

# Le Jardin Sothys Spa Menu

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## Signature Treatment

The Signature Treatment combines facial and full body treatments with a shiatsu massage and a hot-spring cure in a holistic beauty program designed to restore your mind, body and spirit to peak condition. The combination of esthetic treatment and natural plant and thermal spring water energy will help your inherent inner beauty to shine through.

## Awaken SPA Ritual

Half-day (morning only)    ¥ 65,000    (Bookings essential)

**7:30 AM Meditation and soft yoga (30 min) > Breakfast (60 min approx.) > Mt. Kacho walk (30 min approx.) > Hot spring (60 min approx.) > Full body treatment (180 min)**

This is an energizing treatment to gently awaken the senses at the beginning of a new day. Your therapist will select a personally tailored combination of relaxation and healing therapies such as massage and meditation designed to steadily increase your latent energy and concentration levels. This half-day program of gentle spiritual and physical activation together with mental stimulation will restore your energy balance and leave you full of vigor and vitality throughout the day.

Recommended for people who tire easily, or tend to slow down later in the day, or are prone to illness.

## Sunset Spa Ritual

Half-day (afternoon only)    ¥ 65,000    (Bookings essential)

**1:00 PM Mt. Kacho walk (40 min approx.) > Sauna (30 min approx.) > Yoga (60 min) > Hot spring (60 min approx.) > Full body treatment (180 min)**

The program starts with a post-lunch therapeutic stroll through the forest, followed by more intense forms of physical stimulation to heighten the senses, refresh the muscles and relax the mind. As evening begins to fall, calmly bring your mind and body into alignment and enjoy a full body treatment that gives the day a sense of closure. Envelop yourself in soothing, healing aromas while the long, gentle massaging strokes relieve your fatigue and stimulate your senses, providing restorative benefits to the autonomic nervous system that lay the foundations for a deep and relaxing sleep. This also serves as the perfect digital detox program to wipe away the mental stresses associated with mobile phones and computers that can cause eyestrain and impact on quality of sleep.



## Ultimate Rose Ritual

150min ¥63,200

Featuring the very special active ingredient Sothys Rose, an all-new rose variety developed at our dedicated garden facility in France, this comprehensive luxurious anti-aging program has a particular focus on skin issues associated with aging, including sagging, dryness, keratin layers and other issues caused by hormone imbalances in middle-aged women. A specially selected combination of unique effective ingredients will transform your skin to make you look younger again. Luxuriate in the refined and soothing aromas and let your unique beauty shine through for the ultimate satisfaction.

## Nature Harmony

120min ¥43,000

Imagine yourself meandering through a garden wonderland resplendent in nature's colors, enveloped in the heady scent of flowers, feeling the warmth of the brilliant sunlight and the cool of the breeze on your face. The Nature Harmony treatment whisks you away from the stresses and strains of everyday life, rebalances your mind and body and realigns your senses. Choose from four seasonal "sensorial" healing scents to suit your mood and wellbeing. The hands-on massage treatment reinvigorates your entire body and eliminates stiffness and fatigue. A facial treatment featuring medicinal thermal spring water and French porcelain gives you smooth, clear skin that glows with radiant health.

## Enrich Five

90min ¥33,000

(body = 60 min + Yojo shiatsu/maxibustion = 30 min)

Enrich Five is an ideal way to relax after a long trip or strenuous exercise. It begins with a short interview about your general physical condition, your expectations and any particular concerns. The treatment itself comprises a series of activation and pacification components that can be customized to optimize the recalibration, rejuvenation and healing benefits. Selected plant extracts, combined with a specially developed hand technique inspired by deep tissue massage with stretching, penetrate deep beneath the skin to relieve muscle tension and fatigue.

## Facial Treatment

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### Grace of the Season

60min ¥22,000

Your skin changes with the seasons. The key to unlocking the natural vitality of your skin is in understanding that beauty comes from aligning the rhythms of the body with the rhythms of nature. Grace of the Season restores health and vitality to your skin through a thorough detox to eliminate embedded toxins followed by a recharge with essential vitamins and minerals, resulting in a smooth, brighter look.

### Botanical Drops

60min ¥22,000

Just as grass and flowers come alive after rain, your skin needs regular moisture replenishment to stay healthy. Botanical Drops is a fast-acting and long-lasting moisturizing treatment for dry skin that makes use of plant-based active ingredients and a specially developed hand technique for optimum penetration efficacy. Gives you healthy, transparent, glowing skin with the brilliance of a drop of rain on a flower petal.

## Revitalize Facial

60min ¥22,000

Revitalize Facial combines the natural life force of specially selected plant-based ingredients with a specially developed hand technique in a unique treatment that will restore health and vitality to your skin. It delivers energy at the cellular level to reactivate the skin and eliminate waste, helping to restore your skin's natural beauty and vibrant luster.

