



THE SPA

by HARNN



THE HIGHLIGHT

THE MOMENT

90 MINUTES / JPY 29,900

- 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.

This signature massage is performed with your chosen HARNN aromatherapy oil and a full-body warm herbal compress with Thai herbs and spices, which soothe muscle tension and promote harmony of the body and mind.

THE CHARM

90 MINUTES / JPY 29,900

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

Designed for an instant rejuvenation, this signature therapy is a delicate fusion of relaxing and detoxifying massage and your chosen aromatic oil. Gentle smooth and soothing movements will leave you in a total bliss.

Complete the journey with an anti-aging facial therapy offering you a visibly firm and tightened skin with a natural and more radiant glow.



THE BODY

THE SPIRIT

(THAI YOGA STRETCHING MASSAGE)

60/90 MINUTES

60 MINUTES – JPY 22,000
90 MINUTES – JPY 27,700
(with herbal compress)

Uplift your spirit with a no-oil massage with a manual manipulation focusing on the body trigger points with the palms, elbows and knees. Your therapist uses a unique set of postures to stretch the muscle groups, opening the energy channels of the body. Experience of warm herbal compress is an ideal for your perfect relaxation.

THE SOULFUL

(THAI-AROMA OIL MASSAGE)

60/90 MINUTES

60 MINUTES – JPY 22,000
90 MINUTES – JPY 27,700

The delicate fusion technique of traditional Thai and aromatherapy massage with the flow movements of palm pressure and stretching ease muscle tension and restore agility while Vitamin E rich rice bran oil boosts inner skin radiance.

THE LEISURE

(DEEP TISSUE)

60/90 MINUTES

60 MINUTES – JPY 22,000
90 MINUTES – JPY 27,700

Give yourself an intensive massage session targeting deep layers of muscle with slow but firm strokes to increase blood flow, enhance serotonin production and promote muscle recovery.



THE SCRUB

Body scrubs assist in skin renewal, enhances circulation and helps prevent cellulite. They also help de stress and relax.

THE DEEP CLEANSE

45 MINUTES – JPY 16,400

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

THE BALANCING TOUCH

45 MINUTES – JPY 16,400

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

THE GENTLE RUB

45 MINUTES – JPY 16,400

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.



THE WRAP

Body masks enhance the skin's texture, promote detoxification and promotes firmer skin.

BODY CONTOURING

45 MINUTES – JPY 16,400

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 BODY

45 MINUTES – JPY 16,400

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.

THE FACIAL

THE BALANCE

60 MINUTES – JPY 22,600

- Facial Cleanse
- Facial Scrub
- Relaxing Facial Massage
- Clay Facial Mask
- Facial Nourishment

Providing you a perfect cleanse with sugar cane facial scrub with steam to remove dead skin cell, this balancing facial massage with organic face massage oil helps to stimulate glowing skin and skin rejuvenation. A purifying clay face mask draws out impurities. A relaxing head massage is to complete the treatment with great refreshment. Suitable for normal to oily skin.

THE BLOOM

60 MINUTES – JPY 22,600

- Facial Cleanse
- Facial Scrub
- Uplifting Facial Massage
- Hydrating Facial Mask
- Facial Nourishment

Feel fresh and young as a bouquet of flowers blooming. This facial treatment starts with a skin purification with bamboo charcoal face wash and soft sugar cane fiber scrub and following by a cellular regenerating massage designed to improve blood circulation and relax tense facial muscles. A firmer and more luminous visage is the end result of this treatment. Suitable for all skin types.

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 20 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 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.

HOTEL INDIGO®

KARUIZAWA

Nagakura 18-39 Yashikizoe,
Kitasaku District, Nagano
389-0111, Japan

