





Embracing Eastern wisdom passed down through generations and perfected over the ages, HARNN Heritage Spa focuses on restoring natural balance of the body and mind. We take pride in our heritage; the legacy of our ancestors is treasured and their wisdom embraced with gratitude.

Awarded “World’s Best Mineral & Hot Spring Spa and Japan’s Best Resort Spa” at the World Spa Awards 2022 and “Luxury Hot Spring” at the World Luxury Spa Awards 2022, HARNN Heritage Spa is a sanctuary for the body and soul. Inspired by the practice of traditional Asian medicine and naturopathy, each treatment is thoughtfully designed to enrich your wellbeing experience.

At HARNN Spa at ANA InterContinental Beppu, we use nature’s gifts with reverence. We present the best of Beppu - products from local artisans, onsen tea blends, customized refreshments and the most precious treasure of all – water. We harnessed the power of water and gave it a face – the face of healing.



Unveil the unseen miracle of botanical gems and immerse yourself in unforgettable experiences, curated by the traditional practice of Asian medicine and Oriental therapy heritage. The spa is your wondrous path to the ultimate indulgence of natural serenity. With HARNN Heritage Five Elements wisdom, years of expertise in aromatherapy methodology and lifestyle interpretation, escape to a different world of inner balance restoration whilst enriching your lifestyle through personalized wellness journeys.

QI – ENERGY OF LIFE is an ancient belief of the Orient, balancing between your YIN and YANG. YIN – YANG are two natural, complementary and contradictory forces in the universe.

YANG represents: Male, Positivity,
Brightness, Hardness, Dryness,

Day-time,
Odd Numbers, Dominance

YIN represents: Female, Negativity,
Darkness, Softness, Moisture,

Night-time,
Even Numbers, Docility



DISCOVER YOUR ELEMENT

Asian holistic philosophy views the universe as the combination of five elements. Fire, Earth, Wood, Metal and Water are the elements that naturally exist in harmony around us as well as inside each individual. One's element is determined from the time and date of birth. Through the knowledge of the characteristics and relationships of each element, we can help to restore the natural balance as well as emphasize specific characteristics to our advantage.



0 or 1 is
METAL

8 or 9 is
EARTH



Match the last digit of
your Birth Year.

For example:

Birth Year 1984 = Your
element is WOOD



2 or 3 is
WATER

6 or 7 is
FIRE



4 or 5 is
WOOD

The Five Elements are perceived as five movements of Yin and Yang. Rather than being elements in a literal sense, the images of water, wood, fire, earth and metal represent natural forces that describe states and processes of life. Guests are encouraged to share both their wellness interests and their expectation of treatments when visiting HARNN Heritage Spa. Based on each individual's body status, preferences and expectations, we will recommend the most suitable treatments.

The benefits of aromatherapy are demonstrated through your personalized oil blend with the traditional practice of Five Elements to find your dominant elements – Earth, Fire, Metal, Wood or Water, prior to your treatment. This is designed to find your own stability (balanced within the five-elements), to enable you to live peacefully.

Free your mind,
Indulge the senses,



Your journey to wellness experiences begins here...

HEIRLOOM THERAPIES

The heart of the Oita Prefecture, Beppu is rich in culture and tradition. It is also home to Japan's famed onsens and generations of artisans and craftsmen. Our heirloom therapies are the gems born of nature's gifts and the best of Beppu's local heritage.

MEMOIR OF BEPPU

A narrative of Beppu – its vibrant tradition and heritage as told by HARNN Heritage Spa in the guise of an enriching and revitalizing spa journey.

BAMBOO - Bamboo crafting originated in Beppu in the 12th century during the reign of Emperor Keiko and rose to prominence during the Edo period.

WATER - Bathing has been an integral part of Japanese history and culture. The Edo period brought the ritual to commoners from the noble men and warrior class.

HARNN – Our world class spa brand presents bespoke massage treatments patterned after your personal essential oil mixology.

