

A decorative rectangular frame with ornate, scroll-like corners. Inside the frame, the words "SPA MENU" are written in a classic, serif, all-caps font, centered horizontally and vertically.

SPA MENU

About Okura Spa

Throughout its history, Japan, as an island nation, has incorporated cultures from across the sea while appreciating the changes of the seasons wrought by its lush natural environment. This spirit is reflected in clothing, food, shelter, and other aspects of daily life in Japan, as well as annual events such as seasonal festivals marked in the Japanese lunar calendar. For Okura, which takes pride in offering distinctly Japanese hospitality, we believe the time spent at Okura Spa ought to be a moment to experience the Japanese sensibility of living as part of nature and generate new vitality. Okura Spa offers international visitors and urban dwellers a time to heal while experiencing Japan and nature.

The Okura Spa

Packages Recommended Wellness Rituals

The Wellness Journey at the Okura Spa :
A Collection of Unique Spa Experiences

Waraku

180 min. ¥85,000

Okura Spa Signature Wellness: Japan's culture and health care, guided by a deep sense of beauty consciousness, come together in perfect harmony at Okura Spa, defining its signature wellness experience.

Rooted in the Japanese tradition of the philosophy of health and well-being, which emphasizes the harmony of mind, body, and spirit, Okura Spa offers a comprehensive wellness ritual designed to align and balance your entire being. The experience begins with a moment of "listening" to the scent of Kyara (a rare, precious incense) gently guides the consciousness inward, leading to a purification ritual using rice bran and sake lees. This is followed by a cleansing ritual using rice bran and sake lees, known for their purifying properties. Next, a body treatment with seasonal Japanese essential oils deepens the circulation, bringing quiet tranquility and enhancing the inner harmony that flows from within. The ritual culminates with a special short facial that blends Eastern and Western beauty practices—an exclusive treatment available only at Okura Spa in Japan. Indulge in this unique, holistic wellness experience that connects you to the essence of Japan's cultural and aesthetic heritage, offering a deep sense of calm and rejuvenation.

Koukun

165 min. ¥72,000

Botanical Ritual: Embracing the Power of Plants to Align Breath and Inner Rhythm

This total Botanical Wellness Ritual centers around a soothing treatment using steamed Japanese herbal balls, enveloping you in the nurturing power of plants. The ritual gently works with your breath and body, easing tension and restoring balance. The aromatic steam infused with the essence of plants helps to ease your breath, while the gentle warmth of the herbal balls releases tight muscles and calms the nerves, gradually dissolving stress and tension. Following this, a seasonally selected Japanese essential oil treatment is applied to harmonize your circulation, leading you to a state of deep tranquility and stability. The finishing touch is combined with ANNAYAKE Short Facial, which uses plant-derived essences, to gently reflect the feeling of conditioning the whole body to the impression of the skin. It is a botanical wellness experience that allows you to surrender to the beauty of plants and bring your mind and body back into harmony. Immerse yourself in the strength of nature, as this botanical wellness experience restores harmony and rejuvenates your mind and body.

Kaitou

180 min. ¥79,000

[Exclusive Spa Suite Experience with Seawater Jacuzzi(Freeze-dried seawater)/For One Guest Only]

Thalasso Ritual: Embracing the Gifts of the Sea for Purification and Rejuvenation

This exclusive Total Thalasso Wellness Ritual incorporates the purification and regeneration powers of seawater, sea mud, and sea-derived minerals offering a profound release of accumulated tension and blockages from the body and mind. The journey begins with a seawater jacuzzi bath, which gently warms your body from within and stimulates circulation. Following this, a mineral-rich scrub, sea mud mask, and oil treatment deeply penetrate the skin and tissues, gradually dissolving unnecessary forces as if the tide is receding, quietly easing away tension. The experience concludes with a short facial with a mud mask made of marine minerals which refreshes the skin with a new sense of clarity and moisture, leaving you enveloped in a feeling of lightness and tranquility. Relinquish yourself to the rejuvenating power of the ocean, even while in the heart of the city. Indulge in this exclusive Okura Spa experience, available only in our Spa Suite.

