



THE RITZ - CARLTON SPA

JAKARTA, MEGA KUNINGAN

SPA MENU

THE RITZ-CARLTON JAKARTA, MEGA KUNINGAN

JL. DR. IDE ANAK AGUNG GDE AGUNG KAV.E.1.1 NO.1, MEGA KUNINGAN,
JAKARTA, INDONESIA, 12950 TEL: +62 21 2551 8888

THERAPY

MYSTICAL TOUCH THERAPY

60 minutes **or** 90 minutes **or** 120 minutes

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 THERAPY

60 minutes **or** 90 minutes **or** 120 minutes

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.

TRAVEL TENSION RELEASE

60 minutes **or** 90 minutes

Step off the plane and into serenity. Our bespoke Travel Tension Release massage is tailored to melt away the fatigue, tension, and disorientation of long-haul travel. When the expert therapists will craft a personalized treatment to soothe your weary body and recalibrate your internal clock, helping you adjust to new time zones and rediscover your natural rhythm.

REST AND RELAX SHOULDER THERAPY

60 minutes **or** 90 minutes **or** 120 minutes

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 THERAPY

60 minutes **or** 90 minutes **or** 120 minutes

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

60 minutes **or** 90 minutes

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.

BODY

NOURISHED GLOW

45 minutes

Experience a deep cleanse and unique exfoliation scrub that smooths your skin. The treatment concludes with a nourishing yogurt lotion, leaving your skin feeling fresh and revitalized.

Enjoy our Indonesian herbal scrubs, featuring fine selections like Javanese lulur pinang, colorless lulur, coffee ginger, and lavender granules for those with sensitive skin.

LUMINOUS COCOON

60 minutes

Indulge in a regenerating body mask made from exhilarating natural herbs and earthy ingredients that nourish the skin. Experience the traditional Indonesian Balinese Boreh body mask, leaving your skin feeling re-energized and as soft as velvet.

SPICE JOURNEY

60 minutes

Experience our unique traditional body scrub and mask treatment, crafted with an exhilarating blend of traditional spices to nourish the skin, calm the mind, and rejuvenate the body.

SPICE - Javanese lulur pinang scrub, cumin mask, gula asam herbal drink

UPLIFTING - Coffee ginger scrub, cinnamon mask, ginger coffee herbal drink

RELAXING - Lavender scrub, jasmine mask, beras kencur herbal drink

EXPERIENCE

THE ROYAL HERITAGE HEAD TO TOE EXPERIENCE

150 minutes

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

120 minutes

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.

THE ROYAL SPICE, CHILI AND ALOE VERA THERAPY

120 minutes

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

60 minutes

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.

FACIAL

FOREVER YOUNG FACIAL

60 minutes

A premium anti-aging skincare treatment designed to rejuvenate and revitalize the skin. It includes high-quality products and advanced techniques to address fine lines, wrinkles, and loss of elasticity. The treatment typically involves cleansing, exfoliation, application of specialized serums and masks, and a relaxing facial massage. Benefits include improved skin texture, enhanced radiance, and long-term skin health.

ETERNAL GLOW

60 minutes

Whitening skincare treatment designed to brighten and even out skin tone. It uses advanced ingredients and techniques to reduce pigmentation and enhance skin radiance, leaving the skin looking luminous and more uniform in color.

REJUVENATING FACIAL

60 minutes

Exclusively for sensitive skin is a gentle treatment designed to soothe and hydrate sensitive skin. It includes calming cleansing, soft exfoliation, soothing masks and serums, and moisturizer to reduce redness, enhance hydration, and improve comfort.

TIMELESS BEAUTY FACIAL (Express Facial)

30 minutes

This rejuvenating facial designed to quickly refresh and revitalize the skin. It includes cleansing, gentle exfoliation, targeted serums and masks, and moisturizing, delivering immediate glow and a youthful appearance in a short time.

LUXURY EYE THERAPY

30 minutes

A premium service targeting the delicate eye area to reduce fine lines, puffiness, and dark circles. It includes gentle cleansing, specialized serums and masks, a soothing massage, and hydrating eye cream for a refreshed and youthful look.

MEN

GENTLEMEN FACIAL

60 minutes

Specially designed for men, anti-aging treatment and suitable for all skin types. It reduces signs of aging, improves skin texture, and provides essential hydration for a youthful and revitalized appearance.

GENTLEMEN RETREAT

60 minutes **or** 90 minutes

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 Therapy.

PRICE LIST

TREATMENT	DURATIONS	PRICE (in 000 Indonesian Rupiah)
MASSAGE		
MYSTICAL TOUCH THERAPY	60 / 90 / 120 minutes	1,571,790 / 1,813,790 / 2,055,790
BATAVIA THERAPY	60 / 90 / 120 minutes	1,450,790 / 1,692,790 / 1,934,790
SPORT THERAPY	60 / 90 / 120 minutes	1,571,790 / 1,813,790 / 2,055,790
REST AND RELAX SHOULDER THERAPY	30 / 60 / 90 minutes	845,790 / 1,208,790 / 1,450,790
REFLEXOLOGY	60 / 90 minutes	1,208,790 / 1,450,790
EXPERIENCES		
THE ROYAL HERITAGE	150 minutes	3,023,790
HEAD TO TOE EXPERIENCE (single)		
THE ROYAL HERITAGE	150 minutes	4,959,790
HEAD TO TOE EXPERIENCE (couple)		
SACRED RADIANCE (single)	120 minutes	1,934,790
SACRED RADIANCE (couple)	120 minutes	3,265,790
THE ROYAL SPICE	120 minutes	1,934,790
CHILI AND ALOE VERA THERAPY (single)		
THE ROYAL SPICE	120 minutes	3,265,790
CHILI AND ALOE VERA THERAPY (couple)		
THE RITZ-CARLTON GRAND SPA VILLA	60 minutes	1,208,790
BODY		
NOURISHED GLOW	45 minutes	1,087,790
LUMINUROUS COCOON	60 minutes	1,208,790
SPICE JOURNEY	60 minutes	1,450,790
MEN		
GENTLEMEN THERAPY	60 / 90 minutes	1,934,790 / 2,176,790
FACIAL		
FOREVER YOUNG	60 minutes	1,813,790
ETERNAL GLOW	60 minutes	1,692,790
REJUVENATING	60 minutes	1,934,790
TIMELESS BEAUTY	30 minutes	1,208,790
LUXURY EYE THERAPY	60 minutes	966,790
YOUTHFUL ESSENCE (FOR MEN)	60 minutes	1,450,790

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'.