

CONSUMER LIFESTYLE MAGAZINE OF THE YEAR

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Clockwise from far left: inside the spa at InterContinental London Park Lane; the Steam Temple; the lounge

CONTINENTAL CAPITAL

Whether you have a few minutes or several hours, Spa InterContinental's extraordinary bespoke 'Time to Spa' menu will have just the treatment for you

Tired and stressed out, but no time to relax? Not any more, thanks to the Spa InterContinental at InterContinental London Park Lane – the ultimate five-star destination spa. From its atmospheric lounge area to its innovative Therapy Suites, the setting exudes stylish urban chic; treatments are outstanding, from Elemis' leading lifestyle spa therapies to cutting-edge skincare at La Thérapie's London flagship. What makes Spa InterContinental truly special, however, is its 'Time to Spa' menu: an all-encompassing range of cosmeceutical, grooming and holistic lifestyle treatments for men and women. These can be tailor-made to suit you – totally flexible personalised treatments that will fit into your schedule and lifestyle with ease.

Got all the time in the world? Then luxuriate in a full-day, personalised ritual, including a meal designed to suit your treatment choice. Need some rejuvenation on the run? Pick from therapies in your chosen theme or from the Spa InterContinental's recommended packages, or enjoy a bespoke experience designed for the time that you have. And if you only have fifteen minutes to spare, Spa InterContinental's 'Time is

of the Essence' express menu is just the thing, whether opting for a one-off treatment or something to complement your existing spa treatments. If you need to relax, recharge, detox, indulge, rejuvenate from a red-eye experience or even enjoy some downtime à deux, rest assured that Spa InterContinental has everything covered.

For those lucky enough to have a little more time, this vibrant, contemporary haven also offers world-class facilities, from a Steam Temple to a private VIP Suite, which includes its own lounge area, lunch or dinner from Theo Randall and a private chauffeur. Or, for London's ultimate spa experience, book into one of the exclusive state-of-the-art Spa Bedroom Suites – a bedroom and spa in one – complete with a personal spa co-ordinator, treatments and dining menus, butler service and even a complimentary personalised prescription of treatments to take away. We're offering *Condé Nast Traveller* readers the opportunity to experience a Spa Bedroom Suite at the introductory price of £600 + VAT per night*. The price includes two hours of treatment within your room and access to the exclusive Club InterContinental lounge. So what are you waiting for? Simply email or call your spa request and treat yourself.

For full details, call our Spa Manager Christine on 020 7318 8691 or email her at londonspa@ihg.com

*This offer is valid from 1 September to 30 November 2007, subject to availability.