SPA

THE PENINSULA

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Superbly located opposite the Imperial Palace and Hibiya Park in the Marunouchi district, The Peninsula Spa is an oasis of calm away from the hustle and bustle of the city. Your Spa Journey starts as you step into the five-star atmosphere to revitalize mind, body, and spirit and indulge in The Spa's menu of Oriental, Ayurvedic, and European-inspired treatments. The Peninsula Spa epitomizes the legendary Peninsula service and the very best of holistic spa treatments.

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In an environment of calm, fusing Japanese elements and modern design, an exceptional journey awaits with nine treatment rooms, thermal suites, and relaxation rooms for both men and women.

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Enjoy a luxurious range of hot and cooling experiences which cleanse the body and skin,
relax and soothe aching muscles to prepare your mind and body for the treatment experience to follow.

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The Peninsula Spa partners with leading wellness brands to offer a holistic collection of the world's finest spa and beauty experiences.

Subtle Energies
AYURVEDA AROMATHERAPY

MARGY'S
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Subtle Energies
AYURVEDA AROMATHERAPY

The Peninsula Spa is excited to introduce its new line of treatments and retail products from Subtle Energies, the Australia-based results-driven aromatherapy and natural skincare line, which provides wellness solutions founded on authentic Ayurveda principles. Subtle Energies treatments are created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental, and emotional wellbeing. All products are made in Australia, following European standards of natural skincare, to create safe, ethical and effective products. The range has been certified by Cruelty- free International and does not contain parabens, mineral oils, silicones or artificial fragrances.

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MARGY'S
MONTE CARLO

Favored by celebrities around the globe, Margy's renowned beauty treatments and formulas can be experienced exclusively at The Peninsula Spa. Margy's Monte Carlo is an instant, results-driven, anti-aging program featuring highly effective facial treatments that incorporate a range of rare, active ingredients and high-quality, Swiss-made products developed specifically to target the signs of aging. Founder Margie Lombard's vision is to provide the skin with the natural ingredients while focusing on deep, precise manual techniques combined with her exclusive products, which take inspiration from nature to care for the skin.

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Subtle Energies
AYURVEDA AROMATHERAPY

DETOX AND ADRENAL BOOST THERAPY

2 hours

This uniquely powerful therapeutic treatment begins with a full body exfoliation and toning detox wrap and concludes with a signature Advanced Holistic Massage to release tension and work the Marma points (strategic zones in the body that act as energy centers).

Highly potent active ingredients such as tulasi, wild turmeric, and Indian lime work towards stimulating the cells whilst also boosting adrenal fatigue.

THE RECOVERING TRAVELLER

1 hour 50 minutes

Help to bring the body into balance and assist with sleeping patterns and energy levels with this customisable jet lag journey. Includes Marma work, lymphatics and a bronze kasa bowl technique to draw out excess heat. Working on the individual's needs, this treatment can be used to awaken or to help bring about a restful slumber. Assists in releasing any fluid retention and strengthens the immune system after a long flight.

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TAILOR-MADE TIME

2 hours 50 minutes

TAILOR-MADE TIME FOR TWO

1 hour 45 minutes

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

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ZEN-BALANCING-

1 hour 50 minutes

Rooted in Zen philosophy, this treatment combines ancient Japanese healing techniques with carefully selected natural ingredients. The treatment begins with a Japanese incense ceremony followed by a foot bath using purifying mountain salts. Incorporated into the series of highly targeted massages are jade stones, a symbol of purity used to aid meditation and clear the mind.

CHI-HEALING-

1 hour 25 minutes

This deeply relaxing and invigorating treatment incorporates three key ingredients known for their nourishing and regenerative abilities: Mugwort, to reduce stress and restore balance to the body; Camellia, to regain peace of mind; and Mulberry Leaf, to stimulate circulation and improve overall health.

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The Peninsula Wellness Journeys have been especially designed to revitalize your mind, body, and spirit, offering a therapeutic, sophisticated, and holistic spa experience. Each Wellness Journey includes a delicious and healthy Naturally Peninsula Spa Cuisine Lunch and use of The Spa facilities including the swimming pool.

