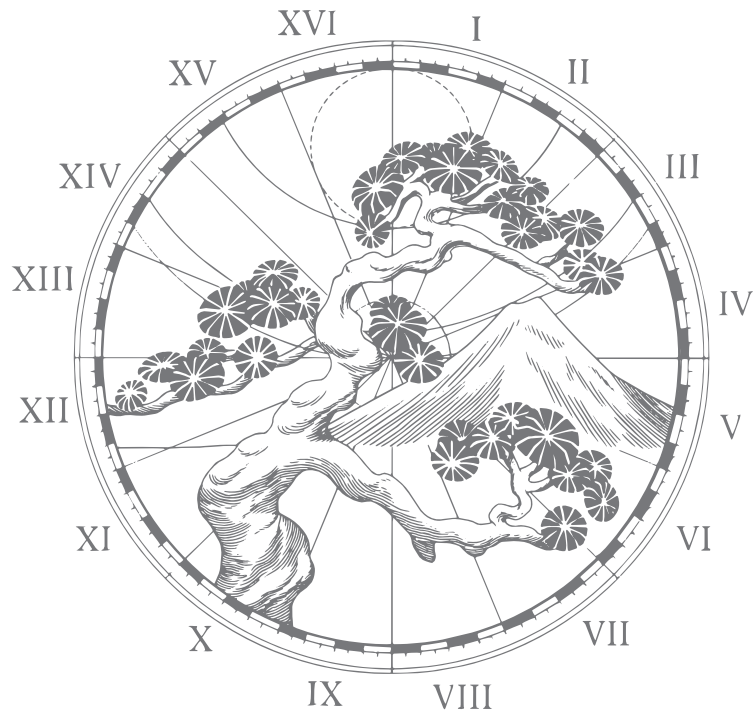


BVLGARI

HOTEL TOKYO

SPA



## AUGUSTINUS BADER

Inspired by over three decades of science and innovation, Augustinus Bader's award-winning approach to professional skincare is rooted in groundbreaking stem cell research and trusted by the world's most discerning experts. Professor Bader's clean, efficient formulas are powered by TFC8®, a proprietary cellular renewing technology clinically proven to help support the body's natural regenerative processes, for a fresh, healthy glow from the inside out. The Augustinus Bader exclusive Bulgari facial has been designed to support skin's innate wisdom at the highest level, to address individual needs and reveal the best version of yourself.

## THE METHOD AUGUSTINUS BADER

The Method Augustinus Bader is a bespoke, science-backed treatment that combines Professor Bader's award-winning skincare technology, TFC8®, with customized fascia massage to stimulate cell rejuvenation. This highly sensorial, hands-on facial leverages Augustinus Bader's hero formulas to help boost cellular communication, promote circulation, address skin's unique needs at a deep level, and visibly firm, tone and refresh – resulting in an immediate glow with lasting bene-fits.

## THE AUGUSTINUS BADER EXCLUSIVE BULGARI FACIAL - 90 MINUTES

A streamlined, highly effective version of The Method Augustinus Bader, a bespoke, science-backed treatment that combines Professor Bader's award-winning skincare technology, TFC8®, with customized fascia massage to stimulate cell rejuvenation and Jade Gua Sha massage to reshape and lift up the contour of the face. Skin is thoroughly double cleansed in preparation for application of formulas developed to support and boost the skin's natural repair process. Signature manual and tool massage techniques enhance circulation and hydration, for optimal product absorption and delivery of key actives, followed by the exclusive detoxifying and ultra-smoothing mask ritual for immediate calming and glowing effects, whilst also enjoying an activating scalp massage using the famed Augustinus Bader hair oil. Available only within the luxurious environment of The Bulgari Spa.

## THE AUGUSTINUS BADER PURIFYING FACIAL - 60 MINUTES

A detoxifying treatment combining The Method Augustinus Bader with a deep-rooted cleanse. A gentle boost of the lymphatic flow commences the process followed by exfoliation and the calming vegan masque. A perfect balance with triple hydration leaving the sebum cleansed and radiant.

## THE AUGUSTINUS BADER INTRODUCTION FACIAL - 60 MINUTES

A science-backed treatment to introduce skin to Professor Bader's award-winning cellular renewing technology, TFC8®, and achieve an instant glow. This customized facial leverages Augustinus Bader's hero formulas to help boost hydration and cellular communication, promote circulation, and firm, tone and refresh, zeroing in on the skin's unique needs for immediate, visible results.

