

A decorative tassel hangs from a bamboo blind. The tassel features a complex knot at the top and a long, dense fringe of threads below. The background is a warm, golden-brown color with a subtle pattern. The text 'LAPIDEM' is overlaid in white, bold, sans-serif capital letters across the middle of the image.

# LAPIDEM

Spa Menu





**The place to rediscover your true self.**

Our unique techniques and programs, developed under the philosophy that "true beauty comes from health," are designed to promote the health of the skin, mind, and body. Based on traditional Oriental medicine, they incorporate ancient healing therapies and holistic approaches. We believe that every treatment session in a carefully designed space that stimulates all six senses is a ritual of prayer. These mystical and unique treatments are a complete wellness experience, where the therapist's hands convey invisible energy and precise techniques that heal tired hearts and bodies, improve unexplained discomfort, and help you reclaim your true self.



## Ritual

-Signature-

This blissful ritual is designed to bring tranquility and peace to the body and mind while awakening feelings of happiness. Utilizing LAPIDEM's luxurious RITUAL collection, it combines various healing therapies that engage the five senses, with the invisible energy conveyed through the therapist's touch. This signature program by LAPIDEM aims to restore a pure, radiant, and youthful harmony of health for the body, mind, and skin.

Ritual -Facial & Body-

Purification Ritual -Head Spa & Facial-

Deep Sleep Ritual -Body-

Aging Simile Ritual -Facial-



L A P I D E M

### **Ritual -Facial & Body-**

Sleep and rejuvenation ritual

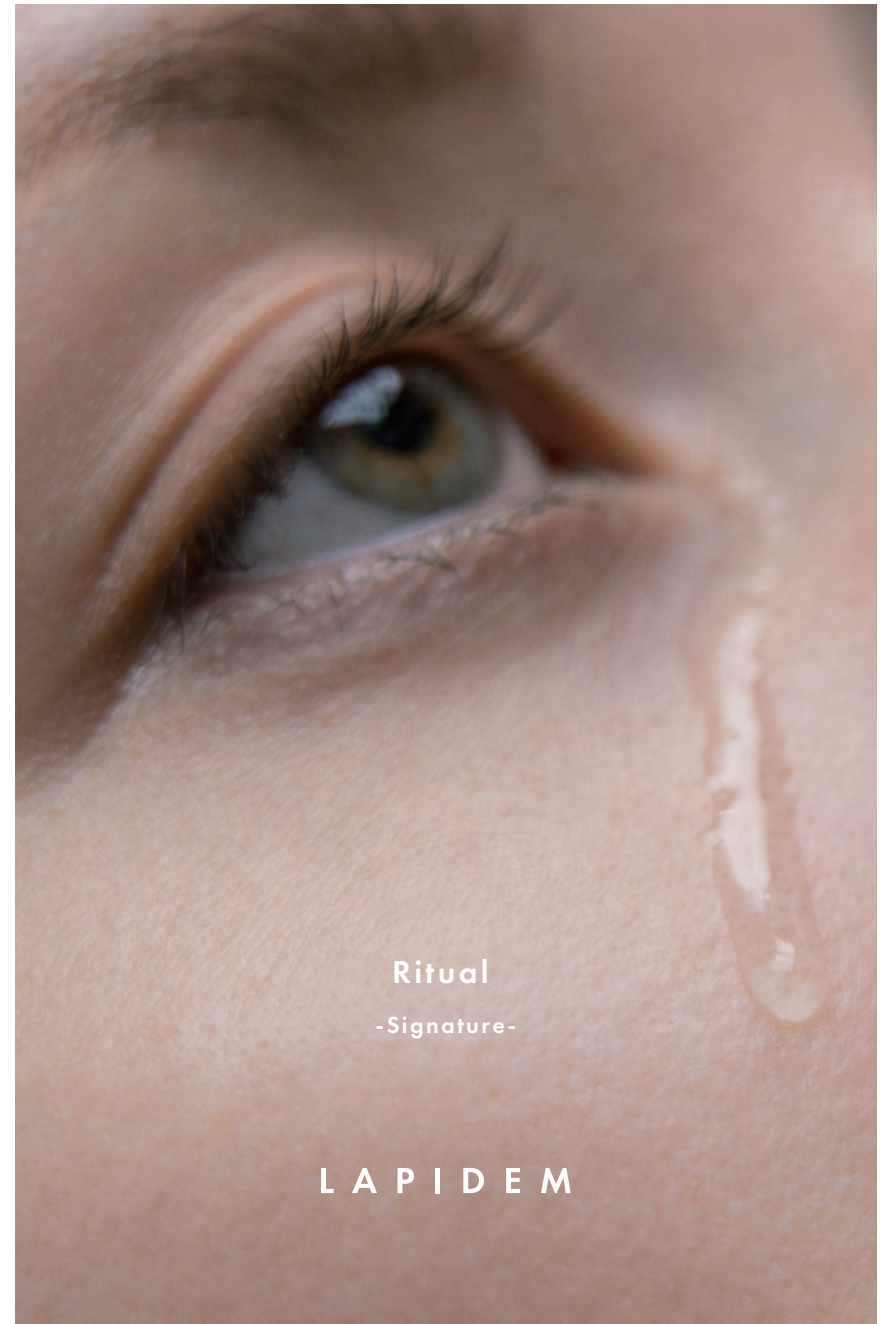
150min

Guided by the soothing flicker of candlelight, surrender yourself to a sound bath and embrace a profound sense of peace. This special ritual promotes detoxification and purification of the body and mind through the mystical power of natural salt crafted under a full moon and herbal compresses, easing all forms of physical and emotional discomfort. In this serene atmosphere, experience rejuvenation of the body and mind, embrace restful sleep and awaken the sense of total well-being.

