

RELAXATION AT HOTELS

(Publicity)

A natural hideaway in Tokyo

Four Seasons Hotel offers a spiritual path to wellness

Walking from bustling Edogawa-bashi Subway Station to the Four Seasons Hotel Tokyo at Chinzan-so, you might begin to wonder if you have taken a wrong turning as you stroll through a tranquil neighborhood, where the crowded city feels miles away.

The 66,000-sq.-meter Japanese garden in which the hotel stands is hidden in a residential area. It is a historical part of Bunkyo Ward, Tokyo, where Matsuo Basho, a Edo Period haiku poet famous for his outlook on nature, lived.

The Chinzan-so garden is always filled with seasonal flowers and in February, early flowering cherry blossoms mark the beginning of spring. Birds sing, fireflies float over the stream in summer and natural spring water fills the Old Spring Well all year. Drinkable natural mineral water runs through the hotel's guest rooms and provides water for showers and washbowls.

At Yu, the Four Seasons' spa, you can enjoy a traditional Japanese cedar hot-spring bath with natural "onsen (hot spring)" water brought from Ito on the Izu Peninsula.

The spacious 2,068-sq.-meter spa is equipped with a heated all-weather swimming pool with a retractable roof, fitness facilities and a lounge, where continental breakfasts, fresh juice and herb tea are served.

The Japan-Asian-inspired treatment area features six treatment rooms, two double rooms and a luxurious 115-sq.-meter VIP spa suite for women, with outdoor bath, bedroom, treatment beds and a Vichy rain shower for two.

The women's Fire & Water Purification treatment (¥62,000), exclusive to the VIP suite, incorporates the wisdom and philosophy of 12th century "Shugendo (the



AN OUTDOOR BATH attached to the VIP spa suite

path of training and testing)," which believes that enlightenment is obtained through the study of the relationship between man and nature.

The Water Ritual treatment uses a sage and cypress body wash, and sake and salt polish, which are said to have purifying properties. After washing off in the Vichy rain shower and detoxifying in a steam bath, the Fire Ritual includes a pressure-point body massage and a five-grain body wrap in flickering candlelight. At the end of the three-hour treatment, soaking in the outdoor hot tub, sipping a "sencha" tea, you will discover a serenity that you only could have imagined before.

Programs exclusively for men include The Time Out for Men (¥52,000), which combines facial and dynamic body treatments, a Head and Hair Awakening Massage (¥12,000), which revitalizes the scalp and hair, and releases

tension in the neck and shoulders, and a Samurai Healing Hot Stone treatment (¥30,000), which uses hot basalt stones found near Japan's geothermal baths.

The hotel offers special spa and stay packages for those who really want to unwind. The Urban Oasis Stay plan (starting from ¥46,000) includes a one-night stay in a superior or executive garden-view room, breakfast at a restaurant or served in your room, and access to the spa's pool, fitness and hot-spring bath. For the ultimate escape, you might like to try the Escape to Four Seasons plan (starting from ¥65,000), a two-night stay in a city-view room with breakfast and access to spa facilities. (M.I.)

Four Seasons Hotel Tokyo at Chinzan-so
2-10-8, Sekiguchi, Bunkyo-ku, Tokyo
Tel: (03) 3943-2222
URL: www.fourseasons-tokyo.com
Access: A 10-minute walk from Edogawa-bashi Station on the Yurakucho Subway Line



THE RICH GREENERY and beautiful blossoms of the historical Chinzan-so garden provide a haven of calm and relaxation in the heart of Tokyo.



THE CONRAD TOKYO'S Mizuki Spa's double "hinoki-room" suite with Japanese cypress bath overlooks Shiodome city (above left); the Bade Zone at the Hilton Odawara Resort & Spa has 11 hydrotherapy indoor and outdoor pools that use natural hot-spring water (right).