## THE AUGUSTINUS BADER FULL BODY RITUAL - 90 MINUTES

This unique professional treatment leverages The Method Augustinus Bader – a sophisticated, customized skincare experience leveraging the award-winning brand’s proprietary TFC8® renewal complex – to firm, soothe and rejuvenate from head to toe. The experience begins with a gentle exfoliating Augustinus Bader oil and scrub, then continues with a superficial fascia massage to activate tissue metabolism and stimulate cellular communication and repair. Finally, the entire body is enveloped in a luxurious layer of Augustinus Bader’s cult hero, The Body Cream, clinically proven to reduce the appearance of cellulite and achieve a visibly softer, smoother and firmer look and feel in just one session.

## THE AUGUSTINUS BADER TARGETED BODY TREATMENT - 60 MINUTES

This unique professional treatment combines The Method Augustinus Bader – a sophisticated, customized skincare experience leveraging the award-winning brand’s proprietary TFC8® renewal complex – with targeted massage of the tummy, hips, bottom, and legs, to activate tissue metabolism and support cellular communication and repair.

The science-backed process optimizes skin for maximum absorption and delivery of key actives in Augustinus Bader’s cult favorite, The Body Cream, for a visibly softer, firmer, smoother and more revitalized look and feel in just one session. Fully adaptable to suit personal preferences and the body’s unique needs.

## MAULI

Mauli is a celebration of love, nature, tradition and all that makes life meaningful and worth honouring. Harnessing the centuries-old Ayurvedic tradition for layering, anointing and purifying with sensual oils, healing herbs and fragrant flowers; Mauli's results-driven collection offers an exquisite repertoire of India's most transformative actives, adaptogens and opulent botanicals, crafted in England for uncompromised performance and purity. Formulated to infuse skin, hair and body with vitamins, minerals and amino acids, Mauli's exquisite blends are masterfully integrated with ancient beauty rituals.

### 'OJAS' SURRENDER & REVIVE RITUAL – 120 MINUTES

Release | Strengthen | Glow

Ojas: a strengthened light filled body, that glows with vitality and moves with ease

This signature full body experience supports mind and body to decompress, release burden and revive skin and spirits. A 'kansa' marma point foot massage begins the detoxication process. This is followed by a full body Himalayan salt scrub to further aid lymphatic drainage, buff away dead skin cells and impart a visible glow. You are then surrendered to complete relaxation with a soothing Indian head, face and full body marma point massage with personalised 'dosha' balancing skin and body oils. Guided breathwork, yogic twists and mindfulness meditations combine in this transformative ritual, which leaves the body and mind feeling, lighter, brighter and stronger and giving skin a look of vitality.

## ‘DIVINE’ FEMININE NURTURING RITUAL– 120 MINUTES

Nourish | Heal | Balance - For Women Only

Divine: Highest good ,creativity and beauty

Mauli's fully bespoke nurturing womb therapy is designed to gracefully balance through all ages and stages of the female hormonal cycle. Incorporating an in-depth consultation, after which a fusion of therapies combines to nourish the body back to its natural, abundant state. Personalised oils, organic Shatavari herb (Ayurvedic reproductive tonic), with marma point body, face, and scalp massage are layered with singing bowls and mind therapy meditation to on the subtle energies. For those looking to treat other womb related such as menopause or recovering from loss or health conditions such as ovarian cysts or endometriosis, the focus will be on nourishing the abdominal area, rebalancing the sacral and heart chakras and intuitively releasing tension to help support a deeper connection with divine feminine energy.

## ‘PRANA’ CRYSTAL THERAPY&MARMA MASSAGE– 120 MINUTES

Detox | Strengthen | Balance

Prana:a light filled body that glows with vitality

Seasonal, hormonal and lifestyle changes can leave a feeling of physical and emotional unrest and fatigue, making it challenging to find joy in the people and things that matter most. This full-body massage incorporates personalised therapeutic oils, chakras and marma (acupuncture point) massage. Particular attention is paid to strengthening the digestive tract and thereby releasing stress and anxiety. Layered with yogic stretches, meditative breathwork, third eye oil pouring and sound bowls, all designed to resonate at ever deeper layers so prana can flow through cells, muscles, ligaments, and organs to release, strengthen and balance.

## 'CHAKRA' REALIGN RITUAL– 90 MINUTES

Purify | Renew | Restore

Chakra: awakening to ones truth and authentic self

The modern pace of life has left many feeling overwhelmed and destabilised; with a greater desire for authenticity, connection and meaning. This multi-layered treatment a full body massage using personalised dosha balancing oils, detoxifying herbal poltices, breathwork, sound therapy and chakra healing to activate the Kundalini channels and work on the bodies subtlest energies. Prepare to release negative impressions of anger, fear and grief, making way for greater optimism, love and awareness. With sympathetic and parasympathic nervous systems restored, reawaken a return to self, leading greater clarity on the life choices ahead.



