

The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalisation and natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa.

We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquillity and rejuvenation.

Raffles Spa Journeys are a considered mix between traditional and local methods, each ready to be expertly personalised to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

Escape. Indulge. Transform.

This is Raffles Spa.

OUR SPA

Amongst the hustle and bustle of the city of Jakarta lies a quiet oasis devoted to Raffles Travelers. Featuring 6 luxurious appointed treatments rooms including 2 VIP couples suite and a hair and nail salon, Raffles Spa offers a variety of personalized spa treatments with authentic touches.

Escape time and indulge in over 677 square meters of spa and wellness facilities including male and female relaxation areas, vitality pools and steam facilities. Our outdoor pool is the perfect place to retreat after a long day, or recharge in our fitness facility complete with Technogym® equipment.

At Raffles Spa, allow us to pamper your every indulgence.







OUR PRODUCT PHILOSOPHY

When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travellers. Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

GAYLIA KRISTENSEN

Introducing a range of revolutionary, cosmetic breakthrough products from Australia's newest, most dynamic skincare company. State of the art, molecular polypeptide and protein technologies have been combined with natural Australian botanicals to create the most advanced anti-ageing solutions in the world today.

KERSTIN FLORIAN

Kerstin Florian is a luxury skincare company that focuses on results. The guiding philosophy of Outer Beauty, Inner Health inspires a sense of wellbeing through powerful plant, marine and technically-advanced ingredients as well as professionally-designed spa services.

TROPICAL SPA

Body care products are produced with an inspiration from traditional of natural ingredients. Inspired by ancient Javanese health and beauty rituals, the Tropical Spa concept places great emphasis on the jamu remedy practices. Today, jamu has become part of everyday life as a source of wellbeing and emerging rapidly as ingredients in food supplements for maintaining health and also many beauty and spa products.





 **GAYLIA**
KRISTENSEN

DÉLUXE FIRMING CREAM



RAFFLES WELLNESS

We know that exercise is a vital component to daily life, especially for travellers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. Our Technogym® provides spacious, customised, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals.

Raffles Spa is the perfect environment for living well, with access available exclusively to hotel guests and private members, offering the following facilities and services:

- 2 Tennis courts
- 300m interval outdoor jogging track through the lush Hendra Gunawan inspired garden
- 25m outdoor lap pool
- leisure pool (with submerged loungers)
- Whirlpool
- Children's pool
- Yoga terrace
- Open-air pavilions
- Navina Pool Bar
- Kids outdoor play ground
- Hydrotherapy Experiences
- Male and female relaxation areas
- Shower and locker area
- Wellness cuisine inspired by healthy living

PERSONAL TRAINING, NUTRITION & LIFESTYLE

Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions, including a BMI (body mass index) assessment, offered by our dedicated personal trainers and nutritionists. We would be delighted to help you create a customised programme, aimed at balancing physical activity with relaxation.

YOGA

The word “yoga” translates as the “union” or “discipline” of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels and energise and restore the mind. Our certified instructors at Raffles Spa offer a variety of different yoga techniques, available in personal or group classes at our private studio.

EATING WELL

Raffles Spa offers an irresistible menu with an authentic approach to balanced nutrition, because we believe that true luxury is not about what you do, it’s about how you feel. Wellness begins from within.

MEMBERSHIP

Raffles Spa offers exclusive 1 year membership, giving you access to our comprehensive spa and wellness facilities at our properties around the world. As a valued member, you will enjoy the following benefits:

- One-night stay at Raffles Jakarta
- 3 x Personal Training Sessions per year
- 2 x Personal Assessments per year
- 2x 60 minutes Spa treatments a year
- Priority access to all group classes – advanced booking required
- Use of facilities including fitness locker areas, outdoor pools and beach area.
- Privileged pricing at the spa and various outlets around the hotel.
- Dedicated parking space for one registered car

The fitness centre is open daily at the following times:

Pool: 6:00 AM – 8:00 PM

Fitness Centre: 24 hours access. Personal trainers are available from 6:00 AM – 11:00 PM

Steam Room Wellness

Maintained at 42-45°C, the humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heat is especially beneficial before or after a massage treatment to increase circulation.

