

Island Holistic Wellness Stay

< Day 1 >

3:00 PM Check in, Filling interview questions,

Take a stroll in the garden and flower arrangement as you wish

If you are hungry, make an aperitif and have dinner at the dining room

Take a deep breath and stretch as your heart goes

Go to bed when you feel sleepy

< Day 2 >

Breakfast if you are hungry

SPA treatment

Noodle making experience when you are hungry, then lunch

Guided walk around the village of Taketomi Island as you wish

Harvest fresh herbs and make fresh salt when you are hungry

Dinner in the guest room when the salt is ready

Go to bed when sleepy

< Day 3 >

Breakfast if you are hungry

SPA treatment

If you are hungry, dinner at the dining room

If you are sleepy, go to bed

< Day 4 >

Breakfast if you are hungry

SPA treatment

Listen to the waves at the beach as you wish

12:00 PM Filling interview questions, check out