Five Chapters of the Memoir of Beppu

1. Body Brushing and Beppu Clay Mask **45 minutes**

2. Bath Ritual in our Japanese Cedarwood Jacuzzi **25 minutes**

***Rejuvenating Bath:** Fresh Kabosu with HARNN Spice and Citrus, Local Beppu Bath Salts and onsen water.*

3. HARNN Massage Therapy **60 minutes**

***Beppu Energizer:** Back massage with your choice of warm hot stones or heated herbal compress.*

4. Heritage Foot Acupressure **30 minutes**

5. Tea selection (Yuzu Roast, Kabosu or Yuzu Green Tea)

160 minutes

39,325 ¥



HYDRO VITALITY RITUAL

<i>1 Day Journey</i>	<i>34,650 ¥</i>
<i>2 Day Journey</i>	<i>49,500 ¥</i>

An old 8th century lore tells of the travels of two gods, whose adventures led to the creation of Beppu's onsens. The hydro vitality ritual takes on this centuries old lore and delivers an authentic transformative experience.

Water from our onsen is the core of this treatment. Its mystical healing prowess crafted as a treatment like no other by HARNN Heritage Spa.

One Day Hydro Vitality

120 Minutes

Onsen Ritual <i>(Dry or moist heat and onsen contrast immersion bath)</i>	<i>30 minutes</i>
Relaxing Lemongrass Scrub	<i>30 minutes</i>
Beppu Energizer Massage	<i>60 minutes</i>

Two Day Hydro Vitality

240 Minutes

<i>Day 1</i>	<i>120 Minutes</i>
Onsen Ritual <i>(Dry or moist heat and onsen contrast immersion bath)</i>	<i>30 minutes</i>
Relaxing Lemongrass Scrub	<i>30 minutes</i>
Beppu Energizer Massage	<i>60 minutes</i>
<i>Day 2</i>	<i>120 Minutes</i>
Onsen Ritual <i>(Dry or moist heat and onsen contrast immersion bath)</i>	<i>30 minutes</i>
Deep Tissue Massage	<i>30 minutes</i>
Hot Stone Foot Acupressure	<i>60 minutes</i>

BEPPU ENERGIZER

Specially created with the best of the region's healing elements, this treatment aims to both de stress and revitalize. Warm aromatic oil is gently trickled along the meridian lines of the back followed by thorough relaxing muscle work. Warm herbal compress steamed with onsen water on a bed of the famous Beppu healing sand or hot stones is then applied over the muscles of the back.

For the absolute experience, the 90 minute full body massage with either warm Beppu stones or herbal compress is available.

Back Massage with your choice between Hot Stones or Herbal Compress

60 minutes **22,000 ¥**

Full Body Massage with your choice between Hot Stones or Herbal Compress

90 minutes **28,600 ¥**

HINOKI STRESS RELEASE

Tailor made to honor the precious Japanese treasure and HARNN Heritage Spa at ANA InterContinental Beppu's consistent win as Japan's Best Resort Spa from 2020 to the present, the highlight of this full body massage is Japanese Cypress essential oil (Hinoki) with the HARNN de-stress massager along the body's energy channels to promote stress relief and relaxation.

60 minutes **22,000 ¥**

90 minutes **28,600 ¥**





THE FIVE ELEMENT RITUALS



CHALLA

The ritual is created for the Fire element representing the energy of “Warm Summer” which affects the flow of fluid in the body, so it is often associated with joint pain and sleep condition. The unique combination of slow movements of traditional Thai massage, aromatherapy and jade foot reflexology with natural essential oils from Jasmine and Mint heals the heart and restore the inner balance of the element.

- Siamese Aromatic Soothing Massage *60 min*
- Crystal Jade Foot Reflexology *30 min*

90 minutes

34,000 ¥



PRUKK

Emphasizing on the visual and emotional control, this ritual is to refine the body imbalance within the Wood element, considered as the pure causes of painful stress, body aches and headaches.

The use of therapeutic essential oils from Rose and Clary Sage with a massage techniques focusing on deep muscles around the back, shoulders and head, and ending with a warm compress helps reduce stress and offer the body the ultimate relaxation.

