

Deep Sleep Ritual

Regulates the autonomic nervous system / Reduces swelling / Improves blood circulation and coldness
Relieves fatigue / Relieves eye strain / Improves performance / Improves the quality of sleep
Deep relaxation / Relieves stress / Peace of mind / Relief from digital stress

This wellness program for deep sleep focuses on breathing, parasympathetic nerves, and cerebral temperature, which are necessary for deep sleep, and aims to reset the negative cycle, regulate the autonomic nervous system and the hormonal balance. The program begins with a candle-lit fresh herbs footbath ritual and herbal balls applied to the neck, followed by a gentle massage with warm natural stones based on the Eastern medicine concept of cool head and warm feet. The following deep tissue massage encourages deep breathing and releases mental, physical, and emotional tensions by helping both body and mind to relax. Sound baths and stone therapy are used to harness the energy of the natural world, balancing the autonomic nervous system, releasing anxiety and stress, and restoring a sense of peace and deep sleep.

120min | 27,000yen

- Three Baths Ritual
- Crystal bowl sound bath / Breathing and aroma bath / Fresh morning herbs and flowers foot bath
- Leg Rescue Ritual
- Pre-stone
- Sleeping Body Therapy (Stone & Hand body massage)
- Lift Head Therapy
- Hand Treatment
- Finishing Touches
- Blissful Rain
- Wake Up Ritual - Warm steam towels and breathing technique



Aging Smile Ritual

Firmness / Radiance / Pore care / Skin turnover / Sense of well-being
Peace of mind / Deep relaxation

This ritual is a program designed to focus on the evergreen theme of rejuvenation. 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. The treatment begins with warm soapstones and a back treatment to relieve muscle tension and ease you into a world of deep relaxation. The facial treatment continues in the comfort of soft pillows, starting with a deep cleansing of the décolleté to purify the skin, followed by a soothing treatment using a high concentration of vitamin C serum. Lapidem's exclusive Spicule treatment (sponge needles) uses microscopic needles to stimulate the skin and infuse it with minerals and vitamins, followed by a sheet of collagen and cryotherapy to firm and brighten the skin. Finishing with the Wake Up Ritual, this blissful program is a rejuvenating spa journey that leaves the mind, body and skin glowing from the inside out.

120min | 30,000yen

- Three Baths Ritual
- Crystal bowl sound bath / Breathing and aroma bath / Fresh morning herbs and flowers foot bath-
- Leg Rescue Ritual
- Stone Therapy (décolleté and neck)
- Deep Cleansing
- Aging Smile Therapy by Spicule Treatment
- Lift Head Therapy
- Water Bulb Cryotherapy & Collagen Sheet
- Finishing Touches
- Blissful Rain
- Wake Up Ritual



LAPIDEM TOKYO SPA

Wellness Programs

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

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, in accordance with 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.

Treatment Time

*Please note that the treatment procedure and content will change depending on the treatment time.

90min | 18,000yen

Seasonal Welcome Ritual > Kappo > Sound Therapy > Pre-massage > Herbal Ball (back)
> Meridian Massage > Head Massage > Wake Up Ritual

120min | 24,000yen

Seasonal Welcome Ritual > Kappo > Sound Therapy > Pre-massage > Herbal Ball (back) >
Meridian Massage > Meridian Facial (short) > Head Massage > Wake Up Ritual

LAPIDEM TOKYO SPA

Recovery Charge

Recover and recharge your energy

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

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.

Option Mineral Sea Salt Scrub 30 mins

This body scrub uses 100% natural sea salt from Ishigaki Island, which is highly enriched with minerals from the sea and forest, and oil tailored to your physical condition of the day.

Treatment Time

*Please note that the treatment procedure and content will change depending on the treatment time.

60min 12,000yen

Seasonal Welcome Ritual > Sound Therapy > Pre-Massage > Recovery Massage > Décolleté & Neck Treatment > Head Massage > Wake Up Ritual

90min | 17,000yen

Seasonal Welcome Ritual > Pre-massage > Recovery Massage (back) > Heat & Cold Therapy > Recovery Massage (front) > Décolleté & Neck Treatment > Arm Massage > Head Massage > Wake Up Ritual

120min 23,000yen

Seasonal Welcome Ritual > Pre-massage > Recovery Massage (back) > Heat & Cold Therapy > Recovery Massage (front) > Décolleté & Neck Treatment > Ageing CareFacial > Head Massage > Wake Up Ritual



Meditation

For improved sleep quality and deep meditation

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

his 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.