## **BULGARI SIGNATURE MASSAGE – 60 | 90 | 120 MINUTES**

The Bulgari Signature Massage is a treatment exclusive to Bulgari, with specific techniques and aroma blends carefully selected to produce the desired outcome.

## **DEEP RENEWAL – 60 | 90 MINUTES**

An invigorating massage, performed to break down muscle adhesion by reaching deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosen stiff muscles and joints for improved circulation and better overall flexibility, dispelling neck stiffness, lower back pain and sore, tight shoulders.

## **TRANSFORMING RELAXATION – 60 | 90 MINUTES**

This treatment utilizes the potent properties of essential oils applied with long, slow and gentle strokes to the body, face and scalp. Tensions are released and body and mind are brought back into equilibrium.

## **DRY MASSAGE – 60 | 90 MINUTES**

This ancient form of healing induces a deep state of calm.

The application of pressure to various points along the body's meridian lines restores the flow of energy throughout the body, releasing blockages while restoring wellbeing and leaving the body centered and revitalized.

## HOW TO SPA

### SPA OPENING TIMES

7:00AM – 10:00 PM

### SPA TREATMENT TIMES

10:00AM – 10:00PM

## RESERVATION

To reserve a treatment or receive further information please contact us at:

Telephone: +81 3 6262 3333

Email: [tyobt.spa@bulgarihotels.com](mailto:tyobt.spa@bulgarihotels.com)

Address: 2-2-1 Yaesu, Chuo-Ku Tokyo 104-0028, Japan

[www.bulgarihotels.com](http://www.bulgarihotels.com)

## SPA ETIQUETTE

The spa environment is an are of tranquility and relaxation The Bulgari Spa team invite its guests to respect other guests' privacy by maintaining a low tone of voice. We kindly request to refrain from using mobile phones and cameras while enjoying the spa. The Bulgari Spa provides robes, towels, slippers and disposable underwear when applicable. The spa is a smoke-free environment.

## CHILDREN'S POLICY

Access to the spa, heat experiences and gym is restricted to over 16 years old. We are delighted to welcome children of hotel guests over the age of four accompanied by an adult between the hours of 9:00am – 5:00pm.

## SPA ARRIVAL

Please allow sufficient time before your treatment to complete a spa consultation form and/or health questionnaire. We recommend you arrive up to one hour in advance of your treatment so that you can change, relax, and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time. The spa will provide luxurious towels, robes and slippers and amenities required for use during your spa visit. During all treatments, the guests will be properly draped to ensure privacy.

## **HEALTH CONDITIONS**

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

## **PERSONAL BELONGINGS**

The spa accepts no responsibility for loss of valuables and jewelry at any time in the spa premises.

## **CANCELLATION POLICY**

A full charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

## THE AUGUSTINUS BADER

THE AUGUSTINUS BADER EXCLUSIVE BULGARI FACIAL - 90 MIN	JPY 60,000-
THE AUGUSTINUS BADER PURIFYING FACIAL - 60MIN	JPY 48,000-
THE AUGUSTINUS BADER INTRODUCTION FACIAL - 60 MIN	JPY 48,000-
THE AUGUSTINUS BADER FULL BODY RITUAL - 90 MIN	JPY 53,000-
THE AUGUSTINUS BADER TARGETED BODY TREATMENT - 60 MIN	JPY 48,000-

## MAULI

'OJAS' SURRENDER & REVIVE RITUAL - 120 MIN	JPY 53,000-
'DIVINE' FEMININE NURTURING RITUAL - 120 MIN	JPY 53,000-
'PRANA' CRYSTAL THERAPY & MARMA MASSAGE - 120 MIN	JPY 53,000-
'CHAKRA' REALIGN RITUAL - 90 MIN	JPY 48,000-

## BULGARI JOURNEYS

BULGARI SIGNATURE MASSAGE - 120 MIN	JPY 68,000-
BULGARI SIGNATURE MASSAGE - 90 MIN	JPY 48,000-
BULGARI SIGNATURE MASSAGE - 60 MIN	JPY 38,000-
DEEP RENEWAL - 90 MIN	JPY 48,000-
DEEP RENEWAL - 60 MIN	JPY 38,000-
TRANSFORMING RELAXATION - 90 MIN	JPY 48,000-
TRANSFORMING RELAXATION - 60 MIN	JPY 38,000-
DRY MASSAGE - 90 MIN	JPY 43,000-
DRY MASSAGE - 60 MIN	JPY 33,000-

## THE SUITE

THE SUITE	JPY 38,000-
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※10% taxes and 15% service charge are included.

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