Relearning the three 'R's' at a hotel spa

Rest, relaxation and rejuvenation can be found in and around Tokyo

By MINAMI IJIMA

Contributing writer

Life is tough and everyone needs a break. A moment to relax, kick back and basically do nothing. But even if you

can find time in your busy schedule to get away for some R&R, the congested highways and crowded stations you'll face just getting out of Tokyo will leave you even more

stressed-out and wishing you'd never left your desk.

So if you're looking for a place to recharge your batteries after work or on weekends, a hotel spa may be just

what you need.

Following the recent spa boom overseas, more and more spa facilities are opening at hotels and resorts in Japan. What used to be beauty-oriented aesthetic salons, targeted for women, are now offering a variety of services and programs to bring the health and wellness to men and women of all ages. Power-lunch meetings, spa business meetings, even nail treatment meetings are becoming popular among business people.

The recent spa movement is deeply related to our ever-stressful lifestyles, and the rise of holistic treatments and alternative therapies that consider health as a question of body, mind and spirit balance. By using the power of nature such as water and herbs, a spa provides the time and space to relax, reflect, revitalize and rejoice.

A hotel spa offers a comprehensive relaxation environment from fitness and wellness programs like yoga and

tai chi, massage and treatments, Jacuzzi and natural hot-spring baths to health-conscious cuisine, and a simple good night's sleep.

Each hotel spa is unique, offering something for everyone. The Four Seasons Hotel Tokyo at Chinzan-so is a secret forest hideaway in the middle of Tokyo, where you can focus on finding the peace of mind you misplaced in the urban sprawl outside. If you are looking for rejuvenation, the bay-view InterContinental Yokohama Grand Hotel will take you on a virtual ocean cruise. And families and friends can enjoy spas and activities together, and spend time bonding at the Hilton Odawara Resort & Spa. For someone in need of a quick switch of mood, the sky-view Conrad Tokyo and its urban-contemporary architecture will inspire you.

A hotel spa will help you restore the harmony of body, mind and spirit that you need to survive the hustle and bustle of 21st century life.



THE BAY-VIEW Jacuzzi at the InterContinental Yokohama Grand Hotel's Spa Bay Window (above); the luxurious VIP spa suite at the Four Seasons Hotel Tokyo at Chinzan-so (below)



Spas at hotels in and around Tokyo

| Hotel name (Location) | Spa name |
|--|------------------------------------|
| Conrad Tokyo (Shiodome) | MIZUKI Spa & Fitness |
| Four Seasons Hotel Tokyo at Chinzan-so (Mejiro) | YU, THE SPA at Four Seasons |
| Grand Hyatt Tokyo (Roppongi) | Nagomi Spa & Fitness |
| Hilton Odawara Resort & Spa (Odawara) | Esthetic Salon AquaBeautéSpa |
| Hotel Nikko Tokyo (Daiba) | Bayside SPA Zen |
| Hotel New Otani (Nagata-cho) | The Golden SPA |
| Hotel Okura Tokyo (Toranomon) | Relaxation Nature Court |
| Hyatt Regency Tokyo (Shinjuku) | Spa & Wellness Joule |
| Hyatt Regency Hakone Resort and Spa (Hakone) | Spa IZUMI |
| Mandarin Oriental Tokyo (Nihonbashi) | The Spa at Mandarin Oriental Tokyo |
| Park Hyatt Tokyo (Shinjuku) | Club on the Park |
| Peninsula Tokyo (Marunouchi) | Peninsula Spa by ESPA |
| Royal Park Shiodome Tower (Shiodome) | Mandara Spa |
| The Prince Sakura Tower Tokyo (Shinagawa) | Amour Spa |
| InterContinental Yokohama Grand Hotel (Yokohama) | SPA Bay Window |

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To book your world class, modern luxury Conrad Tokyo experience simply call 03 6388 8000 or visit ConradHotels.com