Yawaragi Traditional Japanese Ritual

The signature ritual at Okura Spa.

In Japan there exists a culture of "listening to fragrances" passed down for 1,200 years. These fragrances bring the mind serenity and deep healing. This signature ritual unique to Okura Spa, incorporates traditional Japanese hands techniques as well as agarwood, the most highly prized of all fragrant woods, letting you experience its profound fragrance. Experience the extraordinary with a soothing treatment that evokes Japan.

Body Treatment

Reservation required

Wayu Foot bath and showers included

90 min. ¥46,000

A treatment that lets you experience traditional Japanese culture and the bounty of nature.

First, the serene scent of agarwood gently frees the mind from the hustle and bustle of everyday life. Gently unwind with warm natural stones followed by a body wrap made with sake lees, an ingredient in Japanese cuisine registered as Intangible Cultural Heritage by UNESCO. Moisturize and condition the skin with this form of skin care passed down over generations in Japan. The heartfelt massage techniques of the therapist create a moment of peace and tranquility.

Waso Foot bath and showers included

90 min. ¥46,000

A traditional treatment that incorporates natural ingredients that epitomize Japan.

First, the serene scent of agarwood gently frees the mind from the hustle and bustle of everyday life. Gently unwind on hot natural stones, then exfoliate with a gentle gommage treatment using rice bran, a natural Japanese ingredient, that leaves skin clean and silky, while rice oil provides a pleasant finish. The treatment ends with a head massage that creates a lingering sense of comfort and tranquility.





Nukumori Hot Treatment

For those seeking a boost in energy and vitality.

With its wealth of flora, Japan is a treasure trove of medicinal herbs. Since the Heian period, people have made medicine balls and used different medicinal herbs in their daily lives. These two hot relaxation treatments incorporate Okura Spa's original blend of Japanese herb balls as well as natural stones so you can fully enjoy the bounty of Japanese botanicals. Experience a moment of tranquility as a pleasant warmth envelops you.

Body Treatment

Reservation required

Wacon Foot bath included

90 min. ¥48,500

A hot treatment using Japanese herbal compresses and botanical oils.

Inspired by traditional Japanese herbal culture, this treatment uses warm herbal balls blended exclusively for Okura Spa from carefully selected Japanese botanicals. The heated herbal compresses are gently applied to the body, allowing comforting warmth to circulate deeply. The natural aromas encourage deep, unhurried breathing and gradually ease both body and mind. This is followed by a full-body treatment with botanical oils, enveloping you in soothing warmth and leaving a lingering sense of profound calm and relaxation.

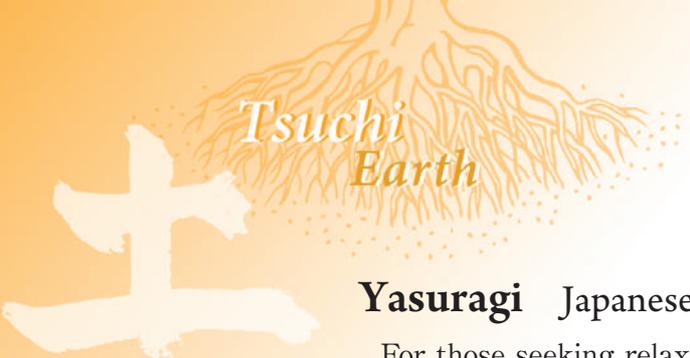
Wadan Foot bath included

90 min. ¥48,500

This is a hot treatment with natural stones and aromatic oils.

Using warmed natural stone, a stable feeling of warmth is slowly transmitted along with the touch of smooth stone. It is a hot treatment. The pleasant warmth unique to stone is gently maintained, combining the scent with the touch of the stone and the hand. The oil treatment leads to quiet relaxation and deep relaxation. You can experience the afterglow of peace that will envelop you in warmth.





Tsuchi
Earth

Yasuragi Japanese Essential Oil Treatment

For those seeking relaxation of the body and mind.

