

# SPA MENU



GAHARU  
WELLNESS

Gaharu Wellness is a sanctuary of stillness in the heart of the city, inspired by the sacred essence of gaharu (agarwood) long revered for its calming and grounding properties.

Each treatment is thoughtfully designed as a gentle journey, beginning with mindful preparation and unfolding through purposeful touch and traditional rituals. Rooted in Indonesian wellness heritage and refined with contemporary techniques, our experiences are created to restore balance, ease tension, and invite deep, lasting calm.

As you explore this menu, we invite you to choose the journey that resonates with your body and state of mind allowing yourself to slow down, reconnect, and return to a sense of inner harmony.

**GAHARU  
WELLNESS**

# FACIAL TREATMENTS



 **SOTHYS**  
PARIS

Designed to restore harmony to the skin, our customized Sothys facial treatments are ideal for guests seeking balance, hydration, and renewed radiance. Using advanced botanical complexes and professional techniques, each facial is tailored to address individual skin concerns while supporting lasting moisture and youthful vitality.

## Benefits

Oil-Balancing  
Deep Moisturizing  
Illuminating Glow  
Youth-Enhancing Care

## Duration

60 Minutes  
60 Minutes  
60 Minutes  
60 Minutes

## Price

IDR 668.000  
IDR 698.000  
IDR 768.000  
IDR 908.000

*All prices are subject to 21% Government Tax and Service Charge*

**GAHARU  
WELLNESS**

# SPA PACKAGES

## SEKAR ASMARA

180 Minutes

IDR 1.668.000

Celebrate love, intimacy, and togetherness with our Honeymoon Spa Package - a romantic escape thoughtfully designed for couples. This indulgent journey blends relaxation, rejuvenation, and sensory delight, creating moments to be cherished and remembered.

*Includes: Aromatic Foot Bath Ritual · Choice of Full-Body Exfoliation followed by a Romantic Floral Bath · 60 Minutes Signature Massage · 60 Minutes Signature Facial*

## PUSPA SHANA

150 Minutes

IDR 998.000

Experience the pinnacle of relaxation with our Ultimate Indulgence Package - a complete wellness journey for body, mind, and soul. This carefully curated experience combines multiple spa therapies, leaving you feeling pampered, refreshed, and beautifully restored.

*Includes: Aromatic Foot Bath Ritual · Full-Body Exfoliation · Full-Body Massage · Romantic Floral Bath*

## RAGA AYU

120 Minutes

IDR 1.198.000

Refresh the body and revitalize the skin with this rejuvenating spa experience, combining the soothing benefits of a deep relaxing massage with a nourishing, personalized facial.

*Includes: Aromatic Foot Bath Ritual · Deep Relaxing Massage · Personalized Facial*

*All prices are subject to 21% Government Tax and Service Charge*



GAHARU  
WELLNESS

# SIGNATURE BODY RITUALS

## PRANA CHANDRA

100 Minutes

IDR 778.000

A revitalizing body ritual inspired by the harmony of Prana (life energy) and Chandra (calming moon energy). The journey begins with a natural Javanese coffee scrub to gently exfoliate the skin, stimulate circulation, and reveal a smooth, refreshed glow. It continues with a Deep Tissue Massage, using focused techniques to release muscular tension, relieve stiffness, and ease accumulated stress. An ideal treatment for those seeking profound relaxation while nurturing both body and mind.

Includes: *Javanese Coffee Scrub* · *Deep Tissue Massage*

## PRANA DHARA

100 Minutes

IDR 818.000

A calming body ritual designed to promote serenity and inner balance. Traditional Javanese lulur gently exfoliates and softens the skin, followed by a warm Candle Massage that soothes the senses and envelops the body in lasting comfort and tranquility.

