

# ESPACIO SPA

SPA AT ESPACIO NAGOYA CASTLE

TREATMENT MENU



ESPACIO  
NAGOYA CASTLE





**ESPACIO**  
**NAGOYA CASTLE**

## THE ART OF WELLNESS

Wellness is a way of life—an artful journey to discover your own compass for happiness. At ESPACIO Nagoya Castle, our wellness experts guide you toward the ultimate Wellness of Life, where every moment is thoughtfully curated for balance, vitality, and serenity.

## CONTENTS

05 Augustinus Bader

---

07 Signature Treatments

---

08 Restorative Body Therapy

---

09 Restorative Facial Therapy

---

11 Special Moments

---

12 Product Information

---

14 Information



## Introducing The Method Augustinus Bader at ESPACIO Nagoya Castle

Experience the essence of science-backed luxury skincare with The Method Augustinus Bader at ESPACIO Nagoya Castle.

With over 30 years of groundbreaking stem cell research, Augustinus Bader's award-winning philosophy has earned the trust of leading skincare experts worldwide. At its core is TFC2®, a proprietary technology clinically proven to support the body's natural renewal process for a radiant, healthy-looking complexion.

Each treatment is tailored to individual skin needs, unlocking the skin's natural potential.

## Augustinus Bader

### The Augustinus Bader Jet Lag Facial

60 minutes 40,000 yen

Revitalize the skin and melt away fatigue with The Augustinus Bader Jet Lag Glow Facial.

This rejuvenating treatment is expertly designed to rescue tired skin, leaving it refreshed and radiant.

A bespoke contouring fascia massage that activates tissue metabolism, a hydrating and activating mask ritual.

### The Augustinus Bader Glow Facial

60 minutes 45,000 yen

Experience a transformative journey with The Augustinus Bader Glow Facial a highly

personalized treatment that combines Augustinus Bader's unique proprietary cell-renewing technology with advanced stimulating and depuffing massage followed by the ultra rehydrating AB Hydrogel Mask.

Designed to address your unique skin concerns, this facial enhances the barrier function of the skin, delivering remarkable results of radiance and glow.

### The Augustinus Bader Longevity Facial

90 minutes 57,000 yen

This luxurious facial begins with a triple cleanse to deeply purify and prepare the skin for active ingredients.

An intensive massage follows, enhancing circulation and sculpting the skin for an immediate lifted look.

The treatment concludes with a professional algae-infused mask that detoxifies, hydrates, and restores balance and radiance.

Experience this science-backed ritual, powered by Augustinus Bader's advanced technology, for a smoother, brighter, and more refined complexion.

### The Augustinus Bader Full Body Regeneration

90 minutes 51,000 yen

Experience the pinnacle of The Augustinus Bader Full Body treatment. Harnessing the transformative cell-renewing powers of Augustinus Bader's specialized formulas, this luxurious treatment is designed to cleanse, hydrate, firm, and renew your whole body from top to toe.

Starting with a full-body exfoliation, followed by an invigorating massage to stimulate circulation and promote detoxification, this personalized experience harmonizes luxury and science, leaving you with a sense of renewed vitality and glowing skin.

### The Augustinus Bader ESPACIO Signature Experience

120 minutes 69,000 yen

Enjoy a fulfilling spa experience for both mind and body with Espacio Spa's top-of-the-line treatments.

Augustinus Bader's full-body and facial treatments will guide you back to your natural, healthy self.

All listed rates are inclusive of a 15% service charge and consumption tax.

## Signature Treatments

135 minutes 56,000 yen / 165 minutes 67,000 yen (Includes Foot Bath Ritual)

~A Luxurious Journey of Healing from the Inside Out, in Harmony with the Seasons~

Our series of special treatments are designed to bring your body into harmony with the changing seasons, based on the philosophy of "wellness" and "medicinal cuisine" cherished by the great samurai leader Tokugawa Ieyasu throughout his life. For navigating the demands of modern life, this experience offers special care that brings profound relaxation and reawakens both body and mind.

### SEIMEI (February to April)

135 minutes / 165 minutes (Includes Foot Bath Ritual)

Spring is a season of renewal, when body and mind awaken fresh, vibrant, and full of life—mirroring the fresh vitality of nature's renewal. This treatment harnesses the energy of the season to restore balance and harmony to both body and mind, beginning with a therapeutic clay body mask to draw out unwanted impurities and help regulate the autonomic nervous system. Expert techniques performed by our skilled therapists stimulate circulation and release stagnant energy. The treatment culminates in a soothing eye treatment to relieve tired eyes and a gentle head massage that promotes inner balance and rejuvenation.

### RIKKA (May to July)

135 minutes / 165 minutes (Includes Foot Bath Ritual)

In summer, the body can be affected by Shoja, the excess heat unique to the season, which depletes both your body's vital energy (Qi) and internal moisture (Yin). This treatment is designed especially for this season, helping to release accumulated internal heat and restore smooth, balanced energy flow throughout the body. Ideal for alleviating feelings of heaviness in the head, overheating, or palpitations, it promotes overall vitality and a refreshed sense of well-being. Performed along the meridians and accompanied by soothing, gentle sounds, this treatment promotes the flow of internal energy and guides you into a state of deep relaxation. The experience concludes with Shirodhara, a calming ritual in which herb-infused water is gently poured over the forehead. This soothing practice releases tension, eases stress, alleviates headaches, and restores a profound sense of mental clarity and inner calm.