Experience Showers

Experience showers have a unique variety of multi-temperature water sequences, combined with soothing warm and cold jets to relax the body.

Vitality Pools

Maintained at a temperature of 38°C, this luxurious bespoke pool is equipped with air and water jet features, such as a hydro back bench, air tubs, body massage. Vitality pools help to increase circulation and alleviate joint pain.

Ice Fountains

Raffles ice fountains temperature range 4 to 15 degree Celsius. After exposure a hot environment, crushed ice can be applied to limbs gently to selectively cool the body, speeds up the body cool down process, the surface capillaries of the skin are dilated and blood pressure is lowered.

Heated Relaxation Loungers are allocating space to a relaxation area, the loungers provide the radiated heat surface, a pleasing aesthetic, relaxed and warm your body.



SPA ETIQUETTE

SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and Spa day packages.

SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know.

MAKING SPA APPOINTMENTS

T +62 21 2988 0888

E spa.jakarta@raffles.com

The Spa is located on the 14th Floor of Raffles Jakarta

Advanced reservations are recommended to ensure availability.

Our Spa Hosts will be delighted to guide you to select your spa experience.

FEES AND SERVICE CHARGE

All prices are in Indonesian Rupiah and inclusive of local sales tax. For your convenience a 21% service charge and government tax will be added to your final bill for each service. Additional gratuities are at your discretion.

SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the

Spa 4 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact Spa reception at
T + 62 21 2988 0888

PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customise your experience to your needs.

SPA ATTIRE

You will receive a robe and sandals to wear between treatments and a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or the safe provided for you.

GIFT CARDS

Gift cards for all spa services and packages are available for purchase. Please contact our Spa Reception Hosts for further information.

TO BOOK YOUR SPA JOURNEY

T + 62 21 2988 0888

E spa.jakarta@raffles.com

OPENING HOURS

Pool: 6:00 AM - 08:00 PM

Spa Treatments: 9:00 AM - 11:00 PM

Spa Facility & Fitness Centre: 6:00 AM - 11:00 PM

Fitness Centre: 24 hours access

RAFFLES JAKARTA

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TREATMENT MENU

Raffles Spa Journeys assure the act of inner and outer transformation by travelling from one place to another through sensory pleasures, unique surroundings and rejuvenating sensations. Leave feeling well-rested and on your journey to living well.

INDONESIAN HERITAGE EXPERIENCE

150 mins.....IDR 1,600,000

Experience Indonesian spa traditions combining elements that benefit from head to the toe for absolute indulgence. Begin your Raffles Spa Journey with a soothing footbath and a Raffles Signature foot massage. The skin is then exfoliated with the anise herb, followed by a traditional Indonesian Heritage massage using a combination of Lomi Lomi, Balinese and Javanese massage techniques. Complete the East-meets-West journey with a relaxing head and scalp massage.

MIND & BODY SPA RITUAL

120mins.....IDR 1,400,000

Today’s fast paced, intense lifestyle demands a new way of addressing both physical and mental stress for optimal health and wellness. This luxury face and body spa ritual features a unique, relaxing, deep tissue pressure point facial massage to release all the tension and stress in the face, eyes, scalp and neck. The naturally infused face and neck masks will hydrate, lift and tighten your skin whilst a sublime body massage using precious Argan oil focuses on the shoulders, back, hands, arms, feet and legs for complete stress release. Elevate yourself to a new level of peace and tranquility; re-balance and renew your energy and completely transform the way you look and feel.

Choose from a selection of 60 minutes and 90 minutes facials using the exclusive GAYLIA KRISTENSEN skin care brand.