- Deep Tissue Massage **60 min**
with Siamese Stretching
- Warm Herbal Compress **20 min**
- Revitalizing Head Massage **10 min**

90 minutes

34,000 ¥



PHUMM

The Earth element often has physical symptoms related to the stomach and spleen. This will result in lymphatic flow and possibly edema. This ritual enhances the lymphatic drainage and stimulate blood flow while the purifying body brush help to drive waste out of the body. A unique formula of essential oils from Bergamot and Lime shall keep the body warm and increase the flow of body fluids.

- Purifying Body Brush **30 min**
- Lymphatic Drainage Massage **60 min**

90 minutes

34,000 ¥





LOHHA

The Metal element represents the energy of "Dry Autumn". Once the energy is out of balance, this shall result in the emotional expression of sadness and unwell condition of lungs. This ritual is created with the perfect blend of East and West therapy techniques with the use of aromatherapy of zesty Lemongrass and calming Lavender oils to relieve stress, fatigue and restore the respiratory system.

- Pre-Inhalation Ritual
- Energizing Body Exfoliation *30 min*
- The Eurasian Massage *60 min*
(Ayurveda, Swedish, Balinese, Oriental
Acupressure, Thai)
- Post-Inhalation Ritual

90 minutes

34,000 ¥



VARRI

The Water element represents the power of "Frosty Winter". The imbalance of the energy will end with cold, edema and back pain symptoms. The skin turns very dry and dehydrated.

Balancing the element starts with a nourishing body wrap and an herbal warm pad on the back area to nourish the active body. The Polynesian massage technique helps improve blood circulation, immune response and flush out stored toxins in the body. Essential oils such as Sandalwood helps strengthen both the kidneys and pancreas while Nutmeg essential oil helps reduce depression and mood disturbances.

- Nourishing Body Wrap *20 min*
- Polynesian Heritage Massage *70 min*

90 minutes

34,000 ¥

HERITAGE BODY THERAPIES

Restoring the vital connection between nature and mankind, each HARNN Massage Therapy is designed to right your path to personal wellness through a holistic approach.

HERITAGE OF SIAM

Traditional Thai Massage

Inspired by Thai traditional stretching exercises performed after long meditation sessions, Siamese Heritage focuses on restoring agility and relieving muscle tension with acupressure and stretching techniques using fingertips, hands, elbows and knees.

60 minutes	21,450 ¥
90 minutes (with herbal compress)	29,700 ¥

SIAMESE AROMATHERAPY

Thai Aromatic Massage

A blissful combination of traditional Thai and aromatic oil massage with the sole intention of maximizing comfort through palm pressure plus stretching techniques to ease tension and restore agility. It induces a sense of well-being that lasts long after the massage.

60 minutes	19,800 ¥
90 minutes	28,050 ¥





EURASIAN EXPERIENCE

Aromatic Healing Body Massage

Using a combination of 5 different massage techniques in a rhythmic harmony of Ayurveda, Swedish, Balinese, Oriental Acupressure and traditional Thai therapies together with the healing power of aromatherapy, this unique sensory massage offers a truly divine indulgence.

60 minutes	19,800 ¥
90 minutes	28,050 ¥

MUSCLE REVIVAL

Thai Deep Tissue Massage

A delicate massage session that targets deep layers of muscle with slow but firm strokes to increase blood flow and promote muscle recovery, as well as increasing serotonin production for happiness with nourishing massage oil to repair and protect skin from urban environments.

60 minutes	19,800 ¥
90 minutes	28,050 ¥

DE-STRESS RETREAT

Back and Shoulder Massage

Melting away the stiffness in different areas of neck, back and shoulders by using hands, forearms and elbows from light to heavy pressure elbows to fully relax chronic aches from office syndrome or high muscle tension. The application of HARNN Black Pepper Moisturizing Balm is an ideal for the ultimate relaxation.

45 minutes	15,400 ¥
90 minutes	19,800 ¥

PURIFICATION JOURNEY

Lymphatic Drainage Massage

A personalized massage is intended to encourage the natural drainage of the lymph. The massage gently navigates the pressure points of entire lymph systems of the body to stimulate lymph flow properly. It helps to balance body weight, boost energy, improve the immune system, vitality and reduce swelling from the body.

