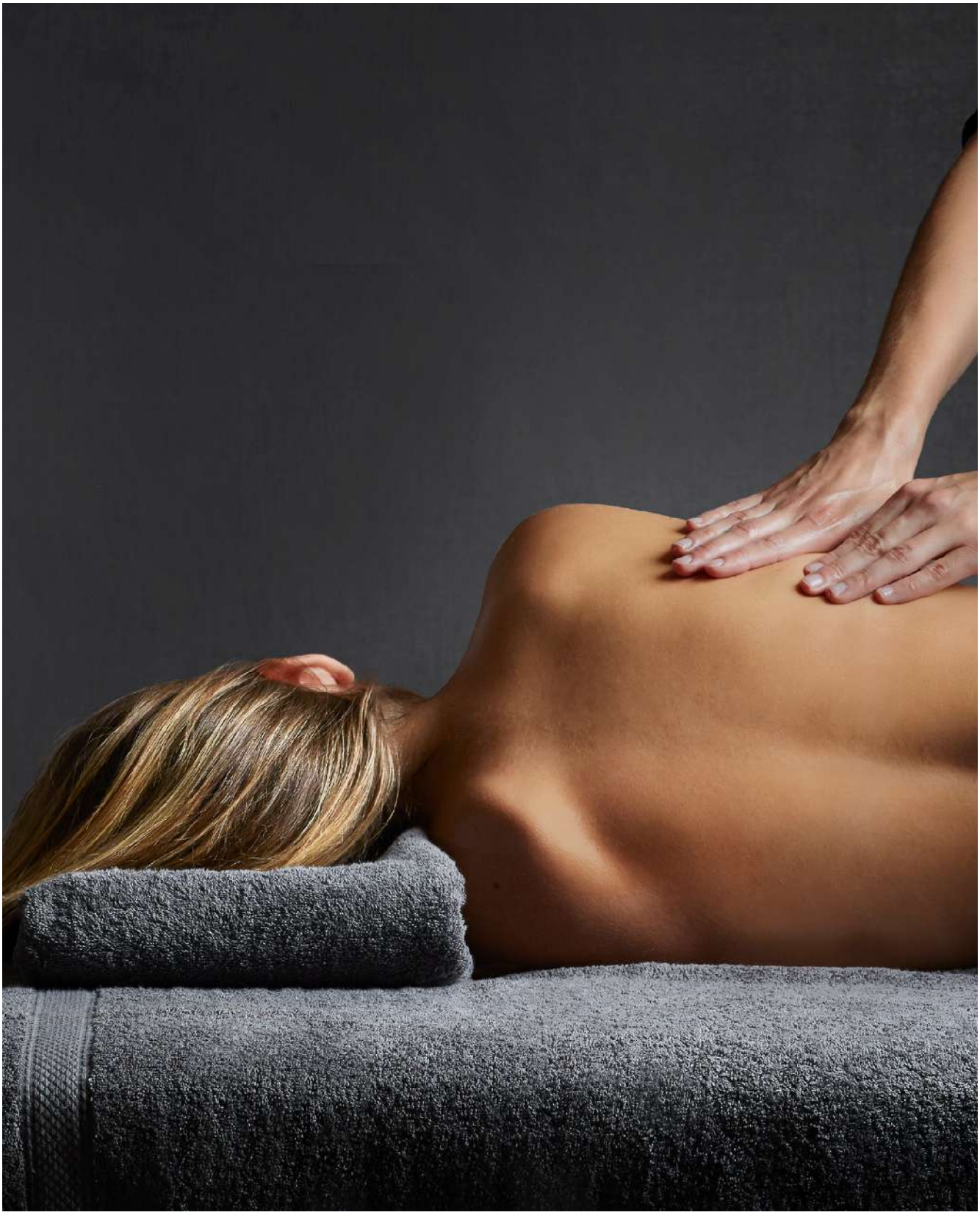
INTERCONTINENTAL®
JAKARTA PONDOK INDAH



INARIA SPA MENU

Welcome to Inaria Spa Menu

A reflection of true Indonesian heritage and rich culture; complemented with indigenous treatments, the apothecary blend bar, natural botanical and herbal elements.

Honoring a philosophy rooted in physical, emotional and spiritual balance, Inaria Spa invites you on a journey across the ancient healing traditions of Indonesia, from the sprawling rice fields of Bali to the rugged peaks of Borneo. Each spa journey reveals a path toward greater harmony with the spirit, nature and one another.

Operational hours
Monday - Thursday 10:00 am - 8:00 pm
Last order at 7:00 pm
Friday - Sunday 10:00 am - 21:00 pm
Last order at 8:00 pm

SIGNATURE EXPERIENCES

Guided by a more holistic way of life, Inaria Spa weaves century-old recipes and customs handed down from generation to generation to create authentic signature experiences.