Treatment Time

*Please note that the treatment procedure and content will change depending on the treatment time.

90min | 17,000yen

Seasonal Welcome Ritual > Sound Bath > Cradle Massage > Stone Therapy > Body Massage
(back) > Sound Therapy > Body Massage (front) > Stone Therapy > Décolleté & Neck Treatment
> Head Therapy > Wake Up Ritual

120min | 23,000yen

Seasonal Welcome Ritual > Sound Bath > Cradle Massage > Stone Therapy > Body Massage
(back) > Sound Therapy > Body Massage (front) > Stone Therapy > Décolleté & Neck Treatment
> Head Therapy > Facial Drainage > Wake Up Ritual



LAPIDEM TOKYO SPA

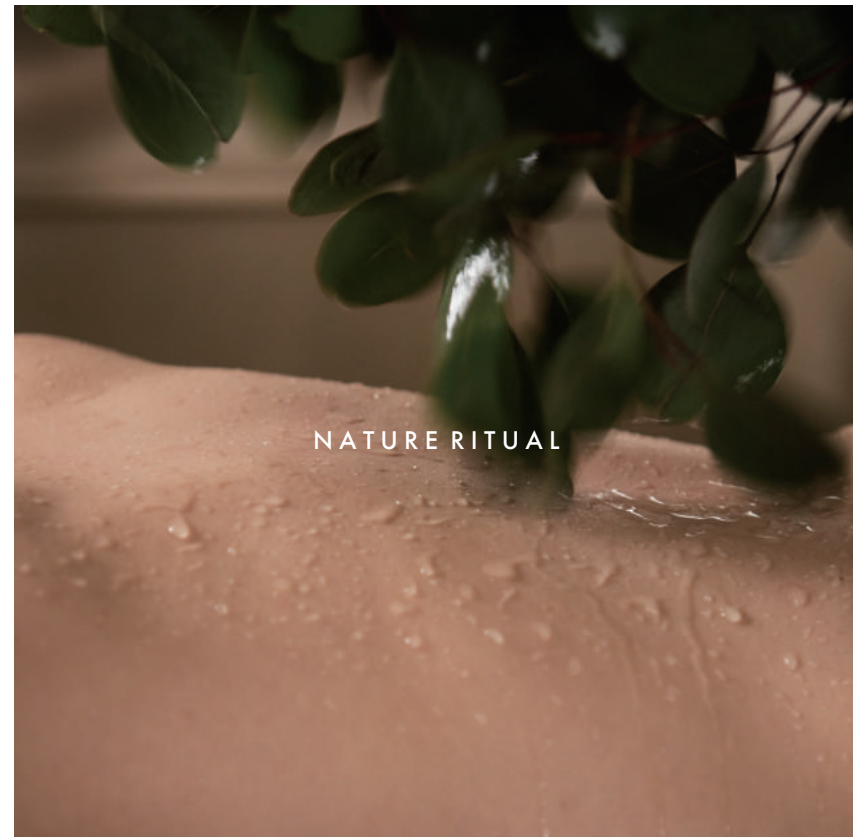
Nature Ritual

"The deep green forests, clear blue lakes, the mysterious tranquility of nature and the occasional howling of wolves are our sources of inspiration"

Hukka Design

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

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.

Treatment Time

* Please note that the treatment procedure and content will change depending on the treatment time.

90min | 20,000yen

Seasonal Welcome Ritual > Sound Therapy > Cradle Massage > Stone Therapy (Back) >
Forest Rain Ritual > Sound Therapy > Stone Therapy > Décolleté & Neck Treatment >
Head Therapy > Forest Rain Ritual

