



awakened. balanced. rested.

## myMassage Therapy

### myMassage

Your time. Your experience.

We believe in offering a truly personalized massage experience. Whether you are seeking a gentle, soothing session or a deeper, focused touch your therapist will provide you with a massage made just for you.

*Your myMassage may also be enjoyed in the comfort of your guest room. Add \$25*

60m / 90m

### myEssentials

Enhance your myMassage experience with our essential upgrades.

**foot scrub** The perfect prelude to your massage to smooth rough skin and freshen tired feet.

**hot stones** Heated stones provide deeper and longer lasting relaxation.

**water dance** An invigorating water massage combined with radiant heat and steam loosens your muscles and soothes stress.

**lava shells** Tiger clam shells are infused with self-heating, mineral rich kelp to provide a unique, heated massage experience that melts away muscle tension.

**paraffin** Warm, skin-softening wax hydrates your hands and feet and melts joint aches.

### aroma-harmony

Tap into the forces of energy in your body with our unique aroma-sensory experience. An array of organic essential oils infused with healing crystals each designed to nourish and balance the 7 centers of well-being, create a harmonious massage experience.

60m / 90m

### sole salvation

Refresh your "sole" with our deluxe foot treatment that includes an invigorating scrub, warm paraffin wrap, neck massage, energizing foot massage, and a moisturizing balm.

60m

### make it a double

When one 'shot' of spa therapy isn't enough let us take care of you from head to toe. Two therapists work simultaneously to deliver a facial and our relaxing sole salvation foot treatment.

60m

### the deep sleep

This indulgent bedtime or anytime ritual encourages peaceful sleep with a relaxing massage featuring lavender, ylang ylang, and geranium. As you rest in a warm cocoon of aromatic oils your spa therapist envelops your face with hot towels and offers a gentle scalp massage.

60m

## myBody Ritual

Our myBody Rituals are accompanied by a truly unique hydro-sensory journey. Twenty-three pressurized water jets massage your body from every angle, a vichy shower cascades from above, warm steam envelops you, and color therapy stimulates your senses.

### vitality

Wash.Scrub.Buff.Nourish.Restore.Hydrate. An awakening experience inspired by Japanese purification rituals. Flower oils, fruit essences, and rich minerals soften the skin and release the flow of vital energy in the body.  
90m

### hammam

Cleanse.Scrub.Polish.Replenish.Restore.Enrich. This indulgent detoxifying ritual is inspired by ancient bathing practices of Europe. An intense blend of fruit and nut extracts and aromatic oils provide the essentials for therapeutic healing and deep relaxation.  
90m

### nirvana

Center your mind, body, and spirit with exotic Indonesian Ginger and Indian Frankincense. A gentle exfoliating treatment and refining body mask are the prelude to a soothing massage with warm Chinese Jasmine oil.  
90m

### refining body polish

A skin-softening body polish refreshes your skin while a decadent body cream seals in moisture to give you a radiant glow. Select from gingergrass bamboo + plum blossom cream or coffee blossom olive stone + tangerine fig body cream.  
30m

### sunshine

Get into that sunshine state of mind with the stress relieving scent of orange blossom, Florida's state flower. Skin is renewed with a fragrant scrub and decadent antioxidant body moisturizer.  
60m

## mySkincare

We recognize the individual and offer tailor-made solutions for your ever changing skin care needs. Formulated with the fundamentals of science and nature, our results-oriented skincare treatments address lifestyle and environmental challenges with a luxurious, multi-sensory approach to nourish your skin and soul. Discover what your skin *can* be rather than what it has been. We recommend consistent follow up care to achieve optimal results.

### true transformation

Our skilled specialists offer a personalized facial to restore, harmonize, and comfort your skin. Your experience includes gentle skin brushing, a clarifying enzyme mask, and aromatic massage.  
60m

Your 90m true transformation includes a hand renewal treatment, 12 point acu-massage, firming eye contour mask, and heavenly foot massage.

### reveal radiance

Our exclusive enzyme peel brightens, tightens, and smoothes the skin with super anti-oxidant Idebenone to uncover vibrant, youthful skin without inflammation and redness. For extra indulgence we include our hand renewal treatment accompanied by relaxing massage. Optimal results are achieved with a series of 6 treatments.  
60m

### saving face vitamin infusion

Pharmaceutical grade ingredients and patented Molecular Dispersion Technology deliver essential vitamins (A, C, E, B3, B5, and D) to the deeper layers of the skin. This clinically proven skin treatment significantly reduces the appearance of fine lines and wrinkles, repairs sun and environmental damage, treats acne, and improves skin texture, tone, and clarity.  
60m

### **myEssentials**

Enhance your mySkincare treatment with our essential upgrades.

