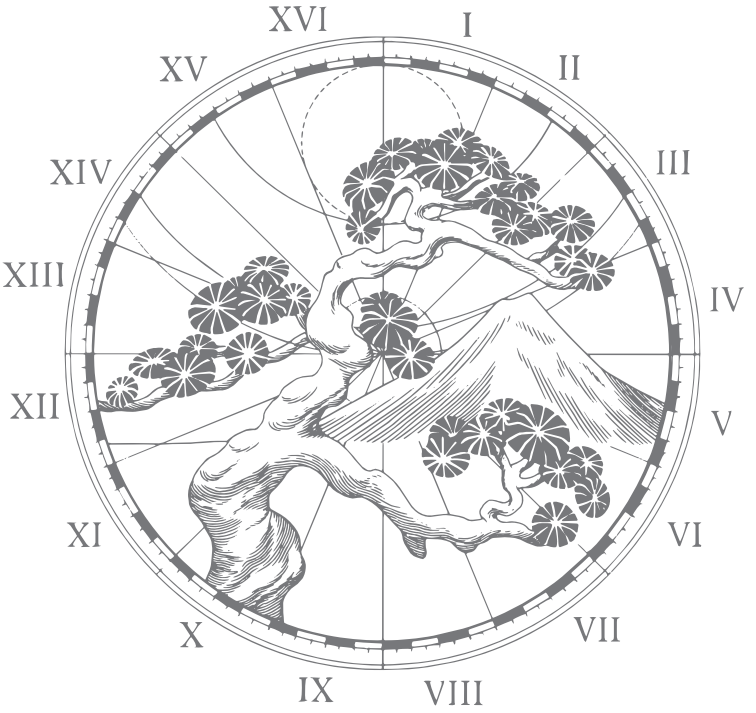
BVLGARI

HOTEL TOKYO

SPA


XVI
I
XV
II
XIV
III
XIII
IV
XII
V
XI
VI
X
VII
IX
VIII

BVLGARI

HOTEL TOKYO

The Bvlgari Spa is an oasis of serenity for the relaxation of mind and body. An 1800-square-metre aerie on the 40th floor of the Hotel, the Spa features 9 treatment rooms, including two double treatment rooms and an extraordinary Spa Suite, all offering magnificent views of the Tokyo skyline.

Infused with Italian sophistication and elegance by design, the Spa offers market-leading advanced beauty treatments and a range of result-driven, yet authentic treatments inspired by regional health and wellbeing rituals.



CONTENT

AUGUSTINUS BADER
06

AUGUSTINUS BADER TREATMENTS
08

MAULI
11

MAULI TREATMENTS
12

BVLGARI JOURNEYS
17

SPA SUITE
19

HYPERBARIC OXYGEN CHAMBER
20

HOW TO SPA
21

PRICE LIST
23

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 Bvlgari 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 benefits.



THE AUGUSTINUS BADER EXCLUSIVE BVLGARI FACIAL - 90 MINUTES

A streamlined, highly effective version of The Method Augustinus Bader—this bespoke, science-backed treatment combines Professor Bader's award-winning skincare technology, TFC8®, with customized fascia massage to stimulate cell rejuvenation, complemented by a Jade Gua Sha massage to reshape and lift up the contour of the face. The treatment begins with a thorough double cleanse, preparing the skin for formulas developed to support and boost its natural repair process. Signature manual and tool massage techniques enhance circulation and hydration, for optimal product absorption and delivery of key actives. An exclusive detoxifying and ultra-smoothing mask follows, delivering an immediate calming and glowing effect, while an activating scalp massage with the famed Augustinus Bader hair oil completes the ritual. Available only within the luxurious environment of The Bvlgari 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 treatment, followed by exfoliation and a 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 the 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 exfoliation using Augustinus Bader oil and scrub, followed by 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.


THE RADIANCE RITUAL
MAULI
SUPREME SKIN
CLEANSING OIL
MAULI
SUPREME SKIN
FACE SERUM
PRIVTHI
CLARIFYING
CONCENTRATE
MAULI
AGNI
RADIANCE
CONCENTRATE
MAULI
THE RADIANCE RITUAL
MAULI
SUPREME SKIN
HYDRATING ESSENCE
VAYU
AGE DEFYING
CONCENTRATE
MAULI

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 rare and refined 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.

