



The Okura Spa

In harmony with the rhythm of nature,
a quiet wellness sanctuary in the heart of the city.

Spa Philosophy

At Okura, where the Japanese appreciation of nature and the spirit of hospitality are deeply valued, time spent at the spa is a moment to gently release the mind from the pace of everyday life and reconnect with one's inner senses. Guided by the philosophy of Shungetsu Harmony, inspired by the changing seasons and the rhythm of the moon, our treatments embrace the gifts of nature to gently restore balance to both body and mind.

Experience Guide

Wellness Journeys

Yawaragi

Nukumori

Yasuragi

Kagayaki

Totonoe

Spa Treatment Categories

Signature Wellness Rituals

Signature Ritual/Japanese Ritual

Body/Heat Therapy Ritual

Body/Japanese Essential Oil Massage

Facial/Beauty Treatments

Body/Thalasso Treatments

🌸 Reservations for Shiatsu and Dry Massage are available at the Fitness Reception on the 27th floor.

🌸 All prices are inclusive of tax and service charge.

🌸 Treatments are available by appointment.

To fully enjoy your spa experience, we recommend arriving a little early for your appointment.



WELLNESS / RITUAL

Wellness Journeys Signature Rituals of Okura Spa

Waraku 和楽 Japanese Wellness Ritual

Foot Ritual Included 180 min ¥85,000

Foot Ritual / Incense Listening Ritual / Rice Bran Body Scrub /
Sake Lees Body Pack / Japanese Essential Oil Full-Body Massage / ANNAYAKE Express Facial

An iconic Japanese wellness ritual inspired by traditional Japanese health and longevity practices. The experience begins with a quiet moment of listening to precious agarwood incense (Kyara), allowing the mind to gently settle before the ritual unfolds. Wrapped in the gentle warmth of Himekawa Yakuseki stones and body care using rice bran and sake lees, a full-body treatment with Japanese essential oils selected according to Shungetsu Harmony slowly releases tension throughout the body and leads you into deep relaxation. The experience concludes with an ANNAYAKE express facial, harmonizing Western skincare expertise with Japanese sensibility.

Koukun 香薫 Botanical Wellness Ritual

Foot Bath Included 165 min ¥72,000

Foot Bath / Herbal Compress Therapy /
Botanical Oil Full-Body Massage infused with Japanese Essential Oils / ANNAYAKE Express Facial

A botanical wellness ritual enveloped in the warmth and vitality of plants. After a warming foot bath, an original Okura Spa blend of herbal compress gently eases muscular tension through soothing warmth and botanical aroma. The comforting heat and rising fragrance encourage deeper breathing and relaxation. A botanical oil full-body massage infused with Japanese essential oils, followed by a facial treatment, delivers the nourishing benefits of botanicals throughout the body, guiding you toward a calm and balanced state.

Kaitou 海透 Thalasso Wellness Ritual

Spa Suite Exclusive 180 min ¥80,000

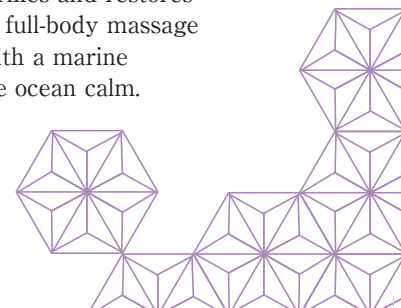
Seawater Jacuzzi Bath (prepared with freeze-dried seawater) /
Marine Mineral Body Scrub & Marine Mud Pack (Back) / Marine Mineral Oil Full-Body Massage / Marine Mineral Express Facial

A thalasso wellness ritual inspired by the restorative power of the sea. The journey begins with a sea water jacuzzi bath prepared with freeze-dried seawater, recreating the sensation of ocean immersion. A marine mineral body scrub followed by a marine mud pack applied to the back gently purifies and restores the skin with ocean-derived minerals. The experience continues with a marine mineral oil full-body massage that releases deep tension and leaves the body feeling light and refreshed. It concludes with a marine mineral express facial that refines the skin and completes the ritual with a sense of serene ocean calm.

After your treatment, a wellness drink and a small sweet will be served.

🍷 Advance reservation by the day before is kindly requested.

🍷 This treatment cannot be combined with other discounts.



木 Moku Wood



BODY / JAPANESE / RITUAL

Yawaragi やわらぎ Signature Japanese Ritual

Inspired by traditional Japanese wellness philosophy and a deep reverence for nature, Yawaragi is the signature ritual of Okura Spa.