60 minutes	19,800 ¥
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90 minutes	28,050 ¥
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AROMATIC INDULGENCE

Relaxing Head Massage with Aromatic Oil

Enjoy the pampering moment with the aromatic blend of therapeutic essential oil and signature rice brand oil to alleviate insomnia, rejuvenate scalp and hair with the relaxing head massage techniques with slow and gentle movements.

60 minutes	19,800 ¥
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JADE FOOT REFLEXOLOGY

Oriental Reflexology with Warm Oil

The precious Jade element is used in the reflexology process to restore the natural flow of energy, connecting organs from head to toe for better sleep, refreshing the mind and improving the metabolism.

30 minutes	15,400 ¥
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60 minutes	22,000 ¥
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THE HERITAGE BODY PAMPERING

Dead skin cells do not only make skin look dull but also act as barriers preventing the skin from absorbing nutrients and active ingredients from skincare products. Skin exfoliation on a regular basis is highly recommended for radiance and natural glow.

*Each treatment is 45-minutes long, and will begin with a pre-treatment consultation and Aromatic Foot Bath & Scrub. After the treatment and a shower, your skin is cleansed and renewed. Aromatic Body Oil Spray will then be applied to lock in moisture, leaving skin soft and supple.

HERITAGE BODY SCRUB

45 minutes

15,950 ¥

● *Kaffir Lime & Mint - Revitalizing*

Deep cleansing body purifier utilizes finely grounded sun-dried sea salt to exfoliate your skin. Essential oils from Kaffir Lime and Mint provide natural anti-septic properties. Vitamin E-rich Rice Bran Oil nourishes and softens your skin, restoring skin's natural healthy radiance.

● *Lemongrass & Lavender – Balancing*

Rich in Vitamin E and botanical benefits from pure essential oils from Lemongrass & Lavender, this treatment is ideal for dry and irritated skin. Natural grounded sugar with Shea Butter provides gentle exfoliation, removing dead skin cells and unclogging pores while stimulating blood circulation.

● *Rose & Geranium – Rejuvenating*

Experience naturally healthy glow with Skin Purifying Body Scrub containing all essential natural botanical extracts. Organic Rose Water enriches your skin, Apricot Seed gently exfoliates dead skin cells, Shea Butter and Coenzyme Q10 are added to help replenish moisture, improve your skin condition, and promote natural glow.

● *Jasmine Sambac – Nourishing*

Created for dry and sensitive skin, this nourishing scrub contains natural skin exfoliation ingredients from grounded red fragrant rice and corn, Marshmallow oil and Centella extract to soothe and nourish delicate skin.

● *Juniper Berry & Cedar – Protecting*

Protect your delicate skin from the harmful environment with a concoction of natural and innovative extracts from Golden Silk, Mangosteen, Marine Algae, Sea buckthorn Berry and Thai Rice Jasmine, creating a natural scrub with gentle exfoliation that helps fight against pollution, reduce inflammation and deeply nurture your skin.

HERITAGE BODY WRAP

45 minutes

15,950 ¥

● *After Sun Soothing Gel*

Aloe Vera are widely used in cosmetics and alternative medicine industries for their rejuvenating, healing, and soothing properties. In a gel form, its cooling nature effectively relieves sunburns, reducing redness and irritation while soothing the skin. Our special extracted Organic Floral Water has been added to the formula to make the soothing properties more superior.

● *Purifying Body Mask*

Tumeric and Licorice extracts are our key ingredients with excellent skin brighten properties derived from Asian wisdom for centuries. Natural plant oils of Jojoba, Sweet Almond, and Safflower nourish, balance skin moisture and leave your skin a natural glow. Therapeutic property of Jasmine essential oil will leave your skin hydrated and uplift the soul.

● *Body Contouring Mask*

Our careful selection of active ingredients from Algae extracts, Pink Pepper oil, Amino Acid Proline and Capsicum work in harmony to fight against excessive fat while stimulating metabolism to support firming process for silky and healthy skin. With a blend of Coconut oil, Sweet Almond oil, and Rice Bran oil, a single session will leave your skin visibly firmer and hydrated.

