SPA

THE PENINSULA

The Peninsula Spa epitomizes the legendary Peninsula service and the very best of holistic spa treatments. This ultimate escape from the city is situated far above the bustle of the most exclusive district in Tokyo, with views towards the Imperial Palace Gardens offering a welcoming sanctuary in which to restore balance to mind and body.

The Peninsula Spa has offered a collection of bespoke spa treatments inspired by European, Japanese and Ayurvedic philosophies for an entirely new, holistic experience. The exceptionally natural, high-quality skincare products, anti-stress aromatherapy oils, revitalizing seaweeds and cleansing muds help restore energy levels, tranquility and balance.

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PENINSULA CEREMONIES

The exclusive Peninsula Ceremonies are elegant treatments using high quality products. Each signature treatment begins with The Peninsula Tea Ceremony, an in-depth consultaion and a relaxing foot ritual.

KEIHATSU ENLIGHTENMENT MASSAGE

1 hour 50 minutes

Our signature experience. Ancient massage techniques originated in Eastern Asia and formed the foundation of shiatsu today. This specialized massage includes deep kneading, rolling and stretching movements using the palms, forearms and hot stones. A blend of essential oils is used to restore vitality and promote the healthy flow of Qi or vital life force energy. This signature experience is completed with a deeply relaxing head massage.

SPIRIT OF PENINSULA BODY TREATMENT

1 hour 50 minutes

A Peninsula-exclusive ceremony to awaken mind and body. A refreshing foot bath invites you to unwind before a conditioning salt exfoliation of the body. Warmed fragrant oils and graceful massage techniques soothe the body. Finally, a detoxifying hand, foot and scalp mask containing seaweed extracts with lemongrass and peppermint is applied while a head massage clears the mind.

LIGHTEN AND BRIGHTEN
FACE AND BACK TREATMENT
1 hour 50 minutes

This facial and back treatment will improve skin texture and address areas of tension. The back is deep cleansed and exfoliated to help stimulate circulation, and muscular aches are soothed with an aromatherapy massage. While a brightening mask takes effect on the back, the lower legs and feet receive a deeply relaxing massage. A rejuvenating facial and head massage helps minimize fine lines and wrinkles, and leaves the skin radiant, hydrated and youthful.

TAILOR-MADE TIME
*2 hours 50 minutes or 3 hours 50 minutes**

TAILOR-MADE TIME SPA TREATMENT FOR TWO**
1 hour 30 minutes

ESPA's highly trained therapists will develop a customized spa treatment tailored to meet your body's current needs. Reserve your Time with us and rediscover a true sense of well-being

* *The price for 3 hours and 50 minutes of Tailor-made Time includes complimentary access to the Fitness Center, Swimming Pool, Vitality Pool and outdoor terrace.*

***The price for the Tailor-made Time Spa Treatment for Two is for two people and includes room charge.*

DOSHA SPECIFIC HOT STONE MASSAGE AND HERBAL BODY MASK

A personalized combination of body exfoliation, wrap and hot stone massage. Sun-dried sea salt and oil scrub stimulates circulation before an application of warm Oshadi clay, marine algae or mineral-rich mud are smoothed on, and the body is cocooned in natural linens. Warm oils are poured onto the body, and hot stones are used for an intensive body massage. An acupressure head massage eases any remaining tension.

PITTA PACIFIER

1 hour 50 minutes

This treatment will bring calm to the mind, reduce muscular tension, and cool and soothe the skin.

KAPHA STIMULATOR

1 hour 50 minutes

Balance is retrieved through purification and stimulation to energize the mind and body.

VATA COMFORTER

1 hour 50 minutes

The warmth, nourishment, hydration and comfort of this treatment will restore balance.

ESPA AYURVEDIC INFLUENCE

A truly personal experience. Each treatment is created to meet the specific needs of the moment. A tri-doshic herbal tea infusion and foot cleansing ritual begin the experience.

PURVA KARMA FOUR HAND MASSAGE

1 hour 50 minutes

An ideal experience for those who find it difficult to unwind. To begin, one therapist will carry out the welcome foot ritual, body exfoliation and facial cleanse. Two therapists then connect to commence the four-handed tension-releasing body massage. Using advanced combinations of stretching and long, deep strokes, this treatment features the pouring of warm oil and use of hot stones, finishing with a therapeutic head massage to achieve total relaxation.