CONRAD TOKYO

1-9-1 Higashi-Shinbashi, Minato-ku Tokyo 105-7337

THE SPA AT FOUR SEASONS

For more information, please call YU, THE SPA at Four Seasons at 03-3943-6958.
Business Hours: 6:00-22:00 <http://www.fourseasons-tokyo.com/>

RELAXATION AT HOTELS

(Publicity)

Sweating or chilling your way back to health, fitness

Hilton Odawara can help you work out your stress, or just give you the time to let it happen

Whatever you do, don't forget to pack a swimsuit and tracksuit when you visit the Hilton Odawara Resort & Spa in Odawara, Kanagawa Prefecture.

The 230,000-sq.-meter supermega resort is packed with recreational facilities: pool, spa, driving range, put-

ting green, tennis court, fitness room, gymnasium, bowling alley, playground, ceramics studio, library, karaoke, a forest walkway and Kids Club activity programs. There's even an on-site heliport for those who want to drop in.

Situated between the Hakone foothills and Sagami Bay,

there are spectacular unobstructed views of the Pacific Ocean. It is hard to believe that a place so rich in nature is just a one-hour train ride from Tokyo.

The resort has been named "Japan's Leading Spa Resort" by the World Travel Awards three years in a row. To commemorate the prize, the hotel is offering a special Celebration Stay plan, Spa Cuisine lunch and Premium Full Relax Spa treatment course through March 31 (except Feb. 25 to 29).

The Celebration Stay plan (starting from ¥19,810) includes an overnight stay in an ocean-view room, full-course dinner with foie gras appetizer, Hilton Breakfast Buffet, use of relaxation room with massage chairs, natural hot-spring bath and access to the Bade Zone spa facility.

Inspired by the Caracalla Spa in Germany, the Bade Zone has 11 hydrotherapy indoor and outdoor pools that use natural hot-spring water, a 25-meter swimming pool, dry and mist sauna, and water workout sessions. Time just flies as you float in the pool, watching clouds pass by through the 360-degree floor-to-ceiling glass window.

If you get hungry, grab a towel and head to the Aquafé poolside restaurant, which has a dry and wet zone, where visitors in swimsuits can enjoy health-conscious food and mineral waters from around the world.

Taking advantage of Oda-

wara's bountiful local produce, the menu is filled with the culinary inspirations of Executive Chef Masashi Mizuguchi, who frequently visits local producers to select the best ingredients.

The restaurant's popular Odawara Mackerel Burger, included in February's Celebration Spa Cuisine lunch course (¥2,890), uses the catch of the day, selected every morning at the fish market by Mizuguchi himself. The juicy mackerel and tofu patty topped with a plum and "shiso" leaf sauce, together with local miso, scallions, tomato and lettuce goes surprisingly well with the burger buns baked in the hotel.

If you are really in need of rejuvenation, the Celebration Premium Full Relax spa treatment (¥28,350) offered at the lady's exclusive Aqua Beauté Spa won't disappoint. The 2½-hour course includes gommage skin exfoliation, body

and facial treatment using



THE HILTON ODAWARA Resort & Spa in Hakone's foothills offers fantastic views of the Pacific.

Sothys herbal essences combined with a hot-stone massage. After the head-to-toe treatment, your skin feels as soft and smooth as a newborn baby's, and tingles with life.

A quick massage for men and women is also offered at the Japanese-style Natural Hot Spring Bath.

With its natural surroundings and full menu of activities, the resort can satisfy most, if not all of your needs, whether it's lounging on a balcony watching the moon rise above the ocean, or actively enjoying the facilities and sweating out your stress. (M.I.)

Hilton Odawara Resort & Spa
583-1, Nebukawa, Odawara-shi, Kanagawa
Tel: (0465) 29-1000
URL: www.hilton.com.jp/odawara
www.hilton.com/worldwideresorts

Access: 15 minutes by car from Odawara Station on the JR, JR Shinkansen or Odakyu lines; five minutes by car from JR Nebukawa Station. There are shuttle bus services from Odawara (only weekdays) and Nebukawa stations.



