



INTERCONTINENTAL®  
JAKARTA PONDOK INDAH



INARIA SPA MENU





## Inaria Spa and Wellness by InterContinental Jakarta Pondok Indah

### Introduction

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.

Your haven of wellbeing awaits

1. Signature Experiences
2. Healing Rituals
3. Body Remedies
4. Juara Signature Treatment



## INARIA SPA MENU

### Operational hours

Monday - Sunday 10:00 am - 09:00 pm

Last order at 08:00 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 Couple Treatments - IDR 2,200,000

90 minutes

Immerse yourselves in a bonding experience with our Inaria Couple Treatments. Begin with a harmonious 70 - minute massage side by side, promoting relaxation and connection. Conclude your journey with a serene bath soak, designed to deepen relaxation and intimacy. This tranquil escape is the perfect way to celebrate togetherness and rejuvenate in unison.

### Inaria Signature

120 minutes            IDR 1,450,000

90 minutes            IDR 1,200,000

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

### Inaria Journey Package - IDR 1,500,000

120 minutes

A holistic journey, this comprehensive 120-minute experience includes a soothing massage that eases tension, followed by an invigorating scrub to refresh and revitalise your skin. The journey culminates with a rejuvenating mini facial, leaving you with a radiant glow. This package is an ode to self-care, designed to harmonise body, mind, and spirit.

### Batimung Signature Ritual - Kalimantan - IDR 1,200,000

90 minutes

A rejuvenating treatment using a traditional blend of Black Borneo, in conjunction with a personal steam, exfoliation, body mask and massage. These traditional herbs reduce the toxins from everyday living and energize the body.

The ideal pre-wedding treatment.

### Inaria Face Workout - IDR 1,000,000

60 minutes

Expertly blending local ingredients with skilled techniques, this treatment goes beyond a basic facial. It addresses the 40 muscles that form the facial structure. The process begins with a thorough cleansing and rejuvenation treatment, then progresses to a lifting technique that enhances lymphatic drainage, promotes circulation, and visibly sculpts the face.

### Inaria Signature Hair Ritual - IDR 600,000

60 minutes

The ritual begins with hair & scalp cleansing with natural shampoo followed by scalp massage and cream bath to stimulate and nourish hair follicles. It also purifies and strengthens as well as calms an aggravated scalp.

Benefits:

- Healthier scalp
- Nourishing hair
- Relaxing mind

Prices are subject to 21% government tax and service charge



## HEALING RITUALS

### Kerokan Javanese Massage - IDR 1,150,000

90 minutes

Indonesia's best-kept secret for alternative healing, especially when feeling unwell, begins with a massage to ease muscular tension. This therapy utilises fresh ginger slices to create parallel stripes on the back, offering a dermabrasive effect. The gentle warmth of the ginger relaxes muscles and improves blood circulation.

Post-treatment, guests often experience relief from common cold symptoms and an overall sense of relaxation.

Benefits:

- Eases muscle aches
- Alleviate symptoms of common cold
- Increases blood circulation

### Oukup Martup - Sumatra - IDR 1,150,000

90 minutes

Originating from the Batak people of northern Sumatra, this ancient and highly effective treatment is designed to alleviate muscular pain and tension. It utilizes traditional Indonesian herbs to promote rejuvenation, improve blood circulation, and assist in reducing excess body weight. The Batak tribes hold a belief that the head, being the highest part of the body, possesses a sacred connection to one's higher being.

Benefits:

- Detoxifies the body
- Improves lymphatic circulation
- Relaxes the muscle
- Softens the skin

### Micet Madura - East Java - IDR 1,000,000

60 minutes

This classic healing ritual from the island of Madura is a unique massage technique that involves strong pressure on the legs and back. It combines the therapist's walking movements, stretching, and pressure points to achieve maximal results. These techniques effectively release tension, deeply relaxing both body and mind.

Benefits:

- Increases circulation and flexibility
- Reduces stiffness and tension

### Traditional Sasak - Lombok - IDR 1,000,000

60 minutes

This potent massage is designed to alleviate deep-set tension and enhance blood flow and circulation. The treatment combines long strokes, stretching, acupressure, skin rolling, and aromatherapy to stimulate and balance your Chi or energy center. The awakening of Chi during this session fosters a deep connection between body, mind, and soul, promoting a holistic sense of wellness.

Benefits:

- Relieves muscle tension and stiffness
- Reduces stress and anxiety
- Increases relaxation



## BODY REMEDIES

Crafted from indigenous fruits, herbs, and roots, these remedies are designed to nourish both body and mind. Inaria Spa creates an environment conducive to positive transformation. Each treatment offers a chance for healing and rejuvenation, leaving a lasting impact well beyond your time in the treatment room.

### **Tellu Sulapa Eppa - Sulawesi - IDR 750,000**

75 minutes

Inspired by the age-old wellness philosophy known as Tellu Sulapa Eppa, which translates to living in harmony, this treatment hails from the Bugis ethnic group in Sulawesi. It features a traditional body scrub made from mashed rice and rempha-rempha (spices), aimed at enhancing skin texture and vitality. Post-treatment, your skin will feel noticeably softer and smoother, offering a complete rejuvenation from head to toe.

