

Aroma oil treatment

This menu offers treatments using aroma oil.

Aroma Oil Treatment with Foot Bath

An original sana aroma treatment that blends the dynamic flow of Yakushima's nature with the circulation of "Qi, Blood, and Water" within the human body — embracing humans as an integral part of nature. Using techniques based on traditional Eastern medicine, we follow the pathways of energy flow, applying gentle, comfortable pressure to guide you toward profound healing and relaxation.

60min ¥24,000	90min ¥34,000	120min ¥44,000
Back Legs + Back + Head	Full body + Head	Full body + Head

Deep Tissue Treatment with Foot Bath

This treatment soothes muscles fatigued by daily life and Yakushima's outdoor experiences.

Through slow, deep strokes and refined pressure, it gently works into the deeper layers of the body, restoring ease and balance. SANA's original deep tissue treatment is complemented by subtle stretching and shiatsu techniques.

60min ¥26,000	90min ¥36,000	120min ¥46,000
Back Legs + Back + Head	Full body + Head	Full body + Head

Foot Reflexology with Foot Bath

This treatment focuses on your feet, relieving fatigue by stimulating reflexology points using aroma oil.

This treatment is ideal for those experiencing tired legs from trekking. The treatment also supports circulation, helping to prevent coldness and swelling in the legs. You will be provided with comfortable massage clothes for this menu.

40min ¥13,500	60min ¥22,500
Half legs	Full legs



Consumption tax and 15% of service charge are included

Heat treatment

YAKUSHIMA Hot Stone Body Treatment with Foot Bath

This treatment uses selected smooth stones from Yakushima's spiritual sites. The warmth and the techniques with stones help release tension and soothe aching muscles.

Please contact us at least 1 hour prior to your scheduled treatment time.

※If you have a pacemaker, please refrain from taking the treatment.

60min ¥28,000	90min ¥38,000	120min ¥48,000
Back Legs + Back + Head	Full body + Head	Full body + Head

Herbal Balls with Foot Bath

Experience the soothing warmth of herbal balls handmade by our therapists, steamed and gently applied along your body's energy lines.

The blend of herbs helps to release muscle tension, reduce stress, and restore balance to both mind and body.

40min ¥13,000	60min ¥18,000
Full body	Full Body + Head



Consumption tax and 15% of service charge are included



Shiatsu treatment

You will be provided with comfortable massage clothes for this menu.

Stretches and Shiatsu

Using comfortable acupressure along the body's energy pathways, this treatment releases muscle stiffness and incorporates gentle stretches to gradually improve joint mobility.

Performed on a treatment bed, this dry massage is ideal for those who prefer not to lie face-down or for anyone with limited joint flexibility.

60min ¥22,000

Full body + Head

90min ¥32,000

Full body + Head

120min ¥41,000

Full body + Head

Traditional Thai Massage

A traditional therapy rooted in centuries of Thai wisdom, often referred to as "yoga performed by two people."

Using a slow, gentle rhythm, pressure and stretching are applied along the body's energy lines to stimulate the flow of energy and blood, guiding you into a state of deep relaxation.

This treatment is performed on a floor mat.

60min ¥24,000

Full body + Head

90min ¥34,000

Full body + Head

120min ¥44,000

Full body + Head

Head Scalp Treatment

This dry hand treatment focuses on the head, face, and décolleté. It gently addresses irregular breathing, eye strain, and mental fatigue, offering deep relaxation for the nervous system.

Ideal for those who spend long hours in front of the computer, experience poor sleep or feel ongoing stress or anxiety.

A warming melt balm is applied to the shoulders and neck to softly ease muscular tension.

※Please refer to the options menu for more details on the melt balm.

40min ¥12,000

Décolleté + Head

60min ¥21,000

Back + Décolleté + Head



Sana Thalassotherapy Session

Skin care program that removes dead skin cells from the body and moisturizes with seaweed paste.

It replenishes minerals and promotes skin turnover.

Please receive energy from the sea, and spend a fabulous time by detoxing both your body and mind.

