

A modern spa reception area featuring a large, illuminated waterfall wall with a textured, golden-brown surface. The wall is flanked by two framed abstract artworks. In the foreground, a reception desk with a light green, frosted glass front and a grey stone top is visible. The floor is made of light-colored wood, and a blue patterned rug is partially visible at the bottom.

SPA

INTERCONTINENTAL



Signature Spa Treatments

Delight in the art of spa with our luxurious spa offerings. The spa features indulgent treatments that range from revitalizing, precision skincare rituals to calming massages and stimulating body treatments. Utilizing science-based innovative ingredients in our skincare rituals to our fresh farm-to-table epicurean focused ingredients the spa provides the ultimate in relaxation and healing.

Featuring the art of farm to table spa experiences

Honey Infused Signature Services

Our epicurean focused farm-to-spa signature body services will tantalize your senses with the freshest ingredients that smell good enough to eat. Honey has been used for centuries for its healing properties. Our signature services are infused with organic honey to restore hydration & healing.



90
min

Signature Honey Butter Cocoon Body Treatment

This decadent body experience begins with a whipped honey sea salt scrub to remove dead skin cells and stimulate the skin's metabolism. Next you are painted with a rich, creamy honey-butter made from golden organic honey and glistening sunflower seed oil that intensively repairs and hydrates. You're then wrapped and lulled into deep relaxation with a warm oil scalp treatment. We finish the treatment with an application of vitamin rich agave oil to seal in softness.



60
min

Signature Honey Butter Exfoliating Body Treatment

This treatment begins with a rejuvenating body exfoliation with a whipped honey sea salt scrub to increase circulation. A warm organic honey serum will then be massaged into your skin for intense hydration.



90
min

Signature Honey Agave Massage

Indulge in this healing massage that begins with a dry brush and warm compress on the back to release tension. Several massage techniques are incorporated to achieve overall relaxation for body and mind including an indulgent scalp treatment. A soothing agave oil is then massaged into the body for the ultimate in hydration to soften the skin. A warm honey butter foot and hand treatment complete this exceptional experience. Leave feeling renewed and radiant.





Massage Therapy

Take a scent-sational healing journey with our customized aroma infused massages. Reduce tension, stress and the negative effects of a fast-paced city life by choosing from a range of specialized techniques. All our massages include your choice of aroma infused oils, if you so choose or a neutral nut-free oil may be selected.



90
min

Hot Stone Massage

This treatment blends the therapeutic properties of heated basalt stones with Swedish and deep tissue massage strokes to melt away muscle strain and tension, improve circulation and promote a deep sense of well-being.



60
min



90
min

Deep Tissue Massage

This therapeutic session will help release chronic patterns of tension and muscle pain.



60
min



90
min

Swedish Massage

Our soothing Swedish massage will help reduce tension, increase circulation and induce relaxation.



60
min

Pre-Natal

A special massage for mommy-to-be that helps ease the aches of your changing body. Massage techniques and pregnancy support pillows will help you relax and care for both yourself and baby.

Not offered in the 1st trimester.



30
min

Express Massage

This back, neck and shoulder massage focuses on stress spots and helps relieve overall tension.

Not available on weekends.

Massage Therapy





Skin Care Rituals

Our Babor rituals showcase the art of precision skincare featuring innovative active ingredients with luxurious, tailor-made treatments designed to deliver maximum individual results.



90
min

ReVerse

Turn back time. Utilizing the revolutionary time-reverse technology of our Youth Complex this luxury facial treatment retains and extends skin cell lifespan. It also reactivates the skin's own anti-aging mechanisms and reclaims lost radiance as it visibly smooths fine lines and wrinkles. The lifting effects of this treatment are further intensified by our exclusive firming massage techniques.



60
min

Lifting RX Therapy

The ultimate plumping and lifting treatment. Highly concentrated actives and peptides work to boost collagen and elastin resulting in firmer contours and a more youthful appearance. This treatment is luxurious but leaves you with lasting results.



60
min

Vita Detox Therapy

Skin detoxification is essential for cellular regeneration. This blend of potent vitamins and minerals will treat the skin and neutralize harmful substances that can increase visible signs of aging. The resulting detoxification will allow nutrient revitalization which is vital for maintaining youthful skin.



60
min

Skin Solutions

An effective solution for everyone and every skin condition. This gentle skin treatment will cleanse, hydrate and focus on specific concerns while promoting youthful skin and overall well-being.



60
min

Gentlemen's Facial

Specifically designed for men's skin, our gentleman's facial purifies and cleans while eliminating dead skin cells. Gentle extractions clear blocked pores and a soothing mask comforts and softens the skin. The finale to this treatment is a massage of the face, neck and shoulders. Please shave before treatment.



