
THE BIRTH AND LEGACY OF FAIRMONT

The story of Fairmont is one of visionary insight and timeless elegance. Established in 1907, Fairmont began with the creation of the grand Fairmont Hotel in San Francisco, founded by sisters Theresa Fair Oelrichs and Virginia Fair Vanderbilt in honor of their father, James Graham Fair. Meanwhile, in the 1880s, Sir William Cornelius Van Horne, overseeing the construction of the Canadian Pacific Railway, was so captivated by the breathtaking landscapes of the Canadian Rockies that he founded the Banff Springs Hotel—now known as Fairmont Banff Springs.

Since then, Fairmont has become a place where life's most cherished moments are celebrated and remembered, transcending the traditional notion of a hotel to become a setting for enduring legacies.

THE FAIRMONT SPA PHILOSOPHY

The Fairmont Spa is guided by the philosophy of deepening the connection between spa experiences, nature, and local culture. Our treatments are designed to foster a sense of harmony and renewal by drawing inspiration from the surrounding environment.

At Fairmont Tokyo Spa & Wellness, located at the confluence of the serene bay area and the vibrant heart of the city, guests can retreat from the urban bustle into a peaceful haven. Here, all five senses are awakened, and balance is restored to both body and mind.

FAIRMONT TOKYO SPA

Healing through Nature — An Urban Sanctuary

Escape into a realm of serenity with tailor-made treatments designed to meet your unique needs. At Fairmont Tokyo Spa, signature oils and premium Japanese wellness products nurture a deep sense of relaxation and inner renewal. Each treatment is a journey, restoring balance and guiding you to a state of blissful wellbeing.

After your session, enjoy a moment of calm on the tranquil spa deck with a soothing cup of herbal tea. From any of the four treatment rooms, take in the beauty of our seasonal garden, a picturesque view that enhances your healing journey.

In this refined space where natural beauty and modern sophistication coexist, embark on a luxurious wellness experience that aligns body, mind, and spirit.





SIGNATURE JOURNEY

Located in Shibaura, Minato-ku, Fairmont Tokyo is set in one of the city's most distinctive locations—a rare fusion of the serene Tokyo Bay area and the dynamic energy of the metropolis. Inspired by this rich contrast and Fairmont's enduring philosophy, "Your moments become LEGACY," our three Signature Journeys are born from a harmonious blend of time-honored tradition and cutting-edge beauty technology.

These treatments embody the unique spirit of Fairmont Tokyo—inviting you into an immersive spa experience unlike any other. As you awaken your senses in a tranquil sanctuary, you are gently guided on a wellness journey that deeply restores both body and mind, creating a legacy of healing and transformation that is uniquely your own.

LEGACY

120 min

Since its introduction at Fairmont Banff Springs in 2002, Kerstin Florian—a luxury spa brand that has spent over 40 years pursuing the essential harmony between nature and wellness—has been embraced by numerous Fairmont spas around the world.

Blending time-honored techniques with cutting-edge technology, these treatments begin with the calming resonance of sound therapy, gently easing the body and mind into balance. Skilled hands then work deep into the muscles to release tension and invite profound relaxation.

Our facial treatments feature luxurious serums enriched with highly concentrated, antioxidant-rich caviar extracts—one of Kerstin Florian’s signature elements. Combined with the soothing touch of a jade roller and advanced steaming technology, this treatment tightens the skin while unveiling deep hydration, clarity, and a refined inner glow.

DESTINATION

120 min

Inspired by the rose, the symbol of Minato City, and Japan’s iconic cherry blossoms, this indulgent treatment envelops you in an exquisite fragrance. A delicate body scrub and graceful treatment guide your skin to a soft, smooth texture, while a luxurious facial using rose quartz enhances your complexion, bringing clarity and radiance.

Choose your preferred scent from Fairmont Tokyo’s original oils: the elegant, sophisticated fragrance of rose, or the delicate, fleeting beauty of cherry blossom.

SERENITY

120 min

A treatment inspired by the tranquil sea and the phases of the moon, designed for healing and purification. After balancing the mind and body with sound healing, the treatment gently exfoliates the back, removing old skin cells. Warm basalt stones, charged with the energy of the new and full moon, along with luxurious serums and oils infused with “Mikimoto Cosmetics” pearl essence, are used to promote lymphatic flow throughout the body using traditional Eastern techniques. This brings deep relaxation and vitality. For the facial, products containing either pearl or black pearl are chosen according to the condition of your skin, with the highly moisturizing pearl ingredients helping to rejuvenate the skin, leading to a radiant, pearl-like glow.



WELLNESS JOURNEY

To maintain and enhance a healthy mind and body, it is important to balance the four key elements: “nutrition,” “exercise,” “sleep,” and “self-love/self-esteem.” By ensuring proper nutrition, establishing regular exercise habits, getting quality sleep, and managing emotions, we can boost our immune system, strengthen our resistance to illness, cultivate mindfulness, and foster a healthy, peaceful mind and body. Through spa treatments focused on each of these elements, special refreshments, and the expertise and advice of experienced therapists, we provide support to help you adopt a higher quality of lifestyle.