CHAKRA BALANCING WITH HOT STONES

1 hour 50 minutes

A perfect treatment to relieve deep-seated tension and muscular stress. Skin brushing, exfoliation and an ESPA express cleanse begin the treatment. The body is massaged with blended aromatherapy oils and Ayurvedic infusions, combined with the use of hot stones to release tension, working on the vital energy points and chakras around the body. This treatment ends with a deeply soothing head massage to relieve stress from mind and body.

ESPA FACIAL FOCUS

Every facial begins with a detailed skin analysis using a specialized lamp, which reveals skin conditions not visible to the naked eye. The facial will then be designed to address the highlighted concerns. Results driven, these facials use a fusion of nature, science and advanced treatment techniques to deliver clear, youthful and radiant skin.

SKIN BRIGHTENER AGE DEFYER FACIAL

1 hour 20 minutes

Ideal for dull, lifeless skin and tired eyes, this facial leaves the skin visibly brighter. Face, neck and décolleté benefit from a deep cleanse and exfoliation, followed by the ESPA intensive eye treatment. Lymphatic drainage and acupressure techniques clear the complexion and bring fresh oxygen to the cells. A brightening face mask, rich in natural AHAs and BHAs, boosts skin cell renewal while a stress-relieving scalp massage takes place. The result is a more radiant, hydrated and youthful appearance.

BACK, FACE AND SCALP MASSAGE WITH HOT STONES

1 hour 50 minutes

This treatment targets the classic areas of stress, from headaches, neck pains and shoulder tension to the effect these have on the skin. A stimulating and deep cleansing back exfoliation is followed by an intensive back massage using volcanic hot stones and aromatic oils to melt away tension. The personalized ESPA facial then follows, which concludes with a stress-relieving scalp massage. The result is re-hydrated, revitalized skin, a cleansed and powerfully massaged back and a sense of deep relaxation.

ESPA ADVANCED SUPER ACTIVE FACIALS

CALM AND SOOTHE FACIAL

1 hours 20 minutes

Super Active products help cool and comfort irritated skin that is prone to redness and heat flushing. Starting with a light lymphatic massage, Tri-Active ingredients and soothing Rose Quartz Crystals help improve circulation, strengthen capillary walls and naturally purify skin, leaving it refreshed, calm and hydrated with redness visibly reduced.

REPAIR AND RESTORE FACIAL

1 hours 20 minutes

Designed with Tri-Active ingredients to help counter the effects of harsh products and protect the skin against environmental elements, Super Active Facials renew, restore and rebalance the complexion. This specialized facial uses advanced Super Active Products, which enhance cell renewal, strengthen and restructure skin, restore vibrancy and even skin tone.

LIFT AND FIRM FACIAL

1 hours 20 minutes

This facial uses Super Active products to improve skin tonicity and firmness, and enhance cellular regeneration. Tri-Active ingredients combined with specialized facial massage lifting techniques help combat signs of aging, stimulate collagen production and deliver intensive results, the benefits of which can be seen immediately.

INTRACEUTICALS FACIALS

REJUVENATE OXYGEN INFUSION FACIAL

50 minutes or 1 hour 20 minutes

Specially formulated serums – Atoxelene and Rejuvenate – are delivered via pressurized oxygen to penetrate deep layers of the skin, transforming it from the inside out. Skin is visibly younger and firmer after one treatment.

OPULENCE OXYGEN INFUSION FACIAL

1 hour 20 minutes

A specially formulated serum is delivered via pressurized oxygen to penetrate deep layers of the skin, transforming it from the inside out. Skin is visibly brighter and smoother after one treatment.

ESPA INTENSIVE FACIALS

Every facial begins with a detailed skin analysis using a specialized lamp, which reveals skin conditions not visible to the naked eye. Each intensive facial is individually tailored to naturally improve the condition of the skin and enhance its appearance. To gain maximum benefits, regular facials are recommended at least once a month.

INSTANT BRIGHTENER

50 minutes

Exposure to pollution, lack of sleep and stress can result in dull skin, lacking vitality and luminosity. This facial includes a special application of brightening meadowsweet, rich in natural AHAs and BHAs, to smooth and brighten the skin, and organic red mandarin oil to restore radiance. Suitable for all skin types, repeat regularly for maximum effect.

