



SPA

INTERCONTINENTAL

AL BADIA GOLF CLUB



SPA



Spa InterContinental means world-class health, beauty and indulgence against a backdrop of natural décor, local touches and Arabian subtlety. Unwind after a round of golf in your very own spa suite at the golf club. Managed by Spa InterContinental and our team of qualified therapists, enjoy a relaxing massage or one of the many signature treatments available in our luxurious suites.

Spa InterContinental is also located at the InterContinental Dubai Festival City hotel, minutes from the golf club, with an extensive range of Eastern and Western therapies.

Our Spa's are more than a sanctuary. They are a place where genuine renewal is possible for body, mind and spirit.



SANCTUARY OF RELAXATION



Whatever treatment you choose from Spa InterContinental's extensive grooming and spa menu of services – on which the trio of priorities is focusing on relaxation, customization and results – you'll be blessed with a choice from superb world-renowned brands: Eve Lom, and Aromatherapy Associates.

And you'll come to understand how Spa InterContinental combines cutting-edge science and technology with pure and natural products to yield visible, tangible results.

GOLFER'S TONIC

PEAK PERFORMANCE

To ensure you demonstrate your peak performance on the course both physically and mentally, our Revive Collection contains energizing Grapefruit which will boost muscle circulation and Juniper berry to keep your mind focused on the game.

REVIVE BACK & SHOULDERS

30 minutes
Our Revive Back & Shoulder Massage eases the strain on large muscle groups that would normally become fatigued throughout the course.

REVIVE FOOT & LEG

30 minutes
The perfect prep for your legs and feet before heading out to the course. This massage will build muscle stamina and ensure peak performance from your first swing.



RESTORE & REJUVENATE

Help to prevent over-exerted muscles after your game with one of our specialty post golf treatments. The De-Stress Collection offers an infusion of Black Pepper, Ginger and Rosemary to relieve pain and muscle stiffness while gently warming the body to ensure a quick recovery.

DE-STRESS BACK & SHOULDERS

30 minutes
Relax major muscle groups in the back and shoulders after your game to maintain a flexible posture and avoid muscle stiffness.

DE-STRESS FOOT & LEG

30 minutes
A warming massage that will prevent lactic-acid build up and unnecessary muscle ache in the legs after a round of the full 18 holes or training session on the driving range.



MASSAGE

AL BADIA SIGNATURE MASSAGE

1 hour / 1 hour 30

Our signature De-Stress Massage is the perfect way to unwind after your game or a long day. Using a blend of warming ingredients that will loosen and relax the muscles, combined with a cooling sports gel to refresh and repair the body while balancing the mind.

THE GOLF BALL MESSAGE

1 hour / 1 hour 30

Combining the relaxation techniques of a classic massage with the warmth and pressure points of Shiatsu, this unique and innovative treatment will ensure tension is released from key muscle groups and pressure points.



THE REAL AROMATHERAPY EXPERIENCE

1 hour 15 / 1 hour 45

The world renowned Aromatherapy Associates offers a fully customized massage experience. A mood consultation is done before selecting the appropriate aromatherapy oil and massage technique in order to gain maximum benefits from your treatment.

CLASSIC SWEDISH MASSAGE

1 hour / 1 hour 30

A classic full body reviver containing Rose Oil that will improve circulation and dry skin conditions while the Neroli essence balances and uplifts the mind. A combination of long flowing strokes and kneading techniques with a medium pressure is used to relax the body.



FACIALS

AL BADIA SIGNATURE 4 LAYER FACIAL

1 hour 15
Experience our premium facial treatment which Cosmopolitan UK called “...the best facial of the Century...”. Experience layer upon layer of rich nutrients and minerals that will rejuvenate the skin dramatically while balancing your natural complexion and giving the ultimate radiant glow.

EVE LOM SIGNATURE FACIAL

1 hour 30
This cult celebrity facial is coveted by actresses, singers and movie stars alike. Eve Lom's philosophy is based on the fact that every living organism pulsates with energy, sending out information about the physical, biological and emotional state of the body. Through regular cleaning, decongestion and exfoliation this energy can be regulated to help maintain healthy skin.

EVE LOM ULTIMATE CLEANSE

1 hour
When time is a factor, a one hour deep cleansing treatment including extractions is the perfect answer. This is based on Eve's Signature Facial to achieve clean, decongested, radiant skin but does not include the extended treatment and lymphatic drainage massage.