### **Purification Ritual -Head Spa & Facial-**

150min

This ritual, enriched with profound purifying effects, awakens the senses and reconnects you with nature. Inspired by ancient shamanic ceremonies, it uses smoke therapy and herbal remedies to detoxify the body and mind, restoring a youthful radiance to both your spirit and skin. This experience begins with Shiro Abhyanga, a seated scalp massage focusing on the neck, shoulders, and head to relieve headaches and tension. It is followed by a Skin Detox Facial, which enhances your skin's tone and texture on a deeper level, leaving both your mind and skin refreshed and revitalized.



Ritual

-Signature-

L A P I D E M



### **Deep Sleep Ritual - Body-**

120min

This program, inspired by the traditional Chinese medicine concept of maintaining a cool head and warm feet, emphasizes breathing, the parasympathetic nervous system, and brain temperature key factors for achieving deep sleep. It is designed to reset negative cycles and restore balance to the autonomic nervous system and hormones.

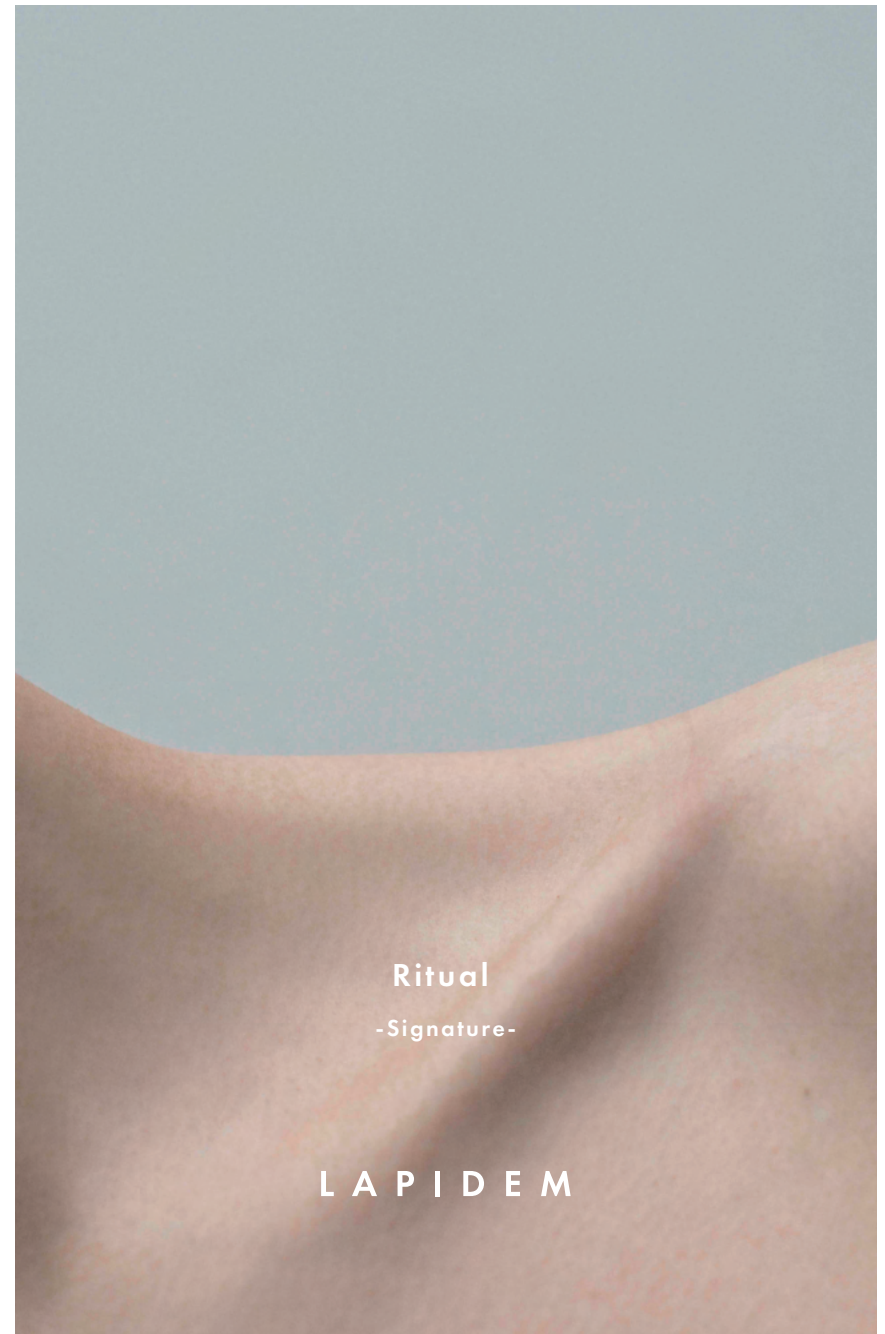
Through Shirodhara, where lavender herbal water is poured gently over the "third eye," this ritual helps release anxiety and stress, clears your mind and vision, and guides you toward a state of peace and restful sleep.

### **Aging Simile Ritual -Facial-**

120min

A blissful rejuvenation ritual.

This ritual is a program designed to focus on the evergreen theme of rejuvenation and is designed to make your mind, body and skin glow from the inside out. The Leg Rescue ritual, performed while surrounded by the fragrance of fresh herbs and flower bath, targets the feet from toe to knee, improving the dullness around the affected knee area. Nestled in the comfort of a soft pillow, you'll then enjoy soothing treatments from the therapist, creating a truly blissful experience.



Ritual

-Signature-

LAPIDEM

## Wellness

– Journey –

Based on the philosophy that "true beauty only comes from good health," the Lapidem Spa applies a holistic approach to improve unexplained disorders, hormonal imbalances and skin conditions caused by the seasons, environmental changes and ageing that we all experience. The Lapidem Wellness Journey is designed based on oriental medicine, traditional remedies and healing methods that have been handed down since ancient times, and follows the natural order of things, supplementing what is lacking and eliminating what is superfluous in order to restore balance and achieve a lifestyle full of physical and mental health and fulfillment.