**Appointments are subject to availability and exclude weekends and national holidays*

WEEKDAY SPA ESCAPE*

1 hour 50 minutes

The Peninsula Spa's introductory Day Spa Program is available Monday through Friday. The program includes use of the swimming pool and a Spa cuisine lunch featuring Naturally Peninsula light and healthy cuisine.

program includes:
-Body Massage & Facial Treatment (1 hour 50 minutes)
-Complimentary access to the swimming pool
-Naturally Peninsula Menu

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Subtle Energies
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INDULGENT BEAUTY

1 hour 50 minutes

This indulgent service includes a full body exfoliation with an application of moisturising product, followed by a Subtle Energies Holistic Anti-Ageing Customisable Facial.

program includes:
-Body Exfoliation & Facial Treatment (1 hour 50 minutes)
-Complimentary access to the swimming pool
-Naturally Peninsula Menu

DE-STRESS RETREAT

2 hours 20 minutes

A complete treatment journey as you begin with a full body massage with ancient active oils of empowerment and renewal, as a fusion of therapeutic techniques increase your vital energy. This continues into a result-driven facial that is tailored to boost collagen and bring harmony and nourishment to your skin, using potent actives such as Mogra, Saffron, and Indian Rose.

program includes:
-Body Massage & Facial Treatment (2 hours 20 minutes)
-Complimentary access to the swimming pool
-Naturally Peninsula Menu

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Subtle Energies
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HOLISTIC CUSTOMISED FACIAL

1 hour 25 minutes
55 minutes

This results-driven facial delivers a unique anti-ageing treatment targeting sustained collagen, elastin, and hyaluronic acid production, as well as balancing emotions and stress.

A purifying skin cleanse is followed by a dynamic double mask designed to penetrate and deliver hydration to the deep layers of the dermis. Muscle tension and anxiety are released with a signature aromatic facial marma massage that is customised to yours skins needs and targeted to the following solutions:

Age-Defying

Combining collagen and elastin boosting actives with the restorative powers of 24K gold.

Advanced Anti-Oxidant

For extra dry sensitive skin with unique botanicals to fight free radical damage and protect the skin from the visible signs of ageing.

Purifying

Wild turmeric offers intense purification while exotic kashmir lavender soothes and restores.This deeply detoxing treatment will revitalise tired, congested and stressed skin.

Essential Hydration

Ideal for most skin types, it combines nature's best actives and with an earthy aroma. It is ideal for men or those with a sensitive oily skin combination.

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SUPER-LIFT HAUTE COUTURE FACIAL

1 hour 25 minutes

This facial draws on a range of highly active ingredients featuring pure collagen, hyaluron collagen, vitamin C, collagen, or Botolift collagen. Before applying a face mask, the skin is lightly steamed and algae patches are gently massaged into the face. The Extra Rich Firming Mask is then massaged into the skin to visibly reduce fine lines and promote a smooth and radiant appearance from the first application. Finally, a neck and shoulder massage is performed, leaving the skin balanced and thoroughly revitalised.

STEM CELLS ILLUMINATING FACIAL

1 hour 25 minutes

A concentrated blend of Swiss Apple Stem Cell extracts simulates the vitality of the skin and delivers powerful anti-aging properties. The highly active illuminating Serum, Emulsion, and Stem Cells Collagen face mask regenerates and strengthens the skin cells maintaining its youthfulness, intensively hydrates and leaves the skin truly radiant. Exceptional results in reducing the appearance of fine lines and wrinkles are immediately visible.

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SKIN BRIGHTENING FACIAL

55 minutes

Exclusively tailored skincare treatment designed to brighten and boost your complexion. Deep cleansing and highly concentrated active ingredients hydrate and restore your skin, leaving it refreshed and revitalised.

