



Nothing beats a good massage after a long day meeting or heavy traveling. Good news for you; we have just the perfect solution at the Alameda Spa & Health Club. Try our latest innovation: The Alameda Signature Massage. A perfect combination of traditional Indonesian aromatic massage and soothing Swedish massage. It is just the right thing to conquer jet lag and ease your fatigued muscles leaving you with nothing but pure pleasure and relaxation.

Best of
Both World
Alameda Spa
&
Health Club



BODY MASSAGES

Aromatic Massage 60' & 90'

Our most aromatic and relaxing massage with a choice of three specially blended oils; Relaxing, Inspiration and Bloom. Using a combination of strokes and acupressure techniques, this soothing and gentle massage allows the healing properties of these natural oils to penetrate into the skin leaving you relaxed and with a sense of well being. A definite jetlag tonic.

Swedish Massage 60" & 90"

A gentle massage using the palm of the hand in long flowing strokes and lavender oils is assured to relax. This massage is especially popular for those suffering insomnia and traffic fatigue.

Indonesian Massage 60" & 90"

This ancient massage technique also known as Traditional Javanese massage has been performed for centuries. Based on the application of pressure along the body, together with stretching of muscles, the Indonesian massage stimulates energy flow and eases muscle tightness.

Alameda Signature Massage 60" & 90"

This massage combines 2 different massage styles; Aromatic massage and Swedish massage which promote pure pleasure in one's mind and body.

Four Hands Massage 60" & 90"

This massage combines 2 different massage styles; Aromatic massage and Swedish massage which promote pure pleasure in one's mind and body.

FACE CARE

The Plant Facial 60"

Designed to purify and promote beautifully radiant skin, our deluxe facial offers cleansing, toning, exfoliation and a revitalizing mask for both men and women. In addition, a light relaxing facial massage will soothe the skin, eliminating stress and leaving you totally relaxed.

Babor Lymphatic Facial 90"

A deep cleansing facial using the product from Babor (Germany) applied according to skin type as a detoxification to eliminate skin aging and to tighten facial skin surfaces.

All prices are excluding prevailing 10% Government tax

Best of *Both Worlds* Alameda Spa & Health Club

BODY CARE

Lovely Scrub 60"

An exotic exfoliation ritual to invigorate and revitalize the body. A luxurious and sublime treatment that leaves your skin feeling deeply cleansed, replenished and softened to perfection. Choice of Lavender, Aloe Vera and Anise.

The Revitalize care 120"

Indulge your senses and relax while you are completely covered and polished with this revitalizing treatment. Lovely Scrub – Choice of Aromatic or Swedish massage – Herbal bath.

Ultimate Indulgence 90"

Indulge your senses and relax while you are completely covered and polished with this revitalizing treatment. Lovely Scrub – Choice of Aromatic or Swedish massage.

Hot Sand Therapy 120"

The treatment begins with the massage on certain points of the body using a heated linen pouch consisting of Sea Sand, various beans and traditional herbs. It continues with a warm spicy body exfoliation using ginger scrub to restore skin vitality and radiance. A warm oil body massage will end this treatment for total relaxation.

JW Executive Spa package 330"

Escape the limits of time and immerse yourself in our perfectly package recipes for relaxation. Lovely Scrub – Choice of Aromatic or Swedish massage – Herbal bath – Plant facial – Reflexology – Manicure and Pedicure.

HAND AND FOOT CARE

Reflexology 60" & 90"

A very old therapy that links the reflex zones on the feet to specific parts of the body. Relief from pain, illness and stress comes by giving pressure on the appropriate reflex zones of the feet.

Aromatic foot ritual 60" & 90"

This cooling treatment uses wild mint oil and lavender scrub to revive tired feet. Gentle massaging aids in circulation, helping to relieve stress and tension.

Manicure 60"

Pedicure 60"

Manicure & Pedicure 120"



JW MARRIOTT.
JAKARTA

Jl. Lingkar Mega Kuningan Kav. E 1.2 No. 1 & 2 Mega Kuningan Jakarta 12950

Tel : (62-21) 5798 8888 Fax : (62-21) 5798 8833

www.marriott.com/jktjw

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