

MIZUKI SPA & FITNESS

Mizuki Spa & Fitness, the largest hotel spa of its kind in Tokyo, is situated on the 29th floor of Conrad Tokyo, offering the ultimate exclusive urban spa experience amid panoramic views of the city skyline. Relax in comfort and let our highly trained expert therapists take care of your every need.



FITNESS

Escape to a fitness center featuring the latest wellness equipment. Run miles on the treadmill or lift weights while enjoying a view from above vibrant Tokyo. A team of fitness professionals is on hand to assist with personal training requirements. Refresh by plunging into the 25-meter pool for a swim before unwinding in the sauna and steam rooms.

*This facility is available for hotel guests and Mizuki Fitness members only.

Personal Workout (30min / 60min)

Whether you are looking for personal training, stretching, yoga, or pilates, our personal trainers provide versatile one on one training sessions personalized to your desires. We promise to help you embark on your day feeling revitalized, relaxed and ready.

Studio Lesson (30min / 60min)

Several studio lessons such as yoga and pilates are conducted every day. Please contact Mizuki Spa & Fitness for more information.

Moon Yoga* (60min)

Meditative full moon salutation by candlelight commences once a month including unlimited access to Mizuki Spa's swimming pool, gym, jet bath, sauna and more.

*Moon Yoga is also available for visitors.



GIFT VOUCHER

Mizuki Spa & Fitness gift cards are the perfect gifts to indulge yourself or loved ones, available at the Mizuki Spa reception and the hotel's Front Desk on the 28th floor.



MIZUKI SPA SHOP

Continue to care for and enhance your health, skin radiance and inner balance at home with our comprehensive range of exclusive skin care products available at the Mizuki Spa & Fitness.



ORIGINAL AROMA OIL

Essential aroma oils created exclusively for Mizuki Spa & Fitness, originate from natural Japanese plants and ingredients including Yuzu citrus, Hinoki Cypress, Magnolia Salicifolia and Kuromoji Spicebush. Available at the Mizuki Spa Shop.

- Heat and Water Experiences are available as an option with all treatments.
- Menus are subject to change without notice.
- Gym is available 24 hours exclusively for our hotel guests. For more information or inquiries about membership, please contact Mizuki Spa & Fitness.

MIZUKI SPA & FITNESS

OPEN HOURS SPA 9:00 - 22:00 FITNESS 6:00 - 22:00

Tel: 03-6388-8620

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MIZUKI SIGNATURE

Mizuki's signature treatments are devised to reflect a growing desire for elegantly simple, effective and authentic spa experiences that deliver long-lasting rejuvenating results. Each signature therapy features a relaxing, hands-on body massage ritual with the therapeutic benefits of custom-blended essential oils, created uniquely for Mizuki Spa & Fitness.

Mizuki Spirit (150min)

This treatment begins with a foot ritual, followed by a traditional hinoki (Japanese cypress) bath experience. Unique and indulgent, it is designed to bring the body into balance using bamboo sticks. Includes: Foot ritual, hinoki bath experience, tea ceremony, bamboo massage, body massage and facial treatment.

Graceful Time (120min / 150min / 180min)

Mizuki's bespoke "Time" encourages guests to book time rather than specific treatments, so that services can be tailor-made to meet individual needs.

Early Bird (120min)

A special spa package designed for early risers. This offer, only available with a pre-reserved 10:00 am appointment, includes a bespoke body treatment and refreshing facial to start your day with a glow.

Includes: Customized body treatment and facial treatment

One Day Spa Journey* (90min)

Relax and restore a deep sense of well-being with 90 minutes, therapeutic massage, alongside full, unlimited access to Mizuki Spa's swimming pool, gym, jet bath, sauna and more.

*One Day Spa Journey is available for visitors only.



BODY

Personalized Body Massage (60min / 90min / 120min)

This massage concentrates on easing stress, realigning the mind, soothing emotions and relaxing the entire body. Utilizing Mizuki's original essential oil blended with hinoki (Japanese cypress) and yuzu citrus, this calming treatment allows mind and body to completely unwind and visible signs of fatigue to disappear.

Hot Stone (90min / 120min)

This full-body massage uses warm volcanic stones to relieve deep muscle tension, eliminate toxins, and calm body and mind. This experience enhances overall well-being by rejuvenating the body and directing its flow of energy.

