

KIMEGURI Spice Stay

<Day1>

- 3:00 PM Check-in
- 4:00 PM Spice Workshop
- 6:00 PM Dinner at the dining restaurant
- 9:00 PM Deep Breathing in the evening

<Day2>

- 7:00 AM Deep Breathing in the morning
- 7:30 AM Special Breakfast (Medicinal Okinawan style porridge)
- 9:00 AM Beach Walking for 1 hour
- 10:30 AM Pool training, Tea time with Brown sugar ginger tea
- 12:00 PM Special Lunch (Spice Okinawan noodles)
- 14:30 PM Spa "TSUKI" 90 min.
- 19:30 PM Special Dinner (Spice Ryukyu Shabu-shabu)
- 21:00 PM Deep Breathing in the evening

<Day3>

- 7:00 AM Special Morning exercise for 50 minutes
- 9:00 AM In-Room Dining Breakfast (Salad with a touch of spiced oil)
- 12:00PM Check-out