In Japan, there is a cultural tradition called *Kōdō*, the art of “listening” to incense practiced for more than a thousand years. The ritual begins with the precious scent of Kyara agarwood, inviting the mind into calm. Rice has long supported the health and daily life of the Japanese people and remains a symbol of Japanese culture. This ritual incorporates the blessings of rice and traditional techniques. Through fragrance, warmth, and natural Japanese ingredients, body and mind are guided into gentle harmony.

WAYU 和癒 Foot Bath / Shower Included 105 min ¥55,000

Kyara Incense Ritual / Sake Lees Body Pack / Himekawa Stone Thermal Therapy / Rice Germ Oil Body Treatment / Head Touch

In Japan, there is a cultural tradition called *Kōdō*, the art of “listening” to incense practiced for more than a thousand years. The comforting warmth of Himekawa mineral stones nurtured by the natural landscape of Itoigawa softly embraces the body and eases tension. A body pack made from sake lees, long valued in Japan’s fermentation culture, deeply nourishes and moisturizes the skin. The ritual concludes with a rice germ oil body treatment. A finishing head touch leaves a calm, lingering sense of relaxation.

WASOU 和爽 Foot Bath / Shower Included 105 min ¥55,000

Kyara Incense Ritual / Rice Bran Body Scrub / Himekawa Stone Thermal Therapy / Rice Germ Oil Body Treatment / Head Touch

The delicate scent of Kyara incense quiets the mind. The soothing warmth of Himekawa mineral stones gently warms the body and eases tension. Rice bran has long been cherished in Japan as a natural skincare ingredient, leaving the skin smooth and refined. The ritual concludes with a rice germ oil body treatment. A finishing head touch leaves a light, refreshing sense of relaxation.

YU 悠 Foot Bath Included 105 min ¥55,000

Kyara Incense Ritual / Rice Bran Back Scrub / Himekawa Stone Thermal Therapy / Japanese Essential Oil Full-Body Massage

The ritual begins with a quiet moment of incense listening to Kyara, the most precious grade of agarwood, inviting a gentle sense of relaxation. After a purifying rice bran back scrub, the comforting warmth of Himekawa mineral stones envelops the body. A full-body treatment with Japanese essential oils and rice germ oil, selected according to the philosophy of Shungetsu Harmony, follows. Slow, flowing movements ease physical tension and guide the body and mind into gentle harmony.

- Advance reservation is kindly requested.
- Himekawa Yakuseki: Natural mineral stone from Itoigawa, Japan.
- Kyara: the highest grade of agarwood used in Japanese incense culture.





BODY / HOT RITUAL

Nukumori ぬくもり Warming Body Ritual

For those seeking deep warmth and the gentle restoration of the body's natural flow.

Japan has long been blessed with a rich tradition of herbal culture. Seasonal plants and medicinal herbs have long been cherished as natural gifts that help restore balance to body and mind. At Okura Spa, we present two warming relaxation rituals featuring natural stones and our original blend of Japanese herbal compresses. Immerse yourself in comforting warmth and enjoy a tranquil moment as the body's natural flow is gently restored. As warmth slowly spreads throughout the body, both mind and body are guided into deep tranquility.

🌟 Advance reservation is kindly requested.

Waon 和温 Herbal Compress Ritual

Foot Bath Included 90 min ¥46,000

Japanese Herbal Compress / Botanical Oil Treatment

A warming herbal compress ritual enveloped in comforting warmth and aroma.

Selected herbs are blended into Okura Spa's original herbal compresses, gently heated and pressed onto the body to circulate comforting warmth. The natural aroma encourages deep breathing and relaxation before a full-body botanical oil treatment leaves the body enveloped in soothing warmth.