120min | 25,000yen

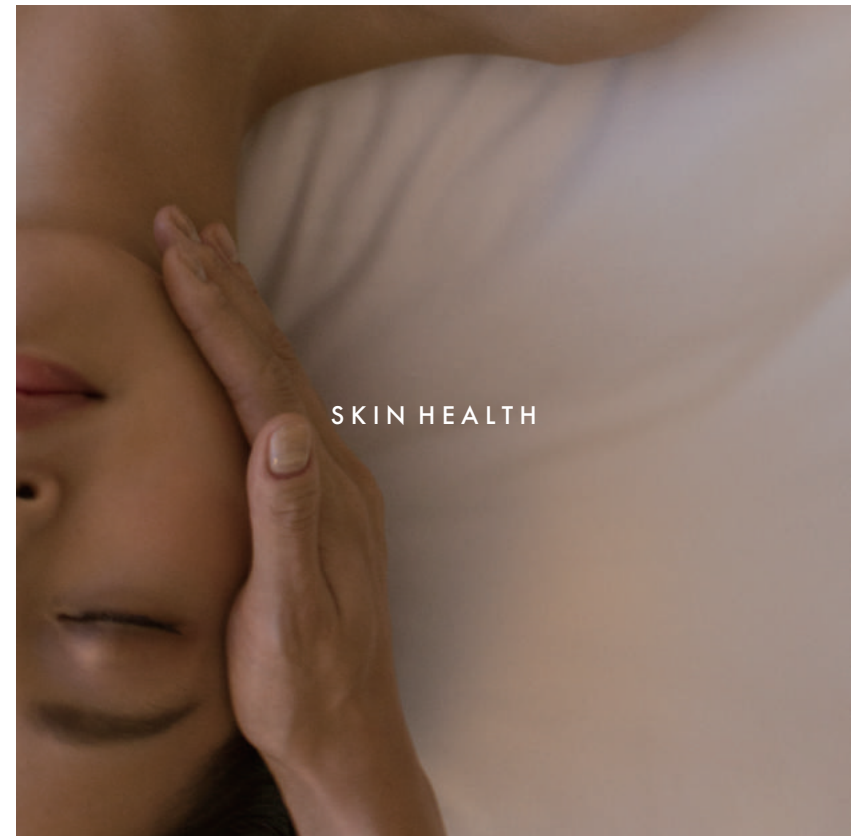
Seasonal Welcome Ritual > Sound Therapy > Stone Therapy (Back) > Forest Rain Ritual >
Sound Therapy > Stone Therapy (front) > Décolleté & Neck Treatment > Stone Facial >
Head Therapy > Forest Rain Ritual



LAPIDEM TOKYO SPA

Skin Health

Lapidem's 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.



Spicule Treatment

90min | 23,000yen

Lifting Effect / Improves Pores / Improves Acne and Post-Acne / Improves Elasticity and Gloss
/ Improves Wrinkles and Sagging / Reduces Fine Lines

Spicule is an original treatment developed by Lapidem, the ultimate cell regeneration treatment to regain our natural healthy and beautiful skin. By penetrating the natural active ingredients (sponge needles) into the deep layers of the skin, the treatment is able to promote cell activity, normalize the skin turnover, and lead to the skin's natural health and beauty.

Skin Drainage

60min | 12,000yen

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

90min | 18,000yen

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 ageing signs troubles from the eye area.

Revitalize Facial

90min | 23,000yen

Lifting Effect / Ageing Care / Firming / Improves Wrinkles and Sagging

By moisturizing the skin and infusing the active ingredients directly into the skin layer, this treatment revitalizes the skin and addresses lines, sagging and wrinkles that are hard to treat with regular care. This treatment also helps to relieve stiffness around the eyes and chewing muscles, which are said to be caused by mental stress and physical fatigue, and leads to a clearer and tighter face contour. A highly concentrated formula of essence from the EP Essence Premier Series, selected according to the client's concerns, is applied to the entire face.



LAPIDEM TOKYO SPA

Other

Maternity Programs

Healing Treatment for Mom

Skin Health for Mom -Facial-

Program for Gentlemen

Men's Refreshing Facial

Options



Maternity Programs

Healing Treatment for Mom

60min | 12,000yen

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 | 12,000yen

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 been used since ancient times by Japanese people for beautiful skin. 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.

Program for Gentlemen

Refreshing Facial for Gentlemen

60min | 12,000yen

Aging Care / Tightens Pores / Purifies Skin / Moisturizes / Relieves Facial Tension
/ Promotes Blood Circulation

Designed according to the mechanism of men's skin, which is prone to dryness, this deep cleansing facial is designed to remove deep-seated dirt and tighten pores while moisturizing. By massaging along the skeletal structure of the face, the tensions are relieved and the muscles are tightened, while the fine lines and the wrinkles around the eyes are reduced. The facial treatment is followed by a head therapy to relieve stiffness in the neck and shoulders and to improve eyestrain.