Balancing Rhythm

Recovery Charge

Meditation





## Balancing Rhythm

90min

Improve the rhythm and balance of your whole body

Improves unexplained disorders / Balances the mind and body / Balances hormones / Regular body maintenance / Improves immunity

This wellness program aims to improve the unexplained disorders of the body. After warming the back and abdomen with herbal balls, by the laws of the unchanging rhythm of meridians, it will stimulate the acupuncture points and eliminate the toxins accumulated in the whole body, while adjusting the balance of Qi, blood, and water. Incorporating traditional Japanese treatments, it promotes the recovery of our self-healing power and balances body and mind, to reclaim your true self.

## Recovery Charge

60min / 90min / 120min

Recover and recharge your energy

Relieves Fatigue / Relieves Chronic Fatigue / Detox / Relieves Swelling / Relieves Stiffness and Tension in the Body / After Sports Recovery

This program is designed to improve accumulated fatigue and bring about a deep cleansing effect. It uses a deep approach to the muscular layer to peel away fascial adhesions and adjust the water balance in the body. It also helps to release tension and relieve sore muscles by facilitating the flow of the lymphatic system. This treatment is also recommended for relieving body heaviness and energy stagnation.

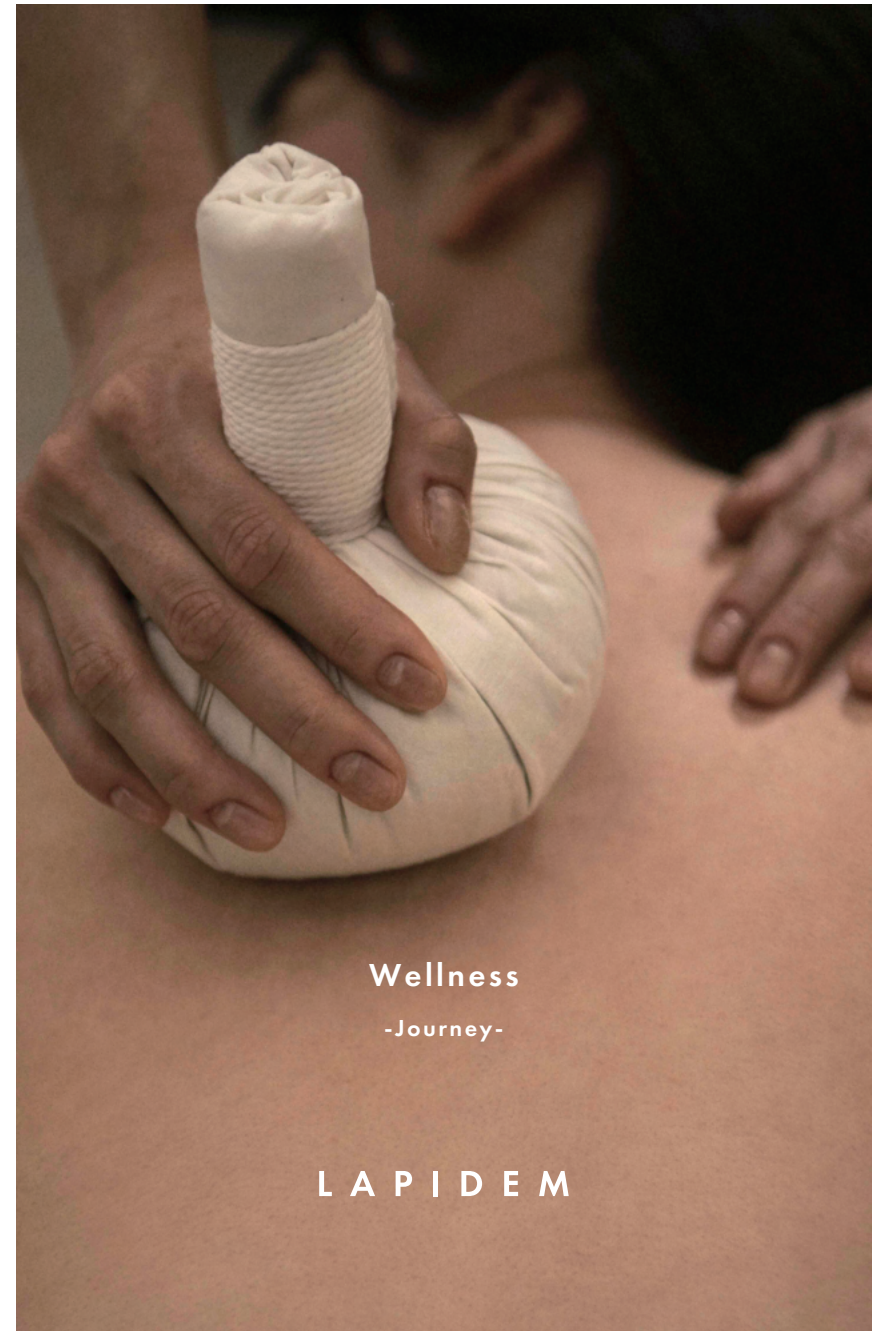
## Meditation

90min

For improved sleep quality and deep meditation

Improves Sleep Quality / Autonomic Nervous System Balance / Peace of Mind / Relief from Digital Stress / Eye Strain

This program is designed to improve sleep quality and deep meditation by using a long-stroke approach that gently flows throughout the body to promote breathing and balance the autonomic nervous system. This energy work will bring about a deep relaxation effect, using sound baths and hot stone therapy. By taking in the energy of the natural world, stress, mental strain and anxiety can be alleviated, helping you to regain peace of mind and improve your performance in your daily life.



