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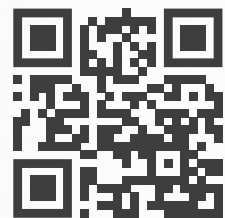


Unwind &  
Rejuvenate



# Embark on a SPA Journey

Discover pure bliss at AYANA Spa, where natural botanicals and ancient traditions meet modern luxury for a truly rejuvenating escape.



SCAN FOR  
RESERVATIONS





# Massage Treatments

## AYANA MASSAGE, 60/90 MINUTES

IDR 750,000++ /1,000,000++

Our signature medium pressure massage utilized precision techniques that have been passed down through the generations to support your body in releasing any tension from high stress or jet lag

## NAKATSUJI MASSAGE, 60/90 MINUTES

NEW TREATMENT

IDR 790,000++/1,100,000++

An oil-free full-body massage using 'The Nakatsuji Method' developed by renowned Japanese orthopedic and anti-aging expert Tadashi Nakatsuji. Your therapist applies a special pressure point technique to target areas of muscular pain, assist with slimming, and detoxify the body by enhancing lymphatic drainage. The shoulder and head massage alleviate headaches and tension caused by poor posture and prolonged computer use.

## SHIATSU, 75 MINUTES

NEW TREATMENT

IDR 900,000++

The word "shiatsu" means "finger pressure". In practice, a shiatsu massage therapist will apply pressure from one point to another in a certain order. The goal is to facilitate the flow of chi or energy that can encourage healing

## COUPLE BALINESE MASSAGE, 90 MINUTES

IDR 2,000,000++

This Massage uses the traditional Balinese techniques of the firm finger and palm pressure as well as long stimulating strokes. Performed with your preferred choice of essential oil, this massage therapy can ease body tension and invigorate the senses.

## LAVA STONE THERAPY, 90 MINUTES

IDR 1,100,000++

Utilizing smooth stones to activate your body's chakra points, Our Lava Stone Massage will release the burdens of everyday living to brighten your mood. The Therapist carefully places warm stones along your body's meridian lines to melt tired muscles, open energy blockages, improve overall circulation and heal nagging joint pain.

## FOUR HAND MASSAGE, 60 MINUTES

NEW TREATMENT

IDR 1,200,000++

Double the relaxation in half the time. This intensive therapy features two practitioners applying harmonized pressure across your body. The mirrored, synchronized movements stimulate your lymphatic and circulatory systems to improve detoxification and oxygenation. Perfect for melting stubborn muscular knots and releasing deep-seated tension

All prices are in Indonesian Rupiah (IDR) and subject to 10% service charge and 11% government tax.

# Massage Treatments

## ANTI-CELLULITE MASSAGE, 75 MINUTES

IDR 900,000++

This massage uses anti-cellulite techniques to reshape the body and help eliminate toxins. Your Therapist works to help you diminish water retention, reduce the appearance of cellulite and refine the body to create slimmer contours.

## TANGAS BETAWI, 60/90 MINUTES

IDR 750,000++/1,000,000++

Tangas Betawi is a celebrated ritual massage from Jakarta's indigenous people, "Betawi". The massage begins with relieving accumulated tension while the Therapist works slowly with firm pressure to pinpoint your body's deep tissue areas. The massage finishes with a head massage, leaving you feeling light and relaxed.

## CANDLE MASSAGE, 60/90 MINUTES

IDR 750,000++/1,000,000++

Warm Candle aromatic made of three healing spices, herb and floral has the benefit to providing a relaxing effect, very good for dry skin because it has moisturizing, softening, nutrition and maintains skin elasticity. Combination Lomi – Lomi and aromatherapy movement sound healing to deeply soothe mind, body and spirit.

## AYANA AROMATHERAPY, 90 MINUTES

IDR 1,000,000++

Your Therapist expertly uses warm botanical oils of your choice to enhance overall relaxation, balance the body, and nurture the soul with soothing strokes by the palm of the hand to encourage long-lasting tranquility.

## BAMBOO MASSAGE, 90 MINUTES

IDR 1,000,000++

Bamboo Massage providing a deep massage stroking using the aromatic oil care and warm bamboo tools by optimizing blood circulation, removing toxins, helping to renew cell tissue on the skin and tension allowing the mind to become calm.

## REFLEXOLOGY FOOT MASSAGE, 60/90 MINUTES

IDR 480,000++/730,000++

Experience Indonesia's best-kept wellness secret. Your body will release accumulated stress and tension as your therapist firmly presses the key reflex points on your feet. Followed by a head and shoulder massage.