Hot Shell (90min)

The therapist massages your body using aroma oil and heated shell, this evokes a sense of deep relaxation and refreshment of tension.

Maternity Touch (90min)

During this time of caring for yourself and your growing baby, we offer a specially designed maternity massage. This service is only for those in a stable phase of pregnancy.

Please consult your doctor before making a reservation.

Energy Balance (Dry Massage) (60min / 90min / 120min)

An invigorating dry massage to heal energy and help restore the body's energy balance.

Jet Lag Recovery (45min)

Pamper yourself with a body massage using Kuromoji Spicebush essential oil that reduces muscle tension after your long flight and restores an inner sense of calm and well-being. Your body and mind will be fully energized and refreshed.

FACIAL

intraceuticals

O2 Intraceuticals

The application of oxygen under light pressure mimics a hyperbaric chamber where oxygen is delivered to the skin along with Vitamins A, C and E and Antioxidants to help neutralise free radicals. This treatment greatly improves skin hydration and volume and instantly reduces the appearance of fine lines and wrinkles, making skin looks visibly lifted, younger and luminously radiant.

Rejuvenation (60min)

This skin quenching treatment provides the ultimate in intense hydration. Perfect for all skin types, the Rejuvenate Professional Serum contains vitamins and antioxidants that dramatically lift, tone and hydrate the skin.

Anti Wrinkle (90min)

This targeted treatment is the perfect, non-surgical alternative to more invasive procedures. Natural amino acids instantly firm, lift and plump your skin for a dramatically reduced appearance of fine lines and wrinkles.



ER COSME

Care of the face and décollete with cleansing foam contained Germanium, 24K gold, platinum, will get good facial color and health effect getting into shape.

Moisturizing (60min / 90min)

This concentrated and deeply nourishing moisture boost is for dry and dehydrated skin.

*Back and hand massage are included in 90min treatment

Firming (60min / 90min)

This regenerating facial helps minimize fine lines, combat the signs of aging and visibly improve the appearance of your skin.

*Back and hand massage are included in 90min treatment

OPTION

Body or Facial (30min)

Additional body or facial treatment

Wrinkle Care (15min)

Intraceuticals anti-wrinkle care

Private Bath (30min)

Ultimate privacy, each with its own private bath

Hinoki Bath (30min)

Enjoy complete relaxation in the own private oasis

Upgrade to Spa Suite Room

Nourish the skin while soaking up the calm ambiance and panoramic views

Preferred Therapist Fee

Preferred Instructor Fee



VALMONT EXPERIENCE

For more than 30 years, Valmont has been helping women and men master the visible signs of aging. Heir to traditional Swiss medicine, the company draws from the unspoiled natural resources of Switzerland and the latest cellular cosmetic research findings to formulate the utmost anti-aging skin care products featuring visible and long-lasting efficacy. The group has surrounded itself with the best experts to create extraordinary product ranges, all subtly combining refinement and antiaging efficacy to enhance the beauty of women and men.

Package

Ultimate Escape (180min)

Experience the ultimate in luxury beauty treatments combined with facial treatment and body scrub with Elixir des Glaciers, Essences of Bees collection and Peaks of Slimness.

Facial

Majestic Treatment (90min)

Born from the most coveted Elixir des Glaciers, Essences of Bees collection, this divine treatment is infused with extraordinary compounds of moisturizing honey, purifying propolis and regenerating royal jelly. Coupled with our bespoke massage technique, it is a treat for the décolleté, neck and hands, empowering moisture and radiance to reveal a lustrous clear complexion, that eclipses the signs of age.

Hydration: Source of Bisses (90min)

Deeply hydrates dry skin to restore suppleness, while re-plumping and smoothing fine lines.

Energy: Vitality of the Glaciers (90min)

Restores vitality of dull complexions by stimulating cell renewal, leaving skin looking firm and radiant.

Instant Glow (45min)

An express anti-aging facial, to recover a radiant skin and a smoothed eye contour.

Body

Peaks of Slimness (60min)

A full-body remodeling. Kneading, decongesting movements, friction and smoothing pressures for body toning.

Vitality of the Body Exfoliate (45min)

A relaxing, energizing and invigorating treatment which concludes with a new revitalizing back massage, leaving your skin soft.