



Welcome to the Fitness and Wellness Centre at Mandarin Oriental, Jakarta. It is a destination that marries an array of state of-the-art equipment with the wonderful Indonesia hospitality.





At The Fitness and Wellness Centre, embark on a holistic sensory journey that revitalises your body and mind. You can join a yoga class, work out on your own or seek the assistance of a professional fitness instructor. Enhance your experience by selecting from an array of therapies and services.

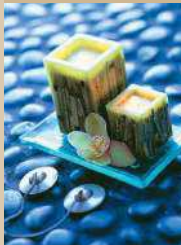






The Fitness and Wellness Centre is also equipped with four luxurious treatment rooms, steam and sauna facilities, and an outdoor swimming pool surrounded by lush tropical gardens and views of the city skyline.





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TREATMENTS

Embark on a holistic sensory journey that transforms the body, mind and soul by selecting an array of therapies inspired by traditional Indonesian treatments and modern techniques.

Respect for the uniqueness of each individual is the foundation of our wellness experience. Our highly trained therapists are committed to excellence, infused with enthusiasm. They take pride in delivering personalized, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.

All products used in our treatments are of the highest quality and contain naturally-derived ingredients.



BODY MASSAGES

ROYAL JAVANESE

60/90/120 minutes **IDR 500/ IDR 700/ IDR 900**
Experience the Javanese healing and ancestral techniques. This therapy involves smooth yet deep thumb pressure accompanied simultaneously by stroking palm movements to stimulate the body's lymphatic system. The focus of this massage is to provide traditional healing techniques that will leave you feeling pampered and re-energized.

BALINESE

60/90/120 minutes **IDR 500/ IDR 700/ IDR 900**
Balinese Massage originates from the island of Bali. Our therapist will use a variety of techniques including acupressure, reflexology and aromatherapy. The massage stimulates blood circulation and improves energy flow, relieving areas of tension. Utilizing heated blended oils with natural ingredients including lemongrass and lemon, you will experience full body-nourishment and a relaxed state of mind.

SWEDISH

60/90/120 minutes **IDR 500/ IDR 700/ IDR 900**
This rhythmic and relaxing massage begins with a combination of techniques including long gliding strokes, friction, kneading and tapping movements on the deeper layers of the muscles. Swedish massage is particularly effective for increasing blood circulation and allowing the body to absorb more oxygen, in order to achieve mental and physical relaxation, while helping to decrease stress and muscle tension.

THERAPEUTIC

60/90/120 minutes **IDR 500/ IDR 700/ IDR 900**
Therapeutic massage is highly effective for dissolving aches and strains. The oil is applied to the body using the therapist's elbows and forearms during this stimulating and deeply energizing massage.

AROMA STONE

90 - 120 minutes **IDR 700 - IDR 900**
This relaxing massage uses heated stones to generate energy and create a sense of balance and calm. It provides relief to deep-seated muscle tension. Stone therapy is a Native American Indian practice, which has been used since ancient times as a soothing and healing treatment.

JETLAG

90 - 120 minutes **IDR 700 - IDR 900**
Long distance travel is physically and mentally exhausting and this treatment works on both levels to help you recover from your journey and adjust to your new environment. The level of treatment for weary travellers depends on the time zone you have travelled from, but your massage is tailored to ensure you get back on track when you are feeling fuzzy, tired and sluggish.

ENERGETIC URBAN

30 minutes **IDR 400**
Designed for the over-worked, stressed executive, the "Urban Massage" is a treatment that offers pure relaxation. This massage works on stiff, tight, fatigued muscles and neck, shoulder and back tension, stimulating blood circulation throughout your body. Special techniques and selected essentials oil are used to achieve overall relaxation, leaving you feeling refreshed and revived.

ORIENTAL FOOT THERAPY

60 minutes **IDR 500**
This method dates back more than 2,000 years and involves gentle stimulation of acupressure points in the feet that have a direct connection with the various organs and glands in the body. It is based on the Chinese meridian theory of 'energy pathways' in the body that have endings in the feet. Energizing these points can have an overall balancing effect on the body.

BODY TREATMENTS

WHITE GLOW EXFOLIATION

45 minutes

IDR 500

This treatment is designed to repair the skin using refreshing, organic, all-natural ingredients. It brings the body's energy flow into alignment and works to gently smooth and rejuvenate the skin, leaving it perfectly glowing and radiant. Every inch of your skin emerges wonderfully smooth silky-soft and refreshed.