Wellness

-Journey-

L A P I D E M

## Detox & Renewal

### - Experience -

This program is thoughtfully designed to support each guest's journey toward a pure and balanced wellness life. It consists of 150-minute sessions per day, customized to promote profound purification and regeneration through tailored experiences.

The program may include consultations, herbal steaming, oil baths, herbal compresses, moxibustion, sound therapy, breathwork, dietary guidance, and other wellness practices, all adjusted to suit your selected duration.

\*Please note that the program contents vary depending on the chosen duration.

\*For optimal results, we recommend 3 to 6 sessions over 2 to 3 weeks. However, single-day experiences are also available.

\*Guests participating in this program may be advised on dietary restrictions, recommended intake, and other precautions during the session or program period. For details, please contact the salon.

\*Kindly note that this program may not be suitable for all guests based on individual health conditions or constitutions. We appreciate your understanding in advance.

### Detox & Renewal (1 Day/3 Days/6 Days)

\*The treatment time per day is 150 minutes.

\*For the first session, a 30 minutes consultation will be added to the treatment time listed above.



L A P I D E M



## Detox & Renewal

150min

### A deep cleansing wellness experience

Powerful detox / Improve mental stagnation / Release deep-rooted stress / Relieve chronic pain / Improve sleep quality / Cleanse and restore the mind and body / Improve your constitution

This session is a transformative detox experience that promotes deep purification and renewal of the mind, body, and spirit through three integrated therapies.

The journey begins with a customized herbal steam treatment, designed to encourage perspiration and detoxification. Next, immerse yourself in Shunya head therapy, a practice that quiets the mind and invites you into a state of pure bliss. As you lie down, your body is treated with dry brushing to stimulate the nervous system and enhance skin respiration. This is followed by the soothing warmth of herbal compresses (warm moxa) soaked in natural oils, combined with the skilled hand techniques of the therapist. Together, these therapies work to release unnecessary burdens from your body and mind, promoting energy flow.



Detox & Renewal

-Experience-

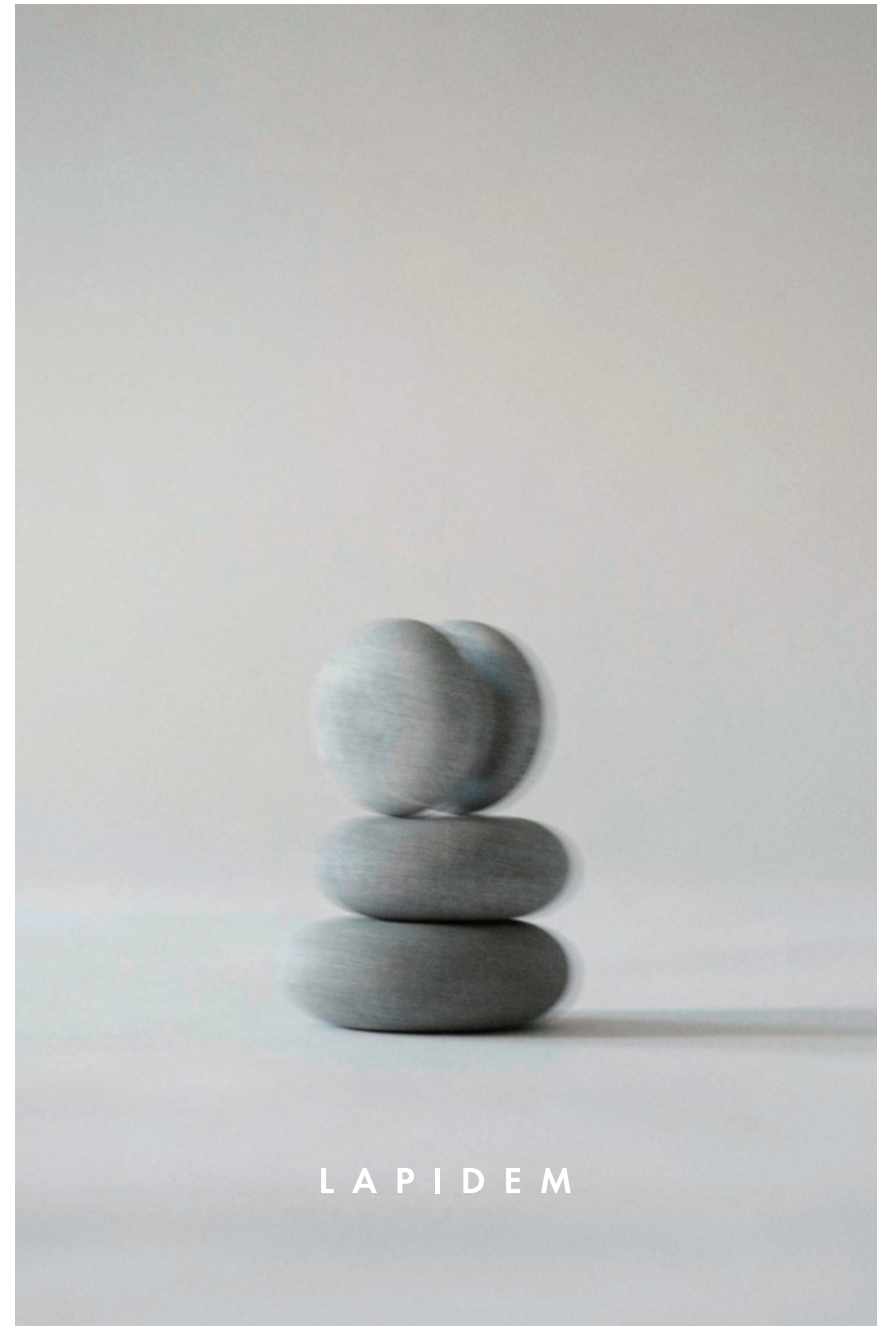
L A P I D E M

## Nature Ritual

- Stone Therapy -

2.8 billion years ago, at the beginning of the earth's history, when life on earth did not even exist, the earth's crust began to change. In the northeastern part of Finland, near the Russian border, continental plates collided and mountains up to 9,000 meters high rose, creating an enormous air pocket. The soapstone was created when a lump of molten rock entered the air pocket and caused extreme compression. The soapstone was buried in the earth for many years after that, but 4 ice ages covered the earth and scraped away the uplift, revealing the Karelian Soapstone near the surface. This is how the natural world endowed soapstone with mystical powers to withstand the harsh environment of Northern Europe. Using this mysterious stone, the Lapidem Nature Ritual is a dynamic natural experience inspired by the beauty of Finnish landscapes.

