

spa journeys

With a passion for innovative skincare, beauty, and individual wellness, AO Spa offers a curated collection of indulgent experiences designed to deliver results and nurture you inside and out.



pure elements | *seasonal restoration*

3 hours

body scrub | essential massage | elemental facial

Capturing the purest elements of Japan, this exclusive experience features a selection of fresh ingredients and exceptional therapies designed in harmony with the natural rhythms of the universe and the inherent needs of body and mind. Discover full body renewal through a tailor made exfoliating body scrub, a tension relieving massage to release muscle and mental strain, and a balancing facial to address individual skin concerns and promote a healthy, radiant complexion.

radiance | *whole body glam*

2.5 hours

mother of pearl polish | detox wrap | brightening facial

This decadent combination of treatments is perfect for brides-to-be or those looking for a beautifying boost. The ritual commences with a double exfoliation to shed dead skin cells, followed by a cocooning thermal clay body mask to remove toxins and promote radiance. A tension eliminating scalp massage calms the mind, while a hydrating guarana and green tea serum massage boosts circulation. Lastly, a pampering vitamin C and kombucha tea facial enhances skin tone and texture for a bright and youthful complexion. From head to toe, skin will feel softer, smoother and more radiant.

traditional healing | *japanese inspiration*

2.5 hours

sound ritual | nourish body treatment | oriental healing massage

Connecting you to the healing traditions of Asia, this graceful experience delivers profound balance and harmony to mind, body, and soul. Beginning with a traditional healing practice, your therapist gently strikes a handmade metal bowl, creating a unique sound vibration that is traced around your body's aura. This rich sound releases tension and encourages deep relaxation. Your skin is then polished with a delicate blend of green tea, jojoba beads, and bamboo, followed by a deeply relaxing massage with organic shea butter, tea seed oil, and coconut oil. Restoring vitality and releasing tension, the oriental healing massage combines thumb and palm pressure applied along energy meridians with long, flowing movements.

hush | *blissful retreat*

2.5 hours

scalp soother | tension relief massage | facial reflexology

In an increasingly connected world, silence and sleep are fast becoming a luxury. Designed to promote a truly restful night, this blissful experience provides respite from the outside world, balancing and calming mind and body to ease you into a tranquil slumber. Your sensory journey begins with a warm and soothing scalp massage, complemented by a custom blend of lavender and sage to encourage deep relaxation. Hot stones are then placed on key meridian points while a deeply therapeutic massage relieves aching muscles and quiets the mind. Your restorative journey closes with facial reflexology to release any remaining signs of stress.

just for men | *re-energize and rejuvenate*

2 hours

scalp treatment | invigorating massage | energizing facial

Especially designed for road warriors, this combination of powerhouse treatments relieves jetlag and muscle tension, nourishes tired skin, and restores energy to help you look and feel your best.



jet lag revival | *personalized post-travel remedies*

around the world | *ten-plus hours of travel time*

2.5 hours

exfoliation & thermal wrap | scalp & body massage | hydrating facial

Your ultimate jet lag ritual. This luxurious treatment begins with a double exfoliation to encourage circulation and renew your skin, followed by a cocooning thermal clay wrap designed to remove toxins and reduce fluid retention. A soothing scalp massage with warm nourishing oil and oriental massage techniques clears your mind and invigorates your senses. A thermal lymphatic massage with guarana and green tea serum boosts circulation and leaves you feeling warm, purified, and revived.

long haul | *five to ten hours of travel time*

2 hours

exfoliation & thermal wrap | scalp, body & facial massage

This body ritual is your perfect tonic after a long flight. A body brushing, a mother-of-pearl polish, and a warming cocoon boost circulation and improve energy. A lymphatic massage encourages the elimination of fluid retention while a luxurious face, neck, and shoulder massage releases any remaining unwanted tension.

short haul | *four hours or less of travel time*

1.5 hours

exfoliation & thermal wrap | scalp & body massage

Your refreshing treatment begins with a full body exfoliation and a thermal clay wrap to hydrate and nourish your skin. An acupuncture scalp massage using warm oil and oriental techniques invigorates your senses and a guarana and green tea serum massage improves circulation to help you adjust to the new time zone.