

# information

Mandarin Oriental, Tokyo  
2-1-1, Nihonbashi Muromachi, Chuo-ku, Tokyo 103-8328, Japan  
Telephone +81 (3) 3270 8800 Facsimile +81 (3) 3270 8828  
[mandarinoriental.com/tokyo](http://mandarinoriental.com/tokyo)



## THE SPA AT MANDARIN ORIENTAL, TOKYO FACT SHEET

**SPA PHILOSOPHY:** Mandarin Oriental, Tokyo's visionary design and award-winning service have been recognized as the epitome of sophisticated luxury in the city. Superbly located in the prestigious financial district in the heart of the historical and cultural centre of Tokyo, the first Mandarin Oriental Hotel Group property in Japan embodies the best contemporary and time-honoured architectural splendour. The hotel features 179 luxuriously appointed guest rooms and suites, ten restaurants and bars and an award-winning spa situated within the soaring, Cesar Pelli-designed Nihonbashi Mitsui Tower. The site offers spectacular views of the city skyline while providing access to stately banquet and conference facilities within the adjacent Mitsui Main Building, a Japanese cultural-heritage property.

One essential aspect of The Spa at Mandarin Oriental, Tokyo is the concept of the 'Spa Journey'. Guests are invited to arrive and begin their spa experience one full hour before their scheduled treatment time. In nine serene rooms, including four suites and one Spa Studio, guests are guided through a personalised journey of Asian and western-inspired relaxation, beauty, and wellness components conceived to instill inner peace and physical rejuvenation that will bring about a clear feeling of well-being. Located on the 37th and 38th floors of the Nihonbashi Mitsui Tower, the Spa is primely positioned, with its suites offering magnificent views and unforgettable Heat and Water experiences. Guests are pampered in legendary Mandarin Oriental style, and transported to a meditative haven conducive to self-reflection.

-more-

Page 2

**AWARDS:**

**2022**

Forbes Travel Guide 2022

Five Star in spa category (Eighth consecutive year)

**2021**

Forbes Travel Guide 2021

Five Star in spa category

**2020**

Forbes Travel Guide 2020

Five Star in spa category

**2019**

Forbes Travel Guide 2019

Five Star in spa category

**2018**

Forbes Travel Guide

Verified List

2018 World's Most Luxurious Spas

Forbes Travel Guide 2018

Five Star in spa category

**2017**

AsiaSpa Awards

Urban Hotel of the Year

Forbes Travel Guide 2017

Five Star in spa category

-more-

**OUTLOOK:**

In nine serene rooms, including four suites and a Spa Studio, guests are guided through a personalised journey of Asian and western - inspired relaxation, beauty, and wellness components conceived to instill inner peace and physical rejuvenation that will bring about a clear feeling of wellbeing. The trademark Time Ritual concept gives guests the freedom to block a period of time for their spa experience, begin with a foot ritual and consultation, and then indulge themselves with a uniquely tailored treatment.

Spa Studio by Mandarin Oriental, Tokyo equipped with two luxurious, barber style treatment chairs, offer express premium treatment. Guests enjoy stunning panoramic views of the city from the 37th floor of the hotel. Designed to meet the needs of men and women with busy professional and social lives, these time-efficient spa treatments are ideal for guests looking for a moment's relaxation while working or shopping in the nearby Nihonbashi, Marunouchi or Ginza districts.

Integrating itself into the local community, the luxurious spa welcomes day guests, and is the only non-membership spa of its kind in Tokyo.

**FACILITIES:**

- Nine treatment rooms; four multi-purpose rooms, four sumptuous private Spa suites, and one Spa Studio where you can enjoy short treatments and nail services
- Extensive range of health and beauty treatments, with signature treatments created exclusively for Mandarin Oriental and for

-more-



Mandarin Oriental, Tokyo

- Hi-tech gymnasium in the sky with the cardiovascular and Strengthen machines training equipment, including treadmills, cross-trainers, weights, and Pilates Reformer
- Spa Boutique
- Separate men's and women's spa areas offering spectacular views, each one including a comprehensive heat experience to relieve stress, release muscles tension, increase blood circulation, and promote overall well-being
- Vitality Pools with soothing body jets
- Water Lounges with varied massage stations
- Dry Sauna for deep cleansing and circulation
- Crystal Steam Room to cleanse and detoxify with aromatherapy
- Ice Fountain arctic refresher to follow the heat and water experiences, aiding skin toning and stimulating the immune system
- Relaxation Room for soothing the body and mind

**TREATMENTS:**

Respect for the uniqueness of each individual is the foundation of our spa experience. Our highly-trained therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalized, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.



### **Oriental Oi**

#### **120 minutes**

Mandarin Oriental's signature spa therapies have been devised to address guests' increasing desire for simple, effective and authentic spa experiences.

Developed in consultation with specialists in Traditional Chinese Medicine (TCM) and master aromatherapists, each signature therapy consists of a relaxing, hands-on body massage ritual that combines the powerful effects of oriental meridian massage with the therapeutic benefits of custom-blended essential oils, created uniquely for Mandarin Oriental. Each treatment begins with a private therapist consultation to determine each individual's personal and current state of wellbeing. The treatment and oils are then tailored to each guest in order to leave the body, mind and spirit in perfect harmony. Guests are also provided with nutritional and exercise guidance, in order to extend the beneficial effects of the programme at home.

### **TIME RITUALS™**

#### **120 minutes /180 minutes**

Mandarin Oriental's bespoke "Time Rituals" encourage guests to book time rather than specific treatments, so that services can be tailor-made to meet individual needs. Each "Time Ritual" begins with a soothing foot ritual and is designed to restore a natural state of equilibrium.



