

THE SPA

by HARNN



The Spa by HARNN

HOTEL INDIGO HAKONE GORA

The best of healing rituals in a contemporary setting, The Spa by HARNN is the impeccable fusion of tradition and innovation. Eastern wisdom perfected over generations used to balance the body and mind.

From speleotherapy in our salt sauna, the curative chemistry and buoyancy of our onsen, the fully appointed fitness center with state of the art equipment, our professionally trained therapists to the bespoke Yomogi teas crafted after traditional healing recipes, the spa is the perfect environment for the rejuvenation and relaxation you deserve.

Immerse yourself in a truly unforgettable experience ...

The path to indulgence begins here ...

HAKONE HIGHLIGHTS

A REPRESENTATION OF A DISTINCT ORIENTAL HERITAGE,
CREATED FROM YEARS OF TRADITION AND HEALING RITUALS
FOR A TRULY HOLISTIC EXPERIENCE.

THE HAKONE SENSATION

120 MINUTES / JPY 37,000

- *Body Scrub 45 minutes*
- *Total Body Aromatherapy Massage 60 minute*
- *Hakone Hot Oil Acupressure 15 minutes*

An enchanting blend of pure aromatic essential oils of Sakura, Yuzu and exotic herbs. Pampering touch is graciously offered with a full body exfoliation to cleanse the skin of toxins from pollution and stress. And finally, be indulged with a luxurious aromatherapy massage, Hakone hot oil acupressure and a local refreshment for the ultimate relaxation and rejuvenation. The ideal start or end to your holiday.

PATH TO THE WONDROUS GARDEN

90 MINUTES / JPY 27,700

Like a leisurely stroll through a garden, this journey is light and relaxing. Starting with HARNN's signature Jasmine scrub and followed by the Siamese Aromatic Massage, a combination of traditional Thai and aromatherapy massage. Bespoke tea blends are served after the treatment.

PATH TO THE ENCHANTED FOREST

120 MINUTES / JPY 37,000

Showcasing HARNN's Tropical Wood collection, this journey provides thorough muscle work, focusing on de stressing tense muscles and joints, A fine body scrub cleanses and detoxifies the skin and the deep tissue massage releases deep seated tension. A special leg therapy technique caps the experience.

HAKONE HOT OIL ACUPRESSURE MASSAGE

60 MINUTES – JPY 22,000

90 MINUTES – JPY 27,700

Tailor made for Hotel Indigo Hakone Gora, the highlight of this full body massage is the Hakone Sensation essential oil comprised of Sakura (anti - aging), Wan Sao Long (for a restful sleep) and Yuzu (revitalizing) with the HARNN de stress massager along the body's energy channels.

*Prices are inclusive of 10% tax and 13% service charge.

SIGNATURE MASSAGE THERAPIES



HARNN MASSAGE THERAPIES ARE DESIGNED TO BALANCE YOUR PATH TO PERSONAL WELLNESS. AUTHENTIC TRADITIONAL HOLISTIC PRACTICES ARE UTILIZED ALONG WITH THE PUREST NATURAL INGREDIENTS.

ROMANTIC ROSE AROMATHERAPY

90 MINUTES – JPY 27,700

Full body massage with emphasis on the neck, back, and shoulders with Oriental Rose Massage Oil. The ideal recommendation for fatigued and weary travelers.

DEEP TISSUE MASSAGE

45 MINUTES – JPY 16,400

60 MINUTES – JPY 22,000

A delicate massage session that targets deep layers of muscle with slow, firm strokes increases blood flow, promotes muscle recovery and increases serotonin production.

AROMATIC THAI BODY MASSAGE

60 MINUTES – JPY 22,000

90 MINUTES – JPY 27,700

The perfect combination of traditional Thai and aromatic oil massage. Manual techniques using palm pressure and stretching ease muscle tension and restore agility while Vitamin E rich rice bran oil boosts inner skin radiance.

