

Holistic Program Using the Five Elements of Lapidem.

It incorporates the old martial arts "*Kappo*" for uniting the elements successfully and bringing them together in harmony; in creating the characteristics of the five elements in a unique approach, we aim to synchronize the body with the breathing of the earth.

Let us forget the hustle and bustle of the city, and relax in the silence.

While feeling the comfortable waves of tingshaw slowly circulating the energy of the body and mind, we experience a treatment that balances the whole body.

Consultation:

To encourage your knowledge of the state of your own body, we will undertake a constitutional diagnosis based on the five-row theory. This classifies everything in nature into five elements and explains the interrelationship. We apply this principle to the human body and divide the work of the body into five parts: "liver, heart, spleen, lung, and kidney" and then examine the balance between them. This well-balanced state leads to physical and mental health. Through counseling we will check the current state of the body and we will propose a treatment that is tailored to every individual.

Foot bath:

The footbath occurs during the counseling and while enjoying our seasonal herbal tea.

Based on the constitutional derived from counseling, you choose the best blend of oil and salt for your body for that day, we will prepare it in front of you. By warming your feet before treatment, the blood flow of the whole body is promoted, leading to deeper relaxation.

Kappo

In Lapidem, we incorporate traditional therapy of "*Kappo*" an old martial arts technique born during the Sengoku period. In "*Kappo*" we aim for the state of "improved body and mind" = "a no matter what you are doing state".

For each individual, troubles, problems and one's constitution are very much different from that of any other. We aim to ensure the correct posture and body harmony suitable for each person's characteristics.

Using a slightly stronger approach, we will open the main lymph nodes in the hips and armpits that are painfully compressed and stretched. Opening the whole-body's lymph nodes before oil treatment, will further enhance the effectiveness of the subsequent treatment.

※ All holistic programs activities are included.

Holistic Facial Treatment

Time of Treatment: 90min

Price: ¥18,000

Lapidem original works directly through hand techniques at the acupuncture points (acupoints) which continuously stroke and stimulate the skin. Improve the flow of aura and blood by treatments on your face and décolletage, and head meridians. As blood circulation improves, extra moisture and waste matter are discharged, and troubles such as sagging, swelling and wrinkles are also corrected. Released firmly with a comfortable pressure, the hand techniques tighten the whole face, and lead to a clean facial line. It is a facial treatment aimed at extracting the maximum regenerative power naturally through its own vitality.

Holistic Body Treatment

Time of Treatment: 90min/120min

Price: ¥17,000/¥22,000

Meridians are the living energies of "Qi" and "Blood" that flow through the whole body. Also, we believe that each one leads one of the five organs. A truly healthy condition is when this flow is flowing without impediment. By using fragrant oil blended according to one's constitution, and by treatments focused along the meridian that approach acupuncture points, we maximize the natural healing power that we own. We will transform the abnormalities from unknown cause to a normal state, including the stiffness of the shoulder and neck that are peculiar to modern people.

Holistic Head Spa Program

Time of Treatment: 90min

Price: ¥17,000

The head spa program that releases daily stress and results in a deep relaxation. Focusing on the turnover of the scalp, this program massages the scalp along the flow of the meridian to promote blood circulation; the scalp sebum balance is adjusted with Lapidem Holistic Hair Care. The active ingredients by penetrating to the roots of the hair and activating the scalp from the inside, leads to healthy, glossy, and durable hair. Moreover, the scalp and face are connected through the skin and one can also feel the lifting effect at the face line.

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Healing Hot Stone Therapy

Jade

A powerful stone, the jade's power to work on the life force itself that it excels in healing power, and cleanses

mind and energy. Jade absorbs and purifies poor negative energy and helps the resurrection of mind and body. It is also a stone that attracts the phenomena necessary to achieve one's deals and dreams.

Hematite

There is an action that strengthen the person's will and to give confidence. It rebuffs negative energy and evil, circulates the inner power that a person possesses, and provides support for living. Moreover, just as there is a force to work directly on the blood, there is a strong blood purification action in hematite.

Basalt

Basalt is a volcanic rock wherein volcanic lava has been chilled over a long period of time, it then solidifies and is polished smooth over a long period of time by wind, rain, and the power of nature. It contains minerals such as iron and magnesium, it is very difficult to cool because of its high density, and it is widely used in hot stone treatments.

