



**THE RITZ - CARLTON SPA**

JAKARTA, MEGA KUNINGAN

# SPA MENU

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# MASSAGE

## **MYSTICAL TOUCH MASSAGE**

Discover Bali's most mystical island in a holistic atmosphere experience. This signature massage will bring you into a magical touch of traditional Balinese technique involving body acupressure and reflexology points from feet to spinalis muscles, which focuses on your central nervous system to the ultimate relaxation which stimulates the blood circulation and relieves muscle pain.

## **BATAVIA MASSAGE**

This Javanese massage is the most ancient method of body massage that promotes relaxation and ease any discomfort in your body. The massage works gently, yet deeply into the muscles with continuous, flowing strokes, allowing the recipient to relax and give in to the nurturing touch.

## **BAMBOO THERAPY**

The bamboo cane replaces the therapist's hands and is used to provide a deep, firm massage. Bamboo absorbs toxins, while also adding moisture to the air, serving as a natural humidifier. Bamboo massage therapy may help reduce cellulite and enhance the shape of the body, especially in the buttocks, thighs, and waist. Bamboo massage therapy ultimately offers a holistic approach and helps balance the body, mind, and overall energy.

## **REST AND RELAX SHOULDER THERAPY**

Tension reliever works on pressure points on the back, shoulder and neck. Working along meridians in harmonious synergy, finish with a shoulder and neck hot compress, and an extra Indian head massage for longer duration. This treatment relieves muscle tension in the upper body, resulting in a much-rejuvenated feeling throughout the day.

## **SPORTS MASSAGE**

Post workout massage for whole body energizing treatment, using a combination of Thai acupressure works on energy lines followed by a rhythmic Swedish massage to alleviate deep-seated tension and muscular stress to leave a feeling of revitalization and relaxation.

## **REFLEXOLOGY**

Foot massage is an essential element of Chinese tradition therapy. It focuses on the reflex zones of the feet, and this blissful treatment continues to the Meridian lines points from the feet, all the way to the legs. Trigger zones are to stimulate and awaken the organ system of the body, whereas holistic rejuvenating techniques helps to restore balance and harmony to your body.

## EXPERIENCE

### **THE ROYAL HERITAGE HEAD TO TOE EXPERIENCE**

Reward yourself with a Royal Javanese ritual; to pamper, rejuvenate and re-energize. This treatment ritual will help nourish and revitalize, leaving a silky feeling in your skin. It also helps to boost the energy and blood circulation at the same time while clearing any blockages from head to toe. A total Rejuvenation.

Ladies ritual includes:

- Javanese lulur
- Ratus & Kegel
- Soothing massage
- Totok Aura Facial

Gentlemen ritual includes:

- Javanese lulur and Boreh
- Revitalizing massage
- Totok Aura Facial

### **SACRED RADIANCE**

Elevate your spa beauty experience with the 60 minutes Mystical Touch Massage to relax your tired muscles, paired with the 60 minutes of Chakra awakening facial to unlock your inner Aura. It promotes youthful skin, harmonizes the mind and body for a long-lasting beauty. This also improves the overall appearance of the skin and gives it a nice refreshing glow from within.

### **CUSTOM YOUR EXPERIENCE**

This personalized treatment incorporates hand-chosen treatment sequences and other wellness techniques tailored to the unique needs of your pamper day. The experience is tailored from the a la carte menu, with 15% off than the actual price of wine and refreshment for a cherishable memory.

### **THE ROYAL SPICE, CHILI AND ALOE VERA THERAPY**

Featuring a unique hot and cold sensation using the most exotic array of refreshing ingredients, proudly highlighting our freshly picked chili and aloe vera from our ECO GARDEN on 5th floor. Included Spa Rituals: Foot Ritual, Mystical Touch Massage, Balinese Boreh Chili and Calming Aloe Vera-Cucumber Body Wrap. Shooter drink and super nuts.

### **THE RITZ-CARLTON GRAND SPA VILLA**

Book our newly re-imagined 'Grand Spa Villa' to complete the heavenly ultimate treatment, and indulge in an additional 60-minute post-treatment relaxation time by plunging into the warm Jacuzzi at the tropical-themed Grand Spa Villa and cherish the end of the lavish pamper session with a glass of wine.

### **LUMINOUS COCOON**

A regenerating body mask from extracts of exhilarating natural herbs and earthy ingredients to nourish the skin. Experience the Indonesian traditional Body mask of Balinese boreh on your skin, to leave it feeling re-energized and feeling soft as velvet.

