

## JAMU TRADITIONAL SPA MENU

At CIPETE, South Jakarta

# Traditional Body Treatment

### Body Scrub & Wraps

**Javanese Lulur Body Scrub** (Exfoliating, Skin Softening)

**Rp. 325.000**

**Time:** 2 hour

Treatment Includes: *Foot Bath, Massage, Lulur Scrub, Yoghurt Treatment, Flower Bath and Body Lotion Rub.*

*Recommended for youthful and oily skin.*

The beautifying and fragrant *Lulur* Treatment originates from the royal palaces of Central Java, Indonesia. After a 50-minute full body massage with *Jasmine* massage oil, the *Lulur* paste is applied to the body, and then gently rubbed off to exfoliate and soften the skin. Fresh honey yoghurt is then applied to nourish and moisturize. A fragrant flower bath and a gentle application of *Jasmine* body lotion finish the treatment.

**Coconut Mangir Body Scrub** (Exfoliating, Skin Softening, Cleansing)

**Rp. 325.000**

**Time:** 2 hour)

Treatment Includes: *Foot Bath, Massage, Mangir Scrub, Flower Bath, Body Lotion Rub*

*Cleanses & hydrates—leaves skin soft & glowing.*

Following a 50-minute massage, our special house-blended *Mangir* is applied over the body. Our *Mangir* is made in accordance to a traditional recipe from rice, various spices, freshly grated coconut and flowers. After a fragrant flower bath, a gentle *Tropical Cananga* body lotion is applied to moisturize the skin.

**Vanilla Bean & Mocha Body Scrub** (Exfoliates/Detoxifying)

**Rp. 330.000**

**Time:** 2 hour

Treatment includes: *Foot Bath, Massage, Coffee Mocha Scrub, Seaweed Treatment, Flower & Coconut Milk Bath, Body Lotion Rub*

*Recommended Gentlemen will especially enjoy this brisk body scrub.*

After a 50-minute Traditional Massage using *Vanilla* Massage oil, a *Cocoa* and *Coffee Bean* scrub is applied over the body and then gently rubbed off to exfoliate the skin. A seaweed gel is then applied to the body to nourish the skin. This is followed by a relaxing soak in a *Coconut Milk* bath. A rub down with *Vanilla* body lotion is the perfect end to this deliciously aromatic indulgence.

**Sea Salt Detox Scrub** (Detox, Stimulating)

**Rp. 350.000**

**Time:** 2 hour

Treatment includes: *Foot Bath, Massage, Seasalt scrub, Flower Bath, Body Lotion Rub*

Recommended for normal skin.

This exhilarating body scrub is made from sea salt crystals from the remote Balinese village of Amed, where the age old tradition of salt making is still performed. The scrubs high iodine content helps to

detoxify the body by drawing fluids and toxins away from the cells and stimulating cellular metabolism, as well as exfoliating and softening the skin. After a shower, enjoy our Jamu Tonic.

**Kemiri Nut Body Scrub** (Lymphatic drainage/Hydrating)

**Rp. 325.000**

Time: 1.5 hours

Treatment includes: *Foot Bath, Kemiri Scrub Massage, Flower Bath, Body Lotion Rub*  
*Recommended for dry & sensitive skin.*

This ancient beauty treatment originated in the mountain villages of Indonesia, and was used as a natural body soap to cleanse the skin. Our treatment starts with a Traditional Massage, and then freshly grated Kemiri nuts blended with a herbal infusion, is massaged onto the skin until the nourishing Kemiri Nut oil is released. A cleansing fragrant bath is followed by an application of a gentle Lavender body lotion rub.

**Earth & Flower Body Mask** (Detox/Purifying)

**Rp. 350.000**

Time: 2 hour

Treatment includes: *Foot Bath, Massage, Earth & Flower Mask, Yoghurt Treatment, Fragrant Bath, Body Lotion Rub.*

*Recommended for Dry Skin*

The treatment begins with a 50-minute Kemiri massage scrub and is followed with our special house-blend of flower pollen earth & flower mask is applied to the body and left on to purify and cleanse the skin. A shower bath is followed by our moisturizing rose body lotion.