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# Body Scrubs & Body Masks

## LEMONGRASS AND LAVENDER BATH, 15 MINUTES (add to any treatment)

IDR 420,000++

This Invigorating bath with blend of Lemongrass and lavender Essential oil then delivered and set mood to an and with a lavish soak in Lemongrass. Enjoy the lavish bath with a cup of warm lemongrass tea to relax your body.

## MILK BATH, 15 MINUTES (add to any treatment)

IDR 420,000++

Soak away the tension of modern living with a lavish milk bath infused with mixed flowers to achieve deep relaxation and pleasure.

## PAPAYA AND PINEAPPLE MOUSSE SCRUB, 30 MINUTES

IDR 420,000++

A glorious mousse scrub is lathered and broken down over the body to remove impurities, dead cells, and toxins, to reveal smoother, supple skin.

## CHOCOLATE BODY MASK, 30 MINUTES

IDR 420,000++

Powerful antioxidants provide a feeling of well-being and relaxation.

## LEMONGRASS BODY SCRUB, 30 MINUTES

IDR 420,000++

Made from lemongrass and lavender essential oils, this mild scrub gently exfoliates the skin and leaves it with youthful glow.

## JAVANESE LULUR SCRUB, 30 MINUTES

IDR 420,000++

This replenishing scrub wasa traditionally used as a pre-wedding beauty ritual for brides of the noble class in the Royal Palace of Central Java.

## YOGHURT BODY MASK, 30 MINUTES

IDR 420,000++

Natural yoghurt ultimately softens and revitalizes the skin. The polish contains mild exfoliating properties to eliminate old skin cell, while the lactic acid content of yogurth has a moisturizing effect to leave the body feeling smooth and silky all over.

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# Spa Packages

## ROYAL WEDDING RITUAL, 120 MINUTES

IDR 1,360,000++

This traditional Indonesian beauty ritual was once the privilege of royal brides in the ancient palaces of Central of Java. Ayana foot ritual begins the indulgence and continuous with a tension relieving traditional massage, the highlight is Javanese lulur exfoliating, and hydrating yoghurt body polish is then applied followed by a luxurious milk bath.

(Ritual footbath 10 minutes, tangas massage 60 minutes, Javanese lulur 25 minutes, yoghurt body polish 5 minutes, milk & flower bath 20 minutes)

## VELVET ROSE PACKAGE, 120 MINUTES

IDR 1,360,000++

Reawaken your skin's vitality and restore balance with our rose inspired journey. A refreshing rose splash foot ritual begins this treatment continued with a 60 minutes body massage. Thereafter enjoy a luxurious soak in a rose petal bath scented with lavender and eucalyptus essential oils. Finish with a rose crystal quartz facial for younger looking skin.

(Rose foot ritual 10 minutes, aromatherapy massage 60 minutes, rose petal bath and ginger tea 20 minutes, rose quartz facial 30 minutes)

Including Pool,  
Steam, Sauna & Jacuzzi

## SPA DISCOVERY, 90 MINUTES

IDR 1,100,000++

Old tradition combined with the finest European skincare for a deliciously relaxing experience. Enjoy an aromatherapy massage followed by a ELEMIS facial.

(Ritual foot bath 10 minutes, aromatherapy massage 60 minutes, facial 20 minutes)

## SPA SAMPLER, 90 MINUTES

IDR 1,100,000++

Experience the pleasure of relaxation with this combination of AYANA signature massage and a comforting foot massage.

(Ritual foot bath 10 minutes, AYANA massage 60 minutes, foot massage 20 minutes)

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Including Pool,  
Steam, Sauna & Jacuzzi

# Spa Packages For Couples

## ELEMIS SIGNATURE TREATMENT, 150 MINUTES

IDR 2,900,000++ / COUPLE

This treatment will help to hydrate your skin, reduce wrinkles and nourish skin texture with a moisturizing body wrap. Starting with a foot bath, the treatment continues with ELEMIS body nectar treatment with monoi oil to quench thirsty skin, while an anti-aging facial improves your skin elasticity.

(Ritual footbath 10 minutes, body oil massage 60 minutes, body wrap 20 minutes, elemis pro-collagen age defy facial 60 minutes)

## TUTTY FRUITY SPA, 150 MINUTES

IDR 2,650,000++ / COUPLE

The health benefits of fresh fruit are brought to light in this delicious spa treatment that will ignite your senses and leave you feeling full energy. A replenishing foot ritual continued with aromatherapy massage will restore harmony between the body and mind. A yoghurt and honey facial will then cleanse and hydrate the skin to give it a radiant glow. Anti-aging papaya mousse body scrub exfoliate the skin before the orange and lime milk bath.

