



# ENOSHIMA ISLAND SPA

Holistic Club

## Utterly Unique at Enospa

Aufguss Sauna- Held at regular times throughout the day. "Aufguss" in German literally means "onpouring", and is a herbal sauna experience where herb laden air is circulated by our concierge to create a vibrant flow of healing herb air through your body.

### Cave Pool area and Waterfall

Based on the ancient Enoshima caves and tunnels (rumored to connect under-ocean to Mt. Fuji), Enospa boasts a singular cave-enclosed, exclusive pool haven. Experience the mystical allure of the heated pool overlooking the expansive ocean, with a seasonal waterfall to send warm water over your tired head, neck and shoulders.

### Water Pearl Show

Held in pool atrium each night, the water pearl show is a breathtaking spectacle of light and water best enjoyed from inside the pool. Music, light and water combine to refresh and excite your senses.

### Cafes

In addition to Enoshima Café at the spa entrance, there are two poolside cafes. 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 for that Perfect Day

### Bengteng Body Treatment

Mermaid Plan.....40 minutes, ¥9,762  
.....60 minutes, ¥13,002  
.....80 minutes, ¥16,350 (includes facial)  
*Enospa's signature therapeutic massage treatment.*  
**\*Full facility use and membership included in plan.**

### Shiatsu Massage

Relaxation Plan.....40 minutes, ¥6,300  
.....60 minutes, ¥8,400  
*Relaxing Shiatsu healing to relieve stress and fatigue.*  
**\*Full facility use included in plan**

### Meal Plans

Ocean Course..... ¥4,815  
*-Appetizer, fish or meat, soup, bread/rice, dessert, coffee/tea*  
Hana Course..... ¥6,111  
*-Appetizer, pasta, meat, bread/rice, dessert, coffee/tea*  
Island Course..... ¥3,994  
*-Appetizer, soup, pasta/curry/pizza, dessert, coffee/tea*  
**\*Full facility use included in plan.**

### Oxygen Capsule

.....30 minutes, ¥2,592  
.....60 minutes, ¥3,996  
**\*Facility use charged separately**



# Perfectly Appointed to Help You Relax

Enoshima Island is a very popular destination, for international and domestic guests. Rich history, Enoshima Island, Mt. Fuji and Ryukoji Temple in Kamakura are said to be linked in a triangle of power and healing. Ancient temples devoted to the Goddess of Beauty and Art, Bengteng, make this the perfect escape for rest and rejuvenation. Just 80 min. from downtown Tokyo, welcome to your coastal oasis, Enoshima.

Take a few hours first to explore the island. After your jaunt, take off the bite of sore muscles and a busy mind as you step into the Enoshima Island Spa. Pure Japanese Hot-Spring is a holistic approach to health.

Recommended plans for an "all-around experience" are:

## Shiatsu Relaxation Plan..... ¥ 8,400

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

## Mermaid Body Treatment..... ¥ 13,002

Full day facility use, 60 minute signature body treatment using aromatic oils and delicate hot rock relaxation therapy. Membership included.

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. Also, Enoshima Island Spa offers a device free experience, so please leave all cameras, phones and electric devices in your changing area locker.

\*Contact Ruthie at Jarman International for more details or reservation information:  
jarmaninternational@gmail.com  
81-(0)3-6804-2667



## Facility Use

Full Day Use..... ¥ 2,742

Night Spa Entrance..... ¥ 1,705

*\*Access to all pool and hot spring facilities*

*\*Towel and spa robe included with entrance*

Enjoy mineral-rich natural hot springs of Enoshima Island, pumped from 1500 meters below the ocean. The mid and high temperature, carbonated, and cold baths along with a sauna are excellent for fatigue, skin care and peace of mind.

Spend time in the communal pool area with heated indoor and outdoor pools, as well as the cave pool tucked just above ocean level for the pristine views of Mt. Fuji. Swimsuits are required here, and are available to rent at check-in.

Relish in the view of the Shonan coastline as you enjoy healthy Enospa cuisine, and delicious organic Enoshima Coffee.