## FACIAL

### **THE LA MER MIRACLE BROTH™ FACIAL**

This crème de la crème of facials transforms with bespoke massage techniques and a pure infusion of La Mer's coveted Miracle Broth™. Exclusive to Spa de La Mer, this priceless extract empowers the five facets of renewal – moisture, regeneration, soothing, smoothing and radiance – helping to bring skin back to its center. A special ice sequence seals its benefits.

### **THE LA MER PURIFYING FACIAL**

This detoxifying facial is an ideal introduction to the La Mer facial series. Skin is deeply cleansed, pores steamed, purified and refined. Pure diamond powder gently exfoliates for a pristine new surface. Skin emerges radiant, soft and smooth – polished to perfection. A hand massage is also included.

### **THE LA MER DE-STRESS EYE PUFFINESS (Eye's therapy)**

The environment, travel and daily lifestyle choices can all visibly reflect on your most prominent features. This soothing, fast-penetrating eye balm smoothest, reduces visible puffiness and de-stresses the look of the eyes for a calm, well-rested look. Deeply emollient, ultra-luxe balm hydrates, conditions and visibly softens lines, wrinkles and other signs of fatigue.

## MEN

### **GENTLEMEN FACIAL**

Specially designed for men, this facial deliver true wellbeing, using extracts from the earth. Organic plants and micro emulsion massage cream have been chosen and blended for their unparalleled ability to restore skin back to a healthy balance leaves your skin soft and smooth, nourished, repaired and renewed. A customized mask is chosen according to your skin's needs and condition.

### **GENTLEMEN RETREAT**

The environment, travel and daily lifestyle choices can all visibly reflect on your most prominent features. Recharge your body with this powerful retreat designed to alleviate deep-seated tension and muscular stress. Starting with invigorating body exfoliation, continue with a Chinese tradition foot massage therapy, and finish with a signature Mystical Touch massage.

### **GENTLEMEN MASSAGE**

Personalized treatment incorporating hand-chosen treatment sequences and techniques tailored to the unique needs of your hectic day.

## BEAUTY

### **LASH**

Antibacterial Lash (Japan)

- Single Lash
- Soft Volume Lash
- Rich Volume Lash

### **NAILS**

Halal & Breathable by NAILBERRY (UK)

- Manicure Polish (Non-gel)
- Pedicure Polish (Non-gel)
- (Includes Cleaning, Shaping, Cuticle, Polish and Scrub)

By The Gel Bottle (TGB) Builder in a Bottle (BIAB™) - UK

- Manicure Gel
- Pedicure Gel
- (Includes Cleaning, Shaping, Cuticle, Overlay and Scrub)

### **WAXING**

By Perron Rigot (Paris)

Eyebrow  
Upper Lips  
Underarms  
Full Arms  
Half Arms  
Full Legs  
Half Legs  
Bikini  
Brazilian

## PRICE LIST

TREATMENT	DURATIONS	PRICE (in 000 rupiah)
<b>MASSAGE</b>		
MYSTICAL TOUCH MASSAGE	60 / 90 / 120 minutes	IDR 1.199 / 1.399 / 1.599
BATAVIA MASSAGE	60 / 90 / 120 minutes	IDR 1.199 / 1.399 / 1.599
SPORT MASSAGE	60 / 90 / 120 minutes	IDR 1.199 / 1.399 / 1.599
BAMBOO THERAPY	60 / 90 minutes	IDR 999 / 1.199
REST AND RELAX SHOULDER THERAPY	60 / 90 minutes	IDR 999 / 1.199
REFLEXOLOGY	60 / 90 minutes	IDR 999 / 1.199
<b>EXPERIENCES</b>		
THE ROYAL HERITAGE	150 minutes	IDR 2.199
HEAD TO TOE EXPERIENCE (single)		
THE ROYAL HERITAGE	150 minutes	IDR 3.799
HEAD TO TOE EXPERIENCE (couple)		
SACRED RADIANCE (single)	120 minutes	IDR 1.599
SACRED RADIANCE (couple)	120 minutes	IDR 2.699
THE ROYAL SPICE	120 minutes	IDR 1.599
CHILI AND ALOE VERA THERAPY (single)		
THE ROYAL SPICE	120 minutes	IDR 2.699
CHILI AND ALOE VERA THERAPY (couple)		
THE RITZ-CARLTON GRAND SPA VILLA	60 minutes	IDR 999
<b>BODY</b>		
NOURISHED GLOW	45 minutes	IDR 899
LUMINOUS COCOON	60 minutes	IDR 999
SPICE JOURNEY	60 minutes	IDR 1.199
<b>FACIAL</b>		
THE LA MER MIRACLE BROTH™ FACIAL	90 minutes	IDR 2.299
THE LA MER PURIFYING FACIAL	90 minutes	IDR 1.799
THE LA MER DE-STRESS EYE PUFFINESS (Eye's therapy)	60 minutes	IDR 1.999
<b>MEN</b>		
GENTLEMEN FACIAL	60 minutes	IDR 1.399
GENTLEMEN MASSAGE	60 / 90 / 120 minutes	IDR 1.199 / 1.399 / 1.599
GENTLEMEN RETREAT	120 minutes	IDR 1.799