(Ritual footbath 10 minutes, aromatherapy massage 60 minutes, papaya & pineapple mousse scrub 30 minutes, honey refresher facial 30 minutes, orange & lime milk bath 20 minutes)

## DIVINE PAMPERING, 150 MINUTES

IDR 2,800,000++ / COUPLE

The ultimate spa package head to toe, Divine pampering takes you on a 2 hours 30 minutes journey of rejuvenation. Begin with a gentle foot ritual followed by your choice of relaxing aromatherapy massage. Followed with your choice of body scrub and body mask before a luxury milk bath ritual.

(Ritual footbath 10 minutes, AYANA signature massage 60 minutes, body scrub or body mask 30 minutes, milk bath ritual 20 minutes, express facial 30 minutes)

## GREEN TEA PURE INDULGENCE, 150 MINUTES

IDR 2,800,000++ / COUPLE

This two and half hour Indonesian treatment rejuvenates the mind and uplift the spirit using the benefit of teas. Followed by a 60 minutes massage to free the body from all tension and a green tea bath. Continued by a glow green tea facial for total revival.

(Footbath ritual 10 minutes, sculpting body massage 60 minutes, green tea facial 60 minutes, green tea bath 20 minutes)



# Beauty Services & Facials

## ROSE QUARTZ CRYSTAL FACIAL, 75 MINUTES IDR 925,000++

This luxury facial uses rose quartz roller to stimulate blood circulation and improve elasticity of skin thus promoting cell growth. The treatment is perfect for tired dull skin which begin with cleansing and exfoliating the skin before you enjoy a relaxing mask and rose quartz roller movement.

## BACK MASSAGE WITH OIL, 30 MINUTES IDR 450,000++

## FACE ACUPRESSURE, 30 MINUTES IDR 450,000++

## HEAD MASSAGE, 30 MINUTES IDR 450,000++

## AYANA HYDRATING FACIAL, 75 MINUTES IDR 925,000++

Hydration and delicate treatment is a perfect escape for tired dull skin. A series of techniques which begins with cleansing and exfoliating the skin.

## SPA MANICURE, 60 MINUTES IDR 380,000++

## SPA PEDICURE, 60 MINUTES IDR 420,000++

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A decorative image featuring several white orchids with pink and yellow centers, and several smooth, light-colored stones arranged in a cluster at the bottom left of the page.

# Spa Etiquette

## SPA AMENITIES:

On arrival, you will be supplied with a bathrobe, slippers, and a locker for your personal belongings. Towels are offered throughout the spa and disposable underwear is available for all body treatments. Facilities include individual locker rooms and vanities stocked with a variety of toiletries.

## SERVICE CHARGE:

All prices are in Indonesian Rupiah (IDR) and subject to 10% service charge and 11% government tax.

## ETIQUETTE:

Our spa environment is one of tranquility and relaxation. In consideration of other spa guests, we ask that you speak in a quiet voice and switch off mobile phones. If using headphones, please make sure the volume level is not audible to other guests.

## SPECIAL REQUESTS:

Feel free to request your preference for a specific Therapist. Our trained professionals properly guide you throughout your service. We strive to fulfill your wishes based upon availability. If you need assistance with anything during your spa experiences, such as an adjustment to lighting, sound, temperature, or technique, please let your Therapist know.

## IN-ROOM TREATMENTS:

In-room treatments are offered from our massage menu. Times and prices vary from the spa menu. Please inquire at the spa reception for more information.

## CANCELLATIONS:

Should you need to cancel your appointment, please inform our spa associates at least 4 hours in advance to avoid a 50% cancellation fee or 100% in case of 'no show'.

## CHILDREN:

Spa areas are reserved for guests 16 years and older.

## HEALTH:

Please refrain from shaving before all body treatments and men's facials. To maximize the benefits of your spa experience, please inform us of any health issues, allergies, or injuries that may make the treatment you have chosen unsuitable so that we may advise safer alternatives.

## PREGNANCY:

We have specially designed treatments for expectant mothers. Allow us to assist you in selecting suitable treatments for this special time. We ask you to consult your physician before booking any spa services.