## Body Treatment

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### The SAKURA Bloom

90min ¥27,000

A wonderfully relaxing and refreshing full body skin care treatment that'll have you feeling like you're deliciously lost in a *sakura* (cherry blossom) haze. A full body cream peeling treatment is followed by a full body massage with shea butter, enhanced with Asian-inspired aromas including lotus and violet. Like a petal fluttering in the spring breeze, the Sakura Bloom treatment is akin to a flowering of elegance and grace at the core of feminine beauty.

### Beauty of the Moment

75min ¥24,700

The real me, with my own natural beauty. A personal ritual of deep breathing to loosen the body balances the energy levels and lymph flows and brings one closer to one's natural state. Give yourself over to a warming rhythmic "hand-touch" beautician massage, and feel yourself float off into the world of deep relaxation. Allow your mind, spirit and body to be renewed and reinvigorated. You'll feel like a brand new person!

### Sothys Athletics™

60min ¥22,000

This customizable treatment, featuring selected plant extracts and a specially developed hand technique inspired by deep tissue massage with stretching, is designed to penetrate deep beneath the skin to provide fast-acting and long-lasting relief from muscle tension and fatigue. The combination of deep relaxation and stimulation promotes smooth, supple skin. Sothys Athletics is ideal either before or after strenuous exercise, and is recommended for those who prefer vigorous massage.

### Peace for the Sense

60min ¥22,000

A gentle, relaxing massage for the hands, using long, soothing strokes enhanced by high-grade aroma essences, designed to promote blood circulation and relieve muscle tension. Escape from the noise and stress of daily life and luxuriate in your own personal moment of bliss.

## Short Course

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### Express Facial

45min ¥15,000

Express Facial uses peeling and mask treatments tailored to the immediate needs of your skin. The shorter format is designed for people with limited time, or it can be combined with a full body treatment.

### Body Parts Treatment

40min ¥15,000

Body Parts Treatment is a short, concentrated treatment for fatigue and stiffness. Choose the areas that need most attention—shoulders, back, feet or hands—then relax and enjoy an invigorating lift.

### Care Dry

¥1,000

The ingenious rapid hair dryer dries off post-shower wet hair without causing damage. By quickly evaporating off the excess surface water while keeping the cuticles closed, it preserves the internal moisture levels in your hair to produce a smooth, glossy finish that makes your hair look great.

## Shiatsu

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Yojo is a traditional philosophy of health and wellbeing set out in the *Ishinho*, the oldest known medical text in Japan, which dates back to the Heian Period. Our fully qualified and highly experienced professional practitioners use traditional techniques to set your mind and body on the path of health and wellbeing.

### Yojo shiatsu massage (head, neck, shoulders, upper back, lower back and legs)

40min ¥12,000    60min ¥17,600

Qualified practitioners deliver a dry massage based on the ancient traditional Japanese technique of shiatsu combined with a unique form of moxibustion. The seamless combination of deep tissue warmth from the moxibustion and precise shiatsu pressure points helps to rebalance the three elements of *ki* (life energy), *ketsu* (blood) and *sui* (water), in turn promoting better blood circulation, relieving fatigue and rejuvenating the body.

## Treatment Options

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The following options are available in combination with any facial (F) or full body treatment (B).

### Head Massage (F · B)

15min ¥2,600

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### Hand Massage (F · B)

15min ¥2,600

A luxuriously moisturizing hand massage for tired, aching hands or rough, chapped hands and fingertips.

### Professional Eye Care(F)

20min ¥6,500

Professional Eye Care features a unique hot and cold treatment using French porcelain spoons together with drainage and a specially developed technique to target common issues such as dropsy swelling, dark circles, dryness and micro-wrinkles. It also includes a gentle massage using a soothing eye cream rich in vitamins and hyaluronic acid to deliver a dignified look.

### **Pure Vitamin C (F)**

¥4,500

A full facial application of 100% pure vitamin C beauty serum that penetrates deeply into the skin, helping to remove dark spots and dullness for healthy, glowing skin.

### **Foot Massage(F•B)**

10min ¥2,800

Featuring stimulation of the soles to relieve muscular fatigue, swelling and general aches and pains in the feet.

### **Body Treatment Extension (B)**

10min ¥2,800

## **Shiatsu and Maxibustion options**

### **Yojo Shiatsu Extension**

10min ¥2,800

### **Yojo Stretching**

15min ¥3,500

A brief but effective session for a dynamic circulation boost.

### **Yojo Maxibustion**

15min ¥3,500

### **Rebalancing Dry Head Massage**

15min ¥3,500

This very special scalp massage is designed to remove body wastes around the skull seams and realign the autonomic nervous system. A wonderfully invigorating treatment that is also excellent for eye strain and shoulder stiffness.

Available 11:00 AM - 8:00 PM daily \*Bookings recommended

\*Final session time varies depending on type of treatment. Some options may not be available at certain times.

\*All prices are inclusive of tax and service charge.

\*All Shiatsu and moxibustion menus are performed by nationally certified Shiatsu therapist.

\*If you are currently seeing a doctor regularly, or have a chronic disease, or are pregnant, please consult with the salon in advance as you may not be able to receive the treatment.