ULTIMATE FIRMING FACIAL

90 mins.....IDR 1,200,000

This extraordinary facial treatment sweeps away the years in 90 minutes of pure relaxation. Featuring a unique deep tissue reflexology and pressure point massage of the face, neck, scalp, shoulders, hands and arms, this high performance Facial will transform your skin with cutting-edge molecular polypeptide and protein technologies in award-winning GAYLIA KRISTENSEN products that lift, firm, tighten and smooth the skin and dramatically reduce the appearance of fine lines and wrinkles. Luxurious Natural Firming Infusion Face and Neck Masks are applied to lift, firm, rehydrate and revitalize. The result: fantastic, younger looking skin.

PROLIFT SCULPTING FACIAL

60 mins.....IDR 950,000

A vigorous, highly stimulating, hands-on, non-surgical Face Lifting and Sculpting massage technique that achieves amazing instant results in just one hour. Firm and intense, this innovative new GAYLIA KRISTENSEN facial massage is like the gym for your skin and is available in a work-out Series of 6 Facials for optimal age-defying results. A Natural Infusion Face Mask deeply moisturises and increases skin elasticity. PROLIFT is an effective, holistic massage alternative to machine based facial treatments.

RADIANCE SKIN BRIGHTENING FACIAL

60 mins.....IDR 950,000

This unique GAYLIA KRISTENSEN facial treatment hydrates and brightens your skin, giving it a stunning even tone and superb, natural radiance and brilliance. Capturing the amazing effects of new, state-of-the-art, natural skin brightening technologies, this extraordinary facial treatment features a Natural Brightening Infusion Face Mask that illuminates the skin giving it a brilliant, lighter, brighter, younger, look and feel.

GENTLEMAN'S FACIAL

60 mins.....IDR 900,000

Powerful anti-ageing and stress-release for men using award-winning GAYLIA KRISTENSEN products to deep cleanse and purify the skin, with revolutionary natural molecular polypeptide and protein technologies for complete skin revitalisation and renewal. This exceptional facial treatment also features a Natural Hydrating Infusion Mask that leaves the skin smooth, nourished and hydrated, looking and feeling years younger and totally refreshed.

STRESS RELEASE FACIAL

60 mins.....IDR 900,000

Daily stress accumulates enormous tension in the muscles of the face, neck and shoulders. Tension lines and wrinkles appear around the eyes and forehead. Stop, switch off and unwind. Experience this innovative GAYLIA KRISTENSEN facial treatment that removes all your digital stress and tension to help you relax, re-balance and re-energize your body and soul. A Natural Hydrating Infusion Face Mask rehydrates, plumps and volumizes the skin. The result is amazing younger looking skin, and a new stress-free you, glowing with health, energy and vitality.

Our selection of advanced facials include the use of a new state of the art technology in skincare. Jet Clear enhances blood circulation and facilitates the effectiveness of complementary products used during this facial experience. These treatments can be booked on their own, added to an existing facial or for optimal results a series is recommended.

ADVANCED HYDRATION FACIAL

90 mins.....IDR 1,350,000

Raffles Jakarta is delighted to introduce the state-of-the-art, skin brightening technology by Jet Clear combined with the powerful effective ingredients from Gaylia Kristensen products. This advanced facial has a multiple step peeling for both face and hands along with a face and shoulder massage to help you release any tension you may have. To further hydrate the skin a hydrating infusion mask is applied along with Hyaluronic Serum which is added to the Jet Clear for optimal absorption and hydration. Expect to see visible results after your first session or book a series for long-lasting, effective results

SKIN BRILLIANCE ADVANCED FACIAL

60 mins.....IDR 900,000

This unique facial treatment captures the amazing effects of a new, state-of-the-art, skin brightening technology by Jet Clear combine with the powerful effective ingredients from Gaylia Kristensen products . This exceptional facial treatment features a Jet Clear peeling for brightening, reflexology point facial massage to firm and tone as well as the Hydrating Infusion Mask that leaves skin smooth, nourished and totally refreshed for optimal skin brilliance.

