

PULLMAN JAKARTA INDONESIA
YOUR REGENERATION



fitandspa
LOUNGE

 pullman
HOTELS AND RESORTS

SPA MENU

TOUCH THERAPIES

	ALLOW	IDR
Traditional Healing Massage	1h	500
A full body massage using Javanese techniques to relax and ease muscle tension. This ritual works on the energy of the meridians using essential oils benefits to create balance of mind and body.	1h30	675
	2h	900
Energize Sport Massage	1h	500
A therapeutic massage that works into areas of deep set tension or tight muscles by using thumbs, forearms, knuckles and elbow. This massage will seek to soothe and alleviate tension in the mind and body through improved blood circulation.	1h30	675
	2h	900
Stone Therapy	1h30	750
A deeply relaxing massage using heated smooth stones placed on key meridian points of the body to help relieve muscle tension and increase circulation to help warm up tight muscle.		
Back Massage	30	300
A simple and effective massage to help release physical tension in the shoulder and back.		

BODY TREATMENTS

Heavenly Moments	2h	1,260
Experience the calming, smoothing and balancing power of wild lavender with this uplifting treatment beginning with the massage followed by a body scrub and body mask.		
Glowing Beauty	2h30	1,710
A luxurious treatment of serenity through physical and spiritual symmetry of the body with a massage, body scrub, body mask and ending with a rejuvenating facial.		
Joyful Day	1h30	765
An invigorating massage followed by a body polish to gently buff away dull surface cells leaving the body feeling smooth and refreshing.		
Silky Smooth	1h	810
Leaving your skin smooth as silk, this treatment includes a full body exfoliation to buff away dull skin and a creamy body mask, an ideal treatment for nourishing the skin and releasing tension.		

All prices are in thousand rupiahs (IDR) and are subject to 11% government tax and 10% service charge



	ALLOW	IDR
Chocolate Paradise Treatment	2h30	1,300
Perfect for chocoholics – a delicious massage followed by a chocolate scrub and mask, finished with a chocolate bath and hot chocolate drink.		
Cleopatra Sensation	2h30	1,300
Fit for a queen, this lavish treatment is the ultimate indulgence starting with a massage, a silky milk body polish, milk mask, and a luscious milk bath with rose petals finale.		
Heart Warming	2h30	1,250
A cleansing treatment to gently exfoliate and soften the skin. Paired with a massage, body scrub, mask followed by a traditional herbal bath.		
Inner Harmony	2h	1,080
A treatment that provides the perfect combination of harmony between mind and body through a luxurious massage and rejuvenating facial that will leave the skin luminous and radiant.		

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FACIALS

Nourish and Radiant

Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Using moisture-locking Hyaluronic Acid coupled with Vitamin E and Carotene as repairing balms for a rich and dewy skin.

ALLOW

1h

IDR

700

Soothing Remedy

Combining zinc oxide and shea butter, this treatment is suitable for sensitive skin to soothe irritation and redness to restore balance helping it regain strength and its youthful glow.

1h

700

Rebalancing Facial

Reclaim your skin's youth with this holistic mask treatment that utilizes the purifying benefits of carrot oil, green apple, and vitamin blend to effectively hydrate, brighten, and purify your skin.

1h

700

Collagen Youthful

Indulge and visibly transform the skin within to firm, lift and add fresh radiance with this potent mixture of collagen polypeptides, caviar extracts and hibiscus esculentus extract to eliminate stubborn wrinkles while increasing skin collagen.

