

# HOSHINOYA SPA Menu



## ◎Oil Treatment Body Treatment

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憩 [KEI]  
<Body Treatment>

80min 16,000yen

The signature body treatment of Hoshinoya Karuizawa Spa for gentle healing and relaxation. Choose your favorite oil.

暖 [DAN]  
< Hot Stone Body Treatment >

80min 19,000yen

A genuinely unique experience using warmed basalt and volcanic rock from Mt.Asama. You will feel warmth from the smooth stones.

優 [YU]  
< Seasonal Body Treatment >

80min 19,000yen

A seasonal oil treatment using steamed herbal ball of Japanese traditional seasonal herbs such as DOKUDAMI, BIWA or SAKE paste. \*Ask for the herbal ball ingredients which change seasonally.

## ◎Spa&Fruits Package Program

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潤 [URUOI]  
<Body Treatment 80min. + fruits & tea time 20min. total 100min.>

100min 18,000yen

Spa package including tea time with vitamin-rich seasonal fruits to revitalize within the body. It makes your Hoshinoya stay longer and more enjoyable as you can spend luxurious moment before check-in, or after check-out.

\* Starts between 10:00 - 14:00 only. \* Except during holidays and other busy times of the year

# HOSHINOYA SPA Menu

## ◎Japanese Traditional Therapy

Shiatsu, Hari/Acupuncture, and Onkyu/Moxibusion are given by a national qualified therapist. Japanese traditional massage will help relieve tension and stress.

### 80 minutes course 19,000yen

Shiatsu applies pressure to various point of your body's surface depending on your needs.

If you are interested in Hari/Acupuncture or Onkyu/Moxibusion, please contact us directly.

This course could be combined with Hari or Onkyu.

\*Extension charge ¥7,500 / 30min.

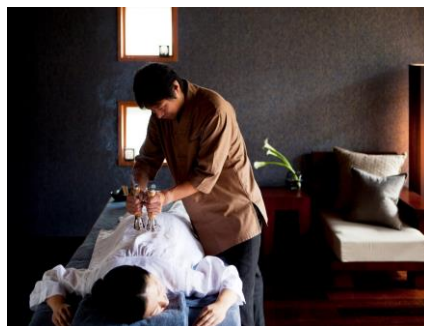
\*This treatment can be given between 16 and 26 weeks of pregnancy.

### 150 minutes course 35,000yen

< Shiatsu + Hari(Acupuncture) + Onkyu(Moxibusion) >

A special long menu combining Japanese traditional techniques of Shiatsu (finger pressure), Hari (acupuncture), and Onkyu (moxibusion). This oriental medical approach totally takes care of your body and internal organs condition.

Try this for rewarding yourself and maintaining current health for the future vitality.



## In-Room Shiatsu

### Shiatsu for Full Body 60min. 12,000yen

A full body Shiatsu massage by professional HOSHINOYA Spa Shiatsu therapist in your room.

\*Please wear loose comfortable clothing.

\*This treatment can be given between 16 and 26 weeks of pregnancy.



\*Please wear a surgical mask in Spa room.

\*Indicated time is spa treatment only. It will take about 40 minutes for consultation before/after treatment and changing clothes etc. For more details, please feel free to ask us.

\*Consumption Tax and 10% Service Charge are not included in the price above.

\*100% cancellation charge will be applied if you cancel the booking less than 24 hours in advance of a scheduled reservation.