SKIN RESCUE

50 minutes

A regenerating boost for dry, dehydrated skin requiring moisture and hydration. Gentle cleansing, soft exfoliation and specialized facial oils and creams with Botanical Rescue are specifically used for their deeply re-hydrating and soothing properties.

OIL CONTROLLER

50 minutes

Ideal for oily, congested, problematic skin or those dealing with hormonal imbalance. This deep cleansing, oil-controlling facial helps to regulate oil secretions while refining open pores. Essential oils of tea tree and white thyme – naturally decongesting and anti-inflammatory – are used to clear and calm the skin.

DESENSITIZER

50 minutes

A gentle facial for sensitive, fragile skins prone to redness and irritation. Soothing, de-sensitizing, natural plant extracts and aromatherapy oils are used to gently cleanse, nourish and hydrate fragile skins, helping to reduce sensitivity and to minimize redness.

ESPA FOR MEN

We encourage our male guests to enjoy any of our treatment experiences. However, this selection is designed to help address specific areas of focus and tension.

MANKIND

1 hour 20 minutes

An exceptional treatment combination designed to revitalize and awaken the senses. Essential oils and aromatherapy massage techniques alleviate tension and tiredness stored in the neck, shoulders and back. The sense of relaxation and balance is further enhanced with an energy-releasing foot massage using deep pressure point techniques that ground the mind and spirit.

MEN'S FACIAL, SHOULDER AND SCALP MASSAGE

50 minutes

Specifically designed for men, this relaxing facial works at a deep level to purify, balance and hydrate the skin. Triple cleansing and steamy hot towels are used to soothe and soften the skin and facial hair. A relaxing massage of the face, shoulders and scalp leaves you feeling relaxed and de-stressed.

BACK, FACE AND SCALP MASSAGE WITH HOT STONES

1 hour 50 minutes

This treatment targets the classic areas of stress, from headaches, neck pains and shoulder tension to the effect these have on the skin. A stimulating and deep-cleansing back exfoliation is followed by an intensive back massage using volcanic hot stones and aromatic oils to melt away tension. The personalized ESPA facial then follows, which concludes with a stress-relieving scalp massage. The result is re-hydrated, revitalized skin, a cleansed and powerfully massaged back and a sense of deep relaxation.

ESPA BODY MASSAGE

A deeply therapeutic massage, using blends of essential oils personally selected to each individual's needs.

AROMATHERAPY MASSAGE

50 minutes or 1 hour 20 minutes

Choose from:

- **Detoxifier**
  Detoxifying body oil is a cleansing blend of citrus oil, which has natural diuretic properties.
- **De-stresser**
  Specially blended soothing aromatherapy oils have relaxing and sleep-enhancing properties to de-stress.
- **Muscle Relaxer**
  Essential oils of West Indian bay and clove bring warmth to ease muscle tension and soothe aches.
- **Jet-lag Eliminator**
  Rebalance your energy level with energizing oil or relax into untroubled sleep with soothing oil.
- **Immune Booster**
  A powerful blend of tea tree and eucalyptus to help to support the immune system.

AN INFLUENCE OF SHIATSU BODY MASSAGE

50 minutes or 1 hour 20 minutes

This sophisticated Shiatsu-inspired treatment helps to enhance the body's Qi to restore essential vitality and equilibrium. Therapists use fingers, thumbs, palms, forearms and elbows to connect with the body, correcting imbalances and enhancing natural energy flow. Incorporated within this unique and individually personalized experience, invigorating stretches and rotations help to improve muscle flexibility and reduce stress. Performed over loose comfortable clothing and working all aspects of the body, this Zen Shiatsu-inspired treatment leaves the body feeling deeply relaxed and completely rebalanced.

BALINESE MASSAGE

50 minutes or 1 hour 20 minutes

Warm aromatherapy oils are poured onto the center of the body and massaged into the skin using long, stretching sweeping movements for deep relaxation. A sophisticated, soothing and indulgent massage.

SWEDISH MASSAGE

50 minutes or 1 hour 20 minutes

A truly traditional massage with regulated pressure, excellent for releasing knots and tension in the body. Stimulating, strong movements effectively ease a tired aching back and limbs.