**neck & décolleté treatment** A nourishing cleanse and exfoliating enzyme mask treat this delicate area and reduces the appearance of sun damage and aging.

**eye contour mask** Refresh and repair tired eyes to reduce the appearance of fine lines.

**paraffin** Warm, skin-softening wax hydrates your hands and feet and melts joint aches.

### **hair removal**

A variety of waxing services are available. See our rate card for details.

### **myHands&Feet**

Our journey manicure and pedicure treatments transform your hands and feet with a heavenly scented soak, skin softening scrub mask, and a relaxing massage. Your nails are then groomed, shaped, and perfectly polished.

**the journey manicure** 45m

**the journey pedicure** 50m

Our mini journey's include a soak followed by expert grooming and polishing.

**mini journey mani** 30m

**mini journey pedi** 30m

### **myEssentials**

Enhance your myHands&Feet treatment with our essential upgrades.

**paraffin** Warm, skin-softening wax hydrates your hands and feet and melts joint aches.

**lava shells** Heated shells provide deeper and longer lasting relaxation.

### **polish change**

#### **french polish**

### **mySpa for Men**

Never let them see you stress. Our mySpa for Men treatments are geared to help you unwind and recharge.

#### **skin maintenance facial**

Get your skin in shape with our targeted facial care system designed to convert the rough to refined.

60m

#### **tension tamer**

Relax and revive your mind and body with a concentrated massage for the head, neck, and back that incorporates hot towels and a warming oil tonic to enhance circulation and promote deep relaxation.

60m

#### **true grit**

Discover a new way to relax with an invigorating and energizing head to toe body scrub.

30m

#### **nail conditioning treatment**

Clip, buff, and groom the appearance of your hands and feet.

hands 45m

feet 50m

express hands 30m

express feet 30m

**grooming standards**

A variety of waxing services are available. See our rate card for details.

**MVP**

Multiple spa treatments are a sure-fire way to eliminate stress and get you back in your game. We suggest pairing your myMassage with a skin maintenance facial or the tension tamer with true grit, or for the ultimate experience, our make it a double.

**mySpa Collections****power treatments**

Ideal for busy guests who are short on time but don't want to skimp on luxury. Choose from our list of 30 minute power treatments to indulge your fix in half the time.

myMassage

mySkincare treatment

mini journey manicure

**power trip**

For the multi-tasker we offer all three power treatments at once! Your myMassage is followed by a simultaneous mySkincare treatment and mini journey manicure.

60m

**red eye reviver**

Relieve your jet lag and get energized with our 30m myMassage followed by the sole salvation.

90m

**luxe**

Your indulgent day includes a 60m mySkincare treatment, 90m myBody Ritual, the journey manicure, the journey pedicure, and a pair of Oka b. sandals to take home.

4h

**social**

Celebrate. Pamper. Chill. Ideal for bridal parties, baby showers, or a girl's getaway, your rate includes spa services in your private hotel suite, spa lunch, and gift bags. Minimum 4 people, 4 hours required. Based on room availability. Two week advance reservations required.

**wed**

Whether you wish to be alone, with your partner, or a group of your closest friends, let one of our Spa Concierges assist you in planning your spa day. A variety of spa services and special enhancements are available to celebrate your special day.

**mySpa at Home**

Visit our spa boutique where you will find an array of exclusive skin care, bath and body products, and home spa items you need to continue the spa vibe at home.

## **myExperience**

### arrival

We suggest arriving 30 minutes prior to your treatment so that you may enjoy your entire experience and the amenities we provide. Arriving late may limit your treatment time so that our next guest is not delayed.

### safety

Please notify our spa consultants if you have any medical conditions that may be affected by our services. These include allergies, high blood pressure, or physical ailments. Please tell us if you are pregnant so that we may provide you with the proper guidance, care, and comfort you need.

### privacy

We provide a robe and slippers for your comfort during your experience and a locker for your personal belongings. During your treatment, our therapists use professional draping techniques to ensure your privacy at all times, only exposing the area to be worked upon. While most spa treatments are best enjoyed without clothing, every step is taken to ensure discretion.

### satisfaction

For your convenience, a 20% service charge will be added to your final bill and may be adjusted based on your satisfaction.

### peace of mind

We request that cell phones and personal communication devices be turned off while in the spa so that you and our guests may experience a relaxing spa environment.

mySpa Gift Certificates are available and may be used towards services or retail items.

### **mySpa at InterContinental Miami**

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