BORNEO SIGNATURE EXFOLIATION

45 minutes

IDR 500

This highly effective anti-aging exfoliation uses Borneo Ketan Putih Body Scrub, which is a natural blend of exfoliating granules of white glutinous rice, apricot kernel oil and chamomile extract. The soft granules remove impurities and toxins by gently polishing your skin. As the "Ketan Putih" is

absorbed, the skin emerges smooth and visibly brightened. This treatment is ideal for all skin types and prior to any massage or other body treatment.

BLACK SEA MUD WRAP

60 minutes

IDR 900

The benefits of this holistic, healing black sea mud wrap technique dates back to ancient times and have now been scientifically-demonstrated. Warm aromatic sea mud, which is rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and stress vanishes. This treatment is ideal for those who are prone to chronic pain or fatigue, rheumatism or arthritis pain or post-sports injuries.

NEW LIFE

MOM-TO-BE

3 hours

IDR 950

Feel nurtured and supported during this time of constant change. Choose from a selection of 100% natural ingredients each safely formulated to be used during pregnancy to nourish and care for your skin. This treatment begins with body exfoliation, top to toe nourishing cream application, followed by an essential aromatic facial and ending with a yoga session.

POST-NATAL PROGRAMME

3 hours and 15 minutes

IDR 1,350

This total body treatment has been designed to assist mothers return to their prenatal condition. The body is stimulated using a combination of ancient treatments, starting with a unique black glutinous scrub to lighten and stimulate the skin prior to the application of the sea mud body mask. Finally, the massage and aromatherapy facial brings this heavenly treatment to an end, ensuring equilibrium in the mind and body.

Both treatments use a revolutionary pregnancy comfort cushion, and all-natural ingredients. They are not suitable for ladies in their first trimester.

SPECIALIZED FACIAL

LUMAFIRM LIFT AND GLOW

75 minutes

IDR 1,100

This high performance luxurious facial uses Pevonia Botanica products and renders your skin ultra-luminous with a firmer, tighter and more youthful appearance. The treatment is formulated using all-natural and only the finest botanical and marine ingredients incorporating technologically advanced formulas and treatments with a commitment to delivering outstanding results to every skin type. This treatment is a revolution; it is effective for lifting, firming, lightening, and brightening your skin. The treatment is exclusively formulated with the latest in freeze-dried technology with cumulative benefits that are ideal for any skin type showing signs of aging.

AROMA ESSENTIAL

60 minutes

IDR 700

Harnessing the balancing power of plants to normalize the skin, this facial combines fruit enzyme exfoliation with pure essential-oil blends and rich multi-vitamin masks

leaving your skin completely fresh and radiant. This nurturing facial treatment helps to restore the skin's balance, eliminate dehydration and provide high anti-oxidant protection.

Choose from:

- Sevactive for dry skin - rose, jasmine, ylang ylang, chamomile and clarysage
- Lavandou for soothing sensitive skin - French rose, neroli, lavender and chamomile
- Fundamental for balancing combination skin - sandalwood, mandarin, grapefruit, rosemary and lemongrass

SKIN RESCUE FACIAL FOR HIM

60 minutes

IDR 700

This is the facial that delivers "visible results" and is ideal for getting the skin into peak performance. Using extracts from Nature and organic plants, the micro-emulsion massage cream has been chosen for its unparalleled ability to restore the skin back to a healthy balance. A facial massage also helps to soothe and calm, leaving the skin instantly revived.

SPA PROGRAMMES

BLISSFUL SERENITY

2 hours

IDR 700

We invite you to experience blissful serenity. You start with a steam and sauna followed by a foot ritual, and then by a White Glow Exfoliation to smooth and soften the skin. You end the ritual with a relaxing Swedish massage. This package is ideal for those who wish to escape the vibrancy of Jakarta.

- Steam and sauna;
- Foot ritual;
- White glow exfoliation; and
- Swedish massage.

ULTIMATE ESCAPE

3 hours

IDR 1,100

A top-to-toe spa treat, this face and body programme is designed to revitalise and enliven your skin. The experience begins with open pores and a detoxifying ritual by sauna or steam and the footbath with citrus essential oil as a refreshing ritual. Our expert therapists will then perform a luxurious blend of vitamin E, Chamomile extract and glutinous white rice body exfoliation to lighten and nourish the skin. A relaxing customised massage follows to restore well-being and an Aroma Essential facial to lift and brighten the complexion.

- Steam and sauna;
- Foot ritual;
- Borneo Ketan Putih body exfoliation;
- Customized body massage; and
- Aroma essential facial.