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REJUVENATE OXYGEN INFUSION FACIAL

1 hour 25 minutes
55 minutes

Specially formulated serums – Atoxelene and Rejuvenate – are delivered via pressurised 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 25 minutes

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

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ADVANCED HOLISTIC MASSAGE

1 hour 25 minutes
55 minutes

Specific therapeutic techniques with medium to firm pressure are combined with long flowing movements and lymphatic drainage. Marma therapy and chakra balance align vital energy centers. Enriching results-based blends deliver powerful active benefits, including:

- Improving the sleep cycle
- Strengthening muscles and joints
- Combating fatigue and releasing tension
- Eliminating toxins

The 80-minute treatment includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress, and reduce anxiety.

TOKYO TAILOR-MADE MASSAGE

1 hour 25 minutes
55 minutes

Highly trained therapists will develop a customised Body Massage tailored to meet your body's current needs.

DEEP RELIEF MASSAGE

1 hour 25 minutes
60 minutes

Muscle discomfort is eased and joints are strengthened with this deep tissue massage which has been created by bringing together ancient and modern therapies, including Ayurveda and Western techniques.

This powerful massage is enhanced by the benefits of Ayurveda Aromatherapy analgesics that will assist in easing tension, fluid retention, and eliminating toxins.

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TENSION RELIEF MASSAGE

55 minutes

This deeply relaxing treatment uses Muscle-Ease to rejuvenate the legs, and a choice of blended oils to help relax the upper back, shoulder and scalp. It is ideal for releasing stress as it reduces anxiety usually caused by a change in lifestyle.

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DETOXIFYING BODY EXFOLIATION

1 hour 10 minutes

This revitalising treatment buffs away dead skin cells, reducing the signs of cellulite, releasing toxins, and alleviating adrenal stress. Using uplifting and stimulating aromatics, combined with your choice of exfoliation solution, hot compresses nurture throughout the treatment, while a full-body hydration moisturises and balances the skin.

Cinnamon & Walnut Shell

Walnut Shell exfoliants combined with potent detox agents of tulasi, cinnamon, limbu and wild tumeric.

Himalayan Energising Body Polsih

Mineral rich salt scrub combined with an oil base and the freshness of Juniper and Lemon Myrtle.

GREEN TEA & TULASI DETOX BODY WRAP

1 hour 15 minutes

Full body renewal with the potent antioxidants of green tea blended with powerful detoxing agents of Tulasi and Wild Turmeric. Experience an active body exfoliation followed by mineral rich wrap and full body hydration with restorative aromatics.

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PRECIOUS MINERAL BODY WRAP

1 hour 30 minutes

A mineral rich body mask infused with active ingredients and extracts to stimulate skin cells and regenerate. Whilst cocooned in this mineral mask experience, Subtle Energies' signature facial marma massage with potent aromatic actives balances the emotions, releases stress, and reduces anxiety.

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MATERNITY MASSAGE

55 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, whilst essential oils nourish and protect the skin.

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Subtle Energies
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A GENTLEMAN'S DAY

1 hour 50 minutes

For the active man to the constant traveller, this customised treatment journey balances and restores one's self, maintaining immunity, muscle strength, and healthy skin.

Your body will be invigorated with a zesty body polish, followed by a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial to complete this well-being journey.

GENTLEMAN'S FACIAL

55 minutes

This deeply hydrating and nourishing facial restores natural vitality to the skin.

Ideal for the active man and most skin types, it combines earthy aromas of nature's best actives with gul heena, neem and carrot seed oil, which is known for its firming properties. A great option for men, leaving skin more revitalised, supple, and resistant to the effects of urban living.

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HOW TO SPA

OPENING HOURS

11:00 am - 8:00 pm (Mon - Thu)
10:00 am - 8:00 pm (Fri, Sun, and National Holidays)
10:00 am - 9:00 pm (Sat)

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 TREATMENT ROOM FOR TWO

The spa treatment room for two people may be booked for a fee of ¥11,000, subject to availability at the time of reservation. Price is inclusive of 10% consumption tax.

THERMAL SUITE

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

- Thermal suite (closed)
  - Steam room
  - Lifestyle experience showers
  - Ice fountain
  - Sauna
- Relaxation area
- Changing room

SCHEDULING AND APPOINTMENTS

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

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HOW TO SPA

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, 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

Prices are subject to change without prior notice.

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THE PENINSULA

TOKYO

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