THE BADE Zone's outside pools are illuminated at night (above left); the Odawara Mackerel Burger is a favorite at the poolside restaurant (right).



Soothing the mind, body

Conrad Tokyo turns relaxation into an art form

A visit to the Conrad Tokyo is like going to a contemporary art museum high above the clouds. From the striking red sculpture that welcomes you at the first-floor entrance to the lobby's soaring 7-meter, floor-to-ceiling windows on the 28th floor, with an extensive view of the Tokyo Bay skyline and Hamarikyu Gardens, a former royal residence, you know that this is no ordinary hotel.

The hotel occupies the top 10 floors of the 37-floor Tokyo Shiodome Building in Shiodome, a new commercial area that is a 15-minute walk from Ginza and a five-minute walk from the world-famous Tsukiji fish market.

Surrounded by the dark wood textures and linear patterns of the hotel's modern Japanese architecture, which won the 2006 Good Design Award, and the extensive collection of cutting-edge Japanese motifs and crafts created by 23 of the country's leading artists, you soon start to feel a

surge of creativity and inspiration.

It is difficult to resist the lively and futuristic Japanese décor, with white walls, oval patterns and blue carpeting, of the 1,400-sq.-meter Mizuki Spa & Fitness center on the 29th floor, which reflects the meaning of the name Mizuki: "water and moon," two of nature's most powerful yet calming symbols.

The spa is equipped with 10 private treatment rooms, including two double rooms, a nail room and a Vichy rain shower room, as well as cocoon-shaped relaxation area with negative ion generator, skyscraper-view 25-meter "sumi-e (Japanese brush painting)"-inspired lap pool, fitness center with the latest Cybex exercise machines, aerobics studio, and sauna and steam rooms.

The members' and guest's exclusive Mizuki Spirit spa suite ritual (¥47,250) at the Shiodome city-view "hinoki (Japanese cypress)" double

treatment suite takes you on a 2 1/2-hour Japanese spiritual journey.

The ritual starts with a foot bath followed by a 30-minute soak in the hinoki bath for two, bamboo stick massage, full body oil massage and facial, with a recess for a traditional Japanese tea ceremony with "matcha" tea and "wagashi (Japanese sweets)." The subtle scent of hinoki cypress fills the room and the sound of dripping water soothes away your stress.

For nourishment of your body and soul, there's a macrobiotic "kaiseki (traditional multicourse Japanese cuisine)" lunch (¥6,000) or dinner (¥12,000) at the Kazahana Japanese restaurant. Reservations are required five days in advance. The low-fat, high-fiber and predominantly vegetarian dishes are filled with mouthwatering locally grown seasonal organic produce like yam potato sushi, vegetable tempura and brown rice cooked in a traditional Japanese pot.

For an overnight getaway, the Mizuki Spa Inspiration spa and stay package (starting from ¥67,000) is available, which includes a two-



THE SUMI-E motif 25-meter indoor lap pool with skyscraper view and lounge chairs

hour facial and body massage spa treatment, use of fitness facilities (pool for an extra ¥2,500) and breakfast at Cerries by Gordon Ramsay, a casual brasserie opened by London's legendary chef Gordon Ramsay. Room types range from a 48-sq.-meter standard city-view room with 4-meter-long window-side lounge sofa, to a luxurious 72-sq.-meter garden- and bay-view suite, all with Conrad's rubber ducky bath toy.

After pampering yourself at the spa and a good night's sleep in a comfortable bed with pillows of your choice, you are sure to wake up refreshed and renewed, ready to start a new day. (M.I.)

Conrad Tokyo
1-9-1, Higashi-Shinbashi, Minato-ku, Tokyo
Tel: (03) 6389-8000
URL: www.conradtokyo.co.jp
Access: Direct connection from Shiodome Station; a seven-minute walk from JR Shinbashi Station



THE STRIKING red sculpture "Purification 1" by Nobuyuki Tanaka welcomes you to the Conrad Tokyo at the first-floor entrance.