Rose Quartz

Rose quartz is very famous as a symbol of love and beauty, and has a quiet and gentle nature. It relieves body fatigue and activates the functions of the endocrine system, so it is said that it enables the freshness of youth and the power to retain health. It is also said to have the effect of bringing firmness to the skin and reducing wrinkles.

Amethyst

The effects can include a highly soothing healing power, and restoring mental and spiritual balance while eliminating fatigue. Sleep effects can be expected, and these healing effects enhance the function of the optic nerve.

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Hot Stone Healing Facial

Time of Treatment: 60min

Price: ¥14,000

By warming your face, shoulder · neck · décolletage · comfortably with a stone, you will loosen your stiffness, encourage improvement of the circulation that helps the reproduction of skin cells, and give you firmness to your skin. Dullness etc. flows smoothly, you can feel the fluffy feeling. It stabilizes the feeling with the head massage which works on meridians, and sharpens the spirit.

Hot Stone Healing Body Treatment

Time of Treatment: 90min

Price: ¥22,000

Improve fatigue and cold accumulated in the core of the body, and increase immunity. The whole body is full of energy, but it is important to remove the negative flow of energy from the body. In addition, the power of stones brings about deep relaxation effect, as they relax muscle tensions, to allow you to regain pure feelings. You can expect relief from chronic fatigue and stress.

Hot Stone Healing Head Spa

Time of Treatment: 75mins

Price: ¥16,000

By warming the décolletage · shoulders, and neck with the stones and repairing the circulation, this treatment will bring about refreshing feelings, improvement of the lymphatic circulation, and adjustment of one's nerve balance. Like taking a deep breath, it will relax the brain, soothe the scalp and the heart, that are tense and strained. This promotes the circulation of the scalp, and is effective for reducing hair loss and asthenopia.

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Five Elements Package Program

The seasons, constitution, and physical disorders are cyclical during the year. All things in the universe are composed of the Yin and Yang energy divided into five elements of wood, fire, earth, metal, and water, we think the universe is made these elements interacting with each other. We have prepared a treatment to encourage improvement of every guest physical condition and constitution. There are five special elements to it that will prepare the foundation for balancing the five lines and maintain a beautiful and healthy body.

Release

This is a special course aimed at purification, excretion and detoxification.

Time of Treatment: 150min

Price: ¥28,000

"Wood" germinates "Spring". Filled with the energy of life, energy expands and rises steadily.

Growing and seeking freedom while resisting obstacles, Symbolize such energy. The organ involved is the

"liver". It is nutrition stores in blood, supplied to the whole body, detoxified, that plays the role of smoothly arranging the flow of air. Animals in the world accumulate fat and overcome the winter's chill. Then in the spring that extra fat melts away and is drained away. It is said that many causes of physical disorder in the early spring are due to the liver being overloaded. The decomposition of grease is unable to catch up, the blood stagnates, the neck and shoulder experience stiffness, and the eye fatigued-all are affected by the liver.

For those with such symptoms:

Eye tiredness, rhinitis, atopy, hay fever, cold, menstrual trouble, irritability/stress, anger, disorder of autonomic nervous system, May disease, depression, rheumatism, stiffed shoulder, muscle pain, emotional instability, alternating diarrhea and constipation, feet and eye fatigue, physiological problems, frustrations, stress, anger and insomnia.

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Content included in the program:

Counseling



Salt scrub and foot bath



Full body detox salt treatment



Abdominal Herbal Treatment



Hot- eye care



Meridian scalp care



After Counseling

Calm

This is a special treatment for calming the mind.