SKIN BRILLIANCE ADVANCED FACIAL PACKAGE

10 times.....IDR 8,100,000

(entitled 1 additional complimentary)

ADVANCED HYDRATION FACIAL PACKAGE

90 minute series - 10 times.....IDR 12,150,000

(entitled 1 additional complimentary)

SKIN BRILLIANCE ADVANCED FACIAL PACKAGE

5 times.....IDR 3,825,000

ADVANCED HYDRATION FACIAL PACKAGE

5 times.....IDR 5,750,000

SKIN BRILLIANCE ADVANCED FACIAL PACKAGE

3 times.....IDR 2,450,000

ADVANCED HYDRATION FACIAL PACKAGE

3 times.....IDR 6,075,000

LAVENDER DREAMS EXPERIENCE

90 mins.....IDR 1,200,000
 Inhale the calming and balancing benefits of Wild Lavender in this completely uplifting and rejuvenating spa experience. Indulge in a two-step invigorating full body scrub, a warm wrap with pressure point scalp massage, and a full body massage with warm, healing stones. Take a deep breath and breathe in dreams of lavender fields kissed by the French sun.

BRIGHTER BODY SCRUB

90 mins.....IDR 1,150,000
 Illuminate your body from head to toe with this results-driven treatment. This multi-active experience incorporates exfoliating bamboo, fruit enzymes and multi-fruit acids along with stimulating body buffing techniques to refine texture and brighten skin. Organic Ginger Oil blended with Multi-Vitamin Firming Crème rich in Shea Butter and nutrient rich Algae is massaged onto the body using long relaxing strokes with focus on the neck, back and shoulders. An express brightening facial completes this ultimate treatment. An optional Brightening Masque application is available for the décolleté.

BALINESE BOREH HEALING REMEDY

90 mins.....IDR 900,000
 Exfoliate the body with a coffee and ginger body scrub to sooth rough skin. Using centuries old healing remedies a traditional Balinese Boreh containing a mixture of herbs, roots and spices is applied to the body. This warming body mask uses ginger, cinnamon and turmeric, which act to warm the body and provide comfort from conditions like arthritis, sore achy muscles, all the while promoting an increase in blood circulation. Finish this healing therapy with a full body relaxation massage using a heated oil to release any tension.

DETOX CONTOUR SOLUTION

60 mins.....IDR 800,000
 Refine and firm body contours and promote detoxification as you reenergize. An exclusive dry brush technique helps to exfoliate the skin, stimulate lymphatic drainage and circulation and promote the absorption of clinically-tested slimming actives. Nutrient-rich algae is applied to the body followed by a deeply relaxing head massage. An exclusive slimming massage and serum help to stimulate circulation and activate lipolysis with ginger and caffeine. Finish this firming experience as Multi-Vitamin Firming Crème hydrates and brightens the body.

RAFFLES JAKARTA SIGNATURE HERITAGE MASSAGE

90 mins.....IDR 1,000,000

With Asian inspirations in mind, Raffles Jakarta has thoughtfully crafted this signature massage to ensure a truly authentic experience. Using a combination of Lomi Lomi, Balinese and Javanese massage techniques, and a signature Ginger oil, this traditional massage decreases muscle tension, indulge the senses, and relaxes the mind and body.

THE SPIRIT OF SUMATRA

90 mins.....IDR 1,100,000

The Spirit of Sumatra is a traditional treatment from North Sumatra developed by the ancient Batak tribes. The treatment starts with a body steamer using essential ginger and kaffir lime oils to relax your muscles and warm the body. Then it continues with a 75 minute traditional “Kusuk Batak” massage using Martub Batak massage oil to reduce sore muscles and improve blood circulation.