TRADITIONAL THAI MASSAGE

60 MINUTES – JPY 22,000

90 MINUTES – JPY 27,700

(WITH HERBAL COMPRESS)

Utilizing no oils, this treatment uses manual manipulation focusing on trigger points using the palm, elbows and knees. Your therapist uses a specialized set of postures to stretch the body's muscle groups, opening the body's energy channels. Application of warm herbal compress further enhances muscle relaxation.


FOOT ACUPRESSURE

45 MINUTES – JPY 16,400

60 MINUTES – JPY 22,000

Inspired by traditional Chinese reflexology, this treatment focuses on various acupressure points which correspond to the body's internal organ systems. It also provides excellent relief for muscle aches, tension, stress and sluggish circulation and digestive system.

*Prices are inclusive of 10% tax and 13% service charge.





FACIAL TREATMENTS

MOISTURIZING FACIAL 60 MINUTES – JPY 22,600

The treatment starts with gentle cleansing, followed by mild exfoliation. A detoxifying facial mask leaves the skin visibly softer and smoother.

- Revitalizing lymphatic drainage massage
- Relaxing facial massage
- Deep nutrition facial mask
- Hand and foot massage
- Skin exfoliation
- Skin hydrating moisturizer

ANTI AGING FACIAL 60 MINUTES – JPY 22,600

The hydrating facial mask and cellular regenerating massage improves blood circulation and relaxes tense facial muscles – the main precursor to lines and wrinkles. A firmer and more luminous visage is the end result of this treatment.

- Revitalizing lymphatic drainage massage
- Uplifting facial massage
- Deep nutrition facial mask
- Hand and foot massage
- Skin exfoliation
- Skin hydrating moisturizer

*Prices are inclusive of 10% tax and 13% service charge.



BODY SCRUBS AND WRAPS

BODY SCRUBS ASSIST IN SKIN RENEWAL, ENHANCES CIRCULATION AND HELPS PREVENT CELLULITE. THEY ALSO HELP DISTRESS AND RELAX. BODY MASKS ENHANCE THE SKIN'S TEXTURE, PROMOTE DETOXIFICATION AND PROMOTES FIRMER SKIN.

BODY SCRUBS

ORIENTAL DEEP CLEANSER

45 MINUTES – JPY 16,400

Finely ground, sun dried sea salt infused with Lemongrass and Kaffir Lime extracts. These natural antiseptics are balanced by the infusion of Vitamin E and Rice Bran oil which nourishes the skin and restores its natural radiance.

EURASIAN PURIFIER

45 MINUTES – JPY 16,400

This vitamin E enriched sugar scrub is ideal for dry, irritated skin. Gentle enough to prevent irritation yet effectively removes superficial keratinized skin cells and unclogs pores.

ORIENTAL ROSE

45 MINUTES – JPY 16,400

Organic rose water is the key skin hydrating ingredient while apricot seeds, with their exfoliating beads, gently remove dead skin cells without causing skin abrasion. Shea butter and coenzyme Q10 help replenish moisture, improve general skin condition and promote natural glow.

*Prices are inclusive of 10% tax and 13% service charge.

SIAMESE JASMINE

45 MINUTES – JPY 16,400

Ideal for dry, sensitive skin, the Siamese Jasmine body scrub contains mild exfoliating beads from ground red fragrant rice and corn, marshmallow oil (althea officinalis) and pennywort (centella asiatica) extracts which nourish and soothe delicate skin.

TROPICAL DETOXIFIER

45 MINUTES – JPY 16,400

A mixture of botanical extracts, sea salt, sugar beads, and ground Arabica coffee beans. Rice bran oil, organic olive oil, and shea butter are added together to create a natural emollient scrub which replenishes moisture and exfoliates without drying the skin.

