

SPA

INTERCONTINENTAL



Shiatsu Massage

60 min. → YTL 200

Shiatsu is an old, traditional, Japanese healing method. Shiatsu means “finger pressure.” Unlike the massages of the West in which kneading and friction are used, pressure and stretching are the key to shiatsu. The shiatsu practitioner uses palms, fingers, thumbs, knuckles and elbows to work on the body's acupuncture points, along what are considered to be the body's meridians, or energy channels. It is a form of “touch communication,” and is a safe and effective preventive medicine. Shiatsu helps to balance a person's energy flow, and strengthen the vital organs. The main characteristic that differentiates Shiatsu from some other Far Eastern treatments like acupuncture is its focus on not only specific parts of the body, but rather on treating the body as a whole, which can contribute to the healing of certain illnesses.

Volcanic Stone Massage

80 min. → YTL 285

This thermo-therapeutic massage is applied with hot and cold volcanic stones, a technique that dates back 3500 years. The stones are heated in water and this heat is absorbed into the body, improving blood circulation and assisting the cells to transmit more oxygen, which speeds up the metabolism. Stone massage is very effective against cramps and pains of rheumatism, migraine and stress; rest assured this treatment will give you deep relaxation both mentally and physically.

Foot Reflexology Massage

45 min. → YTL 165

Genuine reflexology involves the application of pressure onto particular areas of the soles of the feet. According to Chinese medicine, the sensory nerves of the internal organs that spread throughout the body are gathered mainly around the soles of the feet. The manipulation of each specific area stimulates a reflex action in another part of the body. Therefore, the massage is effective in stimulating the functions of the internal organs. Unlike other massages that use thumbs, palms, hands, elbow, knee and foot, the foot reflexology massage uses cream and oil applied with the hands and fingers. One advantage of this therapy is that there is no risk. Our expert masseurs will deal with the critical points on the feet with utmost care. The pain felt there will disappear when the masseur finishes the process.

Sports Massage

45 → min. YTL 150

Sports Massage is a special form of massage typically used before, during, and after athletic activity. The purpose of this massage is to alleviate the stress and tension that build up in the body's soft tissues during physical activity. Where minor injuries and lesions occur due to overexertion and/or overuse, massage can break them down quickly and effectively. This massage will help prepare you for peak performance, drain away fatigue, relieve swelling, reduce muscle tension, promote flexibility and prevent injuries. Sports massage can help prevent those nagging injuries that so often get in the way of performance and achievement, whether a person is an athlete or a once-a-week jogger.

Turkish Body Scrub

30 min. → YTL 130

For a truly original sensation, our traditional rubbing in the authentic atmosphere of the Turkish bath helps your skin breathe and makes you feel comfortable and refreshed. The body scrub is done on a hot marble slab using a combination of hot and cold water. Highly recommended before massage treatment.

Neck and Shoulder Massage

15 min. → YTL 95

For guests who are in a hurry ... Applied on a special massage chair; relax your muscles and relieve yourself from the stress of the day.

Acupuncture Massage

60 min. → YTL 200

This medical massage is conducted by a professional acupuncture therapist who combines oil massage with Shiatsu in a perfect balance fitting each guest's condition. This treatment helps healing and has been practised in Far Eastern countries for thousands of years. Acupuncture is in fact used to treat people with a wide range of illnesses, focussing on improving the overall well being of the patient rather than the isolated treatment of a specific symptom. Here, we only use hand techniques and oils



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Sultan's Four Hand Massage

60 min. → YTL 325

The traditional Sultan's Four Hand Massage, originated in India, truly pampers you from head to toe. Two therapists simultaneously apply pressure onto the chakras in symmetrical coordination and full synchronization. Experience the mystique of total euphoria through this sensual four-hand massage. This exquisite treatment brings the ultimate in relaxation as another artisan infuses a sense of composure and symmetry through special pressure point massage techniques to the scalp and facial area.

This form of massage stimulates the balancing of your body energy and helps release the energy flows. A special olive oil is used during this massage with four hands in perfect harmony. Let us treat you like a Sultan...

Detox Massage

90 min. → YTL 295

Detox massage is a form of bodywork designed to naturally detoxify the body of unhealthy toxins. A detox massage consists of intermittent pressure techniques that softly compress and stretch muscle tissues and help to relieve conditions such as fibromyalgia, headaches and other organ or system functions affected by toxins. Detox massage can help improve circulation, oxygen levels, colon drainage, swelling, and organ function stimulation. Enhancing lymph flow, detox massage is beneficial to patients suffering from chronic health conditions and disorders, including stress, chronic fatigue, neurological problems, immune system issues, and arthritis, among others.

Thai Massage

90 min. → YTL 325

Thai massage is believed to have been developed by a physician to Buddha, more than 2,500 years ago in India. It made its way to Thailand, where the Ayurvedic techniques and principles gradually became influenced by traditional Chinese medicine. For centuries, Thai massage was performed by monks as one component of Thai medicine. Thai massage is more energizing and rigorous than classic forms of massage. Thai massage is also called Thai yoga massage, because the therapist uses his or her hands, knees, legs, and feet to move you into a series of yoga-like stretches. Many of our guests say Thai massage is like doing yoga without any work. Muscle compression, joint mobilization, and acupressure are also used during treatment. Thai massage is both relaxing and energizing.

Angelica Couple Suite

2 hrs. → € 350 5 hrs. → € 500 Whole day → € 750

Here begins the journey to luxurious treatment in exquisite privacy. Relax in the romantic atmosphere of our Angelica Couple Suite. Enjoy a relaxing soak together in your large Jacuzzi while gazing at a breathtaking view of the Bosphorus. Romantic candle lighting in the background will enhance your special loving feelings. Angelica Couple Suite offers you luxury and comfort in every detail: a private steam bath, walk-in shower with body sprays, spacious relaxation area, TV, DVD player and minibar at your service. We spare no effort to make your fantasies come true in this ultimate spa experience with your partner.

Swedish Massage

30 min. → YTL 140 45 min. → YTL 170 60 min. → YTL 200

The Swedish massage concentrates on relaxing all your body muscles, stimulates blood circulation, improves energy flow and generates overall body well-being by applying specially blended oils with rhythmic hand movements for relief of all your aches and pains. Swedish massage is the most commonly offered and best-known type of massage. It uses a firm but gentle pressure to improve the circulation, ease muscle aches and tension, improve flexibility and bring relaxation. Our therapist uses massage aromatic oil to facilitate making long, smooth strokes over the body. Swedish massage is done with the person covered by a towel, a technique called "draping". One part of the body is uncovered, massaged, and then covered again before moving on to another part of the body. Swedish massage is the foundation for other types of Western massage, including sports, deep tissue and aromatherapy.

Thai-shi Massage

60 min. → YTL 200

A special treatment designed by our professionals, the Thai-shi Massage originated in Japan and Thailand. Far Eastern techniques are applied on the acupunctural points of the hands, feet and elbows for the purpose of releasing muscle tension and relieving mental fatigue.

Notes:

- You can have 20% discount in all massages between 1000 -1600 hrs.
- If the reservation is not cancelled 2 hours before the appointment, the full fee will be charged to your room account.
- Lockers, Bathrobes, Slippers and Towels are included in the massage fees and are provided free of charge.
- We have both masseurs and masseuses available, for your convenience.



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