**Boreh Spice Body Mask** (Stimulating Blood Circulation/Healing)

**Rp. 340.000**

Time: 2 hour

Treatment includes: *Foot Bath, Massage, Boreh Mask, Spice Bath, Body Lotion Rub*

*Warms & penetrates aching muscles; helps combat colds & flu.*

*Boreh* is a traditional remedy that has been handed down through each generation of Balinese farmers. The healing *Boreh* is concocted from a combination of warming spices, such as cinnamon, cloves and ginger. Our treatment starts with a Traditional Massage and then a paste of *Boreh* powder and essential oils is smoothed all over the body. After the *Boreh* is removed you will enjoy a relaxing spice bath, followed by an application of Ginger body lotion.

**Fresh Fruit Body Wrap** (Glycolic)

**Rp. 350.000**

Time: 2 hour

Treatment includes: *Foot Bath, Massage, Fruit Body Wrap, Flower Bath, Body Lotion Rub.*

Recommended: for jetlag and tired skin.

Hydrates & nourishes the skin

After a 50-minute massage, fresh fruits are blended to create a refreshing glycolic body treatment which hydrates and nourishes the skin. This gentle exfoliant lifts dead skin cells and leaves your skin tingling clean. A shower and Body Lotion rub finishes this treatment.

**Warm Green Tea and Chrysanthemum Scrub** (Anti Oxidant and exfoliates) **Rp. 340.000**

Time: 2 hour

Treatment includes: Foot Bath, Massage, Warm Tea Leaf & Chrysanthemum Scrub, Flower Bath, Body Lotion Rub.

*Recommended for all skin types.*

This beauty treatment was inspired by the cool mountain tea farms of China. Our treatment starts when our warm Tea Leaf and Chrysanthemum scrub is massaged onto the body to exfoliate and smooth the skin. Then steaming towels and hot stones are placed onto the body to allow the scrub nutrients to be absorbed. Finish off with a fragrant green tea bath and a gentle Cananga body lotion rub.

**Javanese Selendang Body Bind (Tightening/Detox)**

**Rp. 325.000**

Time: 1.5hour?

Includes: *Stomach Massage, Selendang Body Bind, Sirih Bath, Body Lotion Rub*

*Helps the lymphatic system function, reawakens the body's organs, cleanses and heals*

This Javanese binding technique is traditionally used after childbirth and it is believed to help slim and restore the figure. After and invigorating massage, to loosen the muscles and start circulation, a traditional recipe is blended and rubbed over the abdomen and lower back. When dry, a cotton cloth is wrapped around your torso and left on for 30 minutes. A sirih Bath and Jamu Tonic finish this treatment.

## Massages

We use only the finest-quality essential oils and traditional techniques to provide a therapeutic treatment that is appropriate for you. Choose from all-natural Jamu fragrances blended with nourishing cold pressed oils.

**Traditional Massage (Restoring)**

**Rp. 200.000**

Time: 1 hour

Time: 1.5 hours

Javanese pressure massaged for releasing muscle tension

**Balinese Massage (Restoring)**

**Rp. 260.000**

Time: 1 hour

This medium-firm massage uses Balinese long, strong strokes, skin rolling, kneading and reflexology techniques to stimulate blood circulation and soothe aching muscles.

**Shoulder/back Massage (relaxing)**

**Rp. 130.000**

Time: 30 minute

If you don't have time to enjoy the many benefits of a complete massage treatment, this ½ hour treatment will help relieve stress and tension in the neck and shoulder area

**Foot and Leg Massage (Maintenance)**

**Rp. 130.000**

Time: 30 minute

To prepare for this pressure point massage your feet are gently bathed and scrubbed using Karangasem Seasalt Crystals, and peppermint and lavender essential oils. This ancient healing massage utilizes pressure points on the soles of the feet to encourage body healing

**Cellulite Control (Healing)**

**Rp. 325.000**

Time: 45 minute

A Special Massage with stimulating essential oils, followed by rigorous skin brushing is believed to help control and reduce cellulite by activating the cells to expel fat and toxins. For best result two treatments per week are suggested.