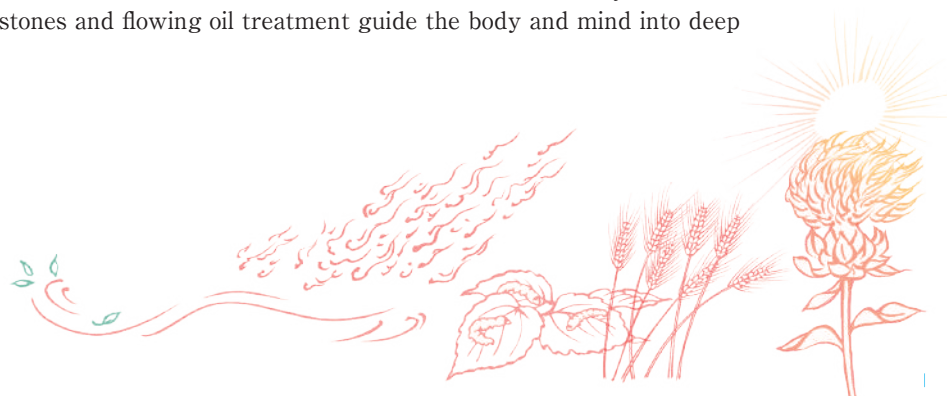
Wadan 和暖 Stone Warmth Ritual

Foot Bath Included 90 min ¥46,000

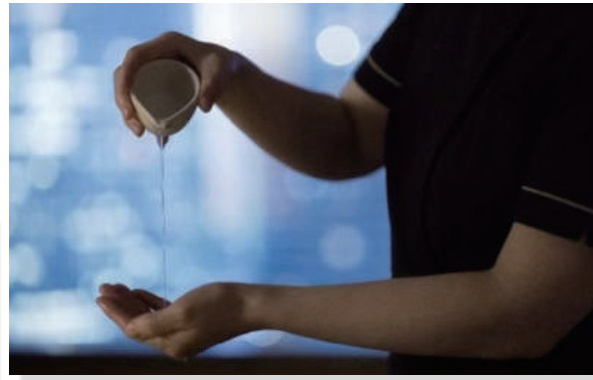
Hot Stone Ritual / Botanical Oil Treatment

A soothing hot stone ritual using warmed natural stones.

The gentle heat melts away muscular tension while smooth botanical oil strokes restore the body's natural balance. The comforting warmth of the stones and flowing oil treatment guide the body and mind into deep relaxation.



Tsuchi
Earth



BODY / AROMA / RELAX

Yasuragi やすらぎ Japanese Essential Oil Massage

For guests seeking deep relaxation of body and mind through aroma and touch. This Japanese essential oil body massage gently guides you into a state of quiet serenity.

Based on the philosophy of Shungetsu Harmony, the treatment incorporates fragrances selected in accordance with the rhythm of the seasons, the phases of the moon, and the balance of the Five Elements. In Japan, there has long been a tradition of appreciating fragrance. During the Heian period, aristocrats practiced Takimono-awase, a traditional Japanese incense appreciation ritual in which different fragrances were compared and enjoyed. These fragrances were later passed down as the Six Classical Incense Blends (Mukusa no Takimono), which remain symbolic of Japanese fragrance culture. At Yasuragi, these traditional fragrance names inspire the use of delicate Japanese essential oils together with carefully selected botanical oils from around the world, creating a tranquil moment of relaxation.

Kaori 薫り

Foot Bath Included 60 min ¥35,000 / 75 min ¥40,000 / 90 min ¥43,000 / 120 min ¥56,000

Fragrance that reflects the gentle transitions of the seasons invites you into a peaceful moment of relaxation. Based on the concept of Shungetsu Harmony, fragrances are selected in accordance with the seasonal rhythm and the phases of the moon. You may choose your preferred fragrance from three blends prepared for the day. Surrounded by a gentle aroma, enjoy the moment as tension gradually softens and the body settles into calm. Carrier oils are selected according to your individual condition, and your therapist will suggest the most suitable blend for your treatment. Treatment areas may be adjusted according to your preference, allowing you to experience a tranquil moment of relaxation.

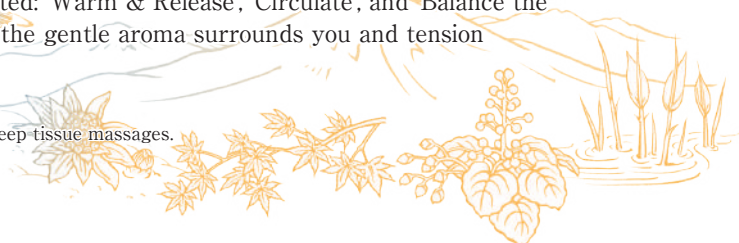
Hibiki 響き

Foot Bath Included 60 min ¥37,000 / 90 min ¥48,000

This massage uses steady yet soothing pressure that resonates into the deeper layers of the body, guiding you toward a quiet sense of release.