BODY WRAPS

SOOTHING BODY WRAP

45 MINUTES – JPY 16,400

Aloe Vera has been used as a remedy since the first century. Its high anti-oxidant and amino acid content rejuvenates dull, tired skin. It is also among the best soothing agents for redness and irritation caused by excessive sun or heat exposure.

BODY CONTOURING WRAP

45 MINUTES – JPY 16,400

HARNN Contouring Body Mask is highly infused with liporeductyl, caffeine and carnitine. Together, these three ingredients reduce the appearance of cellulite through pro-liposomal technology, its olive oil and shea butter base also helps restore the skin's natural moisture.

PURIFYING BODY WRAP

45 MINUTES – JPY 16,400

African Guarana provides excellent diuretic properties. It eliminates excess fluid and toxins from the body through cellular oxidation. HARNN Purifying Body Mask also has skin brightening agents such as glutathione, arbutin, vitamin C, and linoleic acid which leave the skin supple and glowing.

RITUAL ENHANCEMENTS

30 MINUTES – JPY 16,400

Enhance your spa experience by adding the following extra treatments to your foot massage, body scrub or wrap.

- Head Massage
- Neck and Shoulder Massage
- Herbal Compress Massage

*Prices are inclusive of 10% tax and 13% service charge.



SPECIAL CARE THERAPIES

BESPOKE TREATMENTS CRAFTED TO SUIT SPECIFIC NEEDS WHETHER THEY BE TRAVEL FATIGUE, PREGNANCY OR RELAXATION FOR YOUNGSTERS.

MOTHER TO BE MASSAGE 60 MINUTES – JPY 22,000

Virgin coconut oil and light pressure massage eases strain on muscles and joints and helps reduce fluid retention as well as prevent stretch marks. This calming experience also helps with stress and anxiety caused by hormonal changes.

**Please be advised that this treatment is available only after the first trimester of pregnancy.*

KIDS RELAXATION MASSAGE (12 YEARS OLD AND ABOVE) 30 MINUTES – JPY 12,000 60 MINUTES – JPY 22,000

This special massage is designed to help children relax and prevent hyperactivity. Mild virgin coconut oil is used to eliminate the possibility of skin irritation.

*Prices are inclusive of 10% tax and 13% service charge.

SPA ETIQUETTE

RESERVATIONS

To make a reservation at The Spa, please dial number +81(0) 640-83-8638 or email us at Spa.HotelIndigoHakone@ihg.com. A valid credit card is required to hold your reservation.

PRE ARRIVAL

Appointments begin promptly at the time scheduled. If you arrive late, your treatment may be shortened depending on availability. This is to ensure that the therapist is on time for the next appointment. It is suggested that you arrive 15 minutes prior to fully enjoy your pre treatment experience.

HEALTH CONSIDERATIONS

For your utmost comfort, please kindly advise us upon reservation of any allergies or ailments – especially if you are pregnant or have high blood pressure. Our receptionists will guide you on the treatments which best suit your needs. For the appropriate recommendation to be made, kindly complete the spa consultation form. We strongly recommend avoiding alcohol directly before or after any treatments.

PERSONAL BELONGINGS

We recommend that you leave your valuables at home or in your room safety deposit box. The spa cannot be held liable for the loss of personal items.

TRANQUILITY

Please refrain from making loud noises or using your mobile phones while in the spa. Smoking is prohibited in the spa premises.

CANCELLATION

• *In House Guests*

Please be advised that we have a 4 hour cancellation policy. Cancellations less than 4 hours will incur a 50% charge while cancellations less than 2 hours will incur 100% charge. The same applies for no shows.

• *External Guests*

Please be advised that we have a 24 hour cancellation and reschedule policy. Cancellations less than 24 hours will incur a 50% charge. Cancellations less than 12 hours will incur a 100% charge.

TAX AND SERVICE CHARGE

All prices are inclusive of 10% tax and exclusive of 13% service charge and quoted in JPY.

HOTEL INDIGO®

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