



## THE RITZ - CARLTON SPA

TOKYO

EXPERIENCE TREATMENT		
<p><b>SAKURA</b></p> <p><b>Counter the effects of busy city life with this profoundly renewing ritual.</b> 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.</p> <p>Includes: Foot ritual, full body massage with Rose Quartz Crystals, facial massage with Rose Quartz Crystals, scalp massage</p> <p><b>PERFORMED WITH ESPA PRODUCTS</b></p>	120 Minutes	¥57,000
<p><b>ZENRENITY</b></p> <p><b>Ideal after an eventful day exploring the city, relax and re-energize your hardworking body with this holistic, restorative and deeply cleansing treatment.</b> 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.</p> <p>Includes: Back exfoliation, hot stone back massage, detoxifying algae application to the back, lower leg and foot massage, realignment, refreshing hojicha tea ritual</p> <p><b>PERFORMED WITH ESPA PRODUCTS</b></p>	105 Minutes	¥55,000
BODY TREATMENT		
<p><b>NOURISHED GLOW</b></p> <p>Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing oil application and personalized back massage.</p> <p>Includes: Full body salt and oil exfoliation, back massage, oil application.</p>	60 Minutes	¥30,000



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<b>ULTIMATE BODY BALANCER</b>  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	90 Minutes	¥45,000
<b>ULTIMATE BODY EXPERIENCE</b>  An effective combination of body wrap & massage for ultimate results.  Includes: Body exfoliation, Algae or Mud wrap, scalp massage, full body massage	120 Minutes	¥56,000
<b>MASSAGE TREATMENT</b>		
<b>Relaxation Massage</b>  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.	90 / 60 Minutes	¥40,000/¥28,000
<b>Deep Muscle Massage</b>  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.	90 / 60 Minutes	¥40,000/¥28,000
<b>Stress Relief Massage</b>  Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.	90 / 60 Minutes	¥40,000/¥28,000
<b>Hot Stone Massage</b>  A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.	90 / 60 Minutes	¥42,000/¥30,000



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<p><b>Naturally Nurtured Massage</b></p> <p>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.</p>	90 / 60 Minutes	¥40,000/¥28,000
<b>FACIAL TREATMENT</b>		
<p><b>CUSTOM FACIAL</b></p> <p>Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.</p> <p>Includes: Deep brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage</p> <p><b>PERFORMED WITH ESPA PRODUCTS</b></p>	90 / 60 Minutes	¥40,000/¥28,000
<p><b>AGE-DEFYING FACIAL</b></p> <p>Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.</p> <p>Includes: Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage</p> <p><b>PERFORMED WITH ESPA PRODUCTS</b></p>	90 / 60 Minutes	¥40,000/¥28,000
<p><b>ULTIMATE RADIANCE &amp; RENEWAL FACIAL</b></p> <p>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</p> <p>Includes: Brush cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage</p> <p><b>PERFORMED WITH ESPA PRODUCTS</b></p>	90 Minutes	¥40,000



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<b>MEN'S TREATMENT</b>		
<p><b>THE Men's Massage</b></p> <p>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.</p>	90 Minutes	¥40,000
<p><b>THE Men's Facial</b></p> <p>Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.</p> <p>Includes: Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage</p> <p><b>PERFORMED WITH ESPA PRODUCTS</b></p>	60 Minutes	¥28,000
<p><b>Muscle Recovery Massage</b></p> <p>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.</p>	90 / 60 Minutes	¥40,000/¥28,000
<p><b>Relaxation Massage</b></p> <p>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.</p>	90 / 60 Minutes	¥40,000/¥28,000
<p><b>Stress Relief Massage</b></p> <p>Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.</p>	90 / 60 Minutes	¥40,000/¥28,000



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<b>Power Hour</b>  Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens, leaving you ready for anything.  Includes: Full body Salt & Oil exfoliation, back massage	60 Minutes	¥28,000
<b>ENHANCEMENTS</b> Enhancements are available as incorporated additions to facial, body and massage services without adding additional time to the treatment.		
<b>Spa Suite Journey</b>  A uniquely designed suite up to 2 persons in a total privacy of our luxurious Spa Suite, with a pampering session of a hot tub a shower room, steam sauna and powder room for 90 or 60 minutes.	90 / 60 Minutes	¥25,000/¥20,000
<b>Hot Stone Melter</b>  Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.	-	¥2,000
<b>Hand, Foot or Back Reviver</b>  Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright.	-	¥2,000
<b>Dry Skin Brushing</b>  Enjoy a refreshing back exfoliation prior to any massage to in instantly soften, smooth and revitalize your skin	-	¥2,000
<b>Smooth &amp; Firm Body Butter</b>  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.	-	¥2,000



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<b>Moroccan Oil Scalp Treatment or Conditioning Hair Treatment</b>  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.	-	¥2,000
<b>Life Stage Anti-Aging Boosters</b>  Boost any facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all the most visible signs of aging.	-	¥2,000

※All prices are subject to service charge and government regulated consumption tax.