

FITNESS and WELLNESS

AT
MANDARIN ORIENTAL

JAKARTA

BODY MASSAGE

Royal Javanese

60/90/120 minutes

IDR 750/950/1,150

Experience the Javanese healing and ancestral techniques. This therapy involves smooth yet deep thumb pressure accompanied simultaneously by stroking palm movements to stimulate the body's lymphatic system. The focus of this massage is to provide traditional healing techniques that will leave you feeling pampered and re-energized.

Balinese

60/90/120 minutes

IDR 750/950/1,150

Balinese Massage originates from the island of Bali. Our therapist will use a variety of techniques including acupressure, reflexology and aromatherapy. The massage stimulates blood circulation and improves energy flow, relieving areas of tension. Utilizing heated blended oils with natural ingredients including lemongrass and lemon, you will experience full body-nourishment and a relaxed state of mind.

Swedish

60/90/120 minutes

IDR 650/850/1,050

This rhythmic and relaxing massage begins with a combination of techniques including long gliding strokes, friction, kneading and tapping movements on the deeper layers of the muscles. Swedish massage is particularly effective for increasing blood circulation and allowing the body to absorb more oxygen, in order to achieve mental and physical relaxation, while helping to decrease stress and muscle tension.

Therapeutic

60/90/120 minutes

IDR 650/850/1,050

Therapeutic massage is highly effective for dissolving aches and strains. The oil is applied to the body using the therapist's elbows and forearms during this stimulating and deeply energizing massage.

Aroma Stone

90 - 120 minutes

IDR 850 - 1,050

This relaxing massage uses heated stones to generate energy and create a sense of balance and calm. It provides relief to deep-seated muscle tension. Stone therapy is a Native American Indian practice, which has been used since ancient times as a soothing and healing treatment.

Jetlag

90 - 120 minutes

IDR 900 - 1,100

Long distance travel is physically and mentally exhausting and this treatment works on both levels to help you recover from your journey and adjust to your new environment. The level of treatment for weary travelers depends on the time zone you have travelled from, but your massage is tailored to ensure you get back on track when you are feeling fuzzy, tired and sluggish.

Energetic Urban

30 minutes

IDR 450

Designed for the over-worked, stressed executive, the "Urban Massage" is a treatment that offers pure relaxation. This massage works on stiff, tight, fatigued muscles and neck, shoulder and back tension, stimulating blood circulation throughout your body. Special techniques and selected essentials oil are used to achieve overall relaxation, leaving you feeling refreshed and revived.

Oriental Foot Therapy

60 minutes

IDR 650

This method dates back more than 2,000 years and involves gentle stimulation of acupressure points in the feet that have a direct connection with the various organs and glands in the body. It is based on the Chinese meridian theory of 'energy pathways' in the body that have endings in the feet. Energizing these points can have an overall balancing effect on the body.

BODY TREATMENT

White Glow Exfoliation

45 minutes

IDR 500

This treatment is designed to repair the skin using refreshing, organic, all-natural ingredients. It brings the body's energy flow into alignment and works to gently smooth and rejuvenate the skin, leaving it perfectly glowing and radiant. Every inch of your skin emerges wonderfully smooth silky-soft and refreshed.

Borneo Signature Exfoliation

45 minutes

IDR 500

This highly effective anti-aging exfoliation uses Borneo Ketan Putih Body Scrub, which is a natural blend of exfoliating granules of white glutinous rice, apricot kernel oil and chamomile extract. The soft granules remove impurities and toxins by gently polishing your skin. As the "Ketan Putih" is absorbed, the skin emerges smooth and visibly brightened. This treatment is ideal for all skin types and prior to any massage or other body treatment.

**Additional charge of IDR 50 will be applicable on peak hours (Monday to Friday from 6 pm onwards)
Prices are in '000 Indonesian Rupiah (IDR) and are subject to 21% government tax and service charge**