

## THE SPA • FIVE ELEMENTS

THE SPA • FIVE ELEMENTS offers a special experience based on a concept similar to the five elements theory of ancient Chinese philosophy. It holds that all things in Okinawa are composed of five elements that make up the island's energy — wood (the Okinawan forests), fire (the Okinawan sun), earth (the red earth of Okinawa), metal (minerals from the Matsuda limestone cave) and water (the clear water of the Okinawa sea) — and which interact with one another, constantly changing, harmonizing and flowing.

For this reason, the Spa uses products from the British cosmetics brand Elemental Herbology, inspired by the five elements philosophy and free from artificial fragrances and colourings, paraben preservatives and mineral oils.



Opening hours: 3pm to 11pm (last bookings 10pm)

\* The Spa closes at 11pm, but to allow time for the completion of treatment programme, last booking times vary according to programme. Please contact the Spa for details.

\* Appointments for times prior to 3pm are also accepted on advance booking.

### Spa Treatment Flow

#### **Counselling (approximately 15 minutes)**

A therapist discusses with you your present physical condition, your goals, and the content of our treatment programmes.



#### **Your selected treatment: body scrub, facial, scalp treatment etc (60-120 minutes)**

A highly skilled and experienced therapist applies the selected treatment according to your physical condition.



#### **Cooling down (approximately 15 minutes)**

Relax with a cup of herb tea, while our therapist offers advice on your physical condition and post-treatment care.

# THE SPA PROGRAM

## THE SPA Signature

*Highly  
Recommended*

### The Five-Elements Time Signature Ritual

Simply choose a time, and your therapist will create a programme fully customized to your needs, including products to be used and content of treatments. All programmes, regardless of duration, start with a footbath that allows you to feel the benefits of Okinawa's five elements. Enjoy a customized spa experience specially created just for you in every detail, from body treatment to facial or scalp treatment.

90 minutes **¥28,000**+tax

120 minutes **¥36,000**+tax

150 minutes **¥45,000**+tax

## THE SPA Facial

### The Hydrating Facial

One of the main causes of skin aging is dehydration. "Water" quickly restores moisture to skin that has lost its normal balance, leaving it soft and moist. Recommended for seasonal dryness or skin with a low moisture level.

60 minutes **¥20,000**+tax

### The Lifting Facial

A special facial that focuses on lifting and firming. Nutrient replenishment and a unique facial technique restore a clean and sharp jawline, eye area and throat.

75 minutes **¥25,000**+tax

### The Age-Support Facial

A facial that spotlights anti-aging care, richer in nutrients to replenish your skin and leave it bright and firm, with a natural sheen. Lifts your jawline and throat, and restores volume to your skin, leaving it looking plump and youthful.

90 minutes **¥29,500**+tax

## THE SPA Body

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### The Balancing Body

An outstanding body treatment experience using the essential infusion oils your elements need at this particular time. Your therapist will select the most appropriate infusion oils from among Wood Rejuvenation, Fire Zest, Earth Balance, Metal Detox and Water Soothe, to return body mind and spirit to their ideal balance.

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| 60 minutes  | ¥19,500+tax |
| 90 minutes  | ¥27,500+tax |
| 120 minutes | ¥35,500+tax |

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### The Lymph Drainage Body

A special treatment technique that uses “metal” oil and follows the lymphatic system to promote circulation and the elimination of toxins, rejuvenating and replenishing the energy of body, mind and spirit.

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| 60 minutes  | ¥20,000+tax |
| 90 minutes  | ¥28,000+tax |
| 120 minutes | ¥36,000+tax |

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### The Hot Stone Body

This body treatment involves placing warmed, smooth stones on energy points to restore the ideal balance of the five elements within your body. Pleasantly warms the body while promoting complete relaxation of body, mind and spirit.

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| 90 minutes  | ¥29,000+tax |
| 120 minutes | ¥37,000+tax |

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## THE SPA Body Care

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### The Body Scrub

A luxury body scrub that gently exfoliates your skin, leaving it soft and smooth.

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| 60 minutes | ¥22,000+tax |
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### The Body Scrub & Wrap

After a body scrub, this clay body wrap infused with rosemary, grapefruit and juniper berries helps to eliminate toxins from the body, restoring brightness, translucency and natural sheen to your skin.

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| 90 minutes | ¥30,000+tax |
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## THE SPA Body Parts

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### The Scalp

A treatment that focuses on the scalp, where tiredness can often accumulate, and gently relieves tension in the neck and shoulders.

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| 60 minutes | ¥19,000+tax |
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### The Foot

Highly recommended after taking part in Okinawan activities. Energy points on your feet and calves are gently stimulated to relieve tiredness and swelling.

|            |             |
|------------|-------------|
| 60 minutes | ¥19,000+tax |
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