Includes: *Javanese Lulur* · *Candle Massage*

## PRANA SHANA

100 Minutes

IDR 778.000

Indulge in a signature wellness experience thoughtfully designed to restore balance, vitality, and deep relaxation. The journey begins with a personalized full-body massage, easing muscle tension and calming the senses. It continues with a traditional Balinese Boreh ritual, where a warm, aromatic blend of indigenous herbs and spices is gently applied to promote detoxification, relieve fatigue, and leave the body enveloped in comforting warmth and renewal.

Includes: *Balinese Boreh* · *Deep Relaxing Massage*

*All prices are subject to 21% Government Tax and Service Charge*

GAHARU  
WELLNESS



GAHARU  
WELLNESS

# BODY TREATMENTS

## SARI RATIH (Javanese Lulur)

60 Minutes

IDR 498.000

Reveal radiant, glowing skin through the natural power of turmeric. This traditional Javanese turmeric scrub blends ancient herbs and natural exfoliants to gently polish the skin, reduce impurities, and brighten the complexion. A sacred ritual of purification and rejuvenation, leaving the body soft, luminous, and refreshed.

## SARI RAGA (Javanese Coffee Scrub)

60 Minutes

IDR 498.000

Awaken the senses and energize the skin with the rich aroma of coffee. This Balinese coffee scrub combines freshly ground coffee beans with natural oils to gently exfoliate, stimulate circulation, and support detoxification. The result is smooth, revitalized skin and a renewed sense of energy and well-being.

## SARI REMPAH (Balinese Boreh)

60 Minutes

IDR 498.000

Soothe the body and awaken the senses with the ancient ritual of Balinese Boreh. A warming blend of herbs and spices is applied to relieve muscle tension, boost circulation, and promote detoxification. Gentle heat penetrates deeply, leaving you relaxed, grounded, and beautifully balanced.

*All prices are subject to 21% Government Tax and Service Charge*



GAHARU  
WELLNESS

# BODY MASSAGE

## SEKAR WENING (Deep Relaxing Massage)

60 Minutes	IDR	518.000
90 Minutes	IDR	618.000

Drift into tranquillity with our Deep Relaxing Massage - a slow, rhythmic treatment designed to release deep-seated tension and restore natural harmony to body and mind. Gentle yet firm pressure improves circulation, calms the nervous system, and melts away stress. Warm aromatic oils nourish the skin, creating a profound sense of peace and renewal.

## SATYA BIMA (Deep Tissue Massage)

60 Minutes	IDR	568.000
90 Minutes	IDR	668.000

A therapeutic massage focusing on deeper muscle layers to release chronic tension and stubborn knots. Using targeted pressure and refined techniques, this treatment restores mobility, eases discomfort, and supports overall physical balance. Performed with your choice of massage oils for a personalized and effective experience.

*All prices are subject to 21% Government Tax and Service Charge*



GAHARU  
WELLNESS

# BODY MASSAGE

## AGNY SHILA – Aromatic Candle Massage

90 Minutes

IDR 698.000

Immerse yourself in the gentle glow of warmth and fragrance. This aromatic candle massage uses specially crafted candles infused with nourishing oils and natural butters. As the warm elixir glides across the skin, it melts away tension, deeply hydrates the body, and envelops the senses in calm serenity, harmonizing body, mind, and spirit.

## DIVA SHENA ABHYANGGA – Hot Stone Massage

90 Minutes

IDR 698.000

Surrender to the healing warmth of smooth basalt stones. This hot stone massage melts away muscular tension, eases stiffness, and stimulates circulation while calming the nervous system. A deeply grounding ritual that restores energetic balance and awakens a lasting sense of peace and renewal.

## NUAY THAI – Thai Massage

90 Minutes

IDR 668.000

Rediscover balance through the art of mindful movement. This traditional Thai massage combines gentle stretching, rhythmic pressure, and assisted postures to release deep tension and restore the body's natural energy flow. Performed on a traditional mat without oil, it improves flexibility, relieves fatigue, and awakens inner vitality.

