



mySpa Miami
Menu of Services

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.

50m / 80m

MYESSENTIALS

Enhance your myMassage experience with our essential upgrades.

- **AROMA-HARMONY**

Tap into the forces of energy in our body with our unique aroma-sensory experience.

- **WATER DANCE**

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

- **FOOT SCRUB**

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

- **PARAFFIN**

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

- **HOT STONES**

Heated stones provide deeper and longer lasting relaxation.

- **SCALP MASSAGE**

Ease tension and calm the mind with this soothing treatment.

SOLE SALVATION

After a long day of shopping or sightseeing or just when you need some extra pep in your step, refresh your sole with our deluxe foot treatment that includes an invigorating scrub, warm paraffin wrap, stress relieving neck massage, energizing foot massage and a moisturizing balm.

50m

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.

50m



mySuite

Enjoy any treatment side by side in our duet suite. Our mySpa Consultants will help you create your ultimate mySuite experience to celebrate love or friendship.

myBody Ritual

Experience the power of ancient healing rituals from distant cultures.

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.

80m

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.

80m

PURIFY

This detoxifying rhassoul clay wrap with essential oils of rose, eglantine, jasmine, blue tansy, ylang ylang and clove will transport the mind and body to a euphoric state. As rhassoul clay draws impurities from deep within, the skin is purified, toned and balanced. Take rest and illuminate.

50m

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.

25m

mySkincare

Restore and revive skin's optimal health and radiance with 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. We recommend consistent follow up care to achieve optimal results.



RADIANT FACIAL

Our skilled specialists offer a personalized facial designed to leave your skin radiant, replenished and transformed. Our classic facial includes cleansing with gentle skin brushing, nutrient-rich hydration masque and stimulating scalp rub.

50m

NATURE'S FACELIFT

Return to nature to find youthful radiant skin in this six part rejuvenation facial treatment. A certified organic anti-aging, acupuncture facelift facial, designed to reduce the appearance of fine lines, relax facial tension, uplift and tone the facial muscles, deliver a surge of deep hydration and leave skin healthy, balanced and rejuvenated. Our 80m experience includes an extended stimulating face massage and a heavenly foot scrub and massage.

80m

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. Our 80m experience includes an extended stimulating face massage and a heavenly foot scrub and massage.

50m / 80m

CLEANSING BACK FACIAL

This facial is dedicated to the cleansing and purification of the back and includes a gentle exfoliation and cleansing masque to draw out impurities. Leaves the skin clean, toned and nourished.

50m

mySpa Intraceuticals Oxygen Infusion Skincare Treatments

Discover the Hollywood celebrity secret to gorgeous, healthy skin! Oxygen treatments are the latest skin care advancement for hydration and age control producing immediate, visible results with non-invasive techniques.

The Intraceuticals Oxygen Infusion skincare treatments use oxygen under pressure as a means to deliver a unique moisture binding serum to the deeper layers of the skin. Your skin is treated to a relaxing cool mist of pure oxygen which enhances the absorption of essential vitamins and minerals during your facial. This treatment stimulates new cell growth, elastin and collagen production which plump the skin producing immediate, visible results. Oxygen is also essential in treating acneic skin conditions as it inhibits the growth of bacteria and viruses.

- Instant visible results
- Adds volume and lift without injections
- Improves overall texture and tone
- Dramatically reduces the appearance of fine lines and wrinkles naturally
- Comforts dry, sensitive or stressed skin
- Provides an immediate increase in skin radiance and glow

THE INFUSION SERIES

The results of Intraceuticals Infusion Skincare treatments are accumulative and continue to improve with repeated application. A course of six applications over six weeks is recommended to achieve optimum results. Following this, and to maintain results, applications will only be required every four to six weeks.



REJUVENATE OXYGEN INFUSION

Your skin will emerge deeply hydrated, youthful and glowing with a noticeable reduction in fine lines and wrinkles and a visible lift. Safe for all skin types, even the most sensitive or stressed skin. Results are not only instant, but continue to improve in the following days.

