

Unique Attractions



Aufguss Sauna- Held at 12:15, 15:00, 17:00, and 19:00
(Winter)11:45, 13:00, 14:30, 16:00, and 18:30
"Aufguss" in German literally means "onpouring", and is a special sauna experience where a sauna master circulates the steam to create a more intense cleansing environment. Essential oils are used on hot rocks to create scented steam to stimulate and refresh your senses. (15 minute session)

Cave Pool area and Waterfall

In the likeness of Enoshima Island's many caves and tunnels, Enospa has a unique underground pool area. Experience the mystical allure of the heated pool overlooking the expansive ocean, all from within the island.

Water Pearl Show

Held twice in the evening in the pool area, the water pearl show is a breathtaking spectacle of light and water. Jets of water are arranged in patterns accentuated by mesmerizing lights, all coordinated with moving music.

Cafes

In addition to the Enoshima Cafe on the ground level, there are two poolside cafes within the spa. The Seaside cafe in the main pool area, and the Moonlight Cafe in the cave area will keep you satisfied with drinks, snacks, and light meals.

Special Plans and Options

Bengteng Body Treatment

Mermaid Plan.....40 minutes, ¥9,450
.....60 minutes, ¥12,500
.....80 minutes, ¥15,800 (includes facial)
Enospa's signature therapeutic massage treatment.
**Full facility use included in plan.*

Shiatsu Massage

Relaxation Plan.....40 minutes, ¥5,800
.....60 minutes, ¥7,800
.....60 minutes, ¥9,500 (with oxygen capsule)
Relaxing Shiatsu healing to relieve stress and fatigue.
**Full facility use included in plan*

Meal Plans

Ocean Course..... ¥4,550
-Low calorie meal with dessert, popular with women.
Flower Course..... ¥5,850
-A hearty and delicious arrangement with pasta and meats.
Island Course..... ¥6,550
-A taste of all Enospa's signature dishes, all low calorie and sodium
**Full facility use included in plan.*

Oxygen Capsule

.....30 minutes, ¥2,500
.....60 minutes, ¥3,800
**Facility use charged separately*



Recommended Day Plan

Enoshima Island is a very popular destination, even for domestic tourists from all over Japan. It is rich with cultural heritage, and offers a step into Japanese history, along with breathtaking vegetation and landscape. Just 80 minutes outside of central Tokyo, this island is a true oasis.

We urge you to do some island exploration and try some of the local flavors and products. Afterwards, step into the Enoshima Island Spa to relax your body, and experience the natural hot spring healing central to Japanese holistic methods.

Recommended plans for an “all-around experience” are:

Shiatsu Relaxation Plan..... ¥9,500

Full day facility use, 60 minute world-renowned Japanese shiatsu massage, and a 30 minute oxygen capsule experience. You won't find a more relaxing day plan for the price anywhere in Tokyo.

Mermaid Body Treatment..... ¥9,450

Full day facility use, 40 minute signature body treatment using aromatic oils and delicate hot-stone relaxation therapy. This is the secret to Enospa's holistic reputation.

We are thrilled to have you here in Enoshima, and invite you to take a rest at the spa, and experience the healing of Japanese mineral hot springs.

*Please Note: children over six are welcome every day except Sunday and there is a strict no tattoo policy enforced at the spa (per national hot spring operator guidelines). Also, Enoshima Island Spa tries to be a device free experience, so no photos or electronics in the spa or dining areas please.

*Contact Jarman International for more details or reservation information:
jarmaninternational@gmail.com
03-6804-2667



ENOSHIMA ISLAND SPA

Holistic Club

Facility Use

Full Day Use..... ¥2,650 10:00-22:00, (winter-11:00~21:00)

Night Entrance..... ¥1,650 19:00-22:00, (winter-18:00~21:00)

**Access to all pool and hot spring facilities*

**Towel and spa robe included with entrance*

Enjoy natural hot springs of Enoshima Island, welling up from 1500 meters below sea level. The mid and high temperature, carbonated, and cold baths along with a sauna are excellent for fatigue and skin care.



Spend time in the communal pool area with heated indoor and outdoor pools, as well as a cave pool area tucked into the bottom of the island. Swimsuits are worn in this area, and if needed can be rented at the front entrance.



Relish in the view of the Shonan coastline as you enjoy exclusive Enospa healthy cuisine, and their locally famous and organic Enoshima Coffee.