*All prices are subject to 21% Government Tax and Service Charge*



GAHARU  
WELLNESS

# SPECIALIZED THERAPIES

## SIRHA GRIVA SANGHA – Express Massage

30 Minutes

IDR 318.000

A focused express massage targeting the back, neck, and shoulders to relieve muscle tension, reduce stiffness, and ease stress caused by daily activities. Ideal for a quick yet effective refresh.

## LYMPHATIC DRAINAGE MASSAGE

60 Minutes

IDR 498.000

A gentle, specialized massage designed to stimulate the lymphatic system and support the body's natural detox process. This treatment helps reduce fluid retention, improve circulation, and promote deep relaxation. Also beneficial for post-surgery recovery, it supports healing while enhancing overall vitality and well-being.

## SUKU SUKU – Foot Reflexology

60 Minutes

IDR 208.000

90 Minutes

IDR 288.000

A refined therapeutic ritual blending traditional reflexology and acupressure techniques. The treatment begins with focused work on the feet to stimulate key reflex points, followed by attention to the ankles and lower legs to improve circulation and ease fatigue. The experience concludes with gentle techniques on the shoulders, neck, and upper back, leaving the body feeling light, restored, and harmoniously balanced.

*All prices are subject to 21% Government Tax and Service Charge*

# ENHANCEMENT

Treatment	Duration	Price
Additional Time for SPA	30 Minutes	IDR 200.000
Aromatic Floral Bath (Rose Petal & Milk Bath)	30 Minutes	IDR 325.000
Tirta Segara Therapy (Thalaso - Single) / Herbal Bath	30 Minutes	IDR 200.000
Tirta Segara Therapy (Thalaso - Couple)	30 Minutes	IDR 300.000
Aromatic Candle (Add-on)	-	IDR 125.000
In-Room Massage	60 / 90 Minutes	IDR 888.000 / 988.000

*All prices are subject to 21% Government Tax and Service Charge*

# RESERVATIONS

## Appointments

Gaharu Wellness services are highly sought after. Advance reservations are strongly recommended to ensure availability.

## Cancellation Policy

As each treatment is reserved especially for you, cancellations made less than 8 hours prior to the scheduled appointment will incur a 50% charge. No-shows will be charged in full. A credit card or advance payment is required to secure all reservations.

## Payment for Spa Services

We accept Debit and Credit Cards (Visa, MasterCard, JCB, UnionPay) and QR code payments. Hotel guests may conveniently charge spa services and products to their room account.

# GENERAL INFORMATION

## Arrival Time

To fully enjoy your treatment, we recommend arriving at least 15 minutes prior to your appointment. Late arrivals may result in shortened treatment time, as all treatments conclude as scheduled.

## Attire

Guests may arrive in comfortable attire. Gaharu Reflexology treatments do not require removal of clothing, except footwear. A jewelry box is provided for personal belongings if required.

## Jewelry & Valuables

For comfort and safety, jewelry should not be worn during treatments. Guests are advised to leave valuables at home or in their room safe. Gaharu Wellness cannot be held responsible for lost items.

## Minimum Age

Guests must be 16 years of age or older. To preserve a tranquil environment, children are not permitted or left unattended in the Gaharu Reception area.

## Respect for Other Guests

Gaharu Wellness is a sanctuary of tranquillity. Kindly ensure mobile phones and electronic devices are switched off or set to silent mode. Please inform your therapist immediately should you experience any discomfort.

## Smoking Policy

In support of health and well-being, smoking is strictly prohibited in and around the spa area or in their room safe. Gaharu Wellness cannot be held responsible for lost items.

## **GAHARU WELLNESS**

Hotel Tentrem Jakarta, Jl. Alam Sutera Boulevard No.11 5th Floor, Pakulonan,  
Kec. Serpong Utara, Kota Tangerang Selatan, Banten 15325

✉ [jakarta.gaharuwellness@hoteltentrem.com](mailto:jakarta.gaharuwellness@hoteltentrem.com)

☎ +62 811-9005-7294