Nature Ritual by Stone Therapy in Finland



L A P I D E M

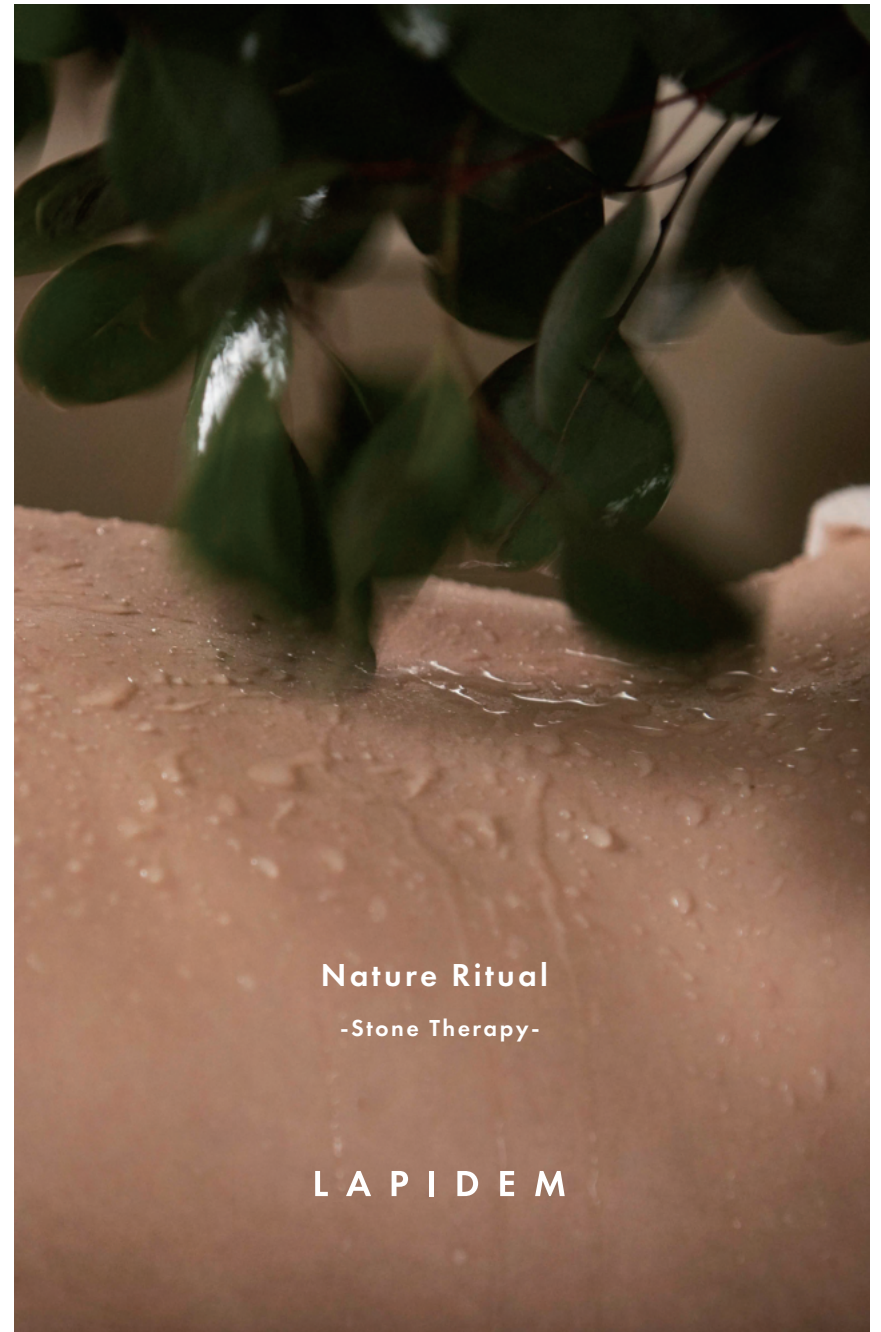


## Nature Ritual by Stone Therapy in Finland

90min/120min

Improves immunity / Relieves Autonomic nervous system tension / Relieves sensitivity to cold / Deep relaxation / Improves blood circulation / Relieves stress / Nature experience

Karelian Soapstone was created 2.8 billion years ago in Finland, a land of mystical natural tranquility and unspoiled natural beauty. This stone, which is only mined in the Karelia region, is a pure and dense natural stone that does not contain any chemical substances, and has been used in therapies for centuries. It emanates a soft, comfortable warmth that envelops you deep inside your body, inviting you to a deep relaxation. This healing effect can be expected to ease the tension of the independent nervous system, improve immunity and beautify the skin, leading to a healthy state of mind and body.



Nature Ritual  
-Stone Therapy-

L A P I D E M

## HEAD SPA

### - Shiro Abhyanga -

At LAPIDEM, we offer two types of head spa experiences, Blissful Journey by Shiro Abhyanga and Regeneration Journey by Shiro Abhyanga, both rooted in the traditional Ayurvedic head oil massage therapy known as Shiro Abhyanga.

Shiro Abhyanga is a traditional Ayurvedic oil massage therapy for the head. According to Ayurveda, the human body is likened to an inverted tree, with the head as its "roots," playing a vital role in supporting and nourishing the entire body. The head is also considered a primary channel for Prana (life energy).

