

## PRODUCT



### Biologique Recherche



The Biologique Recherche methodology is a clinical approach to beauty, based on about fifty years of skincare innovation by the Allouche family in France. Following a detailed skin analysis, our spa therapists carefully select a range of Biologique Recherche products, which feature high concentrations of raw and active ingredients, creating a treatment tailored to each individual.



### Elemental Herbology



Developed in England, Elemental Herbology offers nutrient rich products that help unlock the skin's natural radiance to deliver truly visible results. With a 100% commitment to include only premium-grade herbs, flowers, active ingredients, and minerals from the world's most reputable suppliers, Elemental Herbology's philosophy is based on the Five Element Theory of Traditional Chinese Medicine, a belief that everything in life needs to work in harmony in order to achieve perfect equilibrium.



KOTOSHINA

### KOTOSHINA



Dedicated to organic and sustainable wellness, KOTOSHINA offers products derived from superior- quality organic green tea grown in the Uji region of Kyoto. KOTOSHINA partners with a French organic cosmetics company to deliver a skincare line that is certified organic with ingredients and manufacturing processes approved by the French organic certification organization Qualité France and the Cosmébio label. Kotoshina has created a unique range of massage and body treatments exclusively for AO Spa.

## JIYUJIZAI

### jiyujizai

JPY 53,900~ (90 min~)

jiyujizai addresses your body's inherent needs with a custom blend of seasonal elemental scrubs, masks and customized treatments, delivering a unique one-of-a-kind experience to restore balance to your body and mind.

jiyujizai treatments begin with a 30 minute consultation with one of our experienced spa therapists. Together, create a customized treatment including bespoke scrubs and masks from our Blend Bar of seasonal fruits, herbs and minerals.

## NATURAL FACIAL

Light facial treatments that combine relaxation techniques and skin conditioning to naturally improve the overall appearance of your skin, while promoting harmony within the body.

Elemental

**EH**

JPY 31,900 (60 min)

A facial treatment designed to harmonize all five elements and address underlying skin issues. Our spa therapists will analyze your skin to create a customized treatment aimed to restore skin equilibrium, creating a more vibrant and healthy complexion.

## ADVANCED FACIAL

Results-focused facials based on a comprehensive skin analysis by our spa therapists. Designed to naturally improve the overall condition and appearance of your skin.

\*Receive a complimentary skin analysis with Biologique Recherche's exclusive device 'The Skin Instant Lab' when you reserve one of the following facial treatments: Custom 90, Second Skin or Triple Lift. Should you wish to enjoy this complimentary service, kindly arrive at the AO Spa & Club reception 30 minutes prior to your appointment.

\*For those who wish to enhance the Custom 60 or Jet Lag Facial treatments, it is possible to receive the skin analysis for an additional JPY 3,300 (30 minutes).

### Jet Lag Facial biologique recherche BR

JPY 20,000 (30 min) | JPY 22,000 (45 min)

Revitalize and refresh your skin from the effects of long flights, such as dullness and dryness, with our Jet Lag Facial. This exclusive treatment, featuring Biologique Recherche products, is designed to restore your skin's natural radiance and bring it back to life. For the ultimate relaxation, the 45-minute course includes an extended massage for the shoulders, neck, and décolleté.

### Custom BR

JPY 31,900 (60 min) | JPY 45,100 (90 min)

A highly personalized treatment that leaves your skin glowing like never before. Following a detailed skin analysis, a custom range of products are selected to meet your skin's specific needs. A purifying lotion is applied for gentle exfoliation, while specialized massage techniques activate serums and masks for enhanced radiance.

Second Skin **BR** JPY 50,600 (60 min)

An intensive, regenerating treatment that dramatically plumps, firms, and hydrates your skin. A serum applied with a lifting massage helps to firm and tighten, while a hyaluronic acid patch is applied to targeted areas to address fine lines and wrinkles, resulting in immediate visible results.

Triple Lift **BR** JPY 68,200 (120 min)

Restore contour and definition to your face's natural shape with this complete skincare treatment. A highly effective method combining active ingredients, intensive sculpting massage of the face and lymph nodes, and the Remodeling Face® system, this effective treatment instantly lifts and tightens your skin.

\* Not recommended for expecting mothers and those with pace makers.

