





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

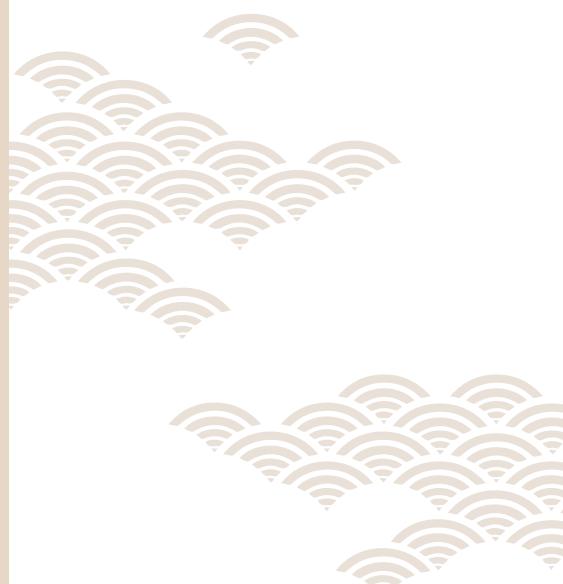
Rejuvenating Bath: *Fresh Kabosu with HARNN Spice and Citrus, Local Beppu Bath Salts and onsen water.*

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*)



Prices are inclusive of 10% tax and exclusive of 15% service charge.



HYDRO VITALITY RITUAL

1 Day Journey	34,650 ¥
2 Day Journey	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 15% service charge.

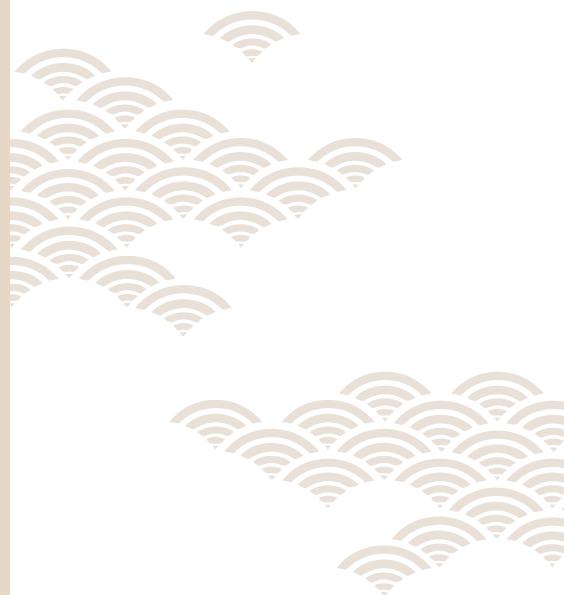
BEPPU ENERGIZER

*Back Massage with your choice between Hot Stones
or Herbal Compress*

<i>60 minutes</i>	<i>22,000 ¥</i>
<i>Full Body Massage with your choice between Hot Stones or Herbal Compress</i>	
<i>90 minutes</i>	<i>28,600 ¥</i>

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.



Prices are inclusive of 10% tax and exclusive of 15% service charge.





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 nutritive oils. Aromatic Siamese Heritage massage and hand acupressure 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 15% 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>	19,800 ₩
<i>90 minutes</i>	28,050 ₩

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

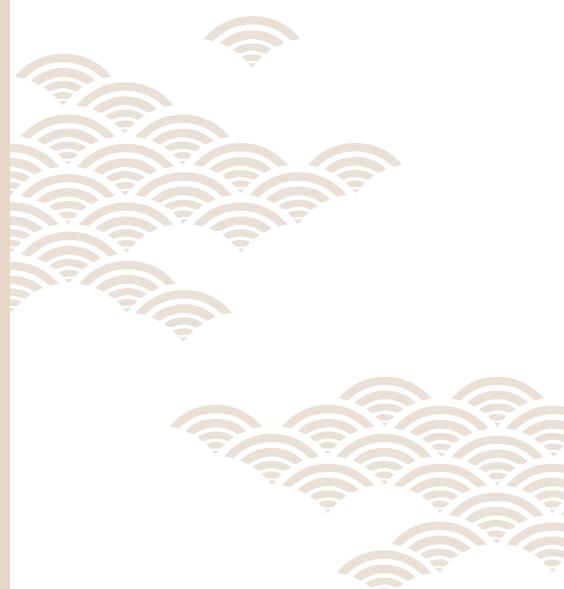
<i>90 minutes</i>	28,050 ₩
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Derived from oriental reflexology, this full body therapy with emphasis on the neck, back and shoulders is the ideal relief from muscle tension. Oriental rose massage oil with organic rose water, coenzyme Q10, shea butter 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>	19,800 ₩
<i>90 minutes</i>	28,050 ₩

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.







SIAMESE HERITAGE BODY THERAPY

60 minutes

21,450 ¥

90 minutes (with herbal compress)

29,700 ¥

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

60 minutes

15,400 ¥

90 minutes

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.

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 15% 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 ₽

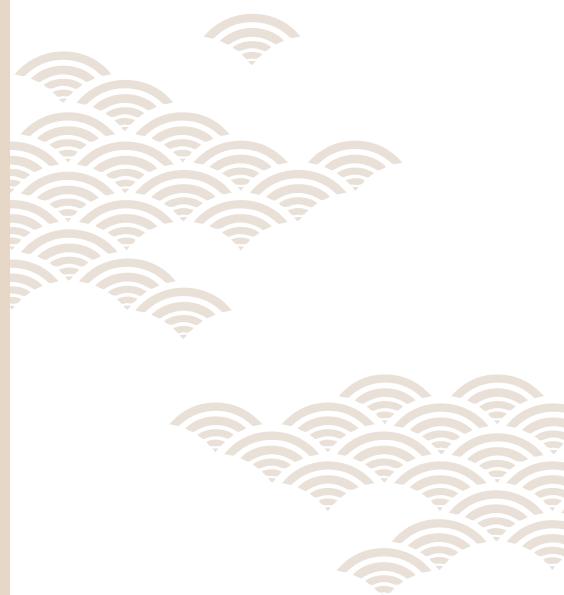
This vitamin E enriched sugar scrub is ideal for dry, irritated skin. Gentle enough to prevent irritation yet effectively removes superficial keratinized skin cells and unclogs pores.

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.







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.

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

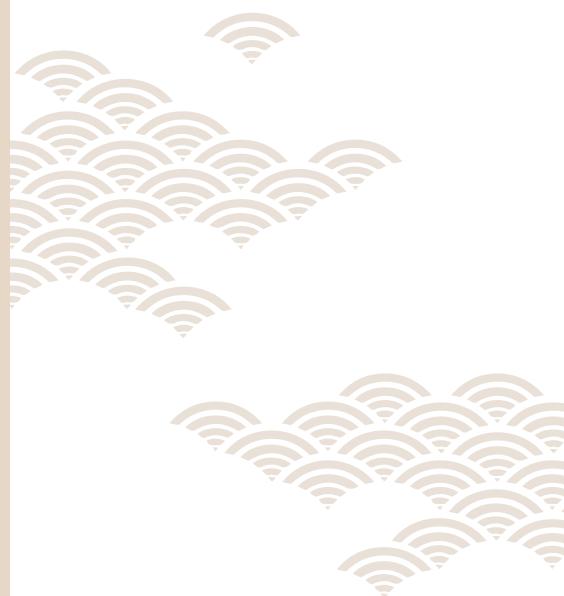
WHITE MULBERRY JADE FACIAL

(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.







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

PREGNATAL 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 15% 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. 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 15% service charge and quoted in ¥ (Japanese Yen).

HARNN HERITAGE SPA

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