Recharge those batteries on a 'cruise'

Ocean-inspired spa treatments on dry land at the Intercontinental Hotel Yokohama

A panoramic view of Yokohama Bay, with the waves so close you could almost reach out and touch them, is the last thing you'll see as you close your eye and peacefully doze under the soothing hands of a masseur in one of the Spa Bay Window's treatment rooms.

A short 30-minute trip by car or train from central Tokyo will bring you to the InterContinental Yokohama Grand Hotel in the relaxing urban resort atmosphere of Yokohama's Minato Mirai 21 commercial zone. The view of the bay through the hotel's wall-to-wall windows makes you feel as if you are on board a cruise ship.

Spa Bay Window, on the fourth floor of the crescent-shaped tower, has a Jacuzzi, relaxation area, and five sim-

ple and modern treatment rooms, four for single use and one for double use, with a bath. Taking advantage of the location, all the treatment rooms have floor-to-ceiling windows overlooking the bay.

The spa offers ocean-inspired treatments and the hotel's exclusive Rose Bénédiction, developed in cooperation with Hisako Ito, a translator, essayist and the developer of Née la Rose oil essence, which is extracted from approximately 2,000 roses.

Rose, the official flower of Yokohama, has a history of being used as a sedative, and to improve the immune system and hormone balance.

A 60-minute facial (¥20,000) includes cleansing, rose neck treatment, facial, and a "love and beauty" rose

quartz stone treatment, anti-aging pack, skin conditioning and scalp treatment. A 90-minute body treatment (¥25,000) includes a rose bath and a full body rose treatment. The aroma of the roses and their components will help men and women relax, and restore inner peace.

After being pampered at the spa, it's time to try some inner cleansing.

A stop at the Ocean Ter-



YOU CAN enjoy views of Yokohama Bay from the double treatment room at the InterContinental Yokohama Grand Hotel.

race buffet restaurant, where you can enjoy Spa Cuisine for lunch and dinner, is a must.

The InterContinental Yokohama Grand Hotel was the first hotel in Japan to introduce Spa Cuisine, which is health-conscious low-calorie cooking that uses miso, tamar sauce, honey and fruit juice for seasonings, and natural oil from the ingredients instead of oil, salt or sugar. Fresh local produce such as Kamakura vegetables and fish from Sagami Bay are always on the menu.

The lunch course (¥2,730), with bread, appetizer, fish or meat and dessert, contains only 500 to 800 kcal, which is hard to believe from its satisfying taste and volume.

The hotel offers packages that allow you to enjoy the treatments and Spa Cuisine. The Refresh and Stay plan

(starting from ¥28,000) includes a one-night stay, a Spa Cuisine breakfast served in your room, spa treatment and late checkout.

A choice of a Japanese-style suite on the sixth floor is available, with a selection of six different layouts, some with Japanese living room and Western-style bedroom or vice versa, and five rooms with "hinoki" cypress baths.

A Refresh and Dine package with a Spa Cuisine lunch or dinner and spa treatment (starting from ¥21,500) is also available. (M.I.)

InterContinental Yokohama Grand
1-1-1 Minato-Mirai, Nishi-ku, Yokohama-shi, Kanagawa
Tel: (045) 223-2222
URL: www.interconti.co.jp/yokohama

Access: A two-minute walk from Minato-Mirai Station on the Minato-Mirai Line, or a 10-minute walk from Sakuragi-cho Station on the JR and Yokohama subway lines

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- Japanese heated stone spa
- Sports arena / 6 tennis courts
- 18-hole golf putting green / Golf driving range

For more information, please call
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Facial Treatment 60 minutes ¥20,000 / Body Treatment 90 minutes ¥25,000

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