## BODY MASSAGE

Drawing from Eastern and Western massage techniques, our body massages increase muscle relaxation, restore vital energy and promote overall well being.

### Essential

JPY 29,700 (60 min) | JPY 42,900 (90 min) | JPY 60,500 (120 min)

Combining deep tissue and Swedish techniques, this massage releases muscle tension, relieves stress, and promotes circulation using a personalized blend of aromatic essential oils.

### Grounding

JPY 29,700 (60 min) | JPY 42,900 (90 min) | JPY 60,500 (120 min)

Warm healing stones are applied to your body meridians while a therapeutic oil massage restores tired muscles. The heat from the stones radiates deep into your body for increased circulation and boosted immunity, leaving you feeling grounded and rejuvenated.

### Elemental Body

**EH**

JPY 29,700 (60 min) | JPY 42,900 (90 min) | JPY 60,500 (120 min)

This aromatherapy massage blends customized essential oil infusions with heated stones and therapeutic techniques, delivering the ultimate aromatic spa experience. Choose one of the five elemental oil options to bring balance to your body and mind.

## Indulgence

JPY 29,700 (60 min) | JPY 42,900 (90 min) | JPY 60,500 (120 min)

Using AO Spa & Club's original body oils, this completely personalized treatment applies the most effective techniques and is tailored to your physical condition and needs. Our well trained therapists are available to meet your needs.

## Oriental Healing

**KS**

JPY 42,900 (90 min)

Inspired by the healing traditions of Japan, AO Spa's original massage restores vitality and releases deep-set muscle tension through a combination of long, graceful movements applied along energy meridians. A finishing touch of body butter blended with tea seed oil and coconut oil leaves the skin hydrated and smooth.

## Maternity Healing

JPY 29,700 (60 min)

A gentle massage is performed in comfortable positions, such as side-lying or on your back, tailored to your physical condition. It helps relieve sensations of heaviness in the lower back, back, and legs, while stimulating a comfortable sleep, and supporting emotional balance. Our therapists are specifically trained in maternity care and prioritize your safety throughout the treatment, allowing you to relax with complete confidence in our care.

\*This treatment is available only to women who are at least 20 weeks into a healthy, uncomplicated pregnancy.

## BODY TREATMENT

Achieve ultimate body radiance with treatments designed to stimulate metabolism and reenergize you from head to toe.

**Exfoliate** JPY 31,900 (60 min) | JPY 42,900 (90 min)

This scrub treatment leaves your skin smooth, clean and bright. You can choose from AO Spa's original rice scrub or an organic scrub blended with Jojoba beads and bamboo, depending on your skin condition. These exfoliate treatments are also recommended for those with sensitive skin.

**EH**

**Sculpt** JPY 45,100 (90 min)

Invigorate your circulation and eliminate toxins with this sculpting body wrap treatment. A clay mask and a heated cocoon mat are applied to encourage perspiration, purifying and tightening the skin to redefine body contour.

## JOURNEY

Our spa journeys are complete, deep healing treatments that relax your body from head to toe. Taking the body and mind on a voyage of discovery, allow yourself to fully unwind for a more spiritual spa experience.

Revitalizing Essential • Custom	JPY 50,600 (90 min)
Combination of full body oil massage and customized facial for a complete essential oil journey. Relieve muscle tension to stimulate blood flow in the face for a revitalized glow.	
Around the World Body Scrub • Body Wrap • Head & Body Massage • Facial Massage	JPY 62,700 (120 min)
A luxurious full body journey. A body wrap to stimulate circulation, followed by a warm essential oil body massage promotes the removal of toxins from within. Citrus aromas refresh the mind and soul for a renewed spirit.	
Pure Elements Body Scrub • Essential • Elemental	JPY 88,000 (180 min)
Capturing the purest elements of Japan, this unique experience features a selection of fresh ingredients and customized treatments designed in harmony with the natural rhythms of the universe and the inherent needs of your body and mind. Discover full body revitalization through a custom-made exfoliating body scrub blended with rice bran, followed by a tension relieving massage to ease muscle aches. Finish with a balancing facial addressing your individual skin concerns to reveal a healthy, radiant complexion. The ultimate journey for complete renewal of the body and mind.	

