

The background of the image is a close-up, artistic photograph of lotus petals. The petals are layered, creating a sense of depth. The colors are soft and pastel, including shades of pink, light purple, and pale green. The lighting is gentle, highlighting the delicate texture and veining of the petals. The overall mood is serene and elegant.

RAFFLES SPA

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 Travellers. Featuring 6 luxurious appointed treatments rooms including 2 VIP couples suite and a hair and nail salon, Raffles Spa offers a variety of personalised 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, outdoor whirlpool 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.

### 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.







## 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)
- Outdoor 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. Certified instructors at Raffles Spa offer a variety of different yoga techniques, available in personal or group classes.

## 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: 6.00am – 8.00pm

Fitness Centre: 24 hours access. Personal trainers are available from 6.00am – 11.00pm





## HYDROTHERAPY WELLNESS EXPERIENCES

### Steam Room Wellness

Maintained at 42 to 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 to 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.

### Ice Fountains

Raffles ice fountains temperature range 4 to 15°C. After exposure to 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.

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## SPA ETIQUETTE

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### 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.

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 service charge and prevailing 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.

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

### 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.

### 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](mailto:spa.jakarta@raffles.com)

The Spa is located on the 14th Floor of Raffles Jakarta. Advanced reservations are recommended to ensure availability.

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## OPENING HOURS

Pool: 6.00am – 8.00pm

Spa Treatments: 10.00am – 10.00pm

Spa Facility: 6.00am – 10.00pm

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.

ULTIMATE RELAXATION

180 mins.....IDR 3,000,000

This top-to-toe program helps refresh the mind and body, begins with a warming foot ritual followed by massage using deep tissue technique and continue with body exfoliation and body mask, while at the end adding a touch of beauty facial to achieve balance and contemplation. This is an ideal retreat from the demands of city life.

INDONESIAN HERITAGE EXPERIENCE

150 mins.....IDR 2,400,000

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

120 mins.....IDR 2,300,000

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.

Indulge in your choice of 60-minute or 90-minute facials, featuring the luxurious KERSTIN FLORIAN skincare line.

### ADVANCED REPAIR FACIAL

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

This customised, results-oriented treatment targets specific skin concerns including congestion, sensitivity, fine lines and premature aging. Includes a renewing exfoliation on the face, neck, décolleté and hands, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin. A relaxing hand and nail treatment complete the experience.

### BRIGHTENING AND SMOOTH

60 mins.....IDR 1,600,000

This specific treatment delivers brightening and clarity for immediate luminosity. With this results-oriented facial, the hands, face, neck and décolleté are treated to effective formulas that even out skin texture and tone. Using a powerful blend of skin illuminating botanicals and Acti-5 Brightening Complex, along with a multi-acid peel, and a unique cooling masque with luminous rice, skin appears lighter, brighter and more refined. A relaxing hand massage to complete the experience.

### BIO MINERAL FACIAL

60 mins.....IDR 1,500,000

Reset your complexion with this all-natural facial designed to return the skin's microbiome to its ideal, most functional state. Balancing pre- and probiotics, cell-renewing fruit enzymes and skin-replenishing minerals. A deep-cleansing, therapeutic facial that relaxes the skin as it refines pores. Includes a muscle-easing massage and purifying masque. Our exclusive natural probiotic serum is then infused into the skin with a calming Jade Roller, leaving it refreshed, renewed and restored.

## BRIGHTER BODY SCRUB

90 mins.....IDR 1,800,000

Illuminate your body from head to toe with this results-driven treatment. This multi-active experience incorporates exfoliating flower extract, chamomile oils and gentle pumice grains along with stimulating body buffing techniques to refine texture and brighten skin. Organic ginger oil blended with hydrating and soothing body lotion rich in chamomile, sweet almond oil and aloe vera 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.

## BALINESE BOREH HEALING REMEDY

90 mins.....IDR 1,750,000

Exfoliate the body with a coffee and ginger body scrub to soothe 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 aching muscles, all the while promoting an increase in blood circulation. Finish this healing therapy with a back and shoulder relaxation massage using a heated oil to release any tension.

## LAVENDER DREAMS EXPERIENCE

90 mins.....IDR 1,600,000

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.

## DETOX CONTOUR SOLUTION

60 mins.....IDR 1,150,000

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.



## THE SPIRIT OF SUMATRA

90 mins.....IDR 1,500,000

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.

## RAFFLES JAKARTA SIGNATURE HERITAGE MASSAGE

90 mins.....IDR 1,400,000

60 mins.....IDR 1,150,000

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.

## BALINESE HERBAL COMPRESS MASSAGE

90 mins.....IDR 1,450,000

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.

## HOT STONE RITUAL

90 mins.....IDR 1,450,000

Relax and recover your tense muscles with our Hot Stone Ritual. Using smooth, heated basalt stone, the heat from the stone provides extra relaxation and warms up the tight muscles. Be pampered with a 90-minutes session that starts with a foot ritual, a full body massage with hot stone, a face & head massage and concludes with inhalation with Lavender Aromatherapy oils to encourage a calmer state of mind & body as well as promote good sleep.

## TRADITIONAL JAIPONG BODY STRETCHING

90 mins.....IDR 1,450,000

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.

## URBAN STRESS RELIEVER

90 mins.....IDR 1,400,000

60 mins.....IDR 1,150,000

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

TIBETAN VIBRATION RELAXATION MASSAGE

60 mins.....IDR 1,000,000  
 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 800,000  
 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.

LAVENDER DREAM EXPERIENCE

90mins.....IDR 3,000,000  
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.

AROMATIC COUPLES ROMANCE

90 mins.....IDR 2,600,000  
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 2,550,000  
60 mins.....IDR 2,250,000  
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.



**TRADITIONAL HAIR CREAMBATH**

.....IDR 550,000

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.

**SIGNATURE PEDICURE**

60 mins.....IDR 550,000

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

**SIGNATURE MANICURE**

60 mins.....IDR 500,000

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

## 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:

REVIVING FOOT TREATMENT.....	IDR 450,000
BACK, NECK AND SHOULDER MASSAGE .....	IDR 450,000
EXPRESS BODY SCRUB.....	IDR 450,000
HEAD AND SCALP MASSAGE.....	IDR 450,000
EXPRESS FACIAL.....	IDR 700,000