## LOSS OR DAMAGE:

We regret that we cannot be responsible for any loss or damage to personal items and valuables during your visit. Please refrain from wearing jewelry or valuables to the spa. However a safety box is available at spa reception should you wish to deposit valuable items.

## CONFERENCE, CORPORATE & GROUP PACKAGES:

The spa offers a variety of treatments, packages, and group rates. Please contact the spa for information, terms, and conditions.

## APPOINTMENTS:

We recommend that you book your spa treatments in advance to guarantee your preferred appointment times. Please arrive at least 15 minutes before the start of the treatment so that you can enjoy our facilities and optimal spa experience. Please be aware that late arrivals will not be afforded an extension of scheduled treatments. Treatments will be rendered only for the remainder of the scheduled appointment and charged at full value.





# Membership Prices and Benefits

## TENNIS OR SQUASH

|                                                         |                 |
|---------------------------------------------------------|-----------------|
| Tennis or squash court 1 hour                           | IDR 410,000++   |
| Tennis or squash court rental - 10 sessions 1 Hour each | IDR 3,700,000++ |
| Tennis or squash racquet (incl. ball)                   | IDR 120,000++   |

## SWIMMING

|                                            |                 |
|--------------------------------------------|-----------------|
| Swimming lessons - 10 sessions 1 hour each | IDR 2,500,000++ |
|--------------------------------------------|-----------------|

## PERSONAL TRAINER

|                                            |                 |
|--------------------------------------------|-----------------|
| Personal trainer - 1 session 1 hour        | IDR 410,000++   |
| Personal trainer - 10 sessions 1 hour each | IDR 3,700,000++ |

## SWIMMING & GYM DAY PASSES

|                                       |                     |
|---------------------------------------|---------------------|
| Visitor - Adult                       | IDR 325,000++/pax   |
| Visitor - Children (6-12 years)       | IDR 100,000++/pax   |
| Recreation Room Rental                | IDR 1,000,000++/pax |
| For in-house and SPA at AYANA members |                     |

## GYM

### Single Packages

- IDR 2,750,000++ 1 month/pax
- IDR 7,100,000++ 3 months/pax
- IDR 12,600,000++ 6 months/pax
- IDR 21,700,000++ 12 months/pax

## CORPORATE PRICE

Minimum 3 Pax with 12 Month only  
IDR 19,000,000++/pax

Minimum 6 Pax with 12 Month only  
IDR 18,000,000++/pax

## BENEFITS:

### 1-3 MONTHS

- Access to swimming pool, tennis or squash court, locker, steam, sauna and jacuzzi
- 20% discount on spa treatments
- 20% discount on personal training
- 20% discount on ELEMIS retail products
- 15% discount on food and non alcoholic beverage
- 15% discount on AYANA Midplaza Jakarta weekend room offer

### 6-12 MONTHS

- Access to swimming pool, tennis or squash court, locker, steam, sauna and jacuzzi
- 2 sessions of personal training including fitness consultation
- Complimentary first 4 hours parking
- Complimentary 60 minutes AYANA Massage
- 20% discount on spa treatments
- 20% discount on personal training
- 20% discount on ELEMIS retail products
- 15% discount on food and non alcoholic beverage
- 15% discount on AYANA Midplaza Jakarta weekend room offer

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# Fit For Life

## YOGA CLASSES

|                                                 |                 |
|-------------------------------------------------|-----------------|
| Yoga lesson - 10 sessions 1 hour                | IDR 1,300,000++ |
| Yoga 1 hour (Residence, Hotel Guests & Members) | IDR 130,000++   |
| Yoga 1 hour (Visitors)                          | IDR 160,000++   |

## HEALTHY LIVING CLASSES

|                                                        |               |
|--------------------------------------------------------|---------------|
| Step pump 1 hour (Residence, Hotel Guests & Members)   | IDR 130,000++ |
| Step pump 1 hour (Visitors)                            | IDR 160,000++ |
| Aero boxing 1 hour (Residence, Hotel Guests & Members) | IDR 130,000++ |
| Aero boxing 1 hour (Visitors)                          | IDR 160,000++ |
| Aerobic 1 hour (Residence, Hotel Guests & Members)     | IDR 130,000++ |
| Aerobic 1 hour (Visitors)                              | IDR 160,000++ |

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## End your SPA journey with a treat at Blue Terrace

Blue Terrace is a sanctuary in the heart of one of the world's busiest cities,  
where balancing your fabulous lifestyle is as easy as meeting colleagues for lunch  
or catching up with friend over dessert.



MENU

