



**THE RITZ-CARLTON**

TOKYO



# EXPERIENCE

## SAKURA

120 MINUTES | ¥72,732

**Counter the effects of busy city life with this profoundly renewing ritual**

Inspired by the cycle of the Sakura and personalized to your needs, slow, circular massage with Rose Quartz Crystals and warm, aromatic essential oils first gently eases tight muscles. Larger, free-flowing movements then release physical and emotional tension, before delicate facial massage relaxes pressure and a scalp massage evokes deep relaxation. Skin looks revived, body and mind feel rejuvenated and inner calm is restored.

**INCLUDES** Foot ritual, full body massage with Rose Quartz Crystals, facial massage with Rose Quartz Crystals, scalp massage

PERFORMED WITH ESPA PRODUCTS

## ZERENITY

105 MINUTES | ¥70,180

**Ideal after an eventful day exploring the city, relax and re-energize your hardworking body with this holistic, restorative and deeply cleansing treatment**

Targeting the back, neck, shoulders and lower legs, tailored massage with warm Bakuhan stones powerfully combines with refining plant actives, stimulating essential oils and purifying marine algae. Deep seated tension is eased, aching muscles soothed and toxins eliminated. Skin feels smooth, body detoxified and mind relaxed.

**INCLUDES** Foot ritual, Back exfoliation, hot stone back massage, detoxifying algae application to the back, lower leg and foot massage, realignment, refreshing hojicha tea ritual

PERFORMED WITH ESPA PRODUCTS

# BODY

## SYNACTIF PURIFYING BODY TREATMENT

90 MINUTES | ¥51,040

Enjoy the fragrance of Synactif Rose during this thorough treatment for legs, back, and décolleté that promotes lymphatic flow. This Body Treatment Program purifies, brightens and even balances posture.

**AREAS TREATED** Full body, with the exception of bust and abdomen

**Products used** Clé de Peau Beauté Synactif

## NOURISHED GLOW

60 MINUTES | ¥38,280

Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing oil application and personalized back massage.

**INCLUDES** Back exfoliation and massage, scalp massage

## ULTIMATE BODY BALANCER

90 MINUTES | ¥57,420

Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

**INCLUDES** Back exfoliation and massage, custom facial, scalp massage

## ULTIMATE BODY EXPERIENCE

120 MINUTES | ¥71,456

An effective combination of body wrap & massage for ultimate results.

**INCLUDES** Body exfoliation, Algae or Mud wrap, scalp massage, full body massage

## SYNACTIF NECK & SCALP DRAINANT

10 MINUTES | ¥6,380

Refines and firms the neck and décolleté using a massager and the Neck & Décolleté Cream, which beautifully enhances facial contours. Our approach to the musculus temporalis and musculus frontalis helps sculpt and define the appearance of facial features. Afterward, you will feel—and look—relaxed, refreshed and invigorated.

**AREAS TREATED** Neck, décolleté, scalp

**Products used** Clé de Peau Beauté Synactif

\*This menu option is available exclusively to customers who receive Synactif Treatment.

# MASSAGE

## RELAXATION MASSAGE

90 MINUTES | ¥51,040  
60 MINUTES | ¥35,728

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

## DEEP MUSCLE MASSAGE

90 MINUTES | ¥51,040  
60 MINUTES | ¥35,728

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

## STRESS RELIEF MASSAGE

90 MINUTES | ¥51,040  
60 MINUTES | ¥35,728

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

## HOT STONE MASSAGE

90 MINUTES | ¥53,592  
60 MINUTES | ¥38,280

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

## NATURALLY NURTURED MASSAGE

90 MINUTES | ¥51,040  
60 MINUTES | ¥35,728

Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

# FACIAL

## CUSTOM FACIAL

90 MINUTES | ¥51,040  
60 MINUTES | ¥35,728

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

**INCLUDES** Skin analysis, facial exfoliation, deep brush cleanse, massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

## AGE-DEFYING FACIAL

90 MINUTES | ¥51,040  
60 MINUTES | ¥35,728

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.

**INCLUDES** Skin analysis, facial exfoliation, deep brush cleanse, specialized toning facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

## ULTIMATE RADIANCE & RENEWAL FACIAL

90 MINUTES | ¥51,040

Restore skin's vitality and reveal a bright, smooth and radiantly youthful looking complexion. The must-have treatment for immediate results prior to a special event.

**INCLUDES** Skin analysis, facial exfoliation, deep brush cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

## PERFECT SYNERGY

60 MINUTES | ¥43,065

As a luxurious wellness experience infused with touches from Tokyo-inspired wellness rituals, Perfect Synergy combines a signature foot care treatment by Pedi:Mani:Cure Studio by Bastien Gonzalez with a personalized facial by ESPA. The enhanced pampering is designed for on-the-go travelers with a 60-minute single rejuvenation session of both the feet and skin.