## LASH

Antibacterial Lash (Japan)	
FULLSET SINGLE LASH	IDR 999
SOFT VOLUME LASH	IDR 1,199
RICH VOLUME LASH	IDR 1,299
REFILL SINGLE LASH	IDR 749
REFILL SOFT LASH	IDR 799
REFILL RICH LASH	IDR 849
GENTLE LAST TINT	IDR 1,099
LASH REMOVAL	IDR 149
GENTLE LAST LIFT - SINGLE LASH	IDR 1,699
GENTLE LAST LIFT - SOFT VOLUME LASH	IDR 1,999
GENTLE LAST LIFT - RICH VOLUME LASH	IDR 2,099

## NAILS

Halal & Breathable By Nailberry (UK)	
CLASSIC MANICURE NON-GEL (NAILBERRY)	IDR 499
CLASSIC PEDICURE NON-GEL (NAILBERRY)	IDR 599

## By The Gel Bottle (TGB) Builder In A Bottle (BIAB™)

BIAB MANICURE GEL NAIL	IDR 699
BIAB PEDICURE GEL NAIL	IDR 799

## Per Nail (For Gel Only)

FRENCH/NAIL	IDR 20
REMOVE GEL POLISH/NAIL	IDR 20
NAIL ART/NAIL	IDR 29
NAIL EXTENSION/NAIL	IDR 99
NAIL EXTENSION REMOVAL/NAIL	IDR 29

## WAXING

By Perron Rigot (Paris)	
BACK	IDR 499
BIKINI	IDR 599
BRAZILIAN	IDR 799
LIPS OR EYEBROW	IDR 299
UNDERARMS	IDR 299
FULL ARMS	IDR 449
HALF ARMS	IDR 349
FULL LEGS	IDR 699
HALF LEGS	IDR 449

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

## **GUIDELINES**

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines

### **AT TIME OF RESERVATION**

Please inform the Spa reservation of the following:

- Allergies or medical conditions including pregnancy
- If you have a gender preference for your Service Provider
- If you have a request for a specific Service Provider
- If you are celebrating any special occasions

### **ARRIVAL TIME**

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to relax in the lounge and utilize the saunas and steam rooms. Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment time will not be extended as we cannot delay the next guest and the full value of your treatment will be charged.

### **WHILE VISITING THE SPA**

#### **PERSONAL BELONGINGS/VALUABLES**

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

#### **USE OF CELL PHONES, ELECTRONIC DEVICES, CAMERAS**

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

#### **AGE REQUIREMENT**

You must be 18 years of age or older to enjoy the spa relaxation areas, locker areas and pool. Massages and facials cannot be performed on anyone under the age of 18 years. Salon treatments are available for children 5 years of age or older. This includes hair and nail services only. Parent must be present for the entire service and a locker will not be provided.

#### **TREATMENT RECOMMENDATIONS**

Shaving is not recommended prior to body treatments or hair removal services.

Your spa experience is your time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

#### **LOCKER AREAS**

Locker areas and facilities are complimentary to spa guests who have a minimum of a 50-minute service and are 18 years of age or older. Robes and slippers are provided in the ladies' and gentlemen's lounges.

#### **FOOD AND BEVERAGE**

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

#### **METHOD OF PAYMENT**

We accept all major credit cards, cash or The Ritz-Carlton Jakarta, Mega Kuningan room charge.

### **CANCELLATION POLICY**

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to space availability. Any cancellation less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a 'no-show'.