**Aromatherapy Massage (Balancing)**

**Rp. 220.000**

Time: 1 hour

A gentle, relaxing massage to clear the mind, soothe and refresh the body.

**Warm Stone Massage (Deep Tissue/Grounding)**

**Rp. 285.000**

Time: 1.5 hours

We warm stones from the beaches of Karang Asem, Bali, in combination with a traditional deep tissue massage to provide you with a penetrating and relaxing treatment.

## Beauty Spa

### FACE

Fragrant flowers, leaves, herbs and spices have been used for centuries to promote natural beauty and healing. Our facial ingredients are prepared fresh and are designed to inspire healthy and lustrous skin as they balance, cleanse, exfoliate and relax.

**Tropical Nuts Facial (Hydrating and Re-mineralizing)**

**Rp. 235.000**

Time: 1 hour

Skin Type: All

This relaxing facial incorporates pressure-point massage to encourage lymphatic drainage. We use sweet honey cleanser, cucumber tonic, Kemiri Nut Scrub, and a mask suited to your skin type.

**Warm Tea Leaf & Chrysanthemum Facial (Anti Oxidant)**

**Rp. 250.000**

Time: 1 hour

Skin Type: Normal, Oily and Combination

A gentle facial cleansing, tea leaf scrub and massage is followed by a mask prepared from chrysanthemum, selected tea leaves and essential oils which are blended into a warm paste and applied as a mask to draw out impurities and nourish the skin. The benefits of this facial are: deep cleansing, exfoliating, detoxifying and skin balancing.

**Earth Essence Bust Treatment (Lifting)**

**Rp. 275.000**

Time: 1 hour

Skin Type: All

Pamper, cleanse and condition your breast area. Our bust treatment starts with a gentle cleansing followed by a Kemiri Nut Scrub, Essential Oil Massage and Fresh Flower Earth Essence Mask. Finish with Rose Balm.

**Whitening Facial (White Skin)**

**Rp. 275.000**

Time: 1 hour

Skin Type: Sensitive

Relax and enjoy the gentle and natural benefits of our whitening facial products which do not contain any harsh bleaching agents. Pure white clay, fresh Bengkuang fruit and pure oils are combined to purify and whiten the skin.

**Fresh Fruit Peel Facial (Glycolic Peel)****Rp. 235.000**

Time: 1 hour

Skin Type: Oily, Combination and Normal

Our Fresh Fruit Peel Facial utilizes the enzymatic properties of fresh fruits to create a glycolic acid peel. This treatment gently removes the upper layer of dead skin cells, revealing a soft clear complexion underneath.

**Earth Essence Facial (Anti Aging)****Rp. 285.000**

Time: 1 hour

Skin type: Mature and dry

Spoil yourself with this wonderfully indulgent facial. Our nourishing fresh flower and white clay facial is infused with rose oils and fresh rose petals to rejuvenating and hydrate tired skin. Helps reduce fine lines and dry chapped skin.

**Rose Petals Eye Mask****Rp. 115.000**

Time: 30 minutes

Skin Type: All

This little gem can be taken in combination with any facial or on its own. Pure essential oils and delicate rose petals calm, relax, and soothe your eyes. We finish with a gentle application of our pure Eye Balm, made from the essential oil Neroli, Sweet Almond Oil and Green Tea Extract. A blessing for tired, jet-lagged, or irritated eyes.

**LEG AND ARM****Manicure****▪ Spa Manicure (1 hour)****Rp. 135.000**

Hands are soaked and cleansed, exfoliated and massaged, cuticles groomed, nails shaped and polished to perfection.

**▪ Hand & Arm Treatment (1.5 hour)****Rp. 250.000**

Pamper your hands and arms with a deep cleansing and massage. We utilize all natural, freshly prepared products such as Honey Cleanser, Cucumber Tonic, Kemiri Scrubs and to finish we apply a Flower Petal mask and remove it with a Lavender Essential Oil rinse. We recommend no nail polish for maximum air circulation to the nail bed.

**Pedicure****▪ Spa Pedicure (1 hour)****Rp. 145.000**

Feet are soaked and cleansed, exfoliated and massaged, rough skin removed, cuticles groomed, nails clipped, buffed, filed and polished to perfection.