Through the therapeutic application of oil massage, Shiro Abhyanga enhances the flow of Prana, restores energetic balance, and fosters harmony and well-being for both the body and mind.

**Blissful Journey by Shiro Abhyanga**

**Regeneration Journey by Shiro Abhyanga**

AYURMASTER x LAPIDEM Head Spa Special Program





## Blissful Journey by Shiro Abhyanga

90min

Your blissful journey begins with a cleansing and revitalizing herbal steam therapy, where the refreshing blend of specially crafted oils and fresh herbs opens your nasal passages and recharges your senses. While seated, enjoy a soothing Abhyanga massage focusing on the scalp, neck, and shoulders. This clears mental fog, restores concentration, and evokes a sense of renewal. The experience is completed with reflexology, hand treatments, and Shirodhara, a calming ritual featuring lavender-infused herbal water to soothe the nervous system, leaving you with a lasting sense of peace and serenity.

## Regeneration Journey by Shiro Abhyanga -1 Day/3 Days -

80min

AYURMASTER × LAPIDEM Head Spa Special Program

This program, created in collaboration with AYURMASTER, is a special head spa designed to nurture a healthy scalp and beautiful hair. Specially blended herbal oils are poured over the scalp, targeting specific Marma points (energy points) in the head, which represent the "roots" of the body. The therapy extends from the neck and shoulders to the back and arms, promoting holistic relaxation and revitalization. Using scalp mediums and Marma therapy, this treatment clears the mind and awakens the vitality of the scalp. Drawing on ancient Ayurvedic techniques and tools, it fosters a natural connection with inner wisdom, alleviates stagnant energy and tension, and prepares the foundation for healthy, beautiful hair growth.nervous system, leaving you with a lasting sense of peace and serenity.

This exclusive collaboration program with AYURMASTER is based on decades of research into the mechanisms of cellular aging and rejuvenation conducted by the Longevity Science Laboratory at Yokohama City University.

The Laboratory has been researching the mechanism of cellular aging and rejuvenation for many years. It believes that the rejuvenation of six types of hair-forming cells is essential for hair regeneration, and after 15 years of research, the Laboratory has carefully selected 300 herbs that are known for their beauty effects from approximately 10,000 Ayurvedic herbs and discovered the optimal combination of 18 herbs.

Due to the variability in herbal components depending on origin, cultivation season, and harvest timing, each herb undergoes rigorous analysis, sourcing from at least four different lots with varying conditions. Only those that pass stringent quality checks are used in product formulation.

### Program Development:

Longevity Science Laboratory, Yokohama City University / Dhaka National Unani & Ayurvedic Medical College



HEAD SPA

-Shiro Abhyanga-

L A P I D E M

## Skin Health

- facial -

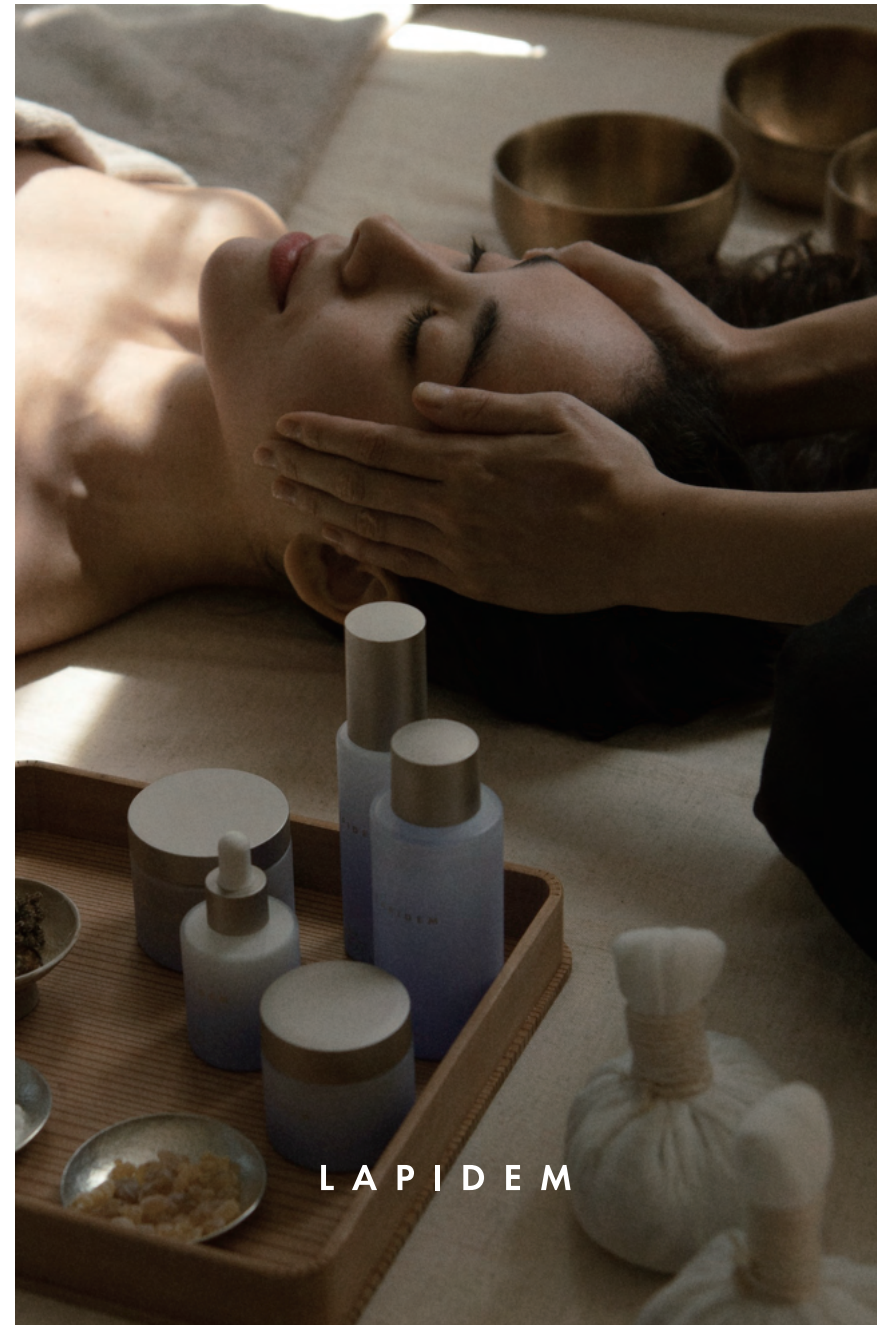
Lapidem Skin Health Program is designed to improve various skin and facial troubles that people face today due to their daily lifestyles and environmental changes. This is no mere superficial approach to the skin, but an approach that focuses on improving the root of the problem, restoring the natural health and beauty of the skin, and bringing a healthy and happy look to your face.