This aroma oil treatment uses Japanese essential oils in harmony with the cycles of nature, such as the phases of the moon and the changes of the seasons, as well as the concept of yin and yang and the five elements. Heian aristocrats enjoyed arranging aromas, which they showed off in their original incense pastilles. This is handed down to this day in the six traditional incense fragrances in Japan. Drawing from the ancient fragrance names, enjoy a tranquil moment crafted with care by our therapists using a blend of delicate Japanese essential oils extracted from plants grown in the nature of Japan along with powerful Western essential oils from overseas.

Body Treatment

Kaori Foot bath included

60 min. ¥31,000 / 75 min. ¥38,000

90 min. ¥41,000 / 120 min. ¥53,000

**Fragrances that evoke the nature of Japan
and the hospitality of the therapist guide you to serenity.**

Three essential oils will be selected for the day, chosen based on the season, yin and yang and the five elements, and the phases of the moon. Choose a fragrance based on your mood and intuition that day. Your therapist will suggest the most suitable carrier oil for you. With treatments tailored to your wishes, we offer a time of serenity just for you.

Hibiki Foot bath included

60 min. ¥36,000 / 90 min. ¥47,000

A touch that certainly resonates on a deep level leads to a quiet release.

With a touch that "resonates" deep and a delicate deep approach, while assessing the state of the body. A deep relaxation treatment that gently loosens stiffness. First of all, according to the conditions of the day. We offer proposals from "warming and loosening scents", "circling scents", and "scents that regulate the mind". The strokes that follow the breath will soften the tension inside.

※Our spa treatments are designed for relaxation and are not therapeutic deep tissue massages. If you wish to receive strong treatment pressure, we will guide you to the acupressure massage area in the facility.





Kagayaki Facial Treatment

For those seeking a more beautiful complexion.

Orlane is a pioneering brand with a history of leading the world in research on aging care. We offer special programs that combine a unique beauty philosophy with expertise in beauty treatments to help women who wish to remain beautiful as they age. Annayake is a skincare brand created through joint development by Japan and France. We propose a fusion of Eastern and Western beauty, utilizing traditional Japanese materials such as bamboo, yuzu, and camellia.

◆ Aging care: Skincare based on age

Facial Treatment

ORLANE

Orlane Royale Treatment

90 min. ¥60,000

For those seeking healthy, vibrant skin as they age.

A luxury treatment course using the Royale line. The sophisticated radiance of royal jelly and pure 24-carat gold will make this a special moment. Experience this moment of bliss for yourself.

Orlane B21 Treatment

75 min. ¥46,000

For those who seek ageless beauty.

A course that uses B21, a product loved around the world. For those who wish to bring out the beauty of their complexion. Experience time spent in luxury.

ANNAYAKE

Annayake Facial Treatment

60 min. ¥33,000 / 90 min. ¥43,700

For those looking to gently condition their skin.

Annayake is the sister brand of Orlane. We offer unique treatments tailored to each individual's condition. A treatment available only at Okura Spa in Japan.

Body Treatment

Annayake Body Treatment with Foot Bath

60 min. ¥31,000

For those who want the luster and shine of the body skin with cosmetic oils.

You can choose from two scents depending on your mood on the day.

- Refreshing "Bamboo (scent only for Okura Spa)" recommended for summer
- Elegant "white flower" recommended for winter





Sui
Water

Totonoe Thalassotherapy Treatment

For those who wish to experience a treatment
that harnesses the power of the sea.

The power lurking in the sea, the origin of life on Earth. This Thalasso Relaxation Treatment harnesses the essence of the sea with professional products developed in Brittany, France, the birthplace of thalassotherapy, which utilizes both modern technology and the natural.

Body Treatment

Michishio Foot bath included **60 min. ¥33,000 / 90 min. ¥48,500**

For those seeking treatment that focuses on the body line.

A modelage treatment that combines hand massage and specialized tools. Thalasso Relaxation Oil Treatment uses tools selected for each guest to harness the power of the sea.