Time of Treatment: 150mins

Price: ¥28,000

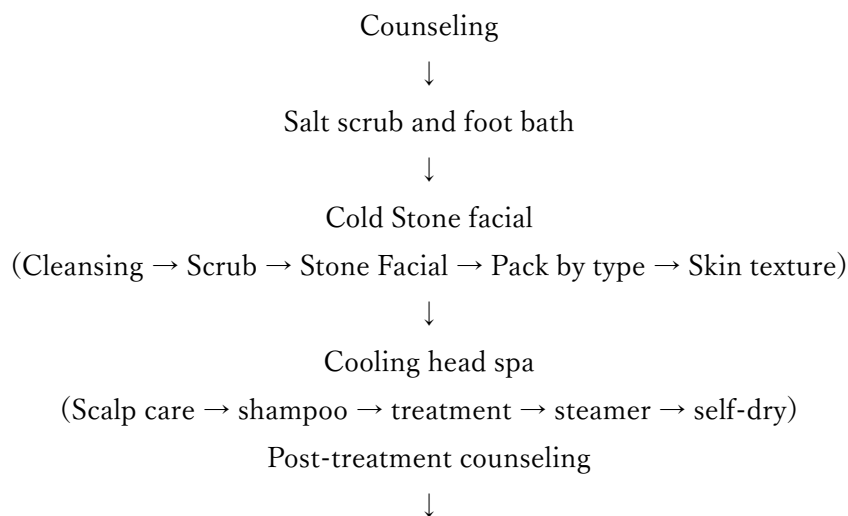
Calm "Fire" expands and actively extends the "Summer" of passion. The flowers grown in the "tree" are blooming, and express the energy of the most momentous peak of the year. It is also a time to embody the roads travelled during the "tree" period. "Heart" warms other organs like a fire, and circulates the blood that carries nutrition. It also has the function of controlling consciousness and thought with emotions, that involve the cerebrum, and keeping tastes normal. When the work of "heart" is functioning smoothly, imagination, expressive abundance, charm and deep love are received and given. This program is a facial treatment and cooling head spa using cold and chilled natural stones, to calm the mind and body, and restore a calm heart.

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For those with such symptoms:

Cold, sleep-disturbing teeth grinding (bruxism / snoring), myocardial obstruction, mental illness, thrombus, polyps, poor circulation, hot flashes, motivation, hypertension, stomatitis, residual feelings, red face, acne, irritation, hot weather, impatience, circulatory system, cerebral ulcer, arrhythmia

Content included in the program:



Balance

This is a special course intended mainly for digestive system purification and absorption.

Time of Treatment: 150mins

Price: ¥28,000

This refers to the earth's seasons, and midsummer particularly. It is offered four times a year for two weeks at a time during each season.

In 2018

Winter Season: January 17 - February 3

Spring Season: April 17 - May 4

Summer Season: July 20 - August 6

Autumn Season: October 20 – November 6

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The earth's energy is the energy to maintain and change shape. The organs "stomach" and "spleen", that ensure digestion and absorption take life energy from food and sends it to the heart and lungs of Qi-blood and water. Those with malaise, lethargy, loss of appetite, and dry mouths, find this leads to problems such as abdominal pain, diarrhea, nausea and chills. We adjust the components in the preparation what is forthcoming at this time in the next season, in the relationship of the spleen to blood and other body fluids. This process is aimed at absorbing a digestive system cleanse in the "heart" through a special course of body treatments using cream on the entire body to slowly shed and then warms the gut in the basti treatment and promotes detoxification.

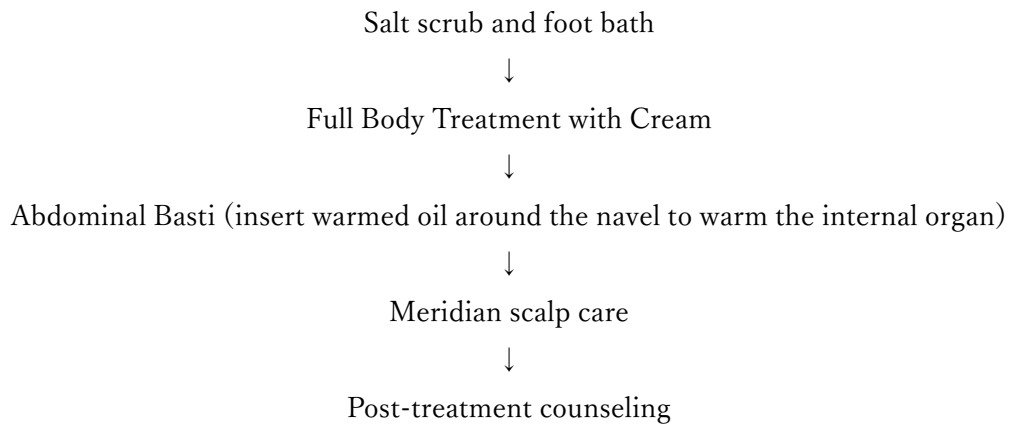
For those with such symptoms:

Gastrointestinal disorders, depression, allergy, neurosis, roughness of the lips, dysgeusia, immune system troubles, poor physical condition accompanying changes in dynamic season, coldness of limbs, chronic fatigue, lethargy.

