

Sleep Tourism Program

< Day1 >

- 2:00 PM Consultation & Deep-Breathing Bath Lecture
- 3:00 PM Check-in & Pillow Consultation
- 6:00 PM Dinner (extra charge)
- 9:00 PM Deep-breathing bath in the Meditation Bath
- 10:30 PM Sleep with carefully selected bedding

< Day2 >

- 7:00 AM Breakfast “Morning Awakening”
- 8:00 AM Morning Stretch
- 9:00 AM Hot spring bath at Hoshino Onsen Tombo-no-Yu
- 1:30 PM Nature watching in Wild Bird Forest
- 6:00 PM Dinner (extra charge)
- 8:00 PM Oil treatment or acupuncture body care
- 10:00 PM Deep-breathing bath in the Meditation Bath
- 10:30 PM Sleep with carefully selected bedding

< Day3 >

- 7:00 AM Breakfast (extra charge)
- 8:00 AM Morning Stretch
- 9:00 AM Hot spring bath at Hoshino Onsen Tombo-no-Yu
- 12:00 PM Check-out