Your therapist carefully assesses your condition and uses slow, deliberate strokes to ease areas of tension. The comforting sensation of steady pressure leads the body into a calm state of relaxation. At the beginning of the treatment, three Japanese essential oils are presented: 'Warm & Release', 'Circulate', and 'Balance the Mind'. After selecting your preferred fragrance, relax as the gentle aroma surrounds you and tension gradually melts away.

Our treatments are designed for relaxation and are not therapeutic deep tissue massages.



金

Kin
Metal



FACIAL / BEAUTY

Kagayaki かがやき Refined Facial Treatments

Experience refined facial treatments featuring prestigious luxury skincare brands from around the world.

Each treatment is designed to reveal the skin's natural beauty and restore a healthy, radiant complexion. ORLANE is a historic French skincare pioneer known for its advanced approach to age-defying skincare. Combining scientific innovation with professional spa expertise, these treatments deliver sophisticated and deeply rejuvenating facial care. ANNAYAKE is a skincare brand developed through a collaboration between Japan and France. Inspired by traditional Japanese ingredients such as bamboo, camellia, and yuzu, these treatments offer a unique fusion of Eastern philosophy and Western skincare science.

🌟 Aging care: Skincare appropriate for your age

ORLANE

Orlane Royale Treatment 90 min ¥60,000

For those seeking refined radiance and timeless elegance.

A luxurious facial using ORLANE's most prestigious skincare line, Royale. Enriched with royal jelly and K24 pure gold, this exceptional treatment enhances the skin's luminous and refined appearance while offering a truly indulgent experience.

Orlane B21 Treatment 60 min ¥40,000

Recommended for guests beginning to notice visible signs of aging.

This facial treatment features the globally celebrated B21 skincare line. Powered by pale iris-derived ingredients and a complex of 21 amino acids, the treatment helps restore firmness, elasticity, and hydration, revealing a smoother and more youthful-looking complexion.

ANNAYAKE

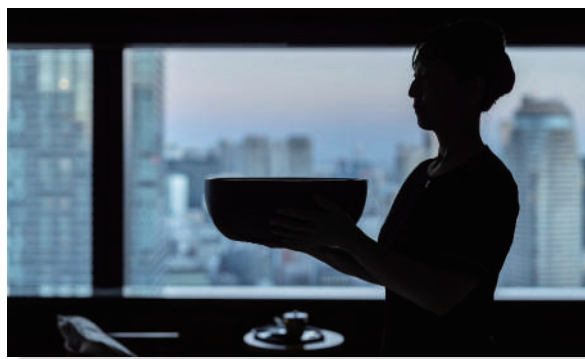
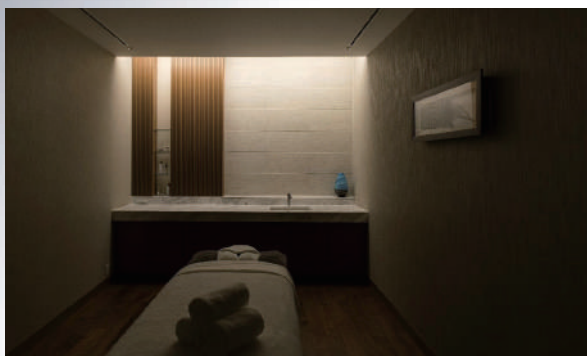
Anayake Facial Treatment 60 min ¥36,000 / 90 min ¥44,000

Ideal when the skin requires gentle rebalancing and care.

ANNAYAKE is a sister brand of ORLANE, created with a philosophy inspired by Japanese beauty traditions. Your therapist carefully assesses the current condition of your skin and selects the most appropriate care, including exfoliation, mask, and finishing products, to restore balance and enhance the skin's natural radiance. This treatment can be experienced exclusively at Okura Spa in Japan.



水 *Sui Water*



BODY / THALASSO

Totonoe ととのえ Ocean-Inspired Thalasso Treatments

Thalasso wellness inspired by the natural circulation of the sea. Rising, receding, and settling into harmony. By aligning with the gentle rhythm of the ocean, the body is rebalanced and guided into a state of deep refreshment.

Michishio 満汐 Foot Bath Included 60 min ¥35,000 / 90 min ¥46,000
Foot Bath / Marine Mineral Oil Massage (with tools)

A thalasso oil massage that replenishes the body with the mineral richness of the sea. Body oil infused with marine essences gently envelops the body, leaving it feeling light, supple, and refreshed.

