

## "Best Massages in Tokyo"

Realizzata per : **Cityseeker**

📍 5 Posizioni indicati



📷 by nnoeki ©

### Chi, The Spa - Shangri-La Hotel

#### "Rejuvenating Self Indulgence"

Perched on the 29th floor of the Shangri-La Hotel, Chi Spa offers a complete package for rejuvenating yourself. This spa offers specialty therapies based on the Yin-Yang balance. The friendly staff enquires about your health conditions and lifestyle to get a better knowledge of you to recommend the therapies at the spa. Opt for the deep tissue therapy to soothe those aching muscles or pamper yourself with nourishing body wraps, the spa menu has a lot to offer. In addition to the spa therapies, Chi offers a range of beauty treatments and baths to indulge yourself in. All in all, Chi is the place you should head to after an exhaustive week.

☎ +81 3 6739 7880

🌐 [www.shangri-la.com/tokyo/shangrila/health-leisure/chi-the-spa/](http://www.shangri-la.com/tokyo/shangrila/health-leisure/chi-the-spa/)

✉ [chi.sity@shangri-la.com](mailto:chi.sity@shangri-la.com)

📍 1-8-3 Marunouchi, Shangri-La Hotel, Tokyo



📷 by TesaPhotography ©

### Peninsula Spa

#### "Rejuvenate Yourself"

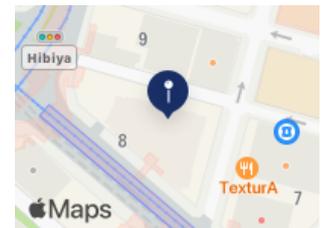
Tokyo is a city buzzing with lots of fun, shopping and sightseeing. If you need to relax after a tough day of business traveling, then how about ending it in a hot bath tub at a spa? If this sounds good to you, then visit the Peninsula Spa at The Peninsula Tokyo Hotel. The spa offers many specialty services like Aromatherapy and Volcanic Stone Massage. Treatments include a fusion of European, Asian and Ayurvedic philosophies, combined with modern treatment skills. The spa features eight treatment rooms with separate changing rooms, saunas, steam rooms, lifestyle showers, ice fountains and relaxation areas. If you have a day to spare, then the Full Day Spa Journey is certainly worth it.

☎ +81 3 6270 2299

🌐 [www.peninsula.com/en/tokyo/wellness/luxury-hotel-spa](http://www.peninsula.com/en/tokyo/wellness/luxury-hotel-spa)

✉ [spatpk@peninsula.com](mailto:spatpk@peninsula.com)

📍 1-8-1 Yurakucho, Peninsula Tokyo Hotel, Tokyo



📷 by nnoeki ©

### ESPA at The Ritz-Carlton, Tokyo

#### "Relax & Rejuvenate"

Perched on the 46th floor of the The Ritz-Carlton, Tokyo, ESPA is known for offering a complete package for mental and physical well being. This spa offers specialty spa treatments that will leave you rejuvenated. From the various body wraps that nourish your skin or specialty massages to soothe those aching muscles, ESPA has a lot to offer. The treatments here include several Ayurvedic therapies with influences from the east and Europe, while the ingredients used here are sourced from an Australian brand and promise a chemical-free treatment. The spa features a fitness room which is well-facilitated with modern gym equipment and is a great spot to burn those extra calories away. So, take a break from your regular schedule and pamper yourself with a self-indulgence session at ESPA.

☎ +81 3 6434 8813

🌐 [www.espaskincare.com/the-ritz-carlton-tokyo-spa-and-fitness-center.location](http://www.espaskincare.com/the-ritz-carlton-tokyo-spa-and-fitness-center.location)

📍 9-7-1 Akasaka, Mlnato City, Ritz-Carlton Tokyo, Tokyo Midtown, Tokyo



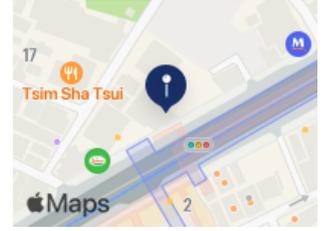


by nnoeki

## Erawan

### "Refreshing Thai Massages"

Take a break from your hectic schedule and pamper yourself with some relaxing spa therapies at Erawan. This day-spa is known for offering authentic Thai massages and spa treatments. Operating since 2004, the spa takes you away from the chaos of the city with its serene ambiance and oriental decor. Opt for the classic foot reflexology session or indulge in some relaxing aroma therapies, the spa menu has a lot to offer. The friendly staff is well-trained and assures you of the much needed rejuvenation. With their special couple offers, the spa is a great romantic getaway where both of you can relax.



+81 3 3746 1399

erawan.jp/roppongi/

erawantokyo@gmail.com

7-15-13 Roppongi Daiya Heights 412, Minato City, Tokyo

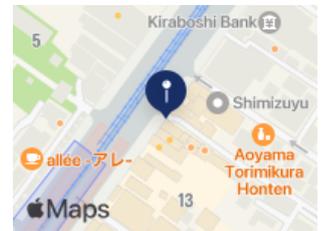


by kerdkanno

## Mammy's Touch Aroma Massage Salon

### "A Mammy's Touch"

Reflexology and aromatherapy come together here beautifully in this popular shop, run by Mami Leavey. Leavey is one of the most skillful aromatherapists in the country and his techniques are extremely popular with locals, as are the reasonable prices. Also available are hand and foot massages, with an emphasis on improved circulation. Call ahead for an appointment; salon is closed on the first Tuesday of the month.



+81 3 3470 9855

www.mammys.co.jp/index.html

Kobayashi Bldg, 3-13-1 Minamiaoyama, Minato-ku, Tokyo

UNIRSI A NOI A :  
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