

Comprehensive SPA Program - Harmonizing Mind and Body -

< Day 1 >

- 3:00 PM Check-in
- 4:00 PM Interview and treatment, including 1 hour of acupuncture and moxibustion
- 5:30 PM Drink herb root and bark tea and rest your body
- 6:00 PM Make incense pillow bag
- 7:15 PM Dinner in the guest room "Seasonal Set Menu"
- 8:00 PM Bathe in a bath of herb root and bark to your body type

< Day 2 >

- 5:30 AM Morning Zen Meditation
- 8:30 AM Morning Outdoor Stretch
- 9:30 AM Japanese breakfast with hot pot in the guest room
- 12:00 PM Check-out