THE SPA

by HARNN



Experience a new level of well-being in our award -winning spa.

Therapeutic and luxurious spa treatments, inspired by the best of Japanese and Thai elements, the curated ambience and superb service inspires a new level of rejuvenation, leaving you the in the best state of balance.

THE JOURNEY TO DIVINE INDULGENCE BEGINS HERE

NEIGHBOURHOOD HIGHLIGHTS

Created specially for The Spa by HARNN Hotel Indigo Karuizawa
using our bespoke essential oil blend

THE MOMENT

HARNN Muscle Relaxer Massage - 75 minutes
Warm Herbal Compress - 15 minutes

Treat yourself to a moment of indulgence with our meticulous muscle relaxing therapy. Medium to firm pressure is applied to the body, designed to release muscle tension and improve joint flexibility.

90 MINUTES - JPY 32,800

THE CHARM

HARNN Skin Rejuvenating Massage - 60 minutes
Mini Anti-Aging Facial - 30 minutes

Designed for an instant rejuvenation, this journey is a delicate fusion of relaxing and detoxifying massage and your chosen aromatic oil. Complete the journey with an anti-aging facial therapy leaving you with visibly firm skin and radiant glow.

90 MINUTES - JPY 32,800

SIGNATURE TREATMENTS

THE LULLABY

A uniquely designed treatment to complement a vibrant lifestyle. This treatment blends our signature massage techniques with a relief massage movement of firm, long de-stressing strokes, Thai yoga stretching and the lullaby session with our relaxing aroma oil blend.
An excellent choice to combat fatigue and promote restful sleep.

90 MINUTES – JPY 30,700

THE SPIRIT
(THAI YOGA STRETCHING MASSAGE)

Uplift your spirit with an oil-free massage underlined by manual focus on multiple body trigger points emphasizing the palm, elbow and knee areas. The therapeutic session intends to improve postures across various muscle groups, and thus allows for a better energy circulation.

60 MINUTES – JPY 23,500
90 MINUTES – JPY 29,500 (with herbal compress)

THE SOULFUL
(THAI-AROMA OIL MASSAGE)

The delicate fusion technique, combining traditional Thai and aromatherapy massage with the stimulating movements of palm pressure and stretching, cooperatively loosens muscle tension and restores agility.

60 MINUTES – JPY 24,500
90 MINUTES – JPY 30,700

SIGNATURE TREATMENTS

THE LEISURE
(DEEP TISSUE MASSAGE)

Reward yourself with an intensely decompressing massage session targeting deep layers of muscle tissue with slow firm strokes to stimulate blood flow, enhancing serotonin production - responsible for mood regulation within your body, and promoting muscle recovery.

60 MINUTES – JPY 24,500
90 MINUTES – JPY 30,700

THE PURITY
(DETOXIFYING MASSAGE)

Discover a way to overcome fatigue after a long day of travel. The lymphatic drainage technique emphasized by light and smooth massage motion is designed to remove toxins below the skin surface, and help the body maintain proper blood circulation, body fluid balance, and immune functions.

60 MINUTES – JPY 23,500
90 MINUTES – JPY 29,500

THE AWAKENING
(NECK, BACK & SHOULDER MASSAGE)

Our signature therapeutic massage technique and aromatic massage oil addresses key upper body points including tension in the neck, back and shoulder areas, helping ease stress and ensuring you feel exceptionally revitalized.

60 MINUTES – JPY 23,500

SIGNATURE TREATMENTS

THE REFLECTION
(ORIENTAL FOOT ACUPRESSURE)

Focusing on various acupressure points that correspond to their respective internal organ systems, this treatment features our nourishing aromatic oil and revitalizing balm providing excellent relief for muscle tension, improving circulation and digestive systems, ultimately maintaining a healthy internal balance.

60 MINUTES – JPY 23,500

FACIALS

THE BALANCE

(SUITABLE FOR NORMAL - OILY SKIN TYPE)

Providing you a perfect cleanse with sugar cane facial scrub followed by a hot steam to remove dead skin cells, this restorative facial massage incorporates our selected organic face massage oil to catalyze glowing skin and skin rejuvenation. Natural active ingredients from the purifying clay face mask absorb impurities from the skin. Lastly, the treatment is completed with the relaxing head massage, as the journey is fashioned to leave you feeling refreshed.

60 MINUTES – JPY 24,000

THE BLOOM

(SUITABLE FOR ALL SKIN TYPES)

Feel fresh and youthful like a bouquet of blooming flowers. This facial treatment starts with a skin purification with bamboo charcoal face wash and soft sugar cane fiber scrub, followed by our delicate cell regenerating massage designed to improve blood circulation and loosen tense facial muscles. The entire treatment aspires to deliver a firmer and more luminous skin.

60 MINUTES – JPY 24,000

BODY SCRUBS

THE DEEP CLEANSE

Finely ground, sun dried sea salt infused with Kaffir Lime and Mint extracts, these natural antiseptics with the infusion of Vitamin E and Rice Blan Oil nourish the skin while restore its natural radiance and equilibrium. Suitable for normal to oily skin.

THE BALANCING TOUCH

Sugar crystals with natural antiseptic property of zesty Lemongrass and relaxing Lavendar help gently exfoliates, while natural oils help moisturize and rebalance the skin condition. Suitable for normal to dry skin.

THE GENTLE RUB

Ideally created for dry and sensitive skin, the gentle body scrub with a divine scent of Siamese Jasmine contains mild natural exfoliating beads from grounded red fragrant rice and corn cob. Marshmallow oil and Pennywort extracts soothe and nourish your delicate skin.

BODY WRAPS

BODY CONTOURING

Highly infused with liporeductyl, caffeine and carnitine, these ingredients reduce the appearance of cellulite through pro-liposomal technology. The olive oil and shea butter base restore the skin's natural moisture.

PURIFYING

African Guarana provides excellent diuretic properties. Eliminating excess fluid and toxins from the body through cellular oxidation. Leave your skin supple and glowing with beautifying power of glutathione, arbutin, vitamin C, and linoleic acid.

45 MINUTES – JPY 16,400

OPTION

BODY SCRUB

A Targeted Body Scrub Add-On to Enhance Your Oil Treatment Experience

Choose from three body scrubs to suit your skin's needs, and enjoy targeted care for your preferred area: back, arms, or legs.
Gentle exfoliation removes dead skin cells and smooths the skin, preparing it for an oil treatment that leaves it feeling soft, moisturized, and silky smooth with a natural glow.
An ideal pre-treatment for those seeking extra care for specific areas of the body.

※Available exclusively as an add-on to an oil treatment.

One Part (Back/Arms/Legs) / 10 Minutes – JPY 5,000

SPA ETIQUETTE

RESERVATIONS

To make a reservation at The Spa by HARNN, please press the “Instant Service” button on your room phone or email us at Spa.INDKaruizawa@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.

The spa reserves the right to refuse, stop or cancel treatments in the event of any misbehavior.

CANCELLATION

- **In House Guests**

Please be advised that we have a 4 hour cancellation policy and reschedule 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 tax and service charge and quoted in JPY.