50m

OPULENCE OXYGEN INFUSION

Super concentrated vitamin C and natural plant extracts safely and naturally treat the cause of uneven skin tone while revealing newfound luminosity and radiance. Your skin will emerge deeply hydrated, balanced, and glowing with health and vitality. Results are not only instant, but continue to improve in the following days.

50m

CLARITY INFUSION

Intraceuticals clarity infusions are the ultimate weapon against blemishes and problem prone skin. Impurities and inflammation are banished leaving an antibacterial environment for calm clear skin. In just one treatment your skin will look and feel clarified and calm.

50m

ATOXELENE INFUSION

Atoxelene Serum is designed specifically to refine the forehead, soften the eye contour, and immediately plump and smooth the lips. The natural amino peptide, Argireline significantly targets expression lines and increases skin firmness. Skin instantly looks smoother and firmer and feels tighter without invasive injections.

25m

AGE-DEFYING INFUSION

The treatment everyone is talking about! The Rejuvenate or Opulence Infusion plus Atoxelene Infusion work together to significantly reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour. Special care is taken to smooth, open, and refine the eye contour area while the lips are plumped and hydrated. Experience visible line smoothing and firming instantly!

80m

ULTIMATE RADIANCE INFUSION

All the beauty of the Rejuvenate Infusion with the addition of Atoxelene plus a radiance revealing combination of botanical skin brighteners and super concentrated Vitamin C. The Ultimate Radiance Infusion safely and naturally treats the cause of uneven skin tone while dramatically brightening the skin for a luminous skin clarifying effect. This treatment also targets the delicate neck and décolleté and includes a special infusion treatment for the hands. You will emerge radiant with renewed luminosity.

125m

OXYGEN INHALATION

Inhalation oxygen therapy has been proven to heighten concentration, alertness and memory as well as offering a natural remedy for headaches, hangovers and jet lag. Enhance your skin from the inside out with an oxygen inhalation boost! May be added to any of our mySpa services.



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.

EYEBROW/EYELASH TINTING

EYELASH EXTENSIONS

myHands&Feet

JOURNEY MANICURE AND PEDICURE

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. Includes a gift of our mini bottle of your chosen polish.

the journey manicure 45m

the journey pedicure 50m

MINI JOURNEY MANI AND PEDI

Our mini journey's include a soak, nail grooming, and polish.

mini journey mani 25m

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.

HOT STONES

Heated stones provide deeper and longer lasting relaxation.

SHELLAC

Improve your nails with an armor coat that says, "see you in 2 weeks." Two weeks of glorious, indelible shine and color that lasts and lasts!

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.

50m

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.

50m

TRUE GRIT

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

25m

NAIL CONDITIONING TREATMENT

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

hands 45m

feet 50m

express hands 25m

express feet 30m

GROOMING STANDARDS

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

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 25 minute power treatments to indulge your fix in half the time.

myMassage

mySkincare Treatment

Mini Journey Manicure

CANDLELIGHT AND CHAMPAGNE

COUPLE'S MASSAGE

You and your sweetheart will enjoy side-by-side massages performed in our indulgent Couple's Suite. Finish with a complimentary bottle of champagne.

50m / 80m Massage Packages for Two

RED EYE REVIVER

Relieve your jet lag and get energized with our 25m myMassage followed by the sole salvation.

80m

LUXE

Your indulgent day includes a 50m mySkincare treatment, 80m myBody Ritual, the journey manicure, the journey pedicure and spa gift. Gratuity included.

4h

SOCIAL

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.

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 mySpa vibe at home.

myExperience

ARRIVAL AND CANCELLATION POLICY

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. Please note that a charge for the full amount of your services will be made to your account if appointments are not cancelled 24 hours in advance of your appointment time.

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

As a convenience, an automatic 20% service charge is added to all services which include an 18% gratuity for the service provider(s). Additional gratuities are optional.

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

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



 **INTERCONTINENTAL.**
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