



# TREATMENT MENU

FITNESS and WELLNESS

AT

MANDARIN ORIENTAL

JAKARTA

# Daily

## 10am to 10pm

Located in the heart of Jakarta and surrounded by world-class shopping malls, Mandarin Oriental, Jakarta offers a relaxing retreat through its wellness sanctuary, overlooking iconic Welcome Monument.

Discover holistic wellness with treatments that nurture, balance, and restore. Combining Javanese massage techniques with Chinese meridian theory, our offerings harmonize your energy pathways, leaving you refreshed and renewed.

Guests begin their experience with a cup of tea and then enjoy a private consultation that allows the therapist to tailor treatments to guests' individual needs.





# Mandarin Essentials

## Harmony of Love

120 minutes | IDR 2,600

Indulge in a romantic couple's spa treatment and discover the art of touch & spa therapy alongside your loved one. Your journey begins with a soothing 60-minute full-body massage, followed by a 40-minute rejuvenating body treatment., and completed with a luxurious body mask, leaving you refreshed and revitalized.

## Ultimate Therapy

120 minutes | IDR 1,450

Unwind with a head-to-toe treatment designed to refresh and rejuvenate. Start with an invigorating body scrub, followed by a soothing full-body massage. Complete the experience with a relaxing face massage, leaving you feeling restored and balanced.

## Rejuvenate

90 minutes/ IDR 1,150

Embark on a rejuvenating journey with our heavenly duo: a choice of body polish for gentle nourishment and exfoliation, followed by your selection of a signature massage for pure bliss.

## Mandarin Man

90 minutes/ IDR 1,150

Begin with a hot vapor steam or sauna and a refreshing foot ritual using sea salt to cleanse your skin and ease your mind. This is followed by a Balinese massage with gentle palm pressure to enhance body function and promote well-being. The experience concludes with a specialized facial designed for men, restoring your skin to a healthy balance and leaving it soft and smooth.

All prices are subject to 10% service charge and 11% government tax.



# Body Massage

## Royal Javanese

60/90/120 minutes | IDR 825/1,025/1,225

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 825/1,025/1,225

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 725/925/1,125

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 725/925/1,125

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.

All prices are subject to 10% service charge and 11% government tax.



# Body Massage

## Aroma Stone

90/120 minutes | IDR 1,025/1,225

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 1,025/1,225

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.

## Oriental Foot Therapy

60/90 minutes | IDR 650/850

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.

All prices are subject to 10% service charge and 11% government tax.

# Body Treatments

## 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.

# Facial Treatments

## Flawless Facial

60 minutes | IDR 850

Stimulate cell renewal, provide deep hydration, and achieve softening effects for all skin types with expertly massaged aromatherapy ingredients.

## Youthful Facial

60 minutes | IDR 1,000

Experience a confidence-boosting transformation with this remarkable formula that plumps and hydrates your skin, visibly reducing the appearance of fine lines and wrinkles with each use.



# Short Treatments

## Express Foot Therapy

30 minutes | IDR 350

Therapeutic foot massage by the pool to stimulate energy zones and pressure points on the feet; encouraging the body to naturally restore and maintain its own healthy balance.

## Express Facial

30 minutes | IDR 500

This express facial includes deep cleansing, toning, exfoliation, and a masque, giving you immediate results for softening all skin types (without face mask).

## Body Mask

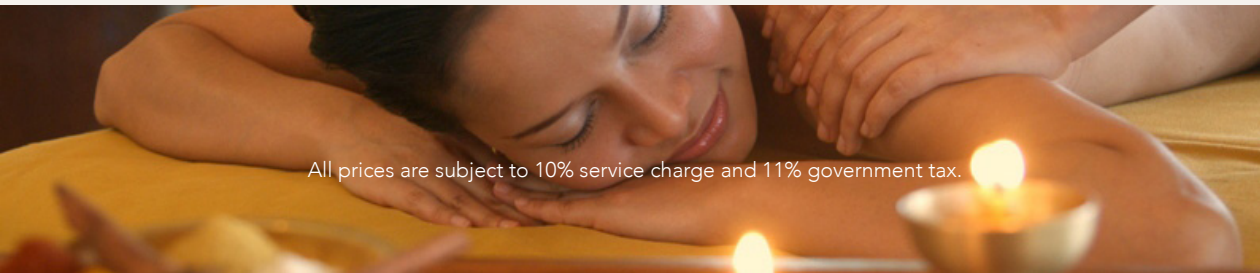
30 minutes | IDR 450

This treatment completes your body care by applying a full-body mask to brighten and deeply moisturize your skin.

## 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.



All prices are subject to 10% service charge and 11% government tax.

All prices are subject to 10% service charge and 11% government tax.



# Terms & Conditions

## OPENING HOURS

- Spa: 10am - 10pm
- Fitness: 6am - 10pm
- Steam & Sauna: 7am - 9pm
- Swimming Pool: 7am - 9pm

## ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

## CANCELLATION POLICY

Guests may cancel or reschedule their booking up to 6 hours in advance. If the guest is 15 minutes late for their appointment, it will be considered a late arrival or cancellation.

## DIGITAL DISCONNECTION

Our Spa environment is one of tranquillity and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity.

## SPA ARRIVAL

We recommend that you check-in at The Spa reception at least 30 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and provides you with ample time to visit the Spa's heat and water facilities. Please understand that late arrivals will not receive an extension of scheduled treatments.

## AGE REQUIREMENT

The minimum age requirement for access to Fitness & Wellness is 16 years old. Guests below the minimum age must be accompanied by an adult.

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your experience when making your spa reservation.

## CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service and treatment.

## LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damages made to personal articles. Please keep all valuables secured in your locker. For the protection of your clothing, we ask that you wear the robe provided.

## ACCIDENTS AND INJURIES

The Spa shall not be liable for any accident or injury suffered by a member or guest whilst utilising the Spa facilities.

## RESTRICTIONS ON THE USE OF THE FACILITIES

The use of alcohol, tobacco and e-cigarettes is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the Gym.

## RETAIL SPA PRODUCTS

To continue your spa experience at home, all spa products used in the treatments and services are available at our spa boutique, including lifestyle items and souvenirs.

## GIFT CARDS

Our gift cards are an ideal gift for spa enthusiasts and are available online at <http://mandarinoriental.com/gift-cards> and at The Spa concierge desk.

## SPA PACKAGES / GROUP ARRANGEMENT

Information on special spa packages or group programmes can be obtained by contacting The Spa Concierge at +62 21 2993 8888 or email [mojkt-fitness@mohg.com](mailto:mojkt-fitness@mohg.com).



MANDARIN ORIENTAL  
JAKARTA

Fitness and Wellness at Mandarin Oriental, Jakarta

T: +62 (21) 2993 8888 E: [mojkt-fitness@mohg.com](mailto:mojkt-fitness@mohg.com)

[mandarinoriental.com/jakarta/jalan-mh-thamrin/wellness](http://mandarinoriental.com/jakarta/jalan-mh-thamrin/wellness)