DEEP TISSUE MASSAGE

50 minutes or 1 hour 20 minutes

This massage incorporates advanced massage techniques, including the use of elbows and forearms, to achieve a truly effective treatment. Ideal for massage clients who suffer from deep-seated tension.

TENSION RELIEF MASSAGE

1 hour 20 minutes

An exceptional treatment designed to revitalize and awaken the senses. Essential oils and aromatherapy massage techniques alleviate tension stored in the neck, shoulders and back. Relaxation and balance are further enhanced with an energy-releasing foot massage that incorporates deep pressure point techniques.

ESPA SPECIALITY TREATMENTS

PRE- AND POST-NATAL TREATMENT
1 hours 20 minutes

This nurturing body treatment has been carefully designed for pregnant and nursing mothers to aid in relaxation and improve tonicity of the skin during this very special time. Natural calendula-infused oil and advanced massage techniques are used on safe areas. The body is gently exfoliated and receives a tension-relieving massage, followed by a warm application of deeply nourishing body mask, including the bust and tummy.

MATERNITY MASSAGE
50 minutes

This special massage is designed for mothers-to-be after their first trimester. Gentle, yet effective techniques relieve tension in areas under stress, such as lower back and hips, while essential oils nourish and protect the skin.

ANTI-CELLULITE HIP AND THIGH
50 minutes

A specialized treatment targeting areas that are prone to cellulite, fluid retention and uneven skin texture. An exfoliation with a special blend of seaweed, salt and oil is followed by the toning effects of iced mitts. A brisk and powerful detoxifying massage stimulates the circulation and lymphatic systems. Relevant reflex zones and pressure points on the feet are activated to leave you feeling revitalized. A course of treatments is recommended to maximize the effects.

DEEP CLEANSING BACK MASSAGE
50 minutes

Suitable for muscular tension and problematic skin on the back, neck or shoulders. The back is exfoliated, then calmed with an aromatherapy massage and mask. The lower legs and feet receive a relaxing massage while the mask takes effect.

ESPA FINISHING TOUCHES

HAND AND NAIL TREATMENT WITH HOT STONES

55 minutes

An advanced manicure including gentle exfoliation and therapeutic massage. Individually chosen aromatherapy oils are used together with hot stones to soothe and relax. Hands and nails are then enveloped in warm paraffin wax to soften and restore.

FOOT AND NAIL TREATMENT WITH HOT STONES

1 hour 10 minutes

An advanced pedicure including gentle skin-softening exfoliation and a relaxing acupressure point massage. Hot stones and aromatherapy oils ease aches and pains, and feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin, leaving the feet soft and smooth.

A change of polish is available on request.

WAXING

Waxing is available on request.

PENINSULA HALF-DAY SPA JOURNEYS

All programs commence with a fresh ginger foot buff treatment and Peninsula Tea Ceremony.

A Spa Cuisine lunch featuring Naturally Peninsula light and healthy cuisine is also included in your experience.

DE-STRESS
1 hour 50 minutes

An ESPA de-stress massage with oils of ylang-ylang and frankincense, and a skin-specific Intensive Facial combine to achieve the ultimate in stress relief.

DETOX ANTI-CELLULITE
1 hour 50 minutes

A deeply detoxifying treatment, combining the Anti-cellulite Hip and Thigh treatment and detoxifying full body massage with citrus-rich oils.

ESPA FOR MEN
1 hour 50 minutes

This muscle relaxing massage using essential oils of West Indian bay and clove targets areas of tension, and the express facial cleanses, smooths and refreshes face and neck.

BRIDE-TO-BE
1 hour 50 minutes

Prepare for your special day with a skin-enhancing salt and oil full-body exfoliation and radiance-restoring Instant Brightener facial.

MOTHER-TO-BE
1 hour 50 minutes

An ESPA Pre-Natal Treatment specifically designed for this very special time of life, combined with an ESPA express facial cleanse and head massage.

PENINSULA FULL-DAY SPA JOURNEYS

All Full-Day Spa Journey programs include use of the swimming pool and fitness center and a Spa Cuisine lunch featuring Naturally Peninsula light and healthy cuisine.

Each treatment experience commences with a Peninsula Tea Ceremony and fresh ginger foot buff treatment.

TOKYO TIME-OUT

3 hours 50 minutes

- Keihatsu Enlightenment Massage

  This unique, powerful enlightenment massage restores clarity and balance, and soothes tired muscles.