**Skin Drainage for Skin Health**

**Brightening Facial by Cryotherapy**

**Smile School Therapy by RITUAL**

**Revitalize Facial & E-Poration**





## Skin Drainage for Skin Health

60min

Skin Purification / Nourishment / Improves Dullness / Removes Wastes / Accelerates Turnover / Relieves Facial Tension

Because of seasonal changes that can make the skin unstable, Japanese people have always been prone to skin problems and have been cultivating beauty methods since ancient times. Based on these methods, this treatment is designed to soothe tired skin and restore a healthy balance. This facial drainage technique is based on the beauty techniques that have been cultivated in Japan since ancient times. The facial drainage technique, performed by the therapist's delicate touch, relieves tension in the face, while at the same time promoting the elimination of waste substances and improving the face contour.

## Brightening Facial by Cryotherapy

90min

Clearer Vision / Eye Area Elasticity / Reduction of Sagging / Tightening / Skin Tone / Brightening

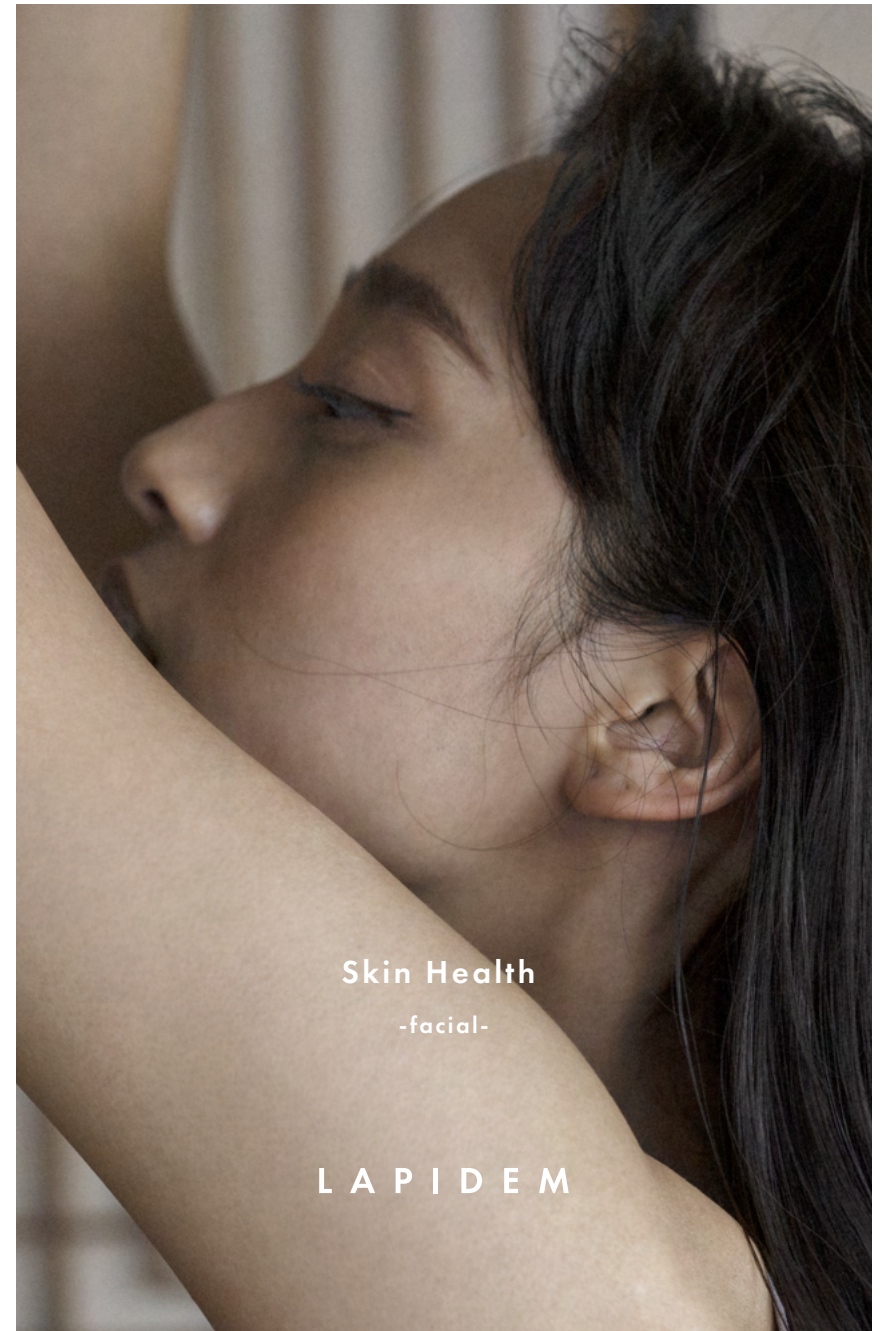
This treatment uses highly concentrated Vitamin C and plant extracts to penetrate deep into the skin, improving dullness and brightening the skin. While listening to the soothing sound of chilled water bulbs, the treatment is designed to approach the eye area and facial muscles. structure to relieve daily digital stress and aging signs troubles from the eye area.