### **Boreh Boreh - Bali - IDR 650,000**

60 minutes

This centuries-old scrub features a blend of carefully selected herbs and spices, including cloves, cinnamon, coriander seeds, turmeric root, and nutmeg. This aromatic mix is crafted to increase blood circulation and exfoliate the skin. The resulting paste is applied as a body wrap, followed by a skin-nourishing lotion to leave the skin smooth, soft, and deeply moisturised.

### **Hair Wash - IDR 400,000**

30 minutes

Transform your hair care routine into a moment of zen with our 30-minute Hair Wash service. Indulge in a relaxing scalp massage as we cleanse your hair with nurturing products, leaving your locks refreshed, soft, and beautifully conditioned. This tranquil experience is the perfect way to unwind and give your hair the pampering it deserves.

### **Mini Facial - IDR 450,000**

30 minutes

Refresh and rejuvenate with our 30-minute Mini Facial. This cleansing facial is a quick escape to restore your skin's natural glow. Our gentle exfoliation and cleansing techniques revitalise the skin, leaving your complexion clear, hydrated, and vibrant. Ideal for those seeking a beauty boost in a brief, yet blissful, respite.

### **Foot Massage**

30 minutes - IDR 400,000

60 minutes - IDR 700,000

Relieve tired feet with our soothing 30-minute Foot Massage. This treatment focuses on the reflex points in the feet, promoting relaxation and healing throughout the body. Our expert therapists use targeted techniques to release tension, improve circulation, and restore energy flow, offering a revitalising break for your weary soles.



## JUARA Signature Treatment at Inaria Spa

### Juara Face and Body Massage - IDR 1,600,000

120 minutes

Experience the essence of JAMU, the traditional Indonesian herbal healing, with our Juara Face and Body Massage.

This 60-minute treatment combines a therapeutic massage with a Juara Facial, using all-natural Juara products inspired by ancient beauty rituals. The gentle massage and facial, enhanced by the healing properties of rose quartz, rejuvenate the skin and spirit, promoting a harmonious balance within.

### Juara Firming Klift - IDR 1,400,000

90 minutes

Elevate your facial care with the Juara Firming Klift, a 90-minute treatment that combines the natural potency of Juara's award-winning products with the rejuvenating Klift facial machine. Inspired by the JAMU tradition of Java, this facial not only nourishes your skin but also incorporates specialised techniques to firm and lift. The result is a visibly revitalised complexion, reflecting the timeless beauty of Indonesian herbal practices.

### Juara Facial - IDR 1,150,000

75 minutes

Drawing inspiration from JAMU, the revered herbal healing tradition of Indonesia, this treatment is a homage to ancient beauty rituals and herbal medicinal practices. Your skin will be cleansed, lightly exfoliated, and tenderly massaged using specialised, lifting techniques designed to invigorate and refresh. The treatment is enhanced by the use of a precious rose quartz gem roller, known for its smoothing properties, which aids in cell repair and promotes skin rejuvenation, leaving your complexion radiant and revitalised.

### Juara Candlenut Indulgence – IDR 1,200,000

90 Minutes

Immerse yourself in the rich traditions of Sasak rejuvenation from Lombok. Begin with a 30-minute exfoliating ritual using the velvety Juara Candlenut Body Polish, revealing soft, radiant skin. Your experience deepens with a 60-minute robust Traditional Sasak Technique Massage, expertly performed with nourishing Juara Candlenut Oil, leaving you in a state of unparalleled relaxation. This special treatment is the perfect blend of indigenous wisdom and indulgent care, crafted for those seeking the ultimate revitalization.

### Juara Body Polish - IDR 750,000

45 Minutes

Experience JUARA's signature body treatment, featuring the luxurious Indonesian candlenut scrub for a gentle yet effective body exfoliation. This is followed by an application of candlenut body crème, known for its deeply nourishing properties. The treatment leaves your skin impeccably clean, exceptionally smooth, and intensely moisturised, enveloping you in a sense of well-being and silkiness.



## INARIA SPA MENU

### SPA ETIQUETTE

To ensure you fully enjoy your spa experience, we invite you to familiarise yourself with our Spa Etiquette.

#### At The Time Of Reservation

When making your reservation, please inform our spa receptionist of the following:

- Any allergies, medical conditions, or if you are pregnant
- If you have any specific preference for the therapist's gender
- If you have any preference for a specific therapist
- Any special occasions you are celebrating

*Note: To secure your booking, a valid credit card number with its expiration date is required.*

#### Arrival Time

We kindly request that you arrive at least 30 minutes before your scheduled treatment. This early arrival allows you to fully enjoy the spa facilities and prepare for your session. Please note that late arrivals will result in a shortened treatment time to ensure subsequent appointments are not affected. Your treatment will conclude as originally scheduled, and you will be charged for the full session.

#### Spa Visit Guidelines

##### Personal Belongings and Valuables

We are not responsible for any personal items or valuables brought into or left behind in the spa. For security, we advise leaving valuables at home or secured in your room safe.

##### Mobile Phones, Electronic Devices, and Cameras

To maintain a tranquil environment for all guests, please turn off mobile phones and pagers before entering the spa. Photography in public areas of the spa is not permitted.

##### Age requirement

Guests must be at least 16 years old to access the spa relaxation areas and facilities. All spa treatment purchasers may use the spa facilities.



## INARIA SPA MENU

### Treatment recommendations

If you experience any discomfort (such as room temperature, massage pressure, music volume), please inform your therapist or a staff member immediately for adjustments.

### For Men Before Facial Treatments

Shaving is recommended but not necessary before 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.



