

# sankara sana

## "SANA – being" Signature session

120minutes **¥40,392**

This session will be customized menu which your therapist consults with you to create the best suit spa experience to combine multiple treatment menus. (Create your own package from Body session, facial session & Thalassotherapy session)

## **BODY Session – “SANA – being”**

This session is designed to bring balance and equilibrium to body, mind & spirit, uniquely designed to your needs using warm aroma oil.

### Personalized Body session (with foot bath)

60 minutes (back + interior legs + head) **¥18,414**

\*this session does not include anterior part

90 minutes (full body) **¥27,324**

120 minutes (full body + head) **¥36,828**

Option: additional 15minutes (your preference) **¥ 4,580**

SANA therapist will suggest the aroma by your dosha.

- ◇ Peace of Mind and body
- ◇ Energy Booster
- ◇ Purifying and Detoxifying

Option: upgrading your choice of aroma oil ¥1,000

## **ORIGINAL BODY Session – “SANA – being”**

### Body work with stretching & SHI · A · TSU

60 minutes **¥16,632**

90 minutes **¥24,948**

120 minutes **¥33,264**

\*The prices includes tax & service charge

This treatment incorporates eastern massage techniques and deep pressure points which uses stretching and compression massage techniques to encourage a free flow of energy and a more balanced meditative state. This session is ideal for the guest to receive both prior and post mount trekking or other activities in Yakushima.

(You will wear comfortable outfit for this menu, no oil will be used)

### Foot Reflexology

30 minutes                    **¥8,316**

60 minutes                   **¥16,632**

This session focus on your feet to knee down to relieve fatigue by stimulating reflexology points. This session is ideal for guest with issues of fatigue and sore legs.

### Head Scalp massage

30 minutes                    **¥8,316**

60 minutes                   **¥16,632**

This session focuses on head, face & shoulders. This session is ideal for guest with issues of tight shoulders, puffy eyes and fatigue from stress.

### Yakushima Granite Hot Stone Body Session (with foot bath)

90 minutes                    **¥28,512**

120 minutes                  **¥38,016**

SANA therapists carefully selected and handpicked granite stones in Yakushima's ocean. This session is beautifully combined with warm aroma oil treatment and using stones to eliminate negative energy from inner body and bring positive flow of energy. The warmth and the techniques with stones help to release tension and sooth aching muscles.

### Yakushima Salt Bath

30 minutes **¥4,536** per room (private or couple) in spa suite room

The Japanese-style soaking bath experience offers guest(s) with Yakushima salt which has rich in mineral from ocean, giving the body time to integrate

\*The prices includes tax & service charge

the full effects of your sessions.

\*Natural sea salt has the following benefit: heating inner body, purifying skin, increase metabolism, moisturizing skin. Magnesium helps to heal stomach system and relieve headache.

## **YAKUSHIMA Thalassotherapy Session – “SANA – being”**

Thalassotherapy is originally from France. This therapeutic session is clearing and detoxifying, recover metabolism and balance immune system. Our approach also targets for anti-aging. All these thalassotherapy session will be accommodated in our spa suite room

### [Yakushima Thalassotherapy – Relaxing Session](#)

60minutes                      **¥20,196**

Step 1: Full body sea salt exfoliation

Step 2: Seaweed maceration for back

Step: 3 Head treatment with marine oil

This session stimulates and revitalizes the body after periods of stress and fatigues. It gives energy, improves skin tonicity.

### [Yakushima Thalassotherapy – Recovery Session](#)

90minutes                      **¥29,700**

Step 1: Full body sea salt exfoliation

Step 2: Recovery Thalassotherapy Body Wrap

Step 3: Seaweed maceration for back

This session is dedicated to restoring the body to a naturally revitalized using rich in mineral body wrap.

### [Yakushima Thalassotherapy – Mineralization Session](#)

120minutes                      **¥40,392**

Step 1: Full body sea salt exfoliation

Step 2: Seaweed maceration for full body

\*The prices includes tax & service charge

Step 3: mini thalassotherapy facial

This is total care session for detoxifying and Rejuvenating the full body and face. This is the standard session to experience full program of thalassotherapy.

### [Yakushima Thalassotherapy – Complete Session](#)

150minutes      **¥49,896**

Step 1: Full body sea salt exfoliation

Step 2: Seaweed maceration for full body

Step 3: mini thalassotherapy facial

Step 4: Thalassotherapy Soaking Bath

This is the total serenity session to heal and restore body, mind and spirit entirely.

## **Facial Session – “SANA – being”**

SANKARA SANA selected French skin care brand 「algologie」 Its formula powerful and concentrated in marine biotechnology active ingredients guarantees synergistic extraordinary results. All facial sessions includes the touch of seaweed maceration to replenishment minerals into the body. SANA therapist will assist you to select the best suitable facial session depending on the skin condition.

### [Brightening Facial](#)

60minutes      **¥20,196**

(Seaweed maceration- cleansing- exfoliation marine wave massage- Mask- moisturizing)

This session draws out natural skin transparency and radiance. It will give the skin moisturized well and alleviating dullness.

### [Lift-up Facial](#)

75minutes      **¥26,136**

(Seaweed maceration - cleansing – eye lift-up care - exfoliation marine wave massage – Mask – moisturizing)

A synergetic effect using the mask with plenty of minerals and face lift techniques will leave your complexion smooth, supple and healthy. Eye

\*The prices includes tax & service charge

care techniques also help to relax the mind from stress.

### Anti-aging Facial

90minutes

**¥29,700**

(Seaweed maceration - cleansing - eye lift-up care - exfoliation marine wave massage – Mask – moisturizing – head scalp)

This session enhances anti-aging benefit using mask with plenty of minerals and therapist's hand techniques compromise to create the best results. It helps to give your skin a more plumped and firmer appearance.

### Mini Facial

30minutes

**¥10,962**

(Cleansing – Marine Wave massage – Moisturizing)

A drainage massage techniques will help remove toxins and

This menu is ideal to combine with other body session to create total care program.

### Men's Facial

Express 45minutes

**¥15,444**

(Seaweed maceration - cleansing - marine wave massage – Mask – moisturizing)

Basic 60minutes

**¥20,196**

(Seaweed maceration -cleansing –Exfoliation -marine wave massage –Mask –moisturizing)

Complete 75minutes

**¥24,948**

(Seaweed maceration - cleansing – exfoliation – eye lift-up care - marine wave massage – Mask – moisturizing)

These sessions are ideal for gentleman's grooming care, detoxifying facial. It focuses on cleansing and leads to healthier skin appearance.

### **SANKARA SANA Opening hours:**

10:00AM to 10:00PM daily

\*Spa appointment(s) before 12noon should be made by 8:00pm night before.  
Please ask your butler to arrange your spa appointment(s) for outside hours.

\*The prices includes tax & service charge