



# MIZUKI SPA & FITNESS

## FITNESS

Escape to a fitness center featuring the latest Technogym 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 Evolution (30min/1hr)

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.

### Group Studio Lesson (30min/1hr)

Several Studio Lessons such as yoga and Pilates are conducted every day. Please contact Mizuki Spa & Fitness for more information.

## GIFT CARD

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.

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

## 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

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

## MIZUKI SPA & FITNESS

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

Tel: 03-6388-8620

Conrad Tokyo 29th floor, 1-9-1 Higashi-Shinbashi, Minato-ku, Tokyo 105-7337  
Mizuki.ConradTokyo@conradhotels.com | mizukispa.jp

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.

## 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.

### Spirit (2hr30min)

It begins with a foot treatment, 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, facial.

### Time (2hr / 2hr30min / 3hr)

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

## BODY

### Personalized Body Massage (50min/1hr40min)

50min: upper or lower half of the body  
1hr40min: full-body  
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 cypress and uplifting yuzu citrus, this calming treatment allows mind and body to completely unwind and visible signs of fatigue to disappear.

### Anti-cellulite (1hr40min)

This highly effective and stimulating treatment using Aromatherapy Associates' Revive Line. An advanced massage technique is used to tone and stimulate circulation, target areas prone to cellulite, and drain the lymphatic system to help remove toxins from the body.

### Hot Shell (1hr20min)

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

### Hot Stone (1hr40min)

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

### Maternity Touch (1hr20min)

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.

## SPA PACKAGE

### Ritual (2hr)

This body therapy uses a holistic approach to ensure an experience and atmosphere evocative of Japan. We start with a body scrub using Japanese sea salts, followed by a massage with bamboo sticks. The treatment concludes with a relaxing aroma oil massage using our Mizuki signature "Yuzu citrus and hinoki cypress" oil. Includes: Body scrub, body massage, bamboo massage, aroma oil massage

### Ultimate Escape (3hr)

The ultimate 3 hour full body course customized to detoxify or de-stress the body. This treatment, delivered by 2 expert therapists for 1.5hrs each, provides a uniquely powerful and therapeutic deep tissue experience to release muscle tension.

### Detox (2hr)

This treatment to stimulate the circulation and lymphatic systems uses products from one of the UK's leading aroma brands, Aromatherapy Associates. This experience is specially designed for an intensive body detox. Includes: Body scrub, body wrap, cellulite care massage (full body).

### Early Bird (2hr)

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

## FACIAL

### Custom Facial (50min)

A bespoke treatment facial tailored to suit each guest's personal skin needs, using the best quality products. Perfect for all skin types and ideal for deep cleansing, brightening, firming, and moisturizing.

### Custom Facial (1hr20min)

A rejuvenating, results-driven bespoke facial ideal for mature skin. Designed to address the visible signs of aging, it also includes a deeply relaxing back massage.

Skin Care Products	Expected Effects	Details / Skintype	Duration
<b>SUKI</b>			
Clinically-Proven Natural Solution,100% pure organic vegan product from the USA.	Brightning	Stimulates skin and gives a radiant glow. It will be followed by a deep-cleansing massage incorporating a sugar scrub and peeling.This refining treatment leaves your skin supple and looking radiantly healthy.	50min 1hr20min

ER Cosme			
Result-Oriented basic skin-care products. All products contain 24K gold, Platinum, Germanium.	Anti-Aging	Helps to reduce wrinkles by regenerating collagen, and optimizing the metabolism of your skin. 1hr 20 minutes treatment includes Jelly-like masks with different beauty ingredients for each part of the face to make it a fresh skin.	50min 1hr20min
	Firming	This regenerating facial helps minimize fine lines, combat the signs of aging, and visibly improve the appearance of your skin. In 1hr 20 minutes, it contains a hydrogen mask that enhances skin cell activity and repair function. Finish to a youthful skin with firmness.	50min 1hr20min

Aromatherapy Associates			
The highest standard of British aroma products using luxurious essential oils extracted from carefully selected plant materials. You can experience the true power of aromatherapy.	Moisturizing	Rose ingredients fill the skin with moisture and gives moisture and elasticity to the skin concerned with drying by age and the skin feeling tired.	50min 1hr20min

GEMOLOGY			
World's first Gemstone-derived skincare brand born in France.	Anti-Aging	GEMOLOGY luxury anti-aging care using genuine diamond. The cream containing 0.2 carat genuine diamond instantly shine your heart and skin.	1hr20min
	Balancing	Facial care for men who can easily disrupt the balance of the skin. Use a peeling gel that is also gentle to sensitive skin with ingredients derived from fruits to remove impurities and exfoliate skin, and leads to a clean and smooth appearance. It leads to lively skin full of energy by the antioxidant power of Blue Amber.	50min 1hr20min

## ESPECIALLY FOR MEN

### Blue Amber Men's Facial

(50min/1hr20min)

Facial care for men who can easily disrupt the balance of the skin. Use a peeling gel that is also gentle to sensitive skin with ingredients derived from fruits to remove impurities and exfoliate skin, and leads to a clean and smooth appearance. It leads to lively skin full of energy by the antioxidant power of Blue Amber.

### 1 Day Spa Journey (1hr20min)

Relax and restore a deep sense of well-being with a 1hr20min therapeutic massage, alongside full, unlimited access to Mizuki Spa's swimming pool, gym, jet bath, sauna, and more.

### Men's Grooming Hand Care (45min)

### Men's Grooming Foot Care (1hr)

This hand and foot treatments are designed to condition and groom your cuticles as well as trim and shape your nails perfectly.

## HANDS AND FEET

Complete your spa journey with this indulgent manicure or pedicure.

Our therapists trim and shape your nails, leaving them fresh and clean with your choice of polish.

### Manicure (1hr20min)

### Pedicure (1hr30min)

### Gel, shellac removal (30min~)

※Shellac manicure is also available.

## OPTION

### Body or Facial (30min)

### Private Bath (30min)

### Hinoki Bath (30min)

### VIP Room Upgrade

### Preferred Therapist Fee

## BRIDAL ESTHETIC CARE

Using the first Gemstone-derived skincare brand "GEMOLOGY" born in France, Paris. High purity minerals and trace elements contained in precious and semi-precious stones have the effect of giving anti-aging effect and gem-like shine, and work to the skin gradually in the immediate, medium-term and long-term.

### FACIAL

### Diamond&Pure Collagen(1h30min)

Gemology finest care, used Diamond & Pure Collagen. Dedicate for the Bride's skin a high quality shine like a diamond and silky texture, and unify skin tone that shine in picture. Pure marine collagen is used to regenerate damaged skin in the clinic in Switzerland, and it can expect excellent moisturizing power and skin regeneration effect.

### Diamond Anti-Wrinkle Care (1h30min)

Gemology Luxury Anti-wrinkle care, used genuine Diamond. Use plenty of cream containing 0.2 carat genuine diamonds to shine your heart and skin. The heat generation effect of rose peony plaster mask has lift-up effect, rose and peony make skin color uniform and glow brightly.

### BODY

### Tea Leaves & Cocoa Beans

### Slimming Care (1h30min)

This slimming care will take you to a beautiful body line tightened by the day of the wedding ceremony. Clean the skin with a salt scrub containing rich minerals and regain a smooth radiance on the décollete and back. Furthermore Sapphire known for activating moisture metabolism and detoxifying action, and body wrap using cocoa and green tea promoting fat burning lead to a beautiful body line.

### Masque Modelant Body Treatment (1h30min)

The effective anti-cellulite treatment is created to match exactly your personal needs. A mineral mask tightens and furnishes blood-circulation.