Inaria Signature Massage ID 1,125,000++
90 minutes

Combining the ancient art of traditional Balinese massage, long rhythmic movements and Thai massage techniques with the use of Jamu Herbal Poultice, this intuitive treatment is carefully tailored to each individual guest, promotes liberation from both physical and mental tension.
Benefits:
· Eases muscle tension
· Improve circulation and flexibility
· Balances body and mind

HEALING RITUALS

Traditional Javanese Massage IDR 900,000++
90 minutes

This traditional, restorative massage utilizes push and stroke techniques together with the application of grated ginger to alleviate muscle and joint pains. Working on both the muscles and nerve pathways, the purpose is to heal the body ailments whilst promoting blood flow and circulation.
Benefits:
· Promotes blood flow
· Stimulates energy flow
· Improves joint mobility
· Alleviates muscular stiffness
· Rejuvenate body and mind

Robust Sasak Lombok Massage IDR 900,000++
60 minutes

A powerful massage designed to release deep-set tension and improve blood flow and circulation. This treatment incorporates long strokes, stretching, acupressure, skin rolling and aromatherapy to enhance your Chi or center of energy to promotes a body, mind and soul connection to provide a holistic sense of wellness.
Benefits:
· Relieves muscle tension and stiffness
· Reduce stress and anxiety
· Increase relaxation

BODY REMEDIES

Created from indigenous fruits, herbs and roots to nourish the body and mind. Creating space for positive transformation, Inaria Spa creates opportunity for healing and revival, which will resonate long after leaving the treatment room.

Sumatra/Madura So'Oso/White Glow Body Scrub IDR 500,000++
60 minutes

A rejuvenating body exfoliation made from herbs and spices, leaving your skin smooth and refreshed.
Benefits:
· Improve circulation
· Skin rejuvenation

JUARA Signature Treatment at Inaria Spa

JUARA Signature Facial Treatment IDR 1,050,000++
75 minutes
Inspired by JAMU, the herbal healing tradition of Indonesia; the ancient beauty rituals and herbal medicinal practices. Your skin is cleansed, lightly exfoliated and gently massaged with a combination of targeted, lifting techniques. The use of a precious rose quartz gem roller encourages cell reparation and skin rejuvenation.

JUARA Signature Body Polish IDR 500,000++
45 minutes

JUARA's signature body treatment with Indonesian candlenut scrub for light body exfoliation and follow by candlenut body crème. Leaving your skin clean, smooth and moist.

SPA ETIQUETTE

To enjoy your experience at our spa to the fullest potential, please familiarize yourself with our Spa Etiquette.

At the time of reservation

Please inform the spa receptionist of the following:

· Any allergies or medical condition including pregnancy
· If you have a gender preference for your therapist
· If you have a request for a specific therapist
· If you are celebrating any special occasions

Note: A valid credit card number with expiration date must be provided at the time of booking.

Arrival Time

Please arrive at least 30 minutes prior to your scheduled treatment time. This will allow time to enjoy the spa facilities prior to your treatment. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your service will end on time, so that the next guest is not delayed. The full value of your treatment will be charged.

While visiting the spa

Personal belonging/ valuables

We cannot be responsible for any personal items and/or valuables brought into the spaor left behind. We recommend leaving your valuables at home or in your room safe.

Use of mobile phones, electronic devices and cameras

Quiet and calm are of the utmost importance to our guests - that's why we ask that you turn off your mobile phone and pagers before entering the spa. We also kindly ask that you do not take any photographs whilst in any of the public areas.

Age requirement

Guests must be 16 years of age or older to enjoy the spa relaxation areas and facilities. All spa guests purchasing spa treatments may use the spa facilities.

Treatment recommendations
If you experience discomfort for any reason (i.e. due to room temperature, massage pressure, music volume or any other conditions), please notify your therapist/member of staff immediately so that they may amend accordingly.

Shaving is recommended, but not necessary, for men prior to a facial treatment.

While departing the spa
Please check out at the spa reception before you depart, and ensure you have all your personal belongings with you.

Food and Beverage
Guests are prohibited from bringing any outside food and alcohol into the spa. The spa reserves the right to refuse entry to any guest appearing intoxicated.

Method of Payment
We accept all major credit cards. You may also charge services directly to your hotel bill.

Cancellation Policy
If you must reschedule or cancel your appointment, please notify the spa at least twenty-four (24) hours in advance of your appointment. Appointments cancelled with less than 6 hours' notice will incur a cancellation fee of 100% of the reserved treatment cost.

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