NUTRITION –

VITAL ENERGY HOLISTIC EXPERIENCE

90/120 min

A body and facial treatment using Gua Sha, an ancient therapy based on traditional Eastern medicine. The treatment gently stimulates the skin's surface, promoting blood circulation and improving the internal flow of energy, which helps eliminate waste and excess fluids, aiding in the relief of coldness and swelling. During the 120-minute treatment, the four corners of the intestines are gently massaged to stimulate peristalsis, balancing the parasympathetic nervous system. The facial treatment promotes lymphatic drainage, leaving the skin firm and healthy. Following this, the scalp is massaged to relieve tension throughout the entire body. After the treatment, a specialist prepares an original herbal tea, blending pharmaceutical-grade herbs, medicinal plants, and traditional Japanese tea to relieve digestive fatigue, promote digestion, and restore balance to the mind and body from within, encouraging a healthier lifestyle.

Benefit / Target Guests:

Those feeling stress or fatigue

Those experiencing digestive issues or stomach discomfort

Those concerned about cold sensitivity or swelling

DETOX –

DETOXIFYING BODY EXPERIENCE

120 min

Beginning with stretching to improve flexibility and balance the body and mind, this body treatment envelops the entire body in mineral-rich mud, gently exfoliating away dead skin cells and leaving the skin smooth and radiant. Using a state-of-the-art wellness machine, this treatment removes stiff fascia from deep layers of the skin that cannot be reached by hand. In addition, radio waves warm the skin from deep inside while the aspirator (suction function) loosens fat to increase metabolism, eliminate toxins, and promote fat burning. After the treatment, the body is regulated from the inside with an original Chinese herbal tea, which is a combination of food-grade pharmaceuticals, medicinal herbs, and Japanese teas, and is effective in accelerating metabolism, improving swelling, and clearing heat after exercise.

Benefit / Target Guests:

Those looking to improve lymphatic circulation

Individuals aiming for detoxification

Great for people with a sedentary lifestyle

Those experiencing muscle stiffness

Ideal for post-exercise recovery

SLEEP –

CALM MIND EXPERIENCE

90/120 min

A scrub containing chamomile, which is known for its stress-relieving and relaxing properties, will exfoliate your body and leave your skin feeling fine and soft to the touch. While warming your body with herbal balls made of beautiful Japanese seasonal ingredients, our experienced therapists will stimulate pressure points to promote sleep, relieve muscle tension, and restore balance to your body and mind. Then, by relieving stiffness around the eyes, ears, and head, the parasympathetic nervous system is activated, leading to deep sleep.

After the treatment, an original Chinese herbal tea, which is a combination of food-grade medicines, medicinal herbs, and Japanese teas, is prepared by specialists to regulate the autonomic nervous system from within the body and to prepare the body and mind for a good night's sleep.

Benefit / Target Guests:

Promote restful sleep

Lighten heavy emotions and stress

Warm up circulation

Ideal for jet lag recovery

SELF LOVE –

MAGNESIUM WELLNESS EXPERIENCE

90/120 min

After gently scrubbing the entire body with a dry brush to stimulate blood circulation and metabolism, remove dead skin cells and smooth and condition the skin to enhance the penetration of essential oils, basalt rocks moon-charged on a full moon day are used to warm the body and relieve stiffness and tension in the mind and body. In Oriental medicine, there are seven chi pathways along the spine in the center of the body, and it is said that the body and mind are activated when energy enters from the seven chakras (life force, creativity, self-esteem, love, self-expression, insight, and purification). 7 different colored stones are placed on the chakras. The 120-minute treatment includes a facial and a full body massage.

After the treatment, we will serve you our original Chinese herbal tea, which is a combination of food-grade medicines, medicinal herbs, and Japanese teas, to balance your hormones, stabilize your mind, and beautify your skin from the inside.

Benefit / Target Guests:

For those experiencing hormonal imbalances, such as PMS

For those going through days filled with stress and tension



BODY

PERSONALIZED BODY TREATMENT

90/120 min

After counseling the client's physical condition and skin condition on the day of the appointment, we provide custom-made treatments by suggesting the most effective products and techniques to meet each client's individual needs.

MOMIHOGUSHI

60/90 min

Deep pressure is applied to loosen muscle tension, the entire body is thoroughly and painstakingly rubbed, and stretching is used to increase metabolism, expand the range of motion of joints, and correct stagnant qi flow, giving refreshment and vitality.

PRE-NATAL BODY TREATMENT

60 min

We wrap the precious body and skin of women after 16 weeks of pregnancy in warm nourishing oil and provide custom-made treatments tailored to your needs, focusing on lower back and leg fatigue using gentle and relaxing techniques. Please enjoy a moment of calm, comfortable bliss.