MEN'S RETREAT

2 hours and 15 minutes

IDR 900

Designed for those overworked, stressed executives the "Men's Retreat" is an indulgent treatment that offers pure relaxation. The treatment begins with hot vapour steam or sauna and foot ritual using lemongrass extract to refresh your skin and your mind, followed by a Balinese Massage using gentle and palm pressure movements to enhance body function, aid in the healing process, promote relaxation and well-being, plus a Skin Rescue Facial specially designed for men to restore skin to a healthy balance leaving the skin soft and smooth, nourishing, repairing and renewing.

- Steam and sauna;
- Foot ritual;
- Balinese massage; and
- Skin rescue facial.

THE FITNESS AND WELLNESS CENTRE

Achieve your peak physical, mental and emotional performance. Whether seeking a vigorous workout, a sculpted body or a peaceful mind, the unparalleled Fitness and Wellness at Mandarin Oriental, Jakarta can cater to your every need.

At our state-of-the-art The Fitness and Wellness Centre you can join a class, work-out independently, or set new goals with the help of our team of personal trainers.

Fitness and Wellness at Mandarin Oriental, Jakarta, offers:

- The full range of Technogym Excite equipment, with individual built-in TVs
- Integrated wellness systems to track and record personal fitness programmes
- A kinesis studio with anterior and posterior flexibility equipment and wellness balls
- Flat, touch-screen televisions on all cardio equipment.
- Integrated iPod® and iPhone® docking stations on all cardio equipment
- Steam and sauna facilities the changing rooms.

KINESIS WALL

Rediscover the beauty of free, natural and enjoyable movement. Kinesis aims to increase physical activity and improve quality of life. It reestablishes a balance between mind and body, allowing the mind to guide the body in a tri-dimensional space of stability, flexibility and strength. It is a new way to exercise the entire body, allowing for an infinite variety of exercises and movements. A series of equipment

and specialised technology, that incorporates a 360° rotating pulley system, guides the body through easy and natural movements, without restrictions and without cable interference, providing the opportunity to create tailored training programmes to meet your specific needs

PRIVATE PERSONAL TRAINING SESSIONS

Our personal trainers will work with you one-on-one, providing guidance and support, with the overall goal of enhancing body, mind and spirit.

PERSONAL TRAINING

1 hour

Reach or maintain your optimum wellness and health condition. Whatever your goal, be it improved overall fitness and wellness, endurance or a change in lifestyle, our fitness instructors will work with you, focusing on your unique health concerns to design a programme that will suit your needs.

BODY MASSAGES

OPENING HOURS

Spa: 9am - 12am (daily)

Fitness Centre: 6am -11pm (daily)

ADVANCE BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time is available.

CANCELLATION POLICY

Please allow 24 hours' notice of cancellations to avoid charges. Cancellations within 24 hours will incur a 50% charge. Cancellations within 12 hours, or no-shows, will incur a 100% charge. A credit card number is required at the time of booking.

GIFT CERTIFICATES

An ideal gift for treatment enthusiasts, gift certificates are available at The Fitness and Wellness Centre at Mandarin Oriental, Jakarta.

TREATMENT PACKAGES

Information on special packages or group programmes can be obtained by contacting the Fitness Concierge on +62 (21) 2993 8999.

TREATMENT ETIQUETTE

Our environment is one of tranquillity and relaxation. Please respect all guests' right to privacy and serenity.

TREATMENT ARRIVAL

We recommend that you check-in at reception at least 15 minutes prior to your first scheduled appointment. This allows for us to have a discussion with you about your treatment expectations and for you to enjoy the complimentary steam and sauna facilities. Please note that late arrivals will not receive an extension of scheduled treatment time.

AGE REQUIREMENT

The minimum-age requirement to access the Fitness and Wellness Centre is 18 years.

PREGNANCY

Please let our Spa Concierge guide you in selecting suitable treatments, which have been specially designed with your well-being in mind during this special time. Treatments are available after the first trimester.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries which could affect your treatment when making your reservation.

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service treatment.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in the locker available to you during your visit. In order to protect your clothing, we also ask that you wear the robe provided.

ACCIDENTS OR INJURIES

Fitness and Wellness Centre at Mandarin Oriental, Jakarta shall not be liable for any accident or injury suffered by any member, visitor or guest.

RESTRICTIONS ON THE USE OF FACILITIES

The use of alcohol, tobacco and illegal substances are strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the Fitness Centre.

WELLNESS SHOP

To continue your treatment regimen at home, all products used are available in the Wellness Shop.

REFUND POLICY

Unopened retail products may be exchanged within 10 days of purchase, when presented with the original receipt. No cash or credit card refunds will be processed.