1h

900

BODY SCRUB

Saltmousse Mango – Passion Fruit

30

350

Saltmousse Papaya - Pineapple

30

350

Organic Water Lily

30

350

BODY MASK

Mango Passion Fruit Yogurt Body Mask

30

550

Papaya Pineapple Crème Fraiche

30

550

Organic Water Lily

30

550

OTHER

Couple Room

30

350



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SALON MENU

HAIR DO

	ALLOW	IDR
Wash, hair cut & blows for Gentlemen by Leo Stephen	1h30	450
Wash, hair cut & blows for Ladies by Leo Stephen	1h30	550
Wash, hair cut & blows for Gentlemen by Top stylist	1h30	350
Wash, haircut & blow for Ladies by Top stylist	1h30	450
Hair washes & blow styling	1h30	250

CHIGNON

Chignon	1h	300
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HAIR TREATMENT

New hair Spa & blow styling	2h	350
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COLORING

Hair color, blow & styling (S)	1h30	600
Hair color, blow & styling (M)	2h	700
Hair color, blow & styling (L)	2h30	800
Highlight & blow styling (S)	2h	600
Highlight & blow styling (M)	2h	700
Highlight & blow styling (L)	2h30	800
Cleansing (S)	1h	250
Cleansing (M)	1h	325
Cleansing (L)	1h	375

PERMING

Hair perming & blow styling (S)	2h	600
Hair perming & blow styling (M)	2h	700
Hair perming & blow styling (L)	2h30	800
Half perming & blow styling (S)	1h30	500
Half perming & blow styling (M)	1h30	500
Half perming & blow styling (L)	1h30	500
Fringe perming & blow styling (S)	1h	400
Fringe perming & blow styling (M)	1h	400
Fringe perming & blow styling (L)	1h	400

STRAIGHTENING

	ALLOW	IDR
Smoothing & blow styling	3h	1,000
Saltmousse Papaya - Pineapple	4h	1,200
Organic Water Lily	4h	1,400

BEAUTY

Make up Party	1h30	850
Groom Make Up	1h	500
Bride Make Up	2h	8,000
Bride Make Up Test	1h	2,000
Bride Make Up Touch Up	1h	1,000
Spa Manicure	1h	325
Spa Pedicure	1h	375
Hand or Feet Nail Polish	1h	125
Relaxing Foot Massage	30	300
Soothing Ear Candling	30	350
Luxury Bath	20	350

WAXING

Eye Brow	15	125
Upper Lips	15	125
Cheeks	15	125
Chin	15	125
Under Arm	30	175
Half Arm	30	200
Full Arms	30	275
Front Chest	30	275
Back Chest	30	275
Bikini Line	30	275
Brazilian	45	325
Half Leg	30	225
Full Leg	45	375

TERMS & CONDITIONS

OPENING HOURS

Spa – 8 am – 12am | Fitness – 24 hours | Swimming – 6 am – 10 pm

ADVANCE BOOKING

We highly recommend to book your treatment 24 hours in advance to ensure your preferred time is available for you.

CANCELLATION POLICY

Please notify us 24 hours in advance for any cancellation of your reservation to avoid any charges. Full charges will apply for cancellation within 24 hours and no shows. Credit card is required at the time of reservation.

SPA ETIQUETTE

We encourage every guest to respect privacy and tranquillity during the spa treatment.

SPA ARRIVAL

We encourage that you arrive 15-minutes prior to your scheduled reservation to allow yourself to relax in serenity and allow us to have better understanding of your condition to maximize the treatment. Any late arrival will not receive an extension of the scheduled treatment time.

AGE REQUIREMENTS

The minimum age to enjoy the Fit and Spa facilities is 18 years old. Any guest below the minimum age should be accompanied by parents.

PREGNANCY

Please allow our Fit and Spa consultant to advise you in selecting the most suitable treatment for your maximum relaxation. Spa treatments are available after the first trimester of the pregnancy.

LOSS & DAMAGE

We advise you to keep your belongings in the locked locker that we provide for all guests. We are not liable for any loss or damage of your personal article.



INJURIES

Fit and Spa shall not be liable for any accident or injuries during your exercise.

HEALTH CONDITIONS

Please advise us on your health conditions, allergies, or any other restrictions during your reservation process.

REFUND POLICY

We allow product exchange for unopened retail products purchased within 7 days when presented with original bill. No cash or credit card refund shall be entertained.



FIT AND SPA

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Kindly please contact our Spa receptionist for reservation