SUMATRA BODY SCRUB

30 mins.....IDR 350,000

In combination with The Spirit of Sumatra, add the Sumatra Body Scrub. Using Martub Batak, a scrub made from aloe vera extract, vitamin E, kaolin, and essential ginger oil, it is a great way to remove dead skin cells, smooth the skin, and invigorate the body.

TRADITIONAL JAIPONG BODY STRETCHING

90 mins.....IDR 975,000

Inspired by Javanese folk art dancing, this traditional West Java body stretching treatment combines music and purpose build moves, to relax and relieve tension throughout the body. Unwind as your therapist moves around the table in pure grace.

BALINESE HERBAL COMPRESS MASSAGE

90 mins.....IDR 1,000,000

60 mins.....IDR 750,000

Inspired by ancient healing therapies from Asia, this treatment begins with a massage using rich coconut oil to hydrate the skin and warm up the body. Heated herbal compresses holding precious Balinese herbs such as, tamarind, ginger, cinnamon, and clove are then compressed on the body to relieve stress, boost energy and improve blood circulation.

URBAN STRESS RELIEVER

90 mins.....IDR 975,000

60 mins.....IDR 750,000

Using an aromatherapy oil combining clary sage and patchouli which is absorbed deep into the muscles, your therapist will apply medium to deep pressure, according to your specific needs. Soothe achy tired muscles and decompress your nerves as all your worries are released.

Note: This treatment may create some tenderness in the muscle the following day.

TIBETAN VIBRATION RELAXATION MASSAGE

60 mins.....IDR 700,000

Take time and reconnect your body and mind through sound vibrations. An ancient Tibetan technique, the singing bowl when activated by touch produces harmonics of different intensities. Water being a medium for sound and vibration combined with the composition of the body, the bowl is placed on the body in different areas to encourage the cells to return to their natural state. The deeply relaxing vibrations joined with a traditional Balinese massage will restore the mind and decrease any tension in the body.

ORIENTAL FOOT REVIVER

60 mins.....IDR 550,000

Experience holistic revitalization and deep relaxation as your therapist applies specific thumb and finger techniques to various reflex points on the feet, which effectively stimulate corresponding organs in the upper body.

AROMATIC COUPLES ROMANCE

90 mins.....IDR 2,000,000

Indulge in together time with a relaxing aromatic soak using an aromatic bath milk and romantic candle light. After your muscles have had time to relax, enjoy a relaxing 60 minute massage ensuring the perfect combination for you and your partner.

TREASURED TIME

90 mins.....IDR 1,950,000

60 mins.....IDR 1,400,000

Relax together with our Raffles Signature Massage, which uses a blend of essential oils and purpose-designed movements to stimulate circulation, promote deep relaxation and restore the flow of energy throughout the body. This wonderfully soothing and rejuvenating experience is ideal for sharing that special time together.

SIGNATURE PEDICURE

60 mins.....IDR 400,000

Give your feet the attention they deserve with a pedicure which includes a file, cuticle work and polish.

SIGNATURE MANICURE

60 mins.....IDR 350,000

Special care for your hands with this manicure which includes a file, cuticle work and polish.

TRADITIONAL HAIR CREAMBATH

.....IDR 400,000

This popular Indonesian head, neck and shoulder massage improves the blood circulation and revitalizes your hair & scalp, leaving them feeling healthy and fresh. A special steamer session allows the rich hair-cream to penetrate your hair fibers, nourish and revitalize them prior to wash and blow dry.

EXTRA TIME

For those who wish to upgrade any of our present treatment list with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

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|--------------------------------------|-------------|
| REVIVING FOOT TREATMENT..... | IDR 350,000 |
| BACK, NECK AND SHOULDER MASSAGE..... | IDR 350,000 |
| EXPRESS BODY SCRUB..... | IDR 350,000 |
| HEAD AND SCALP MASSAGE..... | IDR 350,000 |
| EXPRESS FACIAL..... | IDR 350,000 |