Content included in the program:

Counseling





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Breath

This is a special course to repair the colon, respiratory system

Time of Treatment: 150mins

Price: ¥28,000

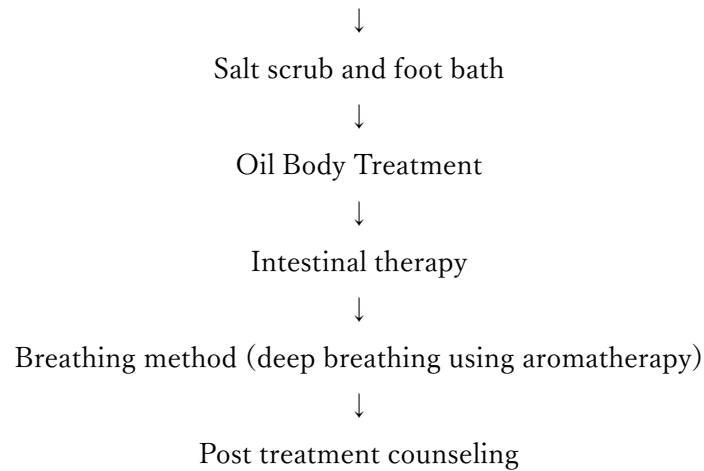
Metal "is a fruitful" fall. The organs involved are the lungs and the large intestine", Let us bear in mind that the "lungs" regulate breathing (qi). It takes in energy from outside, and it breathes out the energy that is trapped in the body. "Colon" is a pipe that carries extra fat and sugar. When the energy of " Metal " works positively, harmony and dialog are obtained and order is maintained, but if energy collapses it will be influenced from the outside and order is maintained, will become vulnerable. This course is a special course that improves the flow of lymphatic fluids and the functioning of the colon with intestinal therapy and whole-body oil treatments.

For those with such symptoms:

Runny nose, cough, phlegm, sneezing, asthma, allergic rhinitis, sinusitis, otitis, dermatitis, Confusion, prevalence of swelling from colitis, constipation, diarrhea, gloominess, dryness of throat, and respiratory problems.

Content included in the program:

Counseling



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Charge

This course is a special repair to prepare hormonal balance disorder.

Time of Treatment: 150mins

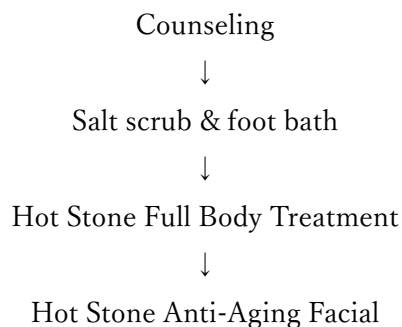
Price: ¥28,000

"Water" The season is "winter" and "water" is the energy of the drifting source, the most essential energy, with the internal potential to be a source of life everywhere. The related organ is the "kidney" which is responsible for body fluid (moisture) adjustment. It has the function of removing excess bodily fluids and waste products from the blood and is also related to growth involvement, bones and teeth, reproductive organs, and ears. From the cold climate of the outside world, water excretion organs of the kidneys and bladders work to prevent the body from chilling and drain extra moisture. This course is a special course that combines facials and body treatments using hot stones to prepare hormonal balance disorder.

For those with such symptoms:

Trouble in the thyroid gland, sex hormone abnormality (menstrual irregularity, menopause), ear trouble, otitis media, tinnitus, kidney, eyelash, hair luster, osteoporosis, chill, hot flashes, hair loss

Content included in the program:



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After Counseling

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Spicule Treatment

This is the ultimate cell regeneration treatment that restores the original strength of our skin. Spicule treatment is to penetrate the natural active ingredient (sponge needle) into the deep layer of the skin. It is a treatment to normalize the skin turnover and lead to the original healthy and beautiful skin. A fine spicule needle penetrates deep into the skin, promoting the activity of the cell.

