



HARNN  
HERITAGE SPA







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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 New Hotel Spa” at the World Spa Awards 2015 and “Global Spa of the Year” at the World Luxury Spa Awards 2017, 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.

*Free your mind,  
Indulge in your senses,  
Your journey to luxurious experience  
begins here.*

## HARNN HERITAGE 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

160 minutes

39,325 ¥

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 Spice and Citrus Bath Salts and onsen water.*  
**Revitalizing Bath:** *Massage and bath oils with onsen water and calcium carbonate. Ideal for fatigue, painful joints, cleansing and detoxification.*
3. HARNN Massage Therapy 60 minutes  
*Choice of the following:*  
**Beppu Energizer:** *Back massage with your choice of warm hot stones or heated herbal compress.*  
**Beppu Delight:** *Full body massage designed to increase circulation and remove water retention.*
4. Heritage Foot Acupressure 30 minutes
5. Tea selection (*Yuzu Roast, Kabosu or Yuzu Green Tea*)

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







## HYDRO VITALITY RITUAL

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

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

### Two Day Hydro Vitality

*240 Minutes*

Day 1 120 Minutes

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

Day 2 120 Minutes

Onsen Ritual	30 minutes
<i>(Dry or moist heat and onsen contrast immersion bath)</i>	
Deep Tissue Massage	60 minutes
Hot Stone Foot Acupressure	30 minutes

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



## **BEPPU ENERGIZER**

*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 ¥*

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 both warm Beppu stones or herbal compress is available.

## **ORIENTAL INDULGENCE**

Featuring the best of Asia and the Orient, this is the ultimate spa experience. You have free reign to choose your favorite spa treatments in three tiers. Go ahead, indulge yourself. Because, why not?

Indulgence 1	33,000 ¥
Indulgence 2	55,000 ¥
Indulgence 3	77,000 ¥

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









**HARNN**  
ORIENTAL ROSE  
HAND BALM  
WITH COENZYME Q10

Rich hand balm with all natural ingredients like Jojoba, Rose Water, Shea Butter, Coconut and Coenzyme Q10 to keep your hands soft and hydrated all day in any weather.

**HARNN**  
ORIENTAL ROSE  
OIL TREATMENT  
WITH COENZYME Q10

**HARNN**  
ORIENTAL ROSE  
SKIN PURIFYING  
SHOWER GEL  
WITH COENZYME Q10

**HARNN**  
ORIENTAL ROSE  
SHAMPOO  
WITH COENZYME Q10





## JOURNEY OF THE ORIENTAL ROSE

180 minutes

47,300 ¥

Discover the timeless beauty of the rose, a flower known for its sumptuous beauty and magnificent scent. The Chinese Rose, root of all modern roses, is the highlight of this treatment, serving the purpose of restoring the true radiance of mind and body. The passage starts with Oriental Rose Body Exfoliation to polish your skin delicately, and followed by Oriental Rose Aromatic Massage to promote blood circulation and restore a balanced energy flow. A full hour of Oriental Uplifting Facial massage helps detoxify and restore the natural radiance.

*Pre-treatment Consultation*

*Aromatic Foot Bath & Foot Scrub*

*Oriental Rose Body Exfoliation* 30 minutes

*Oriental Rose Aromatic Body Therapy* 90 minutes

*Facial Treatment* 60 minutes

*Herbal Tisane & refreshments*

## JOURNEY OF THE SIAMESE JASMINE

180 minutes

47,300 ¥

Jasmine represents purity by its flawless white petals and sweet uplifting scent. In the Kingdom of Siam, jasmine symbolizes the infinite bond of a mother and a child, the undoubtedly purest form of love. Siamese Passage uses the highest quality Jasmine essential oil together with traditional Siamese massage technique to restore energy flow, and improve blood and lymphatic circulation. A cleansing ritual, for body and feet, opens up your pores to increase absorption of rich nutritious oils. Aromatic Siamese Heritage massage and hand acupuncture recharge the body with positive energy. The purifying facial process restores the natural radiance of the skin.