SERPENTI SPA TREATMENT - 90 MINUTES

In honour of Serpenti and the Year of the Snake, The Bvlgari Spa introduces an exclusive treatment inspired by the strong, smooth movements of the snake. Leveraging the long stroke technique, the massage uses the arms as well as the hands to perform large, firm movements, releasing toxins and leaving the skin radiant and toned. Mauli products, based on the principle of Ayurveda, will be used during the 90-minute treatment, which addresses the face, chest, neck, shoulders, arms and scalp.

OJAS' SURRENDER & REVIVE RITUAL - 120 MINUTES

Release I Strengthen I 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, followed by a full body Himalayan salt scrub to further aid lymphatic drainage, buff away dead skin cells and impart a visible glow. A state of complete relaxation then unfolds with a soothing Indian head, face, and full-body marma point massage, using personalized '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, giving the skin a look of vitality.

'DIVINE' FEMININE NURTURING RITUAL - 120 MINUTES

Nourish I Heal I Balance - For Women
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, this ritual blends multiple therapies to nourish the body back to its natural, abundant state. Personalised oils, organic Shatavari herb (an Ayurvedic reproductive tonic), and marma point massage for the body, face, and scalp are combined with the resonance of singing bowls and mind therapy meditation to align the subtle energies. For those looking to treat other womb related concerns such as menopause, recovery from loss, or health conditions such as ovarian cysts and endometriosis, the focus will be on nourishing the abdominal area, rebalancing the sacral and heat chakras and intuitively releasing tension to help support a deeper connection with divine feminine energy.


MAULI
SUPREME SKIN
CLEANSING OIL
MAULI
SUPREME SKIN
HYDRATING ESSENCE
MAULI
AGING
RADIANCE
CONCENTRATE
MAULI

‘PRANA’ CRYSTAL THERAPY & MARMA MASSAGE - 120 MINUTES

Detox I Strengthen I 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. This is 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 I Renew I Restore
Chakra: Awakening to ones true and authentic self
The modern pace of life has left many feeling overwhelmed and destablised; with a greater desire for authenticity, connection and meaning. This multi-layered treatment integrates a full body massage using personalised dosha-balancing oils, detoxfiying 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.



BVLGARI JOURNEYS

BVLGARI SIGNATURE MASSAGE - 60 I 90 I 120 MINUTES

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

DEEP RENEWAL - 60 I 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 I 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 I 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 rebalances the flow of energy throughout the body, releasing blockages while restoring wellbeing and leaving the body centered and revitalized.



SPA SUITE

Situated on the 41st floor, the luxurious Spa Suite offers an exclusive treatment experience. The spacious Suite features side-by-side treatment beds a relaxation space, a hammam and an oversized hydro massage tub cladded in Iranian green onyx. Complete with a view of the Tokyo Tower, the Spa Suite is a private haven in the heart of the city.

Tailored to each guest's needs, the Suite experience is thoughfully crafted by The Bvlgari Spa team, ensuring a truly rejuvenating and memorable retreat.

HYPERBARIC OXYGEN CHAMBER

Rooted in medical science and trusted for its regenerative benefits, the Hyperbaric Oxygen Chamber offers a forward-thinking approach to wellness, recovery, and longevity. By delivering oxygen at increased atmospheric pressure, this advanced modality helps saturate the body's tissues with pure oxygen—supporting cellular repair, reducing inflammation, and promoting natural rejuvenation from within. Designed to complement both modern wellness goals and the body's intrinsic healing wisdom, this immersive experience sets the stage for optimal vitality and renewal.

HYPERBARIC OXYGEN THERAPY - 60 I 90 MINUTES

Increase your oxygen intake to accelerate every biomechanical healing process in your body and slow the effects of ageing. This treatment is helpful for ageing intervention, reducing inflammation, stem cell stimulation, cognitive improvement, skin rejuvenation, regulating the metabolism, musculoskeletal restoration, and improvement in cardiopulmonary function.