About 72 hours after treatment, waste matters are pushed up by the stratum corneum, promotes spontaneous peeling and is reborn into new skin cells.

Spicule Treatment Face or Body

Time of Treatment: 60min

Price: ¥23,000

"1 course allocation"

10% off at 4 to 5 times

The ultimate cell regeneration treatment that regains the original strength of the skin we have. Spicule treatment is a treatment for normalizing skin turnover by letting the natural active ingredient (sponge needle) penetrate into the deep part of the skin, leading to the original healthy and beautiful skin. A fine spicule needle penetrates deep into the skin, promoting cellular activity. About 72 hours after treatment, waste products are pushed up by the stratum corneum, which promotes spontaneous peeling and changes to new skin cells.

【Notes】

- Please refrain from makeup on the day of treatment.
- On the day of treatment, there are times when you feel hot flashes and dullness like sunburn.
- About 24 hours after the treatment, please do not wet the treatment part with water.
- Please avoid sauna, swimming pool, intense exercise, etc. on 2 ~ 3 days after the treatment.
(Sweat may cause allergies.)
- Do not drink or smoke as much as possible 2-3 days after the treatment.

- Redness may appear in the treated area 2 to 5 days after the treatment.
- Please do UV care after the treatment.

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Basic Face Program

Lapidem Basic Facial

Time of Treatment: 60min

Price: ¥ 10,000

It is a facial treatment that leads to a vibrant and healthy skin with the power of the original hand technique and Lapidem Holistic Skin Care Line "Five Elements". Firmly tighten the stiffness with a comfortable pressure, tighten the whole face, promote the excretion of waste products and promote blood circulation to a clear face line. With the synergistic effect of cosmetics and hand technique, it maximizes the playing power that it has inherently.

Brightening Facial

Time of Treatment: 80min

Price: ¥ 17,000

It will penetrate high concentration of Vitamin C into the deep part of the skin and effectively cut off the origin of spots and dullness. By unraveling the muscles of the engagement and the corpuscles, we will guide you to a beautiful and youthful face line from any angle. It is a luxurious facial treatment that you can feel the transparent clear beautiful white skin shining from the inside and the lifting effect.

Revitalizing Facial

Time of Treatment: 80min

Price: ¥ 19,000

By moisturizing the skin and introducing the active ingredient as it is to the bottom of the skin layer, we approach the laws and sags, sagging and wrinkles that are difficult with ordinary care and give vitality to the skin. It leads to a face line tightened to refreshing while eliminating the bite which is said to cause mental stress and physical fatigue and the corner of the eyes. In addition, we will choose the essence of high concentration prescription using "EP essence · premier series" for your concerns and introduce it to your whole face. We cannot introduce usually, we can introduce to your eyes, eyelids, lips as well.

※ The details of the essence are listed in the "1 · Options" menu

Basic Body Program

Lapidem Body Treatments

Time of Treatment: 60min/90min

Price: ¥ 10,000/ ¥ 15,000

Focusing on the flow of "vein" which is greatly related to the excretion of water and waste products, we focused on the deep muscle layer approach and removal of the fascia by stripping the fascia and eliminating the cause of stress and fatigue accumulated for many years. By paying attention to "bowling" and "excretion" of the body, we realize smoother care and eliminate the fatigue of the whole body.

Body Scrub Treatment

Time of Treatment: 60min / 90min

Price: ¥ 13,000 / ¥ 18,000

According to the diagnosis constitution based on the five-elements theory, dead skin of the whole body with original optimal scrub consisting of a blend of oil and mineral-rich natural salts; the nature of this treatment is plentifully filled with conditioning elements that discharge excess water, and encourage purification. It is a body treatment that invigorates vitality by overflow of energy in the body with cream-based whole-body all-hand treatment.

* Fifteen minutes of Shower time is also included.

Body Design Program

Time of Treatment: 90min

Price: ¥ 21,000

Using a strong hand technique with a high slimming effect, we will arrange an ideal body line That promotes the excretion of impurities accumulated in the body and leads to a state that is easy to burn off excess waste material. Using a heating mat, the whole body will be warmed to promote blood circulation. This treatment is also effective for improving colds and edema cellulite etc., leads to a refined and tightened body.