



THE SPA
— AT —
MANDARIN ORIENTAL
TOKYO



A sunlit haven 37 floors above the hectic pace of the city, The Spa at Mandarin Oriental, Tokyo offers unparalleled service and award-winning treatments to guide each guest along a personal path toward holistic wellbeing.

The journey toward restoration and relaxation begins with an indulgent array of heat and water experiences to gently ease tension, while refreshing the mind, the body and the spirit.

Serene passageways lead to four treatment rooms and five spa suites, where caring professionals deliver customised therapies based on Chinese, Ayurvedic, European, Mediterranean and Thai traditions.

The experience is enhanced by soothing sounds, healing colours and textures, calming infusions, and singular views that heighten the unique sense of place.



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The Spa Philosophy



Life-giving rituals have been practised in every culture since the beginning of time. Inspired by these rituals, The Spa at Mandarin Oriental, Tokyo has merged techniques and philosophies from around the world into a potent blend of treatments, ensuring an optimal wellness experience. The guest journey begins with the exchange of shoes for comfortable slippers, an enduring oriental welcome which signifies the leaving of the external world behind. Guests are then guided through a holistic sensory experience that touches the mind, the body and the spirit. Our therapies bring together ancient and contemporary techniques, which, combined with an array of heat and water treatments, mark the passing to a realm outside the ordinary.

Each Spa at Mandarin Oriental is designed for tranquillity in soothing colours with organic textures. Holistic therapists and global healing practises come together in a legendary quality experience, where guests are transported to a haven of self-reflection and discovery.



Heat and Water Experience

The special features of The Spa at Mandarin Oriental, Tokyo's spacious facilities include vitality and tonic pools, a sky view sauna, a crystal steam room, rain showers and an ice fountain.

The pools relieve muscle tension, the steam room offers a warming meditative experience, and a splash from the ice fountain provides a toning refresher.

When followed by a scheduled treatment in one of the exquisite private rooms—commencing with a relaxing foot ritual—the total experience improves circulation, stimulates the immune system and promotes an overall feeling of wellbeing.



Accolades

Mandarin Oriental spas are regularly recognised by leading global publications as among the world's finest.

During its first full year of operation,

The Spa at Mandarin Oriental, Tokyo was voted "Best Day Spa in Asia" by readers of *SpaAsia* magazine and "Top Spa in Japan" by *Luxury SpaFinder* magazine.



Tranquillity Suite

Five Spa Suites, each uniquely designed and with breathtaking views, offer a truly indulging experience.

Signature Suite

At 50m², the largest suite is generously equipped with two treatment beds and a relaxation area.

Tranquillity Suite

Enjoy a floral bath overlooking the city in this 45m² space of luxury.

Moroccan Suite

This 30m² suite is uniquely furnished to accommodate authentic Rasul mud treatments.

Harmony Suite

Ideal for two, this 37m² suite features two treatment beds, dual showers and a spacious relaxation zone.

Serenity Suite

With a view of Mt. Fuji to the west, this 27m² suite has a futon mattress for healing Kiatsu therapy and Thai treatments.



Serenity Suite



Dynamic surroundings of sky and glass are the backdrop to Mandarin Oriental's legendary service and attention to detail. Together, they uplift the spirit and transcend the conventional spa experience.



Harmony Suite

Signature Treatments

Time Rituals™

The Spa at Mandarin Oriental, Tokyo transports guests into another world with personalised journeys booked in blocks of time called Time Rituals™.

Intended to restore your natural state of equilibrium and attend to your body's needs for that day, we design a Time Ritual™ tailored to you. Beginning with our welcoming foot ritual, each Time Ritual™ provides a peaceful passage to a remarkably unforgettable experience.

Oriental Harmony

Designed using Mandarin Oriental's exclusive and luxurious signature product line, four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses.

The treatment begins with a soothing footbath in purifying waters, leaving them soft and supple and the mind relaxed.

Next, two therapists correspond in time and movement, first providing a warm scrub that smoothes and replenishes the skin, and later a harmonious synchronised therapy that balances the body.

The treatment concludes with both head and feet being treated simultaneously.

The mind is uplifted, the body is energised and the skin is left exotically fragrant.

Azuki Ritual

This deep-cleansing ritual combines the anti-oxidising effects of Azuki beans with sea salt, sesame seeds, patchouli, vetiver, ginger and geranium for a softening and conditioning body scrub. A relaxing oil massage leaves the body moisturised, nourished and balanced.

Kiatsu Therapy

This shiatsu-inspired treatment applies soft pressure to key points along the body, using thumbs, fingers and palms. Gentle manipulation alleviates tension, eliminates fatigue and promotes good health by stimulating the body's natural healing abilities.

Spa Packages

Time to unwind, time to reflect, time to revitalise. Specially designed half- and full-day programmes enable you to enjoy the benefits of the spa to its fullest, including heat and water therapies, tailored treatments, and use of the state-of-the-art Fitness Centre and Relaxation Lounge.



Optimal Fitness

Overlooking stunning views of the metropolis 38 storeys below, the 175m² high-tech fitness facility features the latest cardio- and strength-building equipment, including treadmills, crosstrainers, aerobikes, free weights and Peak Pilates machines.

Spa Boutique

Spa guests are encouraged to continue their journey toward wellbeing in their daily lives. A full range of signature products, including original body and skincare remedies, stylish leisure wear in soft fabrics, inspirational CDs and original tea infusions are available at the boutique.



RESERVATION & INFORMATION

Please contact Spa Concierge
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Operating Hours 9:00 – 22:00
Reservations accepted until 21:00