

Deep Breathing Regimen

< Day 1 >

- 03:00 PM Check-in
- 04:00 PM Consultation
- 04:30 PM Body Remodelling
- 07:00 PM Dinner “Special In-Room Dining”
- 08:30 PM SPA Treatment

< Day 2 >

- 07:00 AM Power Walking (Optional)
- 08:00 AM Deep-breathing Stretch
- 09:20 AM Breakfast
- 10:00 AM Scent Blending Experience
- 12:00 PM Lunch “Special In-room Dining”
- 02:15 PM Briefing of bathing routine
- 02:30 PM Private Hot Spring
- 03:00 PM SPA Treatment
- 06:00 PM Dinner “Nippon Cuisine”

< Day 3 >

- 06:45 AM Morning Kenjutsu practice (Optional)
- 09:00 AM Breakfast
- 11:00 AM Post-consultation
- 12:00 PM Check-out