**▪ Foot & Leg Treatment (1.5 hour)****Rp. 275.000**

Pamper yourself as your feet are immersed in a hot pebble bath using fresh ginger and Peppermint Essential Oil. Then the feet and legs are given a nut scrub and a cleansing mask made from flower petals, pure white clay and cloves. While waiting for the mask to dry, the legs are given a massage treatment using

### **Kids Manicure/Pedicure (12 years and under)**

*Filling, shaping, buffing and polishing without touching those little cuticles.*

- **Mini manicure (30 min)** **Rp. 85.000**
- **Mini pedicure (30 min)** **Rp. 85.000**

### **Extras**

- **French polish** **Rp. 25.000**

All our instruments and equipment are either disposable or made from stainless steel and are sanitized prior to each use. We offer unparalleled sanitation methods that adhere to and follow strict industry standards and guidelines.

To ensure polish remains smudge, streak and scuff free, we recommend allowing some post treatment time of at least 15 minutes after manicures and 30 minutes after pedicures.

### **BODY WAXING**

For gentle, effective removal of body hair we use the traditional technique of Sugar Waxing. After waxing with a specially prepared cane sugar mixture, an Aloe Vera and Lavender Lotion is gently massaged onto the skin to soothe and calm the skin.

#### **For Ladies**

- Eyebrow **Rp. 80.000**
- Upper Lip **Rp. 65.000**
- Chin **Rp. 65.000**
- Cheeks **Rp. 65.000**
- Face (including Upper Lip and Eye Brow) **Rp. 210.000**
- Face (excluding Upper Lip and Eye Brow) **Rp. 110.000**
- Under Arm **Rp. 90.000**
- Half Arm/Full Arm **Rp. 115.000/Rp.150.000**
- Half Leg/ Full Leg **Rp. 140.000/Rp.175.000**
- Bikini Line 145.000
- G String 145.000
- Brazilian 175.000

#### **For Gents**

- Neck (10 min) **Rp. 65.000**
- Back (25 min) **Rp. 175.000**
- Chest (25 min) **Rp. 135.000**
- Stomach (15 min) **Rp. 125.000**
- Chest & Stomach (30 min) **Rp. 175.000**
- Back side **Rp. 75.000**
- Speedo line (20 min) **Rp. 75.000**

Please be advised that you must refrain from using waxing, as a hair removal method, if you are sunburned or recovering from a recent laser peel.

### **THREADING**

#### **Upper Lip or Eye Brows**

**Rp. 75.000**

The Indian technique of threading is used to remove unwanted facial and body hair

## ***Hair Spa***

### **HAIR CREAMBATH**

Time: 1 hour

#### **Short Hair**

**Rp. 150.000**

#### **Long Hair**

**Rp. 165.000**

After a thorough shampoo, your scalp and hair are massaged with a nourishing cream balm. A selection of balms are available to suit your hair type and scalp condition. We then wrap your hair in warm or cold towels to allow full penetration of this hydrating treatment, and massage your neck, shoulders and arms. We finish with an application of hair tonic. If you would like to use the hair dryer, please let us know.

Choose one of the following, according to your hair condition:

- *Hibiscus Flower – good for circulation, normal hair*
- *Ginseng – reconditions damaged hair*
- *Jojoba – oily, lifeless hair*
- *Kemiri Nut – dry, over processed hair*
- *Cold Mint – for red, tender scalp. Cold towels are used.*

## **Packages**

#### **Jasmine Flower**

**Rp. 850.000**

6 Hours includes: Foot Bath, Massage, Choice of Lulur or Mangir, Choice of Tropical Nuts Facial or Fresh Fruit Peel, Creambath, Manicure, Pedicure

#### **Wild Orchid**

**Rp. 600.000**

4 Hours includes: foot Bath, Vanilla Mocha Body Scrub, Tropical Nuts Facial, Creambath

#### **Rose Petal**

**Rp. 550.000**

3 Hours includes: Foot Bath, earth & Flower Facial, Earth & Flower Body Mask.