Thalassotherapy

※If you have thyroid problem, please refrain from taking the treatment.

Thalassotherapy 60min

This thalassotherapy program focuses on skin care.

Body scrub→5-minute Shower→Seaweed body mask with wrap + Scalp massage → 5-minute Shower

60min ¥27,000

Thalassotherapy 90min

The treatment ends with an aroma oil massage to improve blood circulation and promote relaxation.

Back scrub→5-minute Shower→Seaweed body mask with wrap → 5-minute Shower → Aroma oil massage (back and scalp massage)

90min ¥38,000

Thalassotherapy 120min

This thalassotherapy program offers a full-body care, refines and moisturizes your skin texture with the aroma oil massage and delivers a complete detoxification and relaxation experience.

Body scrub→5-minute Shower →Seaweed body mask with wrap → 5-minute Shower →Full Body Aroma oil massage with scalp massage

120min ¥48,000

Facial Session



Sana Facial Session Japanesque is awakening

Japan-born spa skincare products
with Japanese traditional culture

chi to sé true

chi to sé true skin care products were created to represent
the wonderful culture and wisdom of Japan.

HAKKO KOMENUKA Extract, ONSEN (hot spring) Extract,
Deep-Sea Water and Traditional Japanese Medical Herbs, etc...
They allow your skin to experience the essence of Japanese beauty.

Facial 30 min

Recommended for times when you experience skin fatigue or puffiness.
This can also be combined with other treatments for an enhanced relaxation experience.

30min ¥16,000

Facial 60 min with Foot Treatment

This treatment nurtures your skin, leaving it plumped, firmed and moisturized
with enriched natural ingredients. Ideal for dry or fatigued skin.

60min ¥26,000

Herbal Journey

A new discovery through the natural gifts of sankara.
An immersive grounding experience that
brings comfort to both body and mind.

A. Revitalize Course

- ① 30min Herbal Bath
Mineral-rich Yakushima salt and a custom herbal compresses prepare your body for deep relaxation.
- ↓
- ② 60min Back Hot Stone Therapy
Heated Yakushima stones release tension using aroma oil and encourage circulation with comforting warmth.
- ↓
- ③ 30min Facial
Finish with "chi to se" facial to hydrate, calm, and reveal your natural glow.

120min ¥48,000

B. Refinement Course

- ① 20min Full Body Scrub
Finely ground nuts and herbs gently exfoliate, leaving the skin soft, smooth, and refreshed.
- ↓
- ② 30min Herbal Bath
Soak in Yakushima Sea salt and a tailored herbal compress to release tension and invite deep relaxation.
- ↓
- ③ 70min Full Body Oil Massage
A flowing, rhythmic oil massage that eases stiffness, supports circulation, and restores balance to the body and mind.

120min ¥39,000

Trekking Package

This two-day combination plan is recommended for guests planning trekking or other outdoor activities. With treatments spread over two days, this program supports both pre-activity preparation and post-activity recovery, helping you enjoy your activities more fully. This well-balanced course is also highly recommended by our hotel activity guides.

Short course

DAY 1

60min Stretches & Shiatsu

DAY 2

40min Foot Reflexology with Aroma Oil

100min ¥33,300

Standard course

DAY 1

60min Stretches & Shiatsu

DAY 2

100min Aroma Oil Treatment +
Foot Reflexology with foot bath
or
Yakushima Hot Stone Body Treatment +
Foot Reflexology with foot bath

160min ¥57,500

Consumption tax and 15% of service charge are included

Couples Journey

Bath infused with herbal balls made from salt and medicinal herbs grown in the magnificent nature of Yakushima. A special time when you can feel the blessings of the sea and the forest. Please enjoy this luxurious time just for the two of you.

① 30min Yakushima Salt & Herbal Bath



② 90min Full-Body Aroma Oil Treatment

120min ¥71,000 (for 2 guests)



Consumption tax and 15% of service charge are included

Add-on menu

Add-on to any of our body or facial treatment to enjoy a more relaxing experience.
These options are not available as standalone treatment.

