm oil is gently poured and massaged into the skin with long, flowing strokes that ease muscular tension, calm the nervous system, and deeply hydrate. The ambient glow and subtle aroma create a cocoon of serenity, restoring balance to both body and mind.

**Hot Stone Massage**

60/90 min – 400/520 lei

A deeply comforting ritual that blends therapeutic massage with the healing power of warmth. Smooth, mineral-rich basalt stones are gently heated and applied to the body in flowing, deliberate strokes to release deep-seated tension and restore muscular harmony. The radiant heat promotes circulation, encourages lymphatic flow, and invites profound calm—both physically and emotionally. Perfect for guests experiencing stress, muscle fatigue, or the need to reset.

**Add-on massages**

Elevate your relaxation journey with our quick, yet efficient add-on massages, the perfect complement to any indulging ritual.

**Scalp Massage**

15 min – 150 lei

**Facial Massage**

15 min – 120 lei

# The Science of Serenity - Contemporary Healing Journeys

## **Express Jet Lag Release with Nooance FlexiDome**

**40 min – 410 lei**

A revitalizing massage targeting the back, neck, and legs—enhanced by the Nooance FlexiDome, a next-generation LED photobiomodulation device that works on a cellular level to improve circulation, reduce inflammation, and rebalance circadian rhythms. While your body melts into warm, flowing strokes and tension-releasing pressure, the FlexiDome bathes your face or body in calibrated red and near-infrared light, stimulating recovery, energizing cells, and leaving you visibly recharged. The perfect synergy of touch and technology, tailored for travelers, professionals, or anyone in need of a rapid reset.

## **Digital Detox – Head & Hands**

**30 min – 260 lei**

A focused massage for the forearms, hands, scalp, and temples—designed to relieve tech-related tension and mental overload. A must-have for laptop users and phone scrollers.

## **Neuro-Recharge Express**

**40 min – 400 lei**

A next-level express ritual designed to reset both body and mind in just 40 minutes. Begin with a targeted back, neck, and shoulder massage using warm oils to dissolve physical tension. After 25 minutes of massage, the NeuroVizr device guides your brain into a deeply restorative state through multi-sensory light and sound stimulation. Combining advanced neurosensory entrainment with therapeutic touch, this session recalibrates your circadian rhythm, releases cognitive fatigue, and creates a state of total clarity and calm. Ideal before meetings, after long flights, or anytime you need to reset, refocus, and feel recharged in record time.

# 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 cm<sup>2</sup>, 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

Our spa sanctuary is reserved for adults seeking tranquility. For the comfort and safety of all our guests, children may only be welcomed when staying in the hotel and must be accompanied by a responsible adult at all times.



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