

SPA

INTERCONTINENTAL

**A world of health and wellbeing for your mind, body and soul
Having consulted with the most qualified wellness practitioners in the region,
we have devised a concise menu of health and beauty treatments
inspired by the traditions of a bygone era.**

InterContinental Signature Treatments

“Javanese Royal Lulur”

Lulur is a timeless beauty ritual from the Royal Palaces of Central Java that once prepared young brides for marriage. This rejuvenating treatment begins with a “Signature Massage” to release tension followed by a lulur scrub of indigenous herbs and a soothing application of body lotion.

Single 90 minutes

Rp. 325,000

“Coffee Scrub”

An exfoliating scrub using an aromatic blend of mountain grown coffee beans is applied to the body to eliminate impurities and ignite your senses. This replenishing treatment concluded with a “Signature Massage” and application of nourishing body lotion to soften the skin.

Single 90 minutes

Rp. 325,000

“Signature Massage”

InterContinental Jakarta MidPlaza signature massage is a deep tissue therapy employing age-old Javanese, Shiatsu and Thai Massage techniques. It is performed to relieve jet lag, muscle pain and general feelings of weariness.

60 minutes

Rp. 240,000

90 minutes

Rp. 300,000

120 minutes

Rp. 435,000

All prices are subject to prevailing 21% government tax and service charges.

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Massage Therapies

“Essence Aromatic Massage”

A gentle massage technique performed to encourage overall relaxation using a special blend of fragrant oils. Nurturing palm strokes discard tension and calm the senses. This pampering experience brings balance to the body, mind, and spirit.

60 minutes	Rp. 240,000
90 minutes	Rp. 300,000
120 minutes	Rp. 435,000

“Warm Stone Massage”

Heated stones are used to enhance a nurturing head-to-toe tissue massage. Tensions melt away as a warm sensation penetrates the muscles to release stress, provides relief from pain and evokes deep relaxation. This treatment promotes physical, mental and even spiritual wellbeing.

90 minutes	Rp. 365,000
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“Shiatsu Massage”

This is a dry massage technique that has been practiced for thousands of years throughout Asia. The term Shiatsu literally means ‘finger pressure’ in Japanese. It is performed to alleviate muscle fatigue and tension by applying pressure to specific points along the energy meridians of the body.

60 minutes	Rp. 335,000
90 minutes	Rp. 425,000

“Head and Shoulder Massage”

An invigorating massage treatment that essentially focuses on the key stress areas of the body. This is a great way to unwind after a long day of business dealings.

30 minutes	Rp. 125,000
60 minutes	Rp. 240,000

“Reflexology”

Release stress and tension by having the reflex points of your feet stimulated followed by a shoulder massage. Your Therapist will apply pressure to the soles of the feet that correspond with different body organs. This restores depleted energy levels and encourages overall good health.

30 minutes	Rp. 125,000
60 minutes	Rp. 225,000
90 minutes	Rp. 315,000

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Facial Care

“Purify Facial by Decleor”

Created to nurture and revitalise the skin. This exclusive facial treatment commences with a relaxing back massage continues with a face cleansing and acupressure using the moisturising ‘Baume Aromatique Ylang Ylang’. An ‘Aromaplasty Mask’ comes next and then a ‘Matt Finish Skin Fluid’.

90 minutes

Rp. 365,000

“Lift Up Facial by Decleor”

This facial is the perfect pick-me-up to restore vitality. A soothing back massage starts the treatment and continues with a face cleansing that incorporates acupressure with ‘Iris Aromatic Balm’. This strengthens the skin’s defences against time and leaves you feeling replenished and visibly toned.

90 minutes

Rp. 385,000

“Men’s Fitness Facial by Decleor”

This exclusive facial treatment is recommended for men with stressful work schedules or those suffering from sun exposure. It begins with a back massage to release muscle tension followed by a deep cleansing facial to remove excess oil and impurities leaving the skin fresh and moisturised.