Hikishio 引汐 Foot Bath / Shower Included 90 min ¥49,000 🍷
Foot Bath / Natural Sugar & Marine Salt Scrub / Marine Mineral Oil Treatment

A revitalizing scrub treatment using sugar and marine salt. The pleasantly stimulating exfoliation softly refines the skin, while mineral-rich oil nourishes and smooths. It is a refreshing ritual that gently releases what is no longer needed, leaving both body and skin feeling clear and renewed.

Shioi 潮衣 Foot Bath / Shower Included 60 min ¥33,000 🍷
Foot Bath / Seaweed Body Wrap / Nourishing Oil Finish

A seaweed body wrap rich in marine-derived minerals. Wrapped in the gentle warmth of the sea's blessings, the skin is deeply hydrated and left soft and nourished.

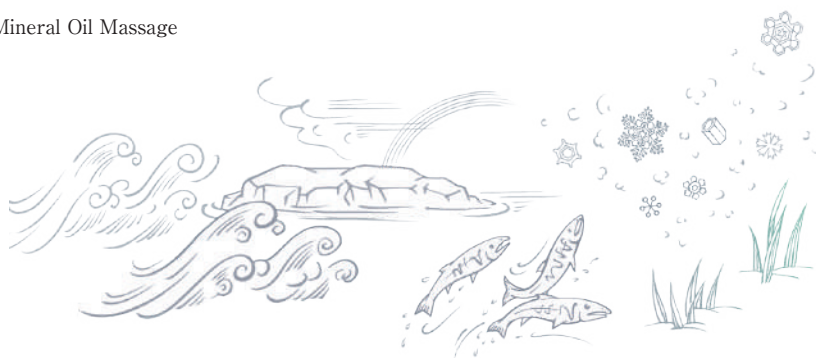
Sazanami 漣 Foot Bath / Shower Included

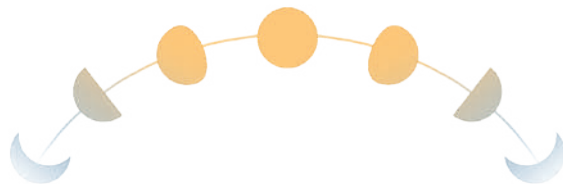
A thalasso body ritual combining exfoliation and body massage enriched with the gifts of the sea. Evoking the natural harmony of ocean circulation, this treatment rebalances the body and leads to deep relaxation.

Sazanami 120 120 min ¥59,000 🍷
Foot Bath / Natural Sugar & Marine Salt Scrub / Marine Mineral Oil Massage

Sazanami 150 150 min ¥69,000 🍷
Foot Bath / Natural Sugar & Marine Salt Scrub / Seaweed Body Wrap / Marine Mineral Oil Massage

🍷 Advance reservation is kindly requested.





~Enhancements~

- 🌸 Enhancements are available only when combined with a treatment.
- 🌸 Enhancements are not eligible for discounts or other promotional offers.

Body Enhancements

• Express Body	30 min	¥18,000
• Back & Shoulder	30 min	¥16,000
• Neck & Shoulder	15 min	¥10,000

Facial Enhancements

• Express Facial / ORLANE Royal	30 min	¥28,000
• Express Facial / ORLANE B21	30 min	¥23,000
• Express Facial / ANNAYAKE	30 min	¥20,000
• Eye Care	15 min	¥10,000

Targeted Enhancements

• Head Touch	15 min	¥8,000
• Body Scrub	15 min / per area	¥9,000
• Reflexology (Foot / Hand)	30 min	¥12,000
• Marine Mud Back Mask	30 min / per area	¥10,000

~Body & Facial Combinations~

- 🌸 Not valid in conjunction with other discounts or promotional offers.

• Radiance	120 min	¥68,000 / 150 min	¥75,000
(Body : Kaori 60 min + Facial : ORLANE Royale 60 min / 150 min : Body 90 min)			
• Lumière	120 min	¥65,000 / 150 min	¥72,000
(Body : Kaori 60 min + Facial : ORLANE B21 60 min / 150 min : Body 90 min)			
• Recharge	120 min	¥62,000 / 150 min	¥69,000
(Body : Kaori 60 min + Facial : ANNAYAKE 60 min / 150 min : Body 90 min)			