To confirm your eligibility for this treatment, a consultation form must be completed at least 48 hours prior to your scheduled appointment.

HOW TO SPA

SPA OPENING TIMES
7.00 am - 10.00 pm

SPA TREATMENT TIMES
10.00 am - 10.00 pm

The Fitness Center is open 24 hours. The Pool and Wet Area are available from 7.00 am to 10.00 pm (last treatment booking at 8.30 pm).
The Fitness Center and Pool are exclusively available to Hotel guests and Spa members.

RESERVATION

To reserve a treatment or receive further information please contact us at:
Telephone: +81 3 6262 3333
Email: tyobt.spa@bulgarihotels.com
Address: 2-2-1 Yaesu, Chuo-Ku Tokyo 104-0028, Japan
www.bulgarihotels.com

SPA ETIQUETTE

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

CHILDREN'S POLICY

Access to the Spa, Wet Area and Fitness Center is restricted to guests aged 16 and above. Children of hotel guests aged four and older may enter between the hours of 9.00 am - 5.00 pm when accompanied by an adult.

SPA ARRIVAL

Please allow sufficient time before the treatment to complete a spa consultation form and/or health questionnaire. Arriving up to one hour in advance is recommended to allow time for changing, unwinding, and enjoying the Spa facilities. Kindly note that late arrivals will result in a reduction of treatment time. Towels, robes, slippers, and amenities will be provided for use during the Spa visit. Throughout all treatments, draping will be ensured to maintain privacy.

HEALTH CONDITIONS

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

PERSONAL BELONGINGS

The Spa assumes no responsibility for any loss of valuables or jewelry within its premises.

CANCELLATION POLICY

Cancellations made less than 24 hours before the scheduled treatment will be fully charged. Late arrivals will result in a shortened treatment time.

THE AUGUSTINUS BADER

THE AUGUSTINUS BADER EXCLUSIVE BVLGARI FACIAL - 90 MIN	JPY 68,000-
THE AUGUSTINUS BADER PURIFYING FACIAL - 60MIN	JPY 53,000-
THE AUGUSTINUS BADER INTRODUCTION FACIAL - 60 MIN	JPY 53,000-
THE AUGUSTINUS BADER FULL BODY RITUAL - 90 MIN	JPY 58,000-
THE AUGUSTINUS BADER TARGETED BODY TREATMENT - 60 MIN	JPY 53,000-

MAULI

SERPENTI SPA TREATMENT - 90 MIN	JPY 66,000-
'OJAS' SURRENDER & REVIVE RITUAL - 120 MIN	JPY 58,000-
'DIVINE' FEMININE NURTURING RITUAL - 120 MIN	JPY 58,000-
'PRANA' CRYSTAL THERAPY & MARMA MASSAGE - 120 MIN	JPY 58,000-
'CHAKRA' REALIGN RITUAL - 90 MIN	JPY 56,000-

BVLGARI JOURNEYS

BVLGARI SIGNATURE MASSAGE - 120 MIN	JPY 72,000-
BVLGARI SIGNATURE MASSAGE - 90 MIN	JPY 55,000-
BVLGARI SIGNATURE MASSAGE - 60 MIN	JPY 43,000-
DEEP RENEWAL - 90 MIN	JPY 55,000-
DEEP RENEWAL - 60 MIN	JPY 43,000-
TRANSFORMING RELAXATION - 90 MIN	JPY 55,000-
TRANSFORMING RELAXATION - 60 MIN	JPY 43,000-
DRY MASSAGE - 90 MIN	JPY 47,000-
DRY MASSAGE - 60 MIN	JPY 36,000-

SPA SUITE

SPA SUITE	JPY 42,000-

HYPERBARIC OXYGEN CHAMBER

HYPERBARIC OXYGEN THERAPY - 90 MIN	JPY 22,000-
HYPERBARIC OXYGEN THERAPY - 60 MIN	JPY 18,000-

*10% taxes and 15% service charge are included.

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HOTEL TOKYO