HOT STONE TREATMENT

90 min

Warm natural basalt stones are used to warm the body deeply, relieving stiffness and helping the body's natural circulation in harmony, leading to deep relaxation.

TRANSFORMATIVE BLISS

60/90 min

Experience the ultimate in body care with our advanced Ultratransformer technology.

This 3-step treatment targets fascia, fat, and lymphatic flow to shape your body, enhance circulation, and create a toned, contoured silhouette.

Step 1 - Fascia Releases

Using specialized low-frequency waves, this treatment gently releases adhesions in the fascia. It works on the root causes of tension and misalignment, promoting the release of fatigue toxins and restoring balance to the body.

Step2 - Radio Frequency

High-frequency thermal energy deeply warms the fat and tissues, boosting metabolism and activating circulation. This step is effective for combating coldness, cellulite, and promoting a smoother, firmer body shape.

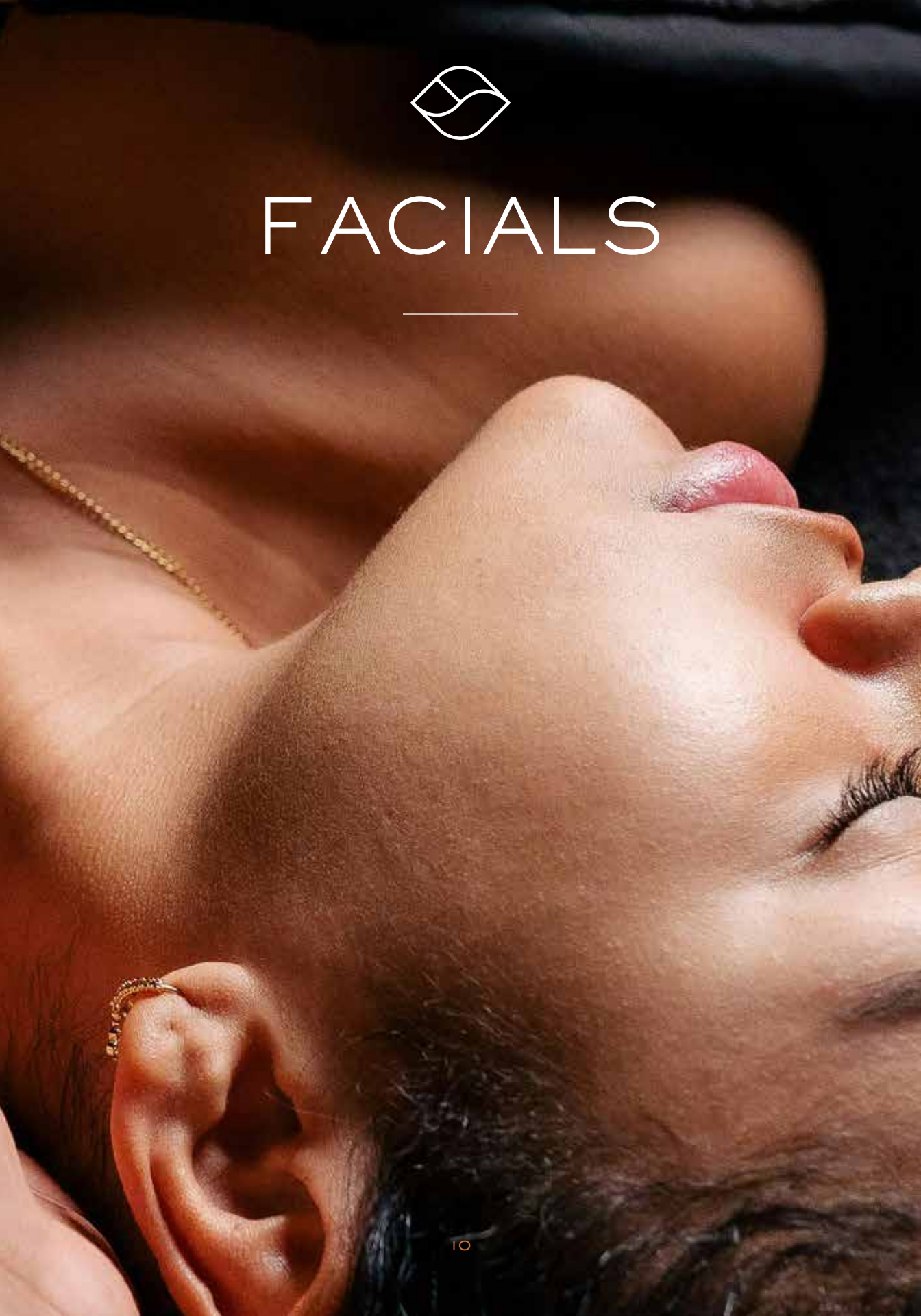
Step 3 - Suction + Roller Massage

The rotating suction rollers gently knead and loosen stubborn fat and muscle tension, enhancing blood circulation and lymphatic flow. This step relieves swelling and fatigue, leaving your body feeling refreshed and rejuvenated.

