

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

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.

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.

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.

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.

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.

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.

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.

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.

SPORT MASSAGE

Sports Massage is a type of massage that has increasingly been integrated into an athlete's regimen. Utilizing the manipulation and stretching of muscle, sports massage is effective in enhancing bodily functions and has been known to increase one's athletic performance by 20%. Regardless of your physical shape, sports massage is effective in maximizing your physical condition while reducing the risk of injury or pain.

DUO MASSAGE

A duo massage is a massage treatment performed in simultaneously by two therapists. The benefits of massage is increases circulation, improves skin tone, reduces stress and tension, eliminates toxins and metabolic waste.

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'.

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.

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.

LISS' AGE EXCELLENCE (ANTI AGING) BY DECLEOR

Smooths, densifies, regenerates, 40+ & 50+ years and over. With its innovative galenic form-shaped like a tablet that's bursting with active ingredients- LISS 'AGE absorb the PLUMPING SAP and then release its active ingredients into the skin.

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.

BODY CARE & SPA PACKAGE

COFFEE SCRUB 90

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.

JAVANESE ROYAL LULUR 90

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.

LEMONGRASS SPA EXPERIENCE

Lemongrass experience is a renewing 2-hour treatment of pure indulgence. The journey begins with a therapeutic massage using a mood enhancing blend of essential oils to relax weary muscles. An exfoliating body scrub is then applied to eliminate impurities followed by a nourishing lemongrass wrap. Finally, a generous application of fragrant body lotion leaves the skin radiant and the senses are heightened by the overall experience.

GINGER JOURNEY

Inspired by the timeless herbal healing traditions of the Indonesian archipelago, Ginger journey celebrates the art of relaxation. The use of ginger warns the body to induce a light sweat that eliminates toxins. It is a natural detoxification process that also stimulates blood circulation to reduce pain and fatigue.

FRESH STRAWBERRY ESCAPE

The journey begins with a signature massage employing age-old Javanese, Shiatsu, and Thai techniques to relieve muscle tension. This is followed by a succulent strawberry body scrub for a deep cleansing effect then a hydrating strawberry body scrub for a deep cleansing effect then a hydrating strawberry wrap. The sweet pleasure continues with a shooting eye treatment and then a lavish plunge into a strawberry infused bath to uplift the spirit whilst sipping on strawberry smoothies.

CHOCOLATE RITUAL

Beginning with selection of InterContinental massage, follow by chocolate scrubbing and apply the chocolate mask in the hitting blanket and finish with chocolate milk bath and we serve the home made of InterContinental hot chocolate. Chocolates have anti-oxidants and minerals which promote good health inside out.

ABSOLUTE REFRESH

Pamper yourself with our new combined treatment package. The ritual start with full body massage with warm lemon oil and followed by deep facial aromatic massage to complete the experience.

BODY CARE & SPA PACKAGE

ASIATIC REJUVENATING

Inspired by delicate fragrance of citrus & orange. This soothing body & face ritual uses naturally based beauty product to energized & fresh your skin. It involves full body massage with warm orange oil, scrubbing, deep facial aromatic massage and bath ritual with slices of orange.

SILHOUETTE / SLIMMING TREATMENT (FULL BODY, TUMMY, LEG, HAND) BY DECLEOR

This treatment all feature an exfoliation, followed by a mask rich in plant extracts applied to the entire body. Delightfully wrapped in a cocoon of effectiveness, you revel in comfort thanks to a relaxing massage. Refines the body by draining toxins with ghassoul clay, marine algae and active essential oils of Basil, grapefruit and hyssop. Drains, Boosts and Refines.

PERFECT LEG BY DECLEOR

45 minutes for Leg that feels light. A moment entirely dedicated to an area of your body that truly needs attention. A ritual of targeted care, specific movements and marvelous high performance.

WAXING

This treatment carefully removes unwanted hair shafts from the root to leave your skin silky and smooth. Whenever you want to focus the treatment be it on the half arm, full arm, and half leg, full leg, under arm, bikini, upper lip, back, chest, and stomach.

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 07.00 am - 12.00 midnight (Daily)
 Last booking is at 11.00pm

Gym 24 hours

For after hour use from 12.00 midnight - 06.00 am, please contact our Instant Service for assistance

Swimming Pool 06.00 am - 10.00 pm

IN-ROOM SERVICES

Only massage treatments are available in-room service.