THE HERITAGE FACIAL THERAPY

At HARNN, we believe in the holistic approach, the uniting of body and mind as one. To have great skin, we believe one must incorporate proper diet, cardiovascular exercises, enough rest of both body and mind, and sufficient skin nourishment.

Each facial treatment begins with pre-treatment consultation, Aromatic foot bath & scrub, facial deep cleansing and skin toning. The treatment is then completed with healthy tea and refreshments.

THE SIGNATURE

With a unique heritage of Five Elements theory, this facial therapy is a sophisticated combination of organic aromatherapy oils and the signature Yin & Yang Gua-sha healing technique with the application of precious gem stones, to relieve the muscle tension, nourish the skin, stimulate cellular metabolism and intensify the production of collagen naturally present in the skin with a healthy-looking appearance.

- Tingcha Ritual
- Facial Cleansing
- Facial Exfoliation
- Rose Quartz Gua-sha Facial Massage
- Water Lily Clay Facial mask
- Hydrating Facial Mask
- Head Massage
- Hydrating Facial Mask
- Hand Massage
- Facial Nourishment

90 minutes

24,900 ¥





HYDRATING FACIAL

This nourishing treatment will take you through a complete, relaxing journey. Starting with a gentle cleansing, the facial ritual is followed by a mild exfoliation and a hydrating facial mask. Facial skin is revitalized and hydrated with HARNN Certified Organic Hydrating Face Oil, leaving you the touch of soft, supple and radiant skin.

- Facial Cleansing
- Facial Exfoliation
- Stimulating Facial Massage
- Hydrating Facial Mask
- Head & Hand Massage
- Facial Hydrating Moisturizing

60 minutes

21,450 ¥

UPLIFTING FACIAL

Dryness is the main cause of aging skin. Rejuvenate your skin with HARNN certified organic Revitalizing Face Oil, and cellular-regenerating massage technique which help combat dry skin and improve blood circulation, as well as helping release tensed facial muscle. This facial treatment results in a firm and radiant skin.

- Facial Cleansing
- Facial Exfoliation
- Relaxing Facial Massage
- Clarifying Facial Mask
- Head & Hand Massage
- Facial Brightening Moisturizing

60 minutes

21,450 ¥





HERITAGE METICULOUS THERAPIES

Bespoke treatments crafted to suit specific needs whether they be travel fatigue, pregnancy or relaxation for youngsters.

PRENATAL NURTURING MASSAGE

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.

60 minutes

19,800 ¥

JUNIOR RELAXATION THERAPY

(12 years old and above)

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.

30 minutes

11,000 ¥

60 minutes

19,800 ¥



SPA ETIQUETTE

Reservations

To make a reservation at HARNN Heritage Spa, please contact the spa at 02-844-8788 or email us at spareservation.icbeppu@ihg.com. A valid credit card is required to hold your reservation. Prices are subject to change without prior notification.

Pre-arrival

Appointments begin promptly at the time scheduled. If you arrive late, depending on availability, your appointment might be shortened so that the therapist will be on time for the next session. Thus, please kindly arrive 30 minutes prior to your treatment time to fully enjoy the pre-treatment experience.

Health Considerations

For your utmost comfort, please kindly advise upon making a reservation if you have any allergies, ailments or disabilities, especially if you have high blood pressure or if you are pregnant. Our spa receptionist will gladly advise you on which treatment is best suited to your needs. In order for us to make an appropriate recommendation, please kindly complete the spa consultation form. We do not recommend the consumption of alcohol before or directly after any treatment.

Personal Belongings

We would like to recommend you to leave all valuables at home or in your in-room safe deposit box, as we cannot be held responsible for loss of personal items.

Tranquility

We try to keep the Spa as tranquil and relaxing for all of our guests as possible. Kindly refrain from making loud noises, smoking, or using mobile phones when in the spa.

Cancellation

● ANA InterContinental Beppu Resort and Spa 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 15% service charge and quoted in ¥ (Japanese Yen).



HARNN
HERITAGE SPA

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