*Pre-treatment Consultation*

*Aromatic Foot Bath & Foot Scrub*

*Jasmine Body Exfoliation* 30 minutes

*Siamese Aromatic Body Therapy* 60 minutes

*Facial Treatment* 60 minutes

*Jasmine Hand Spa* 30 minutes

*Herbal Tisane & Refreshments*

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



## HARNN HERITAGE MASSAGE THERAPIES

HARNN Heritage Massage Therapies are designed to balance your path to personal wellness. Authentic traditional holistic practices are utilized along with the purest natural ingredients.

Each therapy begins with a pre-treatment consultation, aromatic foot bath and scrub and ends with customized tea and refreshments.

### DEEP TISSUE MASSAGE

<i>60 minutes</i>	<i>19,800 ¥</i>
<i>90 minutes</i>	<i>28,050 ¥</i>

A delicate massage session that targets deep layers of muscle with slow, firm strokes increases blood flow, promotes muscle recovery and increases serotonin production. HARNN high oryzanol massage oil repairs the skin and protects it from the effects of a highly urbanized environment.

### ORIENTAL ROSE AROMATIC BODY THERAPY WITH COENZYME Q10

<i>90 minutes</i>	<i>28,050 ¥</i>
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Derived from oriental reflexology, this full body therapy with emphasis on the neck, back and shoulders is the ideal relief from muscle tension. Oriental rose massage oil with organic rose water, coenzyme Q10, shea butter and rice bran oil will restore your skin's natural glow and provide resistance from harmful elements and free radicals.

### SIAMESE AROMATIC BODY THERAPY

<i>60 minutes</i>	<i>19,800 ¥</i>
<i>90 minutes</i>	<i>28,050 ¥</i>

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.

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







HARNN  
NEROLI & SANDALWOOD  
BATH & MASSAGE OIL  
HIGH ORTZANCE







## SIAMESE HERITAGE BODY THERAPY

<i>60 minutes</i>	<i>21,450 ¥</i>
<i>90 minutes (with herbal compress)</i>	<i>29,700 ¥</i>

Traditional Thai Massage, developed from stretching techniques used after meditation, was introduced to Thailand from India 2,500 years ago. Manual manipulation is applied to various trigger points, using fingers, palms, elbows and knees. A specific set of unique postures are utilized by the therapist to stretch various muscle groups, stimulating flow of internal energy. To further relax tense muscles, warm herbal compress application releases contracted muscles maximizing the therapeutic effects.

## ORIENTAL FOOT MASSAGE

<i>60 minutes</i>	<i>15,400 ¥</i>
<i>90 minutes</i>	<i>22,000 ¥</i>

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.

## HARNN HERITAGE BODY PAMPERING

Regular skin exfoliation has many benefits. It removes dead skin cells, enhances the skin's natural glow and helps prevent the appearance of cellulite. Aside from assisting the body in absorbing nutrients and active ingredients from skincare products, the appropriate body scrub can also help de-stress and promote relaxation.

The perfect accompaniment to exfoliation, body masks are luxurious cocoons which enhance the skin's texture and general appearance. Among their numerous benefits are detoxification, enhancement of metabolism and body contouring.

Each treatment begins with a pre-treatment consultation and aromatic foot bath and scrub. After exfoliation, HARNN Aromatic Body Oil Spray will then be applied to lock in moisture leaving the skin soft and supple.

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





## HARNN HERITAGE BODY SCRUBS

### ORIENTAL ROSE SKIN PURIFYING SCRUB WITH COENZYME Q10

45 minutes

15,950 ¥

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.

### SIAMESE JASMINE

45 minutes

15,950 ¥

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

*Trivia: Marshmallow is a botanical species indigenous to Africa, which was used both as a medicinal and ornamental plant. During the Egyptian era, a confection made from the root of this plant evolved into the contemporary marshmallow candy.*

### EURASIAN PURIFIER

45 minutes

15,950 ¥

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.