60 minutes: Please choose between a full-body treatment or focus on specific areas (upper body or lower body).



FACIALS



CAVIAR FACIAL

90 min

This luxurious facial treatment, enriched with the nourishing benefits of caviar, is packed with proteins and powerful antioxidants to firm and illuminate the eyes, face, neck, and décolletage.

The treatment begins with the application of a rich serum infused with caviar extract, followed by a luxurious caviar face mask that deeply penetrates and nourishes the skin. Afterward, a jade roller massage is used to relax the facial muscles, lifting the entire face and leaving the skin looking bright and refined.

The treatment also includes meticulous hydration for the hands and fingertips, ensuring complete relaxation and indulgence. Experience smoother, firmer, and more radiant skin as you enjoy this luxurious skincare treatment.

Benefit / Target Guests:

Nourish and promote firmness and elasticity

For dryness, mature, and premature skin

REJUVENATION FACIAL

90 min

Using the latest heated steam technology, the “Ain Plus” steamer generates ultra-fine steam heated up to 400°C, which effectively opens the pores and gently dissolves sebum and deep-seated impurities. This process helps to reduce acne-causing bacteria and *Staphylococcus aureus*, promoting a clean and healthy skin environment. The Scrubber function uses ultrasonic vibrations to emulsify and soften unnecessary dead skin cells and sebum plugs, while the vacuum function thoroughly extracts impurities from deep within the pores, revealing the skin's natural brightness and smoothness.

The Chitosan & Alginate mask delivers abundant hydration, calming redness and addressing dryness, fine lines, and dullness. It increases skin moisture levels, leaving the skin plump, firm, and radiant with a translucent glow.

To finish, lymphatic drainage on the décolletage and a soothing scalp massage stimulate circulation throughout the body, promoting deep relaxation and a rejuvenated mind and body.

Benefit / Target Guests:

Remove dead cells, clear congestion, promote radiance, and hydrate.

Suitable for all skin types, especially those with congested pores.

PERSONALIZED FACIAL CARE

60/90 min

After counseling the client's physical condition and skin condition on the day of the appointment, we suggest the most effective products and techniques to meet each client's individual needs and provide custom-made treatments that bring out the natural radiance of the skin.

Bio Mineral

Skin concern: normal to combination or oily – congested/ blemishes/ acne prone skin

Berryplus Antioxidant

Skin concern: normal to dry, sensitive skin, stressed lifestyle, pollution / environmental stressed skin

Brightening

Skin concern: dullness, pigmentation, who is looking for a brighter and radiance skin

ADVANCED LED FACIAL TREATMENT

60 min

This innovative treatment incorporates advanced LED technology, utilizing four electrodes that generate ultrasonic vibrations to stimulate and tone the facial muscles across a wide area, while promoting collagen production.

The four LED lights are carefully selected to target various skin concerns and enhance the overall effectiveness of the treatment:

Yellow LED Light: Softens the skin and improves texture, giving it a more refined and smooth appearance.

Red LED Light: Boosts skin firmness and vitality, promoting a more youthful, lifted look.

Blue LED Light: Enhances the absorption of serums and tightens the skin, providing a more toned and refreshed appearance.

Orange LED Light: Gently cares for the delicate under-eye area, reducing puffiness and soothing the skin.

By combining these powerful light treatments with ultrasonic vibrations, this facial works to enhance muscle tone, smooth out wrinkles, and reveal a beautiful, radiant smile. Enjoy the benefits of a more even, youthful complexion with this advanced technology facial.

Benefit / Target Guests:

Advanced technologies for skin healing and rejuvenation.

Suitable for all skin types, especially those with dullness, loss of elastin, and stressed skin.

MOON PEARL FACIAL

60/90 min

A luxurious facial treatment enriched with pearl-derived ingredients for luminous, radiant skin.

Depending on your skin condition and needs, this treatment allows you to choose between Pearl or Black Pearl products to envelop the skin in refined radiance. Rich in moisture-retaining properties, pearl-derived ingredients bring out your skin's natural beauty, leaving it luminous and clear—like the glow of a pure pearl.

Black Pearl Facial

Targets dryness, fine lines, dullness, and loss of elasticity.

Formulated with Black Pearl Conchiolin®—an amino acid- and peptide-rich extract from the black-lipped pearl oyster—and Pearl Silk®, derived from Akoya oyster byssus, this treatment deeply nourishes the skin from within, restoring firmness and youthful radiance.

Facial muscles are gently released to sculpt and lift the facial contours, revealing a more energized and vibrant expression.

Pearl Facial

A deeply hydrating treatment focused on moisture replenishment and retention.