## Smile School Therapy by RITUA

90min

Clear vision / Eye firmness / Wrinkle and sagging improvement / Skin tightening / Brightening / Feeling of happiness

This treatment, designed to bring a blissful and radiant expression, begins with a cleansing step to purify both your mind and skin, following a massage guided by the soothing vibrations and fluctuations of crystal bowls and power stones. Next, a calming facial technique lifts the skin, releases tension in the cheeks, and awakens feelings of happiness. While listening to the gentle sound of chilled water balls, collagen is absorbed into the skin, boosting its firmness, and a high-concentration anti-aging serum is applied to tighten the eye area.



Skin Health  
-facial-

L A P I D E M

## Healing Treatment for Mom

60min

Improves Swelling and Stiffness in the Shoulders / Relieves Lower Back and Leg Pain / Relaxation / Relieves Fatigue

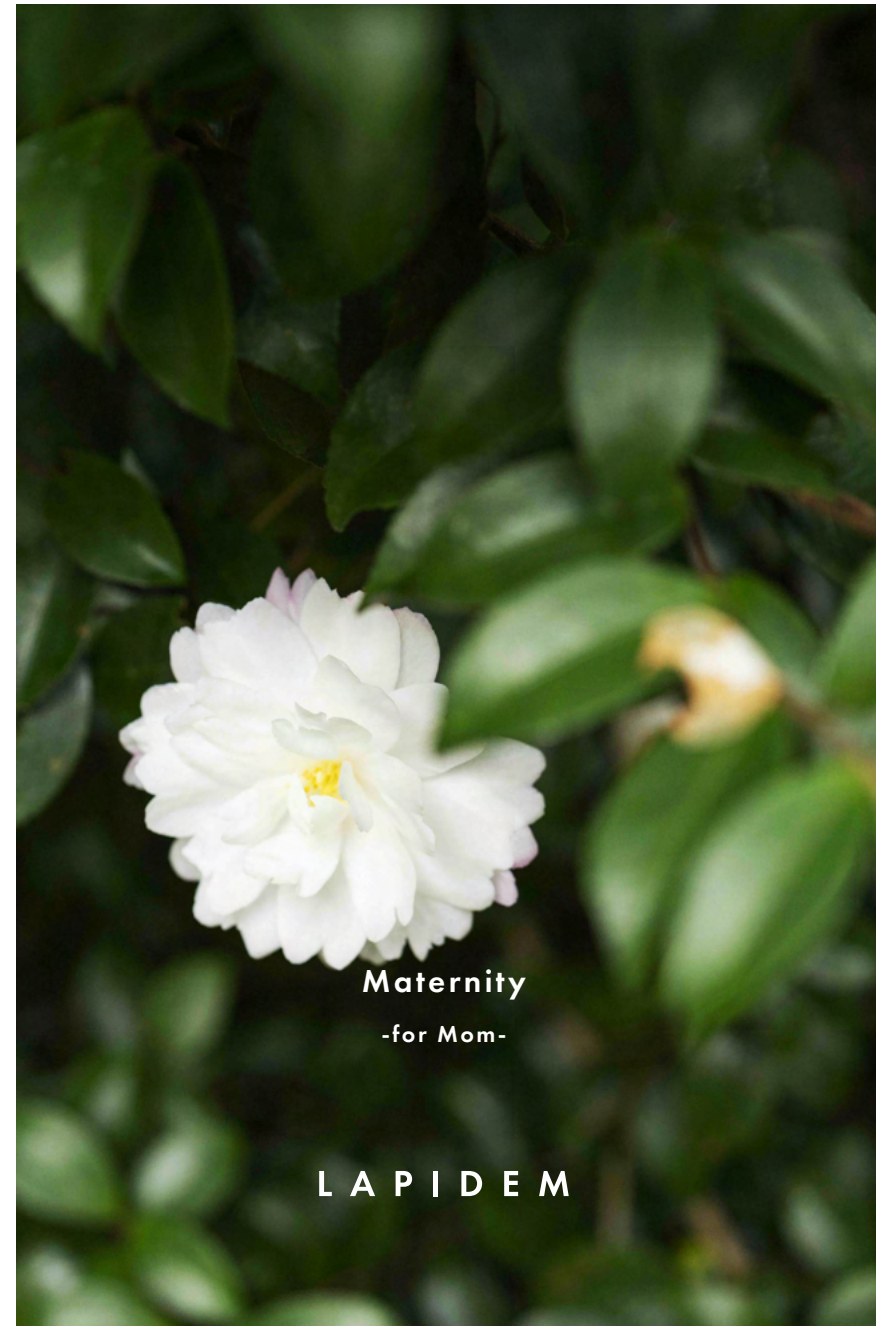
During pregnancy, it is easy to feel various disorders due to the changes in hormone balance. As your belly gets bigger, you may suffer from back pain and swelling, insomnia, hot flashes, and other unusual discomforts that can cause stress. In this session, the pregnant woman's mind and body are relaxed in a comfortable side-lying position and gently cared for.

## Skin Health for Mom

60min

Moisturizes / Improves Acne / Reduces Dullness / Purifies Skin / Promotes Blood Circulation / Improves Skin Disorders

The gentle sound of the sound bells soothes the mother and baby in her belly and helps to improve skin conditions that are prone to fluctuations during pregnancy. We use camellia oil, rice bran oil, rice, yuzu, mugwort, and other plants that have long been favored by Japanese people for their beautiful skin. It gives your skin a healthy, clear, and moisturized look.



Maternity

-for Mom-

LAPIDEM