

## RAFFLES SPA JOURNEY

### 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.

## **BODY TREATMENTS**

### **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

### **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.

## **BODY TREATMENTS**

### **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.

## **BODY MASSAGE**

### **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 Clove 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.

## BODY MASSAGE

### 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 built 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.

## **BODY MASSAGE**

### **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.

## **COUPLES TREATMENTS**

### **AROMATIC COUPLES ROMANCE**

90 mins - IDR 2,000,000

Indulge in together time with a relaxing aromatic soak using an aromatic bath and romantic candle light. After your muscles have had time to relax, enjoy a relaxing 75 minutes 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.

## **EXTRA TIME**

### **REVIVING FOOT TREATMENT**

IDR 350,000

### **BACK, NECK AND SHOULDER MASSAGE**

IDR 350,000

### **EXPRESS BODY SCRUB**

IDR 350,000