Pearl extracts, known for mimicking the skin's Natural Moisturizing Factor (NMF), veil the skin in long-lasting hydration while refining texture.

Infused with premium skincare formulas featuring Pearl Collagen®, Pearl Conchiolin®, Pearl Silk®, and Makombu Extract®, this treatment improves circulation through gentle rhythmic massage, brightens the complexion, and revitalizes dull skin.



ENHANCEMENT

Optional Add-On – This menu can be added to our Grand Menu for a more indulgent experience.
Combine it with your chosen treatment for an even more luxurious and effective care.

PERSONALIZED BODY SCRUBS

30 min

Using scrubs, body polishes, and loofahs tailored to your skin type, we gently remove dead skin cells while promoting healthy circulation. This enhances the absorption of essential oils, boosts the effectiveness of treatments, and leaves your skin brighter and healthier.

• Invigorating Body Scrub

A revitalizing dry mineral salt scrub combined with your choice of Grapefruit Black Pepper or Ginger Body Oil.

Benefits: Detoxifies, re-mineralizes, supports the immune system, and helps relieve muscle and joint pain.

Recommended for: Men, especially those with active or outdoor lifestyles.

• Botanical Crush

A gentle Turkish mineral scrub infused with your choice of Lavender or Neroli Blossom Body Oil.

Benefits: Re-mineralizes, promotes relaxation, and is beneficial for flu symptoms and sinus congestion.

Recommended for: Teenagers and adults of all genders seeking a soothing and aromatic experience.

• Chamomile Body Polish

A calming dual-exfoliation treatment using Chamomile Body Scrub combined with a natural loofah scrub.

Benefits: Soothes and softens sensitive or delicate skin.

Recommended for: Women, especially those with sensitive or easily irritated skin.

PERSONALIZED BODY WRAPS

45 min

Tailored to your individual needs, our carefully selected body wraps envelop the body in pure comfort and care. Deeply nourishing and hydrating, they help to brighten dull skin, restore radiance, and revive youthful vitality from within. Experience a moment of true indulgence that rejuvenates both body and mind.

• Moor Mud Wrap

Experience the healing power of authentic thermal Moor Mud in this revitalizing European therapy. Created over a thousand years through natural processes, this black organic mud is rich in minerals and trace elements (35%) derived from thermal waters. The Moor Mud Wrap works to soothe tired muscles, rejuvenate dull skin, and re-mineralize the body. This treatment is ideal as a precursor to both the Bath and Massage for a comprehensive spa experience.

Benefits:

Detoxifies the body

Relieves muscle aches

Exfoliates and refines skin texture

Re-mineralizes and rejuvenates

• Spirulina Wrap

Harness the power of all-natural Spirulina Algae in this nourishing seaweed treatment. Rich in vitamins, minerals, and proteins, this treatment revitalizes the body and provides deep nourishment. The Spirulina Masque is applied to the body, allowing it to soak up essential nutrients. This purifying and re-mineralizing wrap is particularly effective when incorporated into a slimming or nourishing program.

Benefits:

Purifies and detoxifies the body

Brightens and softens skin

Reduces water retention

Rich in antioxidants and protein for firmer skin

GUA SHA SCALP RELAXATION

30 min

Immerse yourself in deep relaxation with our mindfulness scalp massage, combining warm therapeutic oil and traditional gua sha techniques. This treatment nourishes the scalp and hair, enhances circulation, eases accumulated stress, and restores a sense of complete well-being from within.

FOCUS BODY TREATMENT

30 min

This focused express massage targets specific areas of your body, promoting circulation and effectively relieving fatigue and stress. When combined with our grand menu, it enhances the refreshing effects, allowing you to indulge in a truly blissful experience.

Choose up to two areas: scalp, neck, shoulders, back, legs, or hands.

PICK-ME-UP FACIAL

30 min

Ideal for those with limited time, our Express Facial Treatment, when combined with a body treatment, provides a luxurious full-body experience in a short duration. It offers essential skincare, delivering hydration and radiance while enhancing the relaxation effects for a truly indulgent moment.

EYE RADIANCE MASQUE

no extra time

This eye care mask, made with natural ingredients, provides hydration and firmness to the delicate eye area, helping to brighten and refresh the eyes. The concentrated alginate formula gently moisturizes even the most sensitive skin around the eyes. Suitable for all skin types, it helps relieve tired eyes and restore a radiant, refreshed look. Enjoy this luxurious treatment and bring back the sparkle to your eyes.

FACIAL MASQUE

no extra time

The face mask, which deeply hydrates the entire face in a short time, is perfect when combined with a body massage. Using it during a head care treatment allows you to relax while enhancing your skin's condition, leaving your skin feeling moisturized and radiant.