## ENHANCEMENT MENU

Enhancements 30 minutes each

**Blend Bar** JPY 3,300

Choose from a selection of seasonal fruit, herbs and spices from the Blend Bar to create your own custom-made scrub to be enjoyed during your footbath ritual.

\* Offered for treatments over 60 minutes

**Refresh Facial** JPY 18,700

A mini facial using a brightening mask to replenish the skin's nutrients, resulting in a radiant glow.

**Vivid Facial** JPY 22,000

Transform your skin with this results-focused express facial, using nutrient-rich ingredients selected for your skin's individual needs.

A combination of massage, exfoliation and a radiance boosting serum leaves your skin glowing within a short time.

**Scalp** JPY 18,700

A treatment focused on scalp care to stimulate circulation, hydrate and nourish the scalp resulting in strong hair that shines.

**Express** JPY 18,700

An express body massage focused on a targeted area using AO Spa's original selection of essential oils. (Select from Head & Shoulder, Back, Foot & Leg or Foot.)

**Bath Ritual** JPY 16,500

Relax in the large soaking tub in our spacious Spa Suite prior to your treatment. Enjoy with your own customized bath salt from the Blend Bar.

**Spa Time** JPY 11,000

Unwind in the tranquil oasis of your treatment room. Take a moment to escape from the everyday to restore peace and calm to your body and mind.

### Skin Instant Lab

**BR**

JPY 3,300

Using a professional-grade skin diagnostic device, we conduct a thorough consultation and measure key skin parameters—including hydration, barrier function, firmness, pigmentation, and sebum levels. This advanced analysis allows us to understand your skin's unique condition in detail and tailor the most effective treatment for your current needs.

\*Our facial treatments using products from the French skincare brand Biologique Recherche ("Custom 90", "Second Skin", or "Triple Lift" ) are included.

### Facility Use

JPY 13,200

Usage of the gym, swimming pool and hydro area is available at a charges.

\*Offered for treatments over 60 minutes

## FITNESS -PERSONAL WORKOUT-

Covering a spacious 1,350 square meters on the 37th floor, AO Spa & Club's fitness facility is equipped with the most advanced cardio and strength training machines, a 20-meter swimming pool, a unique carbonated pool, a floating jet pool and a bade pool. Our experienced fitness instructors work one on one with each guest to create a workout program designed specifically for you.

**Personal Training** JPY 7,700 (30 min) | JPY 15,400 (60 min)

Our experienced and certified fitness instructors are available for one on one and group training sessions to help you achieve your fitness and wellness goals.

**Support Stretch** JPY 7,700 (30 min) | JPY 15,400 (60 min)

Stretching session to ease muscle tension, increase flexibility and promote energy flow through the body. Ideal for post training.

**Swim Style** JPY 7,700 (30 min) | JPY 15,400 (60 min)

Private swimming lessons for beginner and intermediate swimmers. Tailored to your individual level, from improving aqua walking techniques to fine-tuning swimming strokes.

The prices listed (tax included) are subject to a 15% service charge.



## HOW TO SPA

### Treatments

All treatments are suitable for both men and women.

### Facilities

Hotel guests enjoy complimentary access to the spa facilities.

### Arrival

Guests are encouraged to arrive 15 minutes prior to their scheduled appointment time.

For Jiyujizai treatment, guests are encouraged to arrive 30 minutes prior to their scheduled appointment time.

Please be advised that late arrivals may result in a reduction of the treatment time.

### Minimum Age Requirements

Pool - 4 years old, spa treatment and fitness center - 13 years old, locker room - 16 years old.

\*Guests under the age of 18 must be accompanied by an adult.

### Attire

For your comfort, robes and slippers are provided. Athletic wear is available for rent - complimentary or at a charge. Please inquire for more details.

### Price

All prices are quoted in Japanese Yen. The prices listed (tax included) are subject to a 15% service charge.

### Cancellation Policy

Cancellations must be made 8 hours in advance.

Cancellations made within 8 hours of scheduled appointment time and no-shows will incur a 100% cancellation charge.

### Treatment Hours

10:00 – 22:00

### Advisory

A consultation will be provided prior to your treatment. Kindly advise our spa therapists of any health concerns or issues you may have.