All listed prices are inclusive of a 15% service charge and consumption tax.

## HAKURO (August to October)

135 minutes / 165 minutes (Includes Foot Bath Ritual)

In autumn, as the air grows drier and temperatures begin to fall, traditional Chinese medicine identifies a seasonal imbalance known as Soja—which can affect the lungs and leave the body more susceptible to fatigue or illness. This season is also considered an important time to nurture and prepare the body for winter. This treatment encourages deeper, fuller breathing and boosts immunity, helping the body maintain harmony. Beginning with a gentle, long-stroke massage by one of our skilled therapists, you will be enveloped in soothing aromas that nourish both body and mind and guide you into a serene state of relaxation. A therapeutic ritual using medicinal herb-infused rice bran balls and a gentle décolleté treatment further promote relaxation, helping you reconnect with your natural sense of balance and well-being.

## KOYUKI (November to January)

135 minutes / 165 minutes (Includes Foot Bath Ritual)

Winter, with its biting cold, is considered in traditional Chinese medicine to have a significant impact on kidney function, influencing not only fluid metabolism and the elimination of waste but also hormone balance and immune function. This treatment promotes smooth lymphatic flow, helping to restore both fluid and hormonal balance. Using natural stones, carefully warmed, the body is gently enveloped in soothing heat that penetrates deeply, aiding the release of excess water and toxins. By easing tension and enhancing your skin's radiance, this ritual leaves both body and mind in a state of renewed vitality and wellness.



All listed prices are inclusive of a 15% service charge and consumption tax.

## Restorative Body Therapy

### Qi Energy Harmony -PAUSE-

75 minutes 29,000 yen / 105 minutes 38,000 yen (Includes Foot Bath Ritual)

This restorative treatment encourages the release of excess fluid and accumulated toxins that tend to stagnate within the body, easing concerns such as swelling, heaviness, and sensitivity to cold while restoring healthy circulation. By stimulating acupressure points along the meridians, it gently clears what no longer serves you—physically and mentally—regulating the flow of qi, blood, and fluids. As energy begins to move freely throughout the body, you are guided into a state of deep regeneration, inner stillness, and renewed awakening from within.

### Balancing Harmony -FLOW-

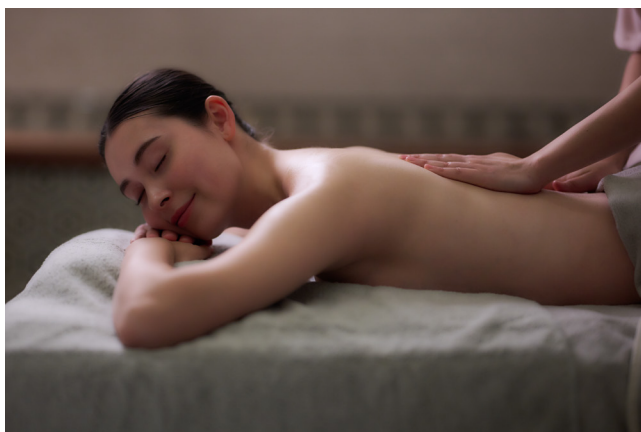
75 minutes 29,000 yen / 105 minutes 38,000 yen (Includes Foot Bath Ritual)

This soothing treatment begins with a gentle, rhythmic massage reminiscent of being rocked in a cradle and draws you effortlessly into a state of deep relaxation. The gentle, flowing strokes envelop your entire body, loosening stiff muscles and soothing away physical and mental fatigue. The treatment concludes with a calming head massage, offering a relaxing time-out from the digital fatigue of daily life and gently guiding the mind back to clarity, balance, and serenity. During the 105-minute treatment, you will also enjoy the tranquil warmth and aroma of medicinal herb-infused rice bran balls, enhanced circulation and deepening the sense of harmony throughout body and mind.

### Deep Tissue Harmony -DEEP-

75 minutes 29,000 yen / 105 minutes 38,000 yen (Includes Foot Bath Ritual)

This intensive treatment works on your deep muscles, promoting the release of excess fluid and toxins while thoroughly relieving chronic stiffness and tension. By releasing fatigue that has built up deep inside you, it restores a natural sense of lightness, strength, and vitality. Ideal for post-exercise recovery, this powerful yet refined experience revitalizes the body from within, leaving you feeling renewed, grounded, and deeply restored.



All listed prices are inclusive of a 15% service charge and consumption tax.

## Restorative Facial Therapy

### Radiant Purify Facial

75 minutes 33,000 yen / 105 minutes 43,000 yen (Includes Foot Bath Ritual)

This brightening facial begins with a deep cleansing process that restores balance to skin easily affected by seasonal or environmental changes, revealing a clear, healthy complexion. It gently removes dirt from pores, while the therapist's delicate touch and facial drainage techniques ease tension in the facial muscles and promote the elimination of accumulated toxins. During this 105-minute treatment, a water ball facial treatment using water filled sphere is performed over a high concentration vitamin C and collagen mask, evening out your skin tone and bringing out a radiant, inner glow.