• Restorative Multi-Peptide Sheet Masque

This sheet mask deeply hydrates and rejuvenates, leveraging a potent blend of herbal essences and bioactive peptides to target signs of aging, puffiness, fine lines, and wrinkles. Specially designed for both immediate and enduring benefits, it enhances skin's natural elasticity and luminosity, delivering a visibly smoother, firmer, and more youthful complexion.

FOR all skin type, especially who experienced jet-lag, before or after long flight, stressed and tired skin, puffiness, dehydration and dullness.

• Chitosan Masque

This soothing alginate peel-off masque calms irritated and sensitive skin, reducing redness while providing intense hydration. It helps diminish fine lines and wrinkles, leaving the skin refreshed and deeply moisturized.

For: All skin types, especially dehydrated, sensitive skin, redness, post-microdermabrasion, and after sun exposure or outdoor activities.

• Brightening Masque

This peel-off masque features a brightening complex that instantly illuminates the skin. It effectively reduces hyperpigmentation, fine lines, and wrinkles, leaving the complexion fresh, hydrated, and even toned.

For: All skin types, especially dull skin, pigmentation concerns, and those seeking a brighter, more radiant complexion.

SCULPT & REVIVE

30 min

Enhance the effects of your body treatment by combining it with our targeted Ultransformer options.

Select according to your personal goals and concerns.

• Fascia Release (Muscle Release)

Utilizing specialized low-frequency waves, this treatment gently releases adhesions in the fascia layer.

It helps ease deep muscle tension, improve posture imbalances, and relieve fatigue at the source.

• Radio Frequency & Suction Roller (Detox & Sculpt)

Combining deep thermal energy from radio frequency with dynamic suction rollers, this treatment heats and softens fat deposits while stimulating circulation.

Ideal for fat burning, boosting metabolism, relieving water retention, and improving lymphatic flow—perfect for refining and contouring your silhouette.

ADVANCED LED LIGHTS FACIAL TREATMENT

30 min

This treatment combines advanced LED technology with ultrasonic vibrations. The ultrasonic waves emitted from the four electrodes stimulate facial muscles over a wide area, promoting collagen production. The four LED lights support the movement of facial muscles while providing your skin with firmness and hydration. Yellow LED Light: Softens the skin and refines its texture.

Red LED Light: Boosts skin firmness and promotes tightening effects.

Blue LED Light: Enhances the absorption of serums and tightens the skin.

Orange LED Light: Gently cares for the eye area, alleviating fatigue.

Combine with other facial treatments for enhanced results. When paired with a body treatment, this treatment will provide hydration, leaving your skin healthy and beautiful.

ADVANCED SKIN REVITALIZATION WITH EIN PLUS

30 min

Using the latest heated steam technology, the EIN Plus heats fine water vapor to up to 400°C, opening pores and dissolving sebum and impurities. It helps reduce acne-causing bacteria and staphylococcus, leaving the skin clean and refreshed.

Next, the scrubber function uses ultrasound to emulsify and lift clogged pores, while the vacuum function effectively extracts impurities from deep within the pores, restoring a healthy skin environment.

Finally, nourishing moisture is infused into the skin, leaving it radiant and beautifully hydrated.

EIN PLUS STEAMER

no extra time

Heated to a maximum of 400°C, ultra-fine water vapor opens pores, dissolving excess oil and impurities. Invisible, microscopic water particles deeply penetrate the skin, supporting the reduction of acne-causing bacteria and staphylococcus. Additionally, by maintaining an ideal humidity level, this treatment maximizes its effects, supporting both beauty and overall health.

Enjoy the ultimate treatment experience, indulging in relaxation while deeply caring for your skin.

SPA SUITE BLISSFUL TIME (UP TO 2PAX)

60 min

Begin your blissful spa journey with a rejuvenating bath in the private Spa Suite before your treatment.

Enjoy a moment of complete relaxation with a healthy refreshment, followed by the treatment of your choice.

LUXURY TREATMENT SUITE (UP TO 2PAX)

Enjoy a luxurious treatment in a spacious room equipped with two treatment beds.

Please note: This option includes use of the treatment room only.



MOVEMENT SESSIONS

Wellness is not a special occasion — it's a way of life.

At Fairmont Tokyo, our Movement Sessions are designed around the theme: "Strengthen the body, sharpen the mind, and nourish the soul." We offer a variety of personalized training programs tailored to your individual goals, including energizing sessions and holistic exercises.

In our naturally lit gym and studio spaces, you'll find more than just a place to work out — you'll discover a vibrant community, meaningful connections, and new sources of inspiration. Enjoy a well-being experience that goes beyond the gym.

Through mindful movement, balanced nutrition, and enriching local experiences, we invite you to embrace a deeper sense of wellness that fulfills you from within.

Please note: These sessions are exclusively available to hotel guests and Fairmont Fit members.

PERSONAL TRAINING

30/60 min

Using Technogym's latest equipment, "Check-Up," our experienced instructors design sessions tailored to each individual's goals based on detailed body analysis data.

The training mainly focuses on strengthening the inner muscles, core, and incorporating plyometrics to effectively enhance physical fitness.

We also provide advice on self-training exercises that can be easily continued in daily life, whether at home, at work, or during leisure activities.

PERSONAL STRETCHING

30/60 min

Our experienced instructors will carefully customize a stretch program tailored to each individual's physical condition and specific needs. By relieving muscle tension and enhancing flexibility, this service helps to restore body balance, promote recovery from fatigue, and prevent injuries. It is highly effective for improving daily comfort as well as athletic performance.

PERSONAL SWIMMING SESSION

30/60 min

Our experienced instructors will tailor an effective and safe swim program based on your skill level and goals. We support improvements in technique, endurance, and overall performance, contributing to your health and competitive success. Suitable for beginners through advanced swimmers.

FOCUS MITT SESSION INDIVIDUAL / GROUP (UP TO 2)

60/90 min

Under the guidance of an experienced boxing trainer, we offer a comprehensive training session that combines fundamental boxing techniques, basic self-defense movements, and exercises. Aimed at strengthening the body and mastering movements, this program welcomes participants of all levels, from beginners to experienced individuals.

HIIT

15/30 min

This energetic class combines the traditional effective training methods of HIIT with upbeat music. It improves cardiovascular fitness and enhances endurance while keeping you motivated and having fun to the rhythm. Powerful and dynamic movements are performed in short intervals, efficiently working the entire body.

CIRCUIT TRAINING

15/30 min

This efficient training program combines multiple exercises to simultaneously improve cardiovascular fitness and strengthen muscles. Experienced instructors tailor the session to each individual's fitness level, helping to train the whole body evenly in a short amount of time. It is effective for boosting stamina, burning fat, and maintaining overall health.

U-JAM FITNESS

30/45 min

This is a dynamic fitness program that combines dance with high-intensity cardio workouts. Featuring diverse dance styles such as hip-hop and Bollywood, it caters to all levels from beginners to advanced participants.

This program not only enhances full-body strength and cardiovascular fitness but also improves coordination, balance, and flexibility. Additionally, the group exercise setting fosters a strong sense of community and mental well-being, allowing you to enjoy self-expression while staying motivated. It's an ideal program for those looking to boost both physical and mental vitality.

MUSCLE RELEASE

30 min

This treatment gently releases fascial adhesions using specialized low-frequency waves. It effectively alleviates deep muscle tension and addresses body misalignment and chronic fatigue. Ideal for those seeking to restore balance and relaxation, as well as for muscle recovery after training.

YOGA

60/90 min

In our yoga sessions led by experienced instructors, you will cultivate balance between mind and body through breathing techniques and poses, aiming to improve flexibility and strength. The practice is also effective for stress relief and relaxation, and is suitable for participants of all levels, from beginners to advanced.

MAT PILATES

60/90 min

Mat Pilates, led by experienced instructors, focuses on strengthening the core muscles and improving flexibility through exercises performed on a mat. Coordinated with breathing techniques, the movements help enhance posture, balance muscle strength, and promote overall mind-body harmony. This program is suitable for participants of all levels, from beginners to advanced.



ABOUT FAIRMONT SPA TOKYO

Located on the 35th floor of the hotel, our Spa & Wellness offers a tranquil sanctuary away from the hustle and bustle of the city, where you can enjoy moments of deep relaxation and rejuvenation that restore balance to both body and mind.

We invite you to explore our facilities and services, and if you have any questions regarding treatments or amenities, please feel free to contact us. Our dedicated team looks forward to welcoming you and providing a truly relaxing and healing experience.

HOURS OF OPERATION

Spa reception: 6:30 a.m. to 10:00 p.m

Spa treatment: 10:00 a.m. to 10:00 p.m

Swimming Pool and Spa Hydro Facility:

6:30 a.m. to 10:00 p.m

Gym & Studio : 24 hours (Accessible with your room key outside of spa operation hours).

OUR FACILITIES

Gym:

Equipped with cutting-edge Technogym machines, free weights, functional training equipment, and yoga/stretching products.

Movement Studios:

Dedicated spaces for personal training, boxing, yoga and other group classes.

Swimming Pools:

A 20-meter heated indoor infinity pool, jacuzzi and an outdoor relaxation pool.

Spa Treatment Room:

4 treatment rooms, including of 1 couple room.

Changing Areas:

Male changing area with hot tub, cold plunge, dry sauna, shower booths, and lockers.

Female changing area with hot tub, steam sauna, shower booths, and lockers.

AGE RESTRICTION

Pool Use:

Use of the pool is limited to children aged 4 and above who are no longer wearing diapers.

Please refrain from using swim diapers.

Children must be accompanied by an adult when using the pool.

Infants and toddlers wearing diapers are not permitted in the pool area.

Thermal Facilities (Sauna and Hot/Cold Baths):

Our thermal facilities are available to guests aged 16 and above.

Children under the age of 16 are kindly requested to use the shower booths instead.

Fitness Gym and Studios:

The gym is available for guests aged 16 and above.

Treatments:

Treatments are available by reservation for guests aged 16 and older.

MAKING APPOINTMENTS

You can consult our spa experience coordinators to determine which treatments will benefit your specific needs. Advance reservations are recommended to ensure availability. Book with us in person at the spa, located just down the hall or in person at the spa, located just down the hall via phone or email:

Extension: 5741

Tel: +81 3-4218-7253

Email: Spareservations.tokyo@fairmont.com

The minimum age for treatments is 16 years. Treatments are available for guests who are at least 16 weeks into their pregnancy.

ARRIVAL AND ETIQUETTE

We recommend you arrive 15–30 minutes prior to your appointment to allow yourself time to enjoy the facilities and ensure your treatment starts as scheduled. Late arrivals may result in a reduction of your treatment experience.

It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

As Fairmont Tokyp Spa is a place of calm and focus, please refrain from the use of cell phones and other electronic devices for the peace and privacy of all our guests. To respect the privacy of all our guests, photography and video recording that includes other individuals is strictly prohibited.

Smoking, including the use of electronic cigarettes, is prohibited throughout the entire facility.

We kindly ask that fashion tattoos be covered when using the facilities. Thank you for your understanding and cooperation.

GUEST ATTIRE

You will receive a locker for your personal belongings, and a robe and sandals to wear between treatments.

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for Spa treatments. Welcome to the spa wearing bathrobe and sandals from the guest rooms.

PERSONAL MATTERS

Please inform us of any health concerns, allergies, medical conditions, pregnancies, recent injuries, surgeries or anything else we need to be aware of at the time of booking.

GIFT CERTIFICATES

Gift certificates is available for purchase. Please contact us for further information.

SPA CANCELLATION POLICY

If you wish to reschedule or cancel any spa appointments, please notify the spa at least 24 hours in advance.

Missed appointments without proper notice are subject to a 100% charge for proper notice are subject to a 100% charge for reserved services.

EXCHANGE POLICY FOR PRODUCTS

Products purchased at the spa can be exchanged for another item within 7 days from the purchase date, provided they are unopened and accompanied by the receipt. Please note that we are unable to offer refunds. Thank you for your understanding.

VALUABLES

Please do not bring valuables into the Spa. For in-house guests, safes are provided in every suite.



PRICE LIST

SIGNATURE JOURNEY

	MINUTES	PRICE
Legacy	120	68,000
Destination	120	68,000
Serenity	120	68,000

WELLNESS JOURNEY

Vital Energy Holistic Experience	120	65,000
	90	50,000
Detoxifying Body Experience	120	65,000
Calm Mind Experience	120	65,000
	90	50,000
Magnesium Wellness Experience	90	50,000

BODY TREATMENT

Personalised Body Treatment	90	50,000
	60	35,000
Momihogushi	90	50,000
	60	35,000
Pre-natal Body Treatment	60	35,000
Hot Stone Treatment	90	52,000
Transformative Bliss	90	52,000
	60	36,000



PRICE LIST

FACIALS

	MINUTES	PRICE
Caviar Facial	90	55,000
Rejuvenation Facial	90	52,000
Advanced LED Facial Treatment	60	36,000
Personalized Facial Care	90	52,000
	60	36,000
Moon Pearl Facial	90	52,000
	60	36,000

ENHANCEMENT

Personalized Body Scrubs	30	18,000
Personalized Body Wraps	45	28,000
Gua Sha Scalp Relaxation	30	15,000
Focus Body Treatment	30	15,000
Pick-Me-Up Facial	30	16,000
Eye Radiance Masque(No Additionall time)	-	6,000
Facial Masque(No Additionall time)	-	8,500
Sculpt & Revive	30	15,000
Advanced LED Lights Facial Treatment	30	16,000
Advanced Skin Revitalization with EIN Plus	30	16,000
EIN Plus Steamer(No Additionall time)	-	5,000
Spa suite blissful time(Up to 2	60	20,000
Luxury Treatment Suite (No Additionall time)	-	10,000



PRICE LIST

MOVEMENT SESSIONS	MINUTES	PRICE
Personalized Training	60	24,000
	30	12,000
Personalized Stretching	60	24,000
	30	12,000
Personalized Swmming	60	24,000
	30	12,000
Focus Mitt Session Individual / Group up to 2 (per person)	90	36,000
	60	24,000
HIIT	30	12,000
	15	6,000
Circuit Training	30	12,000
	15	6,000
U-Jam Fitness	45	18,000
	30	12,000
Yoga Individual / Group up to 4 (per person)	90	36,000
	60	24,000
Mat Pilates Individual / Group up to 4 (per person)	90	36,000
	60	24,000
Muscle Release	30	12,000