30
min

Resurfacing Peel

A high-performance peel to aid cellular turnover and minimize fine lines and wrinkles leaving you with a smooth, youthful complexion.



Skin Care Rituals



BABOR KURS & EXTRAS

**no additional time required*

Give your skin a beauty boost! Treatment enhancements that intensify results.

Ampoule Concentrate Infusion

Experience the most intensive form of beauty therapy - a professional beauty ampoule treatment. With highly concentrated natural active ingredients tailored to your skin type, this intensive ampoule treatment immediately produces visible results you can see and feel.

Sensational Eyes Kur

Brighten those eyes with the transformative power of Sensational Eyes. Skin will be treated to cooling and calming eye pads that will brighten the eyes, while visibly refreshing, relaxing, and smoothing the eye area.

AHA Peel

Looking for a fast and effective exfoliation? This effective AHA peel will refine the skin for a smooth, refreshed appearance.

Waxing Services

Nail Studio

**All manicures and pedicure include our long wear polish.*

Signature Honey Butter Manicure & Pedicure

You'll enjoy a nourishing milk soak followed by a whipped honey sea salt scrub. After your cuticles and nails are perfectly shaped a warm organic honey infused mask will be applied to hydrate & repair your skin. A stress relieving massage and a perfect polish completes your experience.



Manicure

45
min



Pedicure

75
min



Simply Classic Pedicure

Refresh and beautify the feet in a jiffy. Feet are soaked, skin is gently exfoliated, cuticles are perfected, and nails are clipped, reshaped, buffed and polished.

60
min



Simply Classic Manicure

For clients on-the-go. A 30-minute manicure to reshape the nails, clean up the cuticles and a relaxing hand massage. Finished with a fresh coat of enamel.

30
min



Shellac Upgrade

Shellac/Gel Removal

15
min



How to Spa

Welcome to the SPA InterContinental™. We welcome both hotel and outside guests for any of our services. We are pleased to offer the ultimate spa experience, which includes use of our fitness center, indoor pool and luxurious locker rooms all included with your spa treatment.

There is a \$40 per-day non-hotel usage fee for the use of the facility without the purchase of a spa treatment.

Appointments and Reservations

We highly recommend that you schedule spa appointments in advance to ensure that your preferred treatment and time is available. Reservations are subject to availability and must be guaranteed with a credit card.

Cancellation

Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made at least 24 hours in advance for single services and 48 hours in advance for multiple treatments. A 50% charge will be applied to your credit card for failure to follow this policy. No show appointments will be charged in full.

Health Considerations

Please notify our reservation department if you have high blood pressure, allergies, any physical ailments, special needs or if you are pregnant. We can help guide you to treatments that are best for you. This information may also be completed on your Personal Care Guide upon arrival at the spa.

Arrival

We recommend that you arrive 30 minutes prior to your first scheduled appointment. This allows you time to check in and enjoy our well-appointed locker rooms.

Late Show

As a courtesy to other clients, if you arrive late you will receive the remaining available appointment time. The full treatment price will apply.

Do you need help choosing your treatment?

Our spa concierge will help you plan the perfect spa experience based on your specific desires.

What should you wear?

A robe, slippers and day locker will be provided for you upon arrival to the spa. Disrobe to the level of your comfort. Undergarments are not necessary, but you may wear them during your treatment if you prefer. Our licensed therapists are trained to drape a sheet or towel over your body in a discrete manner, assuring your privacy at all times. If you choose to enjoy our fitness center or pool please bring appropriate attire.

Should you shave before a treatment?

How to Spa





Shaving is not recommended prior to any body exfoliation treatments or hair removal services. We do, however, recommend that men please shave 2 hours prior to their scheduled facial treatment.

Age Requirements

The minimum age to access the spa, locker room and fitness center is 18 years of age. We are happy to welcome young adults from 16 years old to enjoy the facility and treatments; however they must be accompanied by a responsible adult age 18 or older.

Spa Etiquette

In consideration of our other guests and their privacy, we ask that you turn off your cell phone or other electronic devices before entering the spa and locker rooms.

Payment

We accept all major credit cards. Hotel guests may also charge the service to their room.

Gratuities

For your convenience, a gratuity of 20% has also been added to your service(s). Gratuities are optional, can be adjusted, and are left at your discretion. Gratuities are retained in full by the provider(s) performing or staff contributing to the service(s).

Gift Card

InterContinental Boston gift cards are a wonderful way to give the gift of health, relaxation and wellness to the special people in your life. We will be more than happy to arrange a group of services to fit any occasion. Gift cards may be purchased at the front desk and by phone and may not be redeemed for cash.

Personal Property / Valuables

Please do not bring or leave valuables in the facility or lockers. We are not responsible for any theft or loss of personal property, including jewelry or other personal items.

Thank you and we look forward to your visit!







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