90 minutes

Rp. 385,000

“Fresh and Juicy Facial”

A gentle facial treatment using the gifts of Mother Nature. Fresh yoghurt, orange, cucumber and honey will cleanse and hydrate the skin to banish the effects of a busy social lifestyle. You will feel incredibly refreshed and youthful.

60 minutes

Rp. 215,000

Body Care

“Red Wine Wrap”

An indulging experience using red wine to revive the skin. The treatment begins with an “Essence Aromatic Massage” to ease muscle tension, followed by a deep cleansing “Lavender Rose Scrub”. The final touch is a heavenly body wrap of red wine, red clay and rose to evoke personal relaxation.

Single 120 minutes

Rp. 475,000

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Body Care

“Pearl Detox”

Acquire smooth, healthy skin that glows with radiance. Begin with an “Essence Aromatic Massage” followed by a Pearl Scrub. This nourishing body scrub combines a crushed pearl base, blue clay and seaweed with healing and detoxifying minerals to hydrate and leave the skin feeling supple.

Single 90 minutes

Rp. 415,000

“Guinot Cellulite Body Mask”

A blend of Lipokinases (seaweed), clay and essential oil is applied as a body mask to eliminate fat, drain toxins and excess water. The original Guinot draining massage technique optimises the beneficial effects of these combined active ingredients.

Single 90 minutes

Rp. 315,000

“Seaweed Detox”

Mineral enriched French seaweed is blended with warm water to form a detoxifying and revitalising body mask. The combined properties of minerals, vitamins and natural koubo help eliminate impurities. This treatment finishes with a body massage and relaxing salt bath.

Single 90 minutes

Rp. 335,000

“Décolleté, Upper Arm & Bust Firming or Tummy and Upper Leg Treatment”

This firming body treatment commences with an invigorating scrub to eliminate dead skin cells and is followed by a stimulating massage to improve blood circulation. A mineral enriched body mask is then applied leaving the skin feeling toned and radiant.

75 minutes

Rp. 275,000

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Waxing

This treatment carefully removes unwanted hair shafts from the root to leave your skin silky and smooth.

Half Arm	Rp. 100,000
Full Arm	Rp. 150,000
Half Leg	Rp. 120,000
Full Leg	Rp. 180,000
Under Arm	Rp. 75,000
Upper Lip	Rp. 75,000
Back/Chest	Rp. 200,000
Bikini	Rp. 150,000

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How to Spa

We value our reputation as a professional spa providing not only excellence in technical services, but creating an atmosphere of genuine caring and concern for your well-being. Please do not hesitate to advise a Spa Reception if you need any assistance or have any questions.

“Admission”

Complimentary use of changing room facilities, swimming pool and gym is available to all hotel guests.

“Reservations and Cancellation Policy”

Reservations can be arranged at our Spa Reception at Ext. 46609. We suggest that appointments are scheduled at least one day in advance to obtain your preferred time. Should you wish to cancel your appointment, please provide at least 2 hours notice or a 50% cancellation fee will apply. No Shows will be charged at the full treatment price.

“Arrival”

We recommend that you arrive early prior to your scheduled appointment time in order to relax and enjoy our facilities. Arriving late will limit the time and full benefits of your treatment. For your first visit, you will be asked to complete a confidential pre-arrival questionnaire. This is to check for possible contra-indications to any treatment.

“Valuables”

Whilst changing rooms and lockers are provided, we advise you not to bring any valuables to the Spa. We accept no responsibility for the loss of money or valuables of any kind.

“Client Care”

At the time of booking, please express whether you prefer a male or female Spa Therapist. All of our Spa Therapists are highly trained in discreet draping techniques to ensure your personal comfort at all times. Our goal is to provide you with the perfect Spa experience.

“Hours of Service”

Treatments	10.00 am – 12.00 midnight (Monday – Friday) 07.00 am – 12.00 midnight (Saturday and Sunday) Last booking is at 11.00pm
Gym	24.00 hrs For after hour use from 12.00 midnight – 06.00 am, please contact our Front Office Department.
Swimming Pool	06.00 am – 08.00 pm

“In-room services”

Only massage treatments are available in-room service.