Additional Aroma oil treatment for your chosen area

15min ¥6,000

30min ¥12,000

Additional Foot Reflexology for your chosen area

15min ¥5,600

30min ¥11,200

Additional Shiatsu treatment for your chosen area

15min ¥5,250

30min ¥10,500

Additional Head Scalp treatment for your chosen area

15min ¥5,000

30min ¥10,000

Additional Thalasso scrub for your chosen area

Body scrub → 5-minute Shower
Experience smooth, rejuvenated skin with our Thalasso scrub,
a gentle exfoliation treatment to the areas of concern.

15min ¥6,000

Yakushima Salt Bath & Herbal Bath

Immerse yourself in a luxurious bathing experience with
Yakushima Nagata Sea salt "En" and our handmade herbal balls.
To add this option to your treatment,
please contact us at least 2 hours prior to your scheduled treatment time.

30min ¥6,000

Consumption tax and 15% of service charge are included

Optional items / ¥2,000 per each

Melt Balm for your chosen area

Experience the warming balm enriched with herbs
that ease muscle fatigue and relieve stress.
Melting gently with body heat, it absorbs effortlessly into the skin.
This balm is also effective for preventing cold feet and swelling.

Hot Stone Treatment for your chosen area

This is a massage with the healing power of carefully chosen stones
from Yakushima's spiritual sites that also uses aroma oil.
This upgrade option is ideal for those with stiff shoulders, backaches,
and muscle soreness. It also helps ease bloating and constipation
while promoting improved immunity,
relieving tension in the abdomen and enhancing posture.

Herbal Balls for décolletage

Experience the soothing warmth of herbal balls handmade by our therapists,
steamed and gently applied along your décolletage.
The blend of herbs helps to release muscle tension, reduce stress,
and restore balance to both mind and body.

KUCHIHA with lotion and cream

FACE WASH PASTE KUCHIHA is a moisturizing face wash mask based on
traditional Japanese wisdom, comprising 72% natural hydrating ingredients to
moisturize the skin and prevent dryness.
HAKKO KOMENUKA (fermented rice bran), enriched with beauty ingredients,
promotes healthy skin by enhancing moisture, elasticity, and glow.
Additionally, Honey and Royal Jelly contribute to smooth and hydrated skin.

Consumption tax and 15% of service charge are included

Spa Guide

OPEN HOURS 10:00 am 11:00 pm

SPA RESERVATIONS

For reservation, please feel free to consult with our butler in person or call us using the 'Butler Call' button, located below the 'O' button on the in-room telephone.
Appointments between 10 am to 12 noon must be made by 8 pm the day before.

ARRIVAL

Upon your arrival, you will complete a consultation sheet and discuss your menu selection and condition with our therapist to create for a personalized experience. Enjoy a cup of tea as your therapist prepares for your session.

LATE ARRIVALS

Please be aware that arriving late may result in a reduced treatment time.

CANCELLATIONS

Please inform us 24 hours in advance for cancellation.

Cancellation Policy	
On the day	50%
After the starting time	100%

WHAT TO BRING

Please feel free to arrive in casual, comfortable clothing. All necessary towels, amenities and massage attire will be provided in the treatment room. For guests wearing contact lenses, we recommend bringing a case or removing them in advance.

TREATMENT ROOM

Our facility features 5 treatment rooms:

- 1 private room with mattress.
- 1 private room without shower.
- 1 private room with shower.
- 2 spa suites room with bathtubs, ideal for couples

PREGNANCY

We are unable to offer pre-natal body massage at sankara sana.
Facial treatments are available for pregnant guests after second trimester.

PAYMENT

All spa charges will be charged to your room account, unless any specified instructions.

HEALTH CONCERNS

Please inform us in advance for any serious chronic illnesses, allergies, artificial joints, heart pacer, injuries or any other concerns.

High blood pressure
Aneurysm/Arteriosclerosis/Thrombosis
Hemorrhagic disease
Epileptic seizure
Fever
Skin disease
Abdominal inflammation
Had surgery within last 6 months
Falling-down drunk



sankara
sana