PERFORMED WITH ESPA PRODUCTS

# FACIAL

## SYNACTIF RADIANT FACIAL

75 MINUTES | ¥57,420

After our exclusive lymphatic drainage oil treatment, Clé de Peau Beauté Synactif's supreme, exquisite Cream is infused into the stratum corneum via a mask for skin that is radiant, smooth, and full of translucence.

**BODY AREAS TREATED** Décolleté, back, hands and arms, face, scalp

**Products used** Clé de Peau Beauté Synactif

## SYNACTIF LIFT & GLOW FACIAL

105 MINUTES | ¥80,388

After our exclusive lymphatic drainage oil treatment, Clé de Peau Beauté Synactif's supreme, exquisite Cream is infused into the stratum corneum via plaster mask for visibly fresh, resilient skin.

**BODY AREAS TREATED** Décolleté, back, hands and arms, face, scalp

**Products used** Clé de Peau Beauté Synactif

## SYNACTIF INTENSIVE PURIFYING FACIAL

135 MINUTES | ¥108,460

The skin is carefully refined with gommage. After our exclusive lymphatic drainage oil treatment, the Triple Mask Method of lotion, plaster, and cream gives skin radiance, translucence, and smoothness, vividly enhancing your facial features.

**BODY AREAS TREATED** Décolleté, back, hands and arms, face, scalp

**Products used** Clé de Peau Beauté Synactif

# FACIAL

\*These menu options are available exclusively to customers who receive Synactif Facial Treatment.

## SYNACTIF SCRUB

10 MINUTES | ¥6,380

Our exclusive scrub exfoliates and purifies skin, from décolleté to face, optimizing the absorption of skincare that follows.

**BODY AREAS TREATED** Face, décolleté  
**Products used** Clé de Peau Beauté Synactif

## SYNACTIF FOOT DRAINANT

15 MINUTES | ¥6,380

Using a compound oil, created with argan oil and four other highly effective ingredients, this exclusive technique promotes lymphatic flow from the knees down.

**BODY AREAS TREATED** Lower legs  
**Products used** Clé de Peau Beauté Synactif

## SYNACTIF LOTION MASK

5 MINUTES | ¥10,208

Exclusive Synactif ingredients—created based on state-of-the-art skincare research—power a treatment that feels as soft as water on skin. The mask deeply hydrates while brightening. After the mask, skin will appear clear, dewy and radiantly vibrant.

**BODY AREAS TREATED** Face, décolleté  
**Products used** Clé de Peau Beauté Synactif

## SYNACTIF NECK & SCALP DRAINANT

10 MINUTES | ¥6,380

Refines and firms skin on the neck and décolleté with a massager and Synactif Neck & Décolleté Cream, which beautifully enhances facial contours. Our approach to the musculus temporalis and musculus frontalis helps sculpt and define the appearance of facial features. After treatment, you will feel relaxed, refreshed and invigorated.

**BODY AREAS TREATED** Neck, décolleté, scalp  
**Products used** Clé de Peau Beauté Synactif

All prices include applicable tax and service charge.

# PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

## BASTIEN'S DUO

75 MINUTES | ¥49,800

This synchronized four hands treatment focuses on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury, offering total relaxation.

## ULTIMATE FOOT CARE

90 MINUTES | ¥35,900

A tailor-made Foot Care includes a nail treatment (gentle buffing to restore the beauty of the nails, resulting in a healthy natural shine); followed by abrasion of the dry cuticles and a genuine foot exfoliation to eliminate hard skin and dryness. It is complemented by a 45 minutes massage from the toes up to the knees, relieving any muscle tension and heaviness.

## BASTIEN'S FOOT CARE

75 MINUTES | ¥28,600

A complete pedicure including a nail treatment (gentle buffing to restore the beauty of the nails, resulting in a healthy natural shine); followed by a skin treatment to eliminate hard skin and dryness; complemented by a massage from the toes up to the knees, relieving any muscle tension and heaviness.

## FOOT NAIL BRIGHTNESS

60 MINUTES | ¥24,900

A foot treatment focusing on the beauty of the nails, cuticles and light smoothing of dry skin. Nails are reshaped and buffed with chamois leather and a pearly buffing cream. The nails are restored to health with their natural beauty and shine. Includes a relaxing foot massage.

## BASTIEN'S HAND CARE

60 MINUTES | ¥24,900

An exceptional manicure in 3 steps: a cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands, and fingers. An unforgettable experience.

## PERFECT SYNERGY

60 MINUTES | ¥43,065

As a luxurious wellness experience infused with touches from Tokyo-inspired wellness rituals, Perfect Synergy combines a signature foot care treatment by Pedi:Mani:Cure Studio by Bastien Gonzalez with a personalized facial by ESPA. The enhanced pampering is designed for on-the-go travelers with a 60-minute single rejuvenation session of both the feet and skin.



# PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

## BASTIEN'S FOOT&LEG MASSAGE

45 MINUTES | ¥26,400

A treatment designed for the total well-being of the feet and legs. Ideal for relieving heavy legs, tired after long flights, this truly relaxing toes-to-knees massage focuses on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub will facilitate the absorption of the cream used during the massage, optimizing the effects of its active ingredients.

## BASTIEN'S DUO MASSAGE

45 MINUTES | ¥48,400

A completely soothing and calming massage: from the toes up to the knees, from the fingers up to the elbows, this four hands synchronized massage creates a sensation of lightness to the whole body, relieving any muscle tension or heaviness in the legs and arms. The result is improved skin elasticity and optimum mobility.

## BASTIEN'S EXPRESS PEDICURE

30 MINUTES | ¥14,900

Select your preferred colour from our range of lacquers; all of which are free from formaldehyde, toluene, DBP and camphor. Perfect for colourful yet healthy toenails. Includes nail reshaping.

## BASTIEN'S EXPRESS MANICURE

30 MINUTES | ¥14,900

Select your preferred colour from our range of lacquers; all of which are free from formaldehyde, toluene, DBP and camphor. Perfect for colourful yet healthy fingernails. Includes nail reshaping.

### OPTION: COLOUR TOUCH

30 MINUTES | ¥6,600

Select your preferred colour from a range of varnishes. Includes nail reshaping.

### OPTION: GEL REMOVAL

30 MINUTES | ¥6,600

# MEN

## THE MEN'S MASSAGE

90 MINUTES | ¥51,040

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

## THE MEN'S FACIAL

90 MINUTES | ¥51,040

60 MINUTES | ¥35,728

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.

**INCLUDES** Skin analysis, facial exfoliation, deep brush cleanse, facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

## MUSCLE RECOVERY MASSAGE

90 MINUTES | ¥51,040

60 MINUTES | ¥35,728

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

## RELAXATION MASSAGE

90 MINUTES | ¥51,040

60 MINUTES | ¥35,728

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

## STRESS RELIEF MASSAGE

90 MINUTES | ¥51,040

60 MINUTES | ¥35,728

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

## POWER HOUR

60 MINUTES | ¥35,728

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens, leaving you ready for anything.

**INCLUDES** Full body Salt & Oil exfoliation, back massage

# MEN

## THE MEN'S FOOT CARE

75 MINUTES | ¥28,600

A complete pedicure including a nail treatment (gentle buffing to restore the beauty of the nails, resulting in a healthy natural shine); followed by a skin treatment to eliminate hard skin and dryness; complemented by a massage from the toes up to the knees, relieving any muscle tension and heaviness.

## THE MEN'S HAND CARE

60 MINUTES | ¥24,900

An exceptional manicure in 3 steps: a cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands, and fingers. An unforgettable experience.

# WELLNESS

## PERSONAL TRAINING

60 MINUTES | ¥20,416  
30 MINUTES | ¥12,122

Get into optimum physical shape, in the hands of our exclusive private trainer with abundant experience and knowledge. The trainer can check your physical condition, propose an exercise plan that meets your needs – from improving muscle strength to boosting endurance – and then provide one-to-one guidance and support.

## PERSONAL STRETCHING

60 MINUTES | ¥20,416  
30 MINUTES | ¥12,122

Improve posture and flexibility with our Personal Stretch experience. Our experienced specialist trainer slowly stretches out the entire body, with expert one-on-one guidance, for both physical boost and relaxation.

# ENHANCEMENTS

\*These are available as incorporated additions to facial, body and massage services without adding additional time to the treatment.

## SPA SUITE JOURNEY

¥25,520

WITH RELAXATION TIME | ¥31,900

A uniquely designed suite up to 2 persons in a total privacy of our luxurious Spa Suite. For your little reward, add a pampering session of a hot tub, a shower room, steam sauna and powder room while enjoying an amazing view of Tokyo.

## SMOOTH & FIRM BODY BUTTER

¥2,552

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

## HOT STONE MELTER

¥2,552

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

## MOROCCAN OIL SCALP TREATMENT OR CONDITIONING HAIR TREATMENT

¥2,552

Using the strengthening properties of Moroccan Oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

## HAND, FOOT OR BACK REVIVER

¥2,552

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright.

## DRY SKIN BRUSHING

¥2,552

Enjoy a refreshing back exfoliation prior to any massage to instantly soften, smooth and revitalize your skin.