### **Facial Treatments**

#### **From 60 minutes**

Renowned brand Swiss Perfection and Biologique Recherche to the Spa, with a range of luxurious and exclusive beauty treatments. They have devoted themselves to the art of skincare and have over 40 years of aesthetic expertise. These beauty brands deliver outstanding beauty treatments with a philosophy that complements the Spa at Mandarin Oriental, Tokyo.

### **ORIENTAL HARMONY**

#### **120 minutes**

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. The treatment begins with a soothing foot bath in purifying waters, leaving the feet soft and supple and the mind relaxed. Next two therapists work together in time and movement. First, providing a warm scrub that smoothes and replenishes the skin and later a harmonious massage that balances the body. The treatment concludes with a simultaneous head and foot massage leaving the mind uplifted, the body energized and the skin exotically fragrant.



### **ORIENTAL ESSENCE**

#### **60 or 90 minutes**

This massage is a part of Mandarin Oriental's signature spa therapies and has been designed for tired traveler, stressed executive or someone who just wishes to relieve neck and shoulder tension. This massage centres on all stress areas of the body. Utilising our signature 'Quintessence' body oil blended with warming ginger, uplifting mandarin and sacred frankincense all come together to realign the mind and emotions. A completely relaxing treatment.

### **TOTALLY TOKYO "FIVE" JOURNEYS FROM NIHONBASHI**

#### **90 minutes**

Drawing inspiration from Nihonbashi's important historical role, *Totally Tokyo "Five" Journeys from Nihonbashi* uses five classic Japanese ingredients to stimulate the five senses: pine, bamboo, plum, green tea and rice hulls. The relaxing treatment allows one to escape from the hustle and bustle of city life, and restores a sense of calm and clarity.

On entering the treatment room, the relaxing aroma of green tea will be present along with soothing sounds flowing from natural bamboo speakers. The treatment begins with a relaxing foot ritual, using pine oil to calm the mind with its fragrant scent, followed by a plum salt foot scrub. Next, rice hulls are applied to warm the body during a full body shiatsu-style massage that releases tension from the muscles and helps the guest to unwind. After the massage, fresh plum juice is served to complete the experience.

-more-

## **THE SAKURA RITUAL**

### **150 minutes**

Our Japanese immersion journey begins by paying respect, to ancient cultural traditions that involved washing the feet of guests as they entered another's home, and to our modern guests, by taking this time to peacefully transition you from the outside world while we learn about your needs. Continue by unwinding on our ergonomic, massage bed for the Azuki Bean Scrub, an ultra-gentle but highly effective exfoliation of Pink Himalayan salt and finely ground Japanese azuki beans known to contain saponaria, an organic foaming agent that naturally draws out impurities from the skin while promoting circulation. The Japanese believe that azuki is a powerful, non-surgical alternative to a skin lift, so visible are the tightening and moisturizing effects on fresh skin. We honor another Japanese tradition entirely with the Kiatsu, an original, all over body massage that blends the most effective therapies of Japanese Shiatsu and Thai Massage to unwind tight muscles through unexpected movements and gentle stretching. Finally, as you would be welcomed as an honored guest into a Japanese home, we pay our respects to you with tea and refreshments.



### **The Christian Louboutin Manicure Experience**

#### **60 minutes**

The luxurious service, provided in our spa studio overlooking the impressive Tokyo skyline, will leave you feeling wonderfully decadent and polished to perfection. The extensive array of nail colours give nails stylish, ultra-pigmented, and long-lasting colour.

A few drops of your chosen Christian Louboutin perfume oil added to soaking water at the beginning of your treatment will relax you and leave your skin lustrous, enveloping you in a second skin of perfume. Nail shaping, cuticle care and a rejuvenating hand exfoliation will prepare you for the ultimate array of Christian Louboutin Nail Colours that give nails stylish, ultra-pigmented, and long-lasting colour.

#### **PRODUCTS:**

Mandarin Oriental's signature product line has been developed specifically for the Group by the award-winning UK based company, Aromatherapy Associates. The product range incorporates five body oils, five bath and shower oils and a generic body scrub, body wash and body lotion. All of them contain natural ingredients and are paraben free, and have been blended by a master blender to Mandarin Oriental's specifications. Easy to use and effective in their treatment, they provide an ideal extension of our spa experience into daily life. Subtle Energies, the award-winning Ayurveda Aromatherapy brand, delivers holistic yet result driven treatments.



Page 9

Guests can select from four treatments using professional products and equipment from renowned brands, Swiss Perfection from Switzerland and Biologique Recherche from France. With over 40 years of aesthetic expertise, both beauty brands deliver outstanding beauty treatments with a philosophy that complements The Spa at Mandarin Oriental, Tokyo.

**ADDRESS:** The Spa at Mandarin Oriental, Tokyo  
2-1-1, Nihonbashi Muromachi,  
Chuo-ku, Tokyo 103-8328

**TELEPHONE:** +81 (3) 3270 8300

**WEBSITE:** [mandarinoriental.com/tokyo](http://mandarinoriental.com/tokyo)

**OPERATING**

**HOURS:** 11am – 8pm (Monday-Thursday)  
10am – 9pm (Friday, Saturday and Sunday)

※Due to COVID-19 situation, the operating hours may be adjusted. Please refer to the hotel homepage or directly contact hotel for the latest information.

-end-

**For further information, please contact:**

*Mandarin Oriental, Tokyo*

[motyo-pr@mohg.com](mailto:motyo-pr@mohg.com)

Tel: + 81 (3) 3270 8960

[mandarinoriental.com/tokyo/](http://mandarinoriental.com/tokyo/)