Hikishio Foot bath and shower included **90 min. ¥48,500**

A body treatment that uses natural scrubs and marine minerals.

This refreshing treatment lets you experience the pleasant exfoliation of a sugar and marine salt scrub. The marine mineral oil inspired by the sea helps create a special time just for you, leaving you reinvigorated.

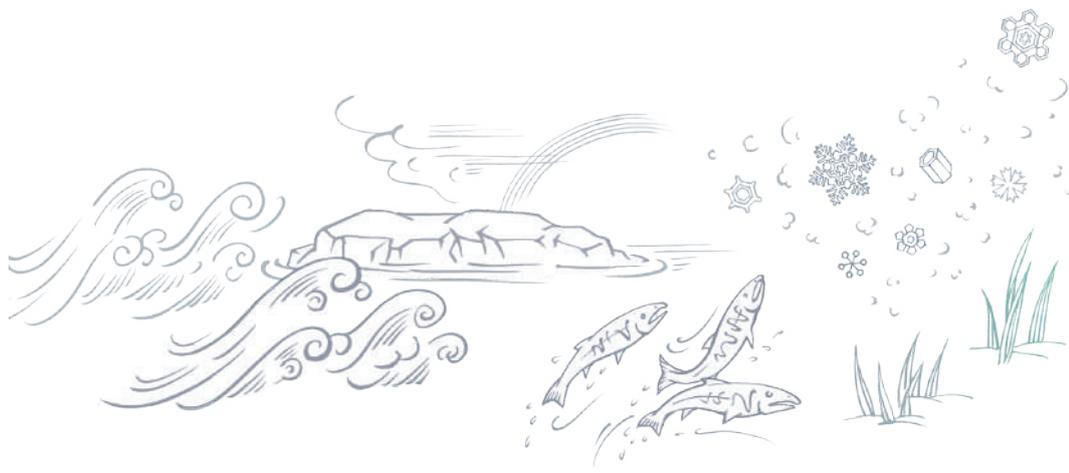
A course that combines Michishio and Hikishio. 120 min. ¥56,000

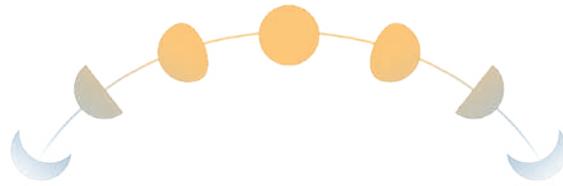
Reservations required

Enveloppement Body Wrap Foot bath and shower included **60 min. ¥33,000**

A clarifying body pack made with seaweed.

Seaweed-derived minerals prevent dryness and hydrate the skin. Feel as refreshed as if you were in the sea as you experience a moment of pleasure you'll only experience at a spa.





~Options~

- ✦ Cannot be used individually
- ✦ Optional items are not eligible for discounts.

- Short Facial – ANNAYAKE 30 min. ¥18,500
- Short Facial – ORLANE B21 30 min. ¥23,000
- Short Facial – ORLANE Royale 30 min. ¥28,000
- Short Body Treatment 30 min. ¥16,500
- Reflexology (Foot or Hand) 30 min. ¥12,500
- Head Touch 15 min. ¥7,500
- Eye Care Treatment 15 min. ¥8,500
- Body Scrub 15 min. per part ¥8,500
- Boue Marine de Guerande (Guerande Sea Mud Pack) 30 min. per part ¥9,500

~Facial & Body Combinations~

- ✦ Cannot be combined with other discounts.

- Recharge 120 min. ¥57,000 / 150 min. ¥66,000
(Body / "Kaori" Aroma Treatment 60min or 90min & Facial / ANNAYAKE 60min)
- Lumiere 120 min. ¥61,000 / 150 min. ¥70,000
(Body / "Kaori" Aroma Treatment 60min or 90min & Facial / ORLANE B21 60min)
- Radiance 120 min. ¥65,000 / 150 min. ¥74,000
(Body / "Kaori" Aroma Treatment 60min or 90min & Facial / ORLANE Royale 60min)