PRESCRIPTIVE AROMATHERAPY FACIAL

1 hour
A fully customized natural aromatherapy facial that offers to treat all skin types, including ultra sensitive options for those prone to allergies or high sensitivity.

GOLFERS FACIAL FOR MEN

1 hour
A finely balanced facial treatment which is both hydrating and deeply cleansing yet gentle enough to calm sensitive areas prone to razor irritation.



BODY & RITUALS

ARABIAN RETREAT

1 hour 30
Renew your skin with this traditional combination of Frankincense and Arabic Coffee infused into a rich Body Scrub that will renew and smooth your skin. An uplifting and enriching full body massage will follow to brighten the spirit and inspire the senses.

FACE, BACK & SCALP

1 hour 30
Offering a collection of our most popular treatments, the Face, Back & Scalp Ritual will focus on key relaxation pressure points. During the back and scalp massage tension will be released and an express facial will soften and hydrate the skin.

RELAXING SCALP

45 min
A chakra balancing massage focused on the head and shoulders using subtle techniques to release tension and clear the mind, reducing anxiety and insomnia.

BALANCING BACK TREATMENT

1 hour
A facial for the back which will leave your skin glowing for any special occasion. Including steam and extractions, this treatment is great for deep cleaning of hard to reach areas.



SPA ETIQUETTE

APPOINTMENTS

Advance appointments are highly recommended to avoid disappointment. To make your appointment, either call Spa InterContinental or visit us at the Al Badia Golf Club.

CANCELLING AN APPOINTMENT

Please note that a 100% charge will be levied should you cancel your appointment less than 4 hours prior to the scheduled appointment time, the same applies for no shows.

WHAT TO WEAR

During treatments our therapists are trained to drape you appropriately.

ARRIVAL AT SPA INTERCONTINENTAL

We suggest you arrive 15-minutes prior to your scheduled appointment time. Please understand that you treatments will start and end on time in order not to inconvenience the next guest.

PRECAUTIONS

In order for us to provide the most appropriate service to suit your needs, be sure to notify your therapist or the spa receptionist should you have any medical condition which we should be made aware of.

MEN'S FACIALS

For best results we recommend that men shave at least 6 hours prior to their facial treatment.

VALUABLES

We suggest you leave all valuables in the lockers provided at the golf club. While we endeavor to look after your belongings, we do not assume liability for any valuables.

SPA BOUTIQUE

The spa boutique carries an extensive range of spa products, Eve Lom and Aromatherapy Associates, as well as unique gift ideas, accessory items and gift certificates.

SPA AMBIENCE

To preserve the spa's tranquil environment, we respectfully request that you leave pagers and mobile phones switched to silent mode. Please remember that Spa InterContinental is a smoke free environment.

TREATMENT	DURATION	PRICE MEMBERS / NON MEMBERS
PEAK PERFORMANCE		
Revive Back & Shoulders	30 min	AED 250 / 195
Revive Foot & Leg	30 min	AED 250 / 195
RESTORE & REJUVENATE		
De-Stress Back & Shoulders	30 min	AED 250 / 195
De-Stress Foot & Leg	30 min	AED 250 / 195
MASSAGE		
Al Badia Signature Massage	1 hour	AED 450 / 360
	1 hour 30	AED 550 / 440
The Golf Ball Massage	1 hour	AED 450 / 360
	1 hour 30	AED 550 / 440
The Real Aromatherapy Experience	1 hour 15	AED 475 / 355
	1 hour 45	AED 575 / 460
Classic Swedish Massage	1 hour	AED 450 / 360
	1 hour 30	AED 550 / 440
FACIALS		
Al Badia Signature 4 Layer Facial	1 hour 15	AED 575 / 460
Eve Lom Signature Facial	1 hour 30	AED 650 / 520
Eve Lom Ultimate Cleanse	1 hour	AED 500 / 400
Prescriptive Aromatherapy Facial	1 hour	AED 475 / 355
Golfers Facial for Men	1 hour	AED 475 / 355
BODY & RITUALS		
Arabian Retreat	1 hour 30	AED 550 / 440
Face, Back & Scalp	1 hour 30	AED 550 / 440
Relaxing Scalp	45 min	AED 350 / 280
Balancing Back Treatment	1 hour	AED 475 / 355



HOURS OF OPERATION:

Spa InterContinental open daily from 9 a.m. - 8 p.m.

Al Badia Golf Club by InterContinental Dubai Festival City

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www.albadiagolfclub.ae