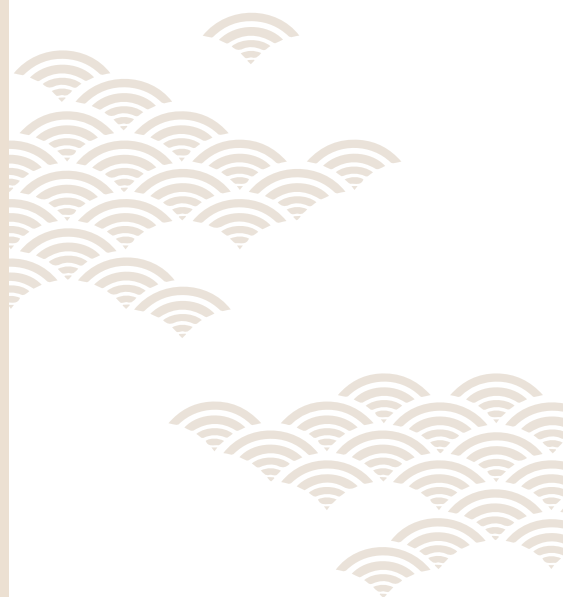
### TROPICAL DETOXIFIER

45 minutes

15,950 ¥

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. Sandalwood and orange blossom essential oils add tantalizing scents for a truly soothing and refreshing experience.

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











## **ORIENTAL DEEP CLEANSER**

*45 minutes*

*15,950 ¥*

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.

## **HARNN HERITAGE BODY MASKS**

### **SOOTHING BODY MASK**

*45 minutes*

*15,950 ¥*

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 MASK**

*45 minutes*

*15,950 ¥*

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 MASK**

*45 minutes*

*15,950 ¥*

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.

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



## WATER LILY HYDRATING FACIAL

*(normal to dry skin)*

60 minutes

21,450 ¥

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

## WATER LILY UPLIFTING FACIAL

*(dehydrated or aging skin)*

60 minutes

21,450 ¥

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

## WHITE MULBERRY JADE FACIAL

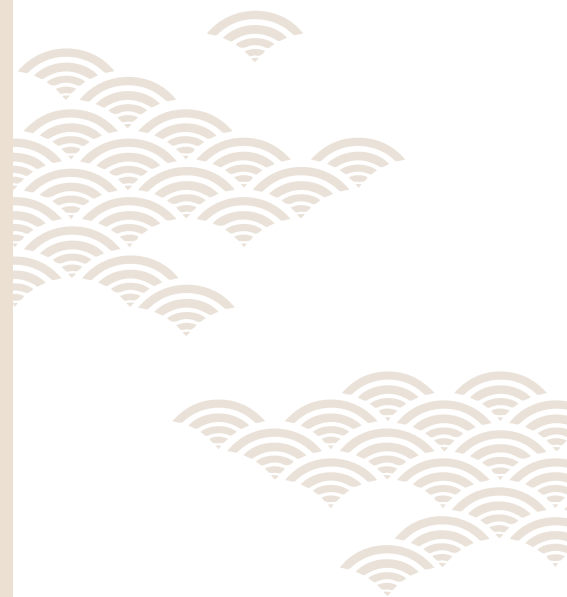
*(clarifying, brightening and depigmentation)*

60 minutes

24,200 ¥

Formulated with calming jade and carefully chosen Asian herbs with White Mulberry root bark extract brightens the skin by slowing down melanin synthesis and suppressing Tyrosinase enzyme. The result is brighter skin and visibly faded dark spots.

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













## HARNN HERITAGE METICULOUS THERAPIES

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

### VOYAGER'S RETREAT

*120 minutes*

*35,750 ¥*

The ideal treatment after travelling. Start with a warm herbal bath with sea salts to release muscle tension. An aromatic oil massage helps your body wind down and a final herbal compress application helps promote relaxation and a restful sleep.

Herbal Bath	30 minutes
Siamese Aromatic Body Therapy	60 minutes
Herbal Compress	30 minutes

### PRENATAL NURTURING MASSAGE

*60 minutes*

*19,800 ¥*

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.*

### JUNIOR RELAXATION THERAPY

*(12 years old and above)*

*30 minutes*

*11,000 ¥*

*60 minutes*

*19,800 ¥*

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 exclusive of 13% service charge.*





## HARNN HERITAGE SPA ETIQUETTE

### **Reservations**

To make a reservation at HARNN Heritage Spa, please dial extension number 2100 from within the resort or email us at [spareservation.icbeppu@ihg.com](mailto:spareservation.icbeppu@ihg.com). A valid credit card is required to hold your reservation. All prices are quoted in JPY and subject to change without prior notice.

### **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 45 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. HARNN Heritage 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**

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 13% service charge and quoted in ¥ (Japanese Yen).



**HARNN HERITAGE SPA**

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