- Skin Brightener Age Defyer Facial

  This advanced ESPA facial helps to combat the adverse effects of environmental stress, and leaves the skin visibly bright and illuminated.

JET-LAG ELIMINATOR

3 hours 50 minutes

- Jet-lag Eliminator Wrap Combined with Jet-lag Eliminator Massage

  This massage and wrap combination can be tailored to soothe body and mind and induce sleep, or to be uplifting, energizing and mind clearing.

- Skin Brightener Age Defyer Facial

  This advanced ESPA facial helps to combat the adverse effects of environmental stress, and leaves the skin visibly bright and illuminated.

DETOX AND RENEW

3 hours 50 minutes

- Detoxifying Full Body Wrap with Anti-Cellulite Hip and Thigh Treatment

  Specific deep tissue and lymphatic drainage massage techniques concentrating on the hip and thigh area.

- Back, Face and Scalp with Hot Stones

  Holistic and outstanding experience for body and face.

AYURVEDIC EXPERIENCE

3 hours 50 minutes

- Chakra Balancing with Hot Stones

  A full body exfoliation and hot stone massage.

- Skin Brightener Age Defyer Facial with Shirodhara

  A deeply hydrating, soothing and healing facial combined with the pouring of warm oil onto the forehead effects deep relaxation and mind clearing.

BRIDAL PAMPER DAY

3 hours 50 minutes

- Lighten and Brighten Face and Back Treatment

  An outstanding facial and back treatment to smooth and brighten the skin.

- ESPA Hand and Nail and ESPA Foot and Nail Treatments

  This treatment uses individually chosen aromatherapy oils together with hot stones to soothe and relax. Hands and feet are then enveloped in warm paraffin wax to soften and restore.

WEEKDAY SPA ESCAPE

The Peninsula Spa's introductory Day Spa Program is available Monday through Friday, and includes a Spa Cuisine lunch featuring Naturally Peninsula light and healthy cuisine.

WEEKDAY SPA ESCAPE

1 hours 50 minutes

- Salt and oil body exfoliation
- Aromatherapy body massage
- *Naturally Peninsula* light and healthy cuisine lunch

(*Appointments are subject to availability and exclude public holidays.*)

HOW TO SPA

OPENING HOURS
Daily from 10:00 am to 10:00 pm

ARRIVAL TIME
You are encouraged to arrive 60 minutes prior to your appointment in order to change, relax and enjoy the facilities at the spa. Please be advised that late arrivals will result in a reduction of treatment time. We would like to invite hotel guests to arrive at the spa wearing the robe and slippers provided in their hotel room, and would advise that valuables are left in the safe in their room.

SPA TREATMENTS
A full range of specialized treatments are available and include use of the spa facilities, and the thermal suite and relaxation areas.

THERMAL SUITE
Prior to your treatment, we encourage you to enjoy the luxurious spa facilities to prepare mind and body for the treatment experience to follow. These include separate facilities for female and male guests:

- Thermal suite
  - Aromatic steam room
  - Lifestyle experience showers
  - Ice fountain
  - Sauna
- Relaxation area
- Changing room

SCHEDULING AN APPOINTMENT
To schedule an appointment for the perfect treatment, please speak with our specialist Spa Reception team, who will guide you to the right choice. Hotel guests can dial 6863 from their room telephone. From outside the hotel, please call (03) 6270 2299. To ensure that your preferred time and service is available, we recommend advance booking.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect the right of all spa guests to privacy and serenity. In light of this, the spa is a mobile phone-, Blackberry-, pager- and smoke-free zone. The spa will provide towels, slippers, shower caps and all amenities required for use during your visit. The minimum age of 16 is required for access to and treatments at The Peninsula Spa.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women and nursing mothers. Please allow our spa team to guide you in selecting the treatments that are most suitable for you during this special time.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or spa program not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

GIFT CERTIFICATES

Gift certificates are available for purchase at the Spa Reception Desk.

HOMECARE

To continue your spa regime and experience at home, all products used in the treatments are available from the Spa Reception.

PRICES

All prices are quoted in Japanese yen, and inclusive of government consumption tax and service charge. Prices are subject to change without prior notice.

THE PENINSULA

T O K Y O

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