



WELLNESS PROGRAMME

The Hiramatsu Karuizawa Miyota offers guests a Wellness Programme.

Why not enjoy a relaxing treatment during your stay?

Please note that reservations are required

Available 10am-6pm (last reservations 5pm)
Please ask our staff about reservations from 6pm

Place: Wellness Salon, 2F Annexe

The Hiramatsu Karuizawa Miyota Wellness Programme

Place: Wellness Salon, 2F Annexe

Opening hours: 10am-6pm (last reservations 5pm); closed on Wednesdays

Mori no Delight Care Body Treatment (Forest Delight Care Body Treatment)

meets Waphyto

A stay at The Hiramatsu Karuizawa Miyota - with meals, coffee time, hot spring bathing and activities - is like a luxurious full-course meal, and our Wellness Programme is like an appetizer before the main meal. Enjoy the blissful luxury of a treatment room surrounded by nature, offering Myofascial Release Cutter therapy to relieve deep tensions, hydrogen inhalation therapy, and a range of manual treatments with Waphyto oils, to refresh the body inside and out.

Waphyto

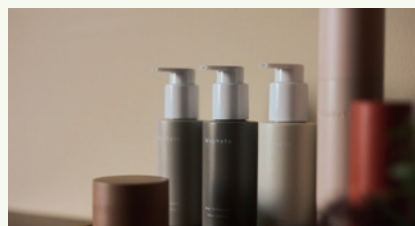
■ Body Oil

Based on rapeseed oil, with a proprietary phytoextract complex (conditioning agents) to promote skin hydration and elasticity. Choose from three different body oils specially blended to moisturize and restore barrier functions of dry, aging skin.

Balance	Blended with balancing essential oils of bergamot, orange, lime, mandarin, lemongrass, pink peppercorn and citronella, our body oil is the perfect treat for your whole body.
Unwind	A blend of cypress, geranium, orange, eucalyptus, cedarwood, peppermint, hackberry, Siberian fir and tea tree essential oils work to promote soothing and calming.
Enhance	Essential oils of lavender, rosemary, orange, palmarosa, geranium and butterfly leaf blend together to invigorate the skin and the senses.

■ Regena Enriched Facial Oil

Botanical anti-aging care oils that target signs of aging in adult skin, from stiffness to loss of tone and elasticity caused by dryness, and promote moisture, radiance and freshness.



Our Signature Treatments

Miyota Retreat

100 minutes, ¥36,300

This treatment uses a myofascial Release Cutter to effectively release tensions in your face and body. Simultaneous application of manual and electrical treatments allows more precisely targeted and deeper care for your whole body.

Kinmaku Release (myofascial release), face 30 min + body 70 min

* Available for 1 person only.

All-Hand Body and Suisonia (all-manual body treatment + Suisonia)

100 min ¥27,500

A special treatment that gently cares for the body from cellular level, helping to eliminate waste products with a combination of Suisonia (hydrogen inhalation) treatment, and aromatherapy using oils carefully selected according to your physical condition and personal preferences.

Suisonia (hydrogen inhalation) 30 min + aromatherapy 70 min

Brightening Facial and Bio Cream Body

90 min ¥31,500

A full-body all-manual treatment using precious beauty ingredients that brightens and tones the skin, and shapes the body.

Facial 30 min + Body 60 min

Miyota Retreat Pair Plan

for 2 people, 120 minutes, ¥83,600

Pamper yourself with 60 minutes of Myofascial Release Cutter treatment and 60 minutes of manual aromatherapy. A relaxing experience for two guests to enjoy together.

Myofascial release body treatment 60 minutes + aromatherapy body treatment 60 minutes

* Please note that the Myofascial Release Cutter and aromatherapy treatments will be carried out by different therapists

* Please reserve this treatment plan at least 3 days in advance

Our Recommended Programmes



Suisonia

The stresses of everyday life cause the body to produce harmful reactive oxygen species (ROS). The Suisonia treatment helps to eliminate these ROS from the body in a balanced way, through the inhalation of a gas-vapour mixture containing hydrogen.



Myofascial Release Cutter

This programme uses the world's first ECMS (eddy current muscle stimulator) together with a special "coupling glove". The synergy between the two devices allows precisely targeted myofascial release, addressing deep tensions that cannot be relieved by manual treatments alone.

À la Carte

(You can also add these treatments onto our Signature Treatments)

Myofascial Release Cutter	Body	30min	¥12,100
		60min	¥24,200
		90min	¥30,800
	Facial	30min	¥12,100
		60min	¥24,200
Suisonia (hydrogen inhalation)		30min	¥4,400
		60min	¥6,600
		90min	¥8,800
		120min	¥11,000
All-manual treatments	Aroma Facial (aromatherapy facial)	60min	¥23,100
		90min	¥29,700
		120min	¥35,200
	Aroma Body (aromatherapy body treatment)	60min	¥23,100
		90min	¥29,700
		120min	¥35,200
	Momihogushi (relaxation massage)	40min	¥8,800
		60min	¥13,200
	Momihogushi in-room (relaxation massage in your room)	40min	¥9,900
		60min	¥14,300



* Please note individual experiences may vary, and we cannot guarantee the same benefits in every case

* Our treatments aim to promote relaxation, and do not involve any medical procedures

* For your safety, we do not offer treatments to expectant mothers

* The duration of each programme is treatment time + approximately 30 minutes