

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