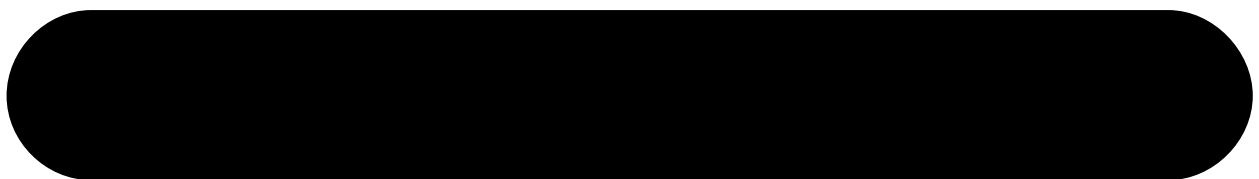


Aman Tokyo, Japan

Aman Tokyo, Japan

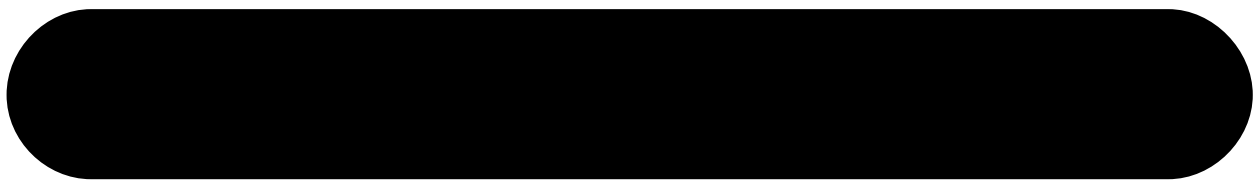
Aman Spa Tokyo is a vast, light-filled sanctuary set high among the Tokyo skyline.



A complete range of treatments, therapies and facilities draw on the Japanese principles of nature and balance. Multiple treatment rooms are available, and the signature Spa Journeys focus on Japanese natural ingredients and philosophies. Treatments use traditional kampo herbal therapies, a Japanese therapy derived from classical Chinese medicine, kampo emphasizes the rebalancing power of natural herbs. The Spa features large Japanese-style hot baths and aroma steam rooms, a light-filled 30-metre pool with panoramic city views, a world-class fitness centre with the latest cardiovascular and weight-training machinery, and dedicated yoga and Pilates studios.



The practice of Misogi is the traditional act of purification and meditation using water to reconnect with one's core and is undertaken prior to any treatment. Aman Spa's signature journeys begin with this ritual so that the benefits of treatments are felt at a deeper level. A foot bath with seasonal Kampo herbs and mineral sea salt is followed by a breathing exercise with Kuromoji oil, renowned for its relaxing and calming properties. Uniquely created with a combination of Japanese 'Anma' massage techniques and stretching movements, this treatment will improve blood and lymph circulation to energize each limb. This is followed by the Japanese holistic abdominal massage 'Ampuku', which balances each organ and brings energy back to the body's centre, resulting in deep relaxation, purification, detoxification and clearing of body and mind.



These services offered here at Aman cost about ¥26,000 for the period of one hour.

www.aman.com