### Restorative Slumber Facial

75 minutes 33,000 yen / 105 minutes 43,000 yen (Includes Foot Bath Ritual)

Starting with deep breathing accompanied by a gentle massage of your décolleté, shoulders, and neck, this facial releases tension from your mind and body and induces deep relaxation. After a deep cleansing to purify your skin, enjoy a blissful time through a gentle, flowing treatment while enveloped in soothing aromas such as jasmine and neroli that lull you into a deep sleep. This anti-aging treatment deeply nourishes your skin with a collagen mask, promotes restorative sleep, and leaves your complexion plump, firm, and suffused with a sense of well-being.

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## Facial Add On

### Plaster Mask

20 minutes 10,000 yen

The warmth of the plaster opens your pores, allowing the nourishing ingredients contained in the mask cream to penetrate deep into your skin. This mask helps shape your face by using the properties of gypsum to tighten your skin as it cools.

Note: This sculpting mask is available to guests who have had a Radiant Purifying Facial or Rejuvenating Slumber Facial.

All listed prices are inclusive of a 15% service charge and consumption tax.

## Special Moments

### Hot Stone Therapy

105 minutes (Includes Foot Bath Ritual) 41,000 yen

This blissful treatment gently relieves tension caused by sensitivity to the cold and fatigue, relaxing both body and mind from the inside out. Smooth basalt stones, imbued with the energy of the earth, are warmed and carefully placed along the body's principal meridians. The soothing heat of the stones, combined with the refined techniques of our experienced therapists, work in harmony to penetrate deeply, melting away tension and restoring a profound sense of warmth, balance, and inner calm.

### Maternity Therapy

75 minutes (Includes Foot Bath Ritual) 29,000 yen

Available for guests who are at least 16 weeks pregnant, this gentle maternity treatment is thoughtfully performed with you lying comfortably on your side. Delivered with a delicate, attentive touch, it offers a serene and nurturing time-out, allowing you to unwind in complete tranquility.

### Dry Massage

60 minutes / 90 minutes 28,000 yen / 37,000 yen

This oil-free massage is performed with you fully clothed, allowing you to enjoy the treatment with ease and simplicity. Drawing on traditional Japanese techniques passed since ancient times, it gently stimulates acupressure points to enhance blood circulation while releasing muscle tension. The experience eases the accumulated stresses of daily life, restoring lightness and balance to both body and mind.

### Refreshing Foot Therapy

30 minutes 15,000 yen / 75 minutes 28,000 yen (75-minute treatment only: includes Foot Bath Ritual)

This restorative foot treatment brings the body back into balance through attentive care from below the knees to the soles of the feet. The 75-minute experience includes a gentle scrub that refines the skin around the knees, eliminating dullness and roughness to reveal a brighter, smoother appearance. By improving circulation in the feet, the treatment helps relieve fatigue and sensitivity to cold throughout the body, leaving you feeling light and refreshed.

### Into Sleep Head Therapy

30 minutes 15,000 yen / 75 minutes 28,000 yen (75-minute treatment only: includes Foot Bath Ritual)

This soothing head massage carefully eases tension through slow, intentional strokes and targeted pressure on the head, neck, and shoulders. It releases scalp tightness and mental fatigue, calming the mind and guiding you into a profound state of relaxation, as if your very thoughts are unwinding. Beyond the immediate sense of refreshment, enjoy the lingering afterglow of gentle, restorative sleep, bringing harmony and balance to both body and mind. During the 75-minute experience, this deep relaxation is further enhanced by the enveloping aroma of herb-infused water used in Shirodhara, completing a truly rejuvenating ritual.

All listed prices are inclusive of a 15% service charge and consumption tax.



## Private Thermal Room

The Spa Suite (treatment room) features gently heated marble stone thermal beds, a dry sauna made of pleasantly aromatic Kelo wood—also known as the “jewel of wood”—and a private bath set in a dreamlike atmosphere. Enjoy an elevated thermal journey where warmth and aroma converge.

Opening hours: 7:00 a.m. – 9:30 p.m. (Last appointment: 8:30 p.m.)

60 minutes      18,000 yen

90 minutes      27,000 yen

Maximum capacity: Two people

\*Spa use is limited to same-gender groups or individual guests.

\*Reservations for the private thermal room alone are accepted on the day of use only.

\*Advance reservations are available between 7:00 a.m. and 9:00 a.m.

All listed prices are inclusive of a 15% service charge and consumption tax.

## PRODUCT INFORMATION

### Augustinus Bader

A luxury skincare brand founded on over 30 years of pioneering research by Professor Augustinus Bader, a global authority in regenerative medicine and stem cell science.

Since its launch in 2018, the brand has earned multiple awards and a loyal following among celebrities and experts worldwide.

At its core is TFC8®, a proprietary technology clinically proven to guide key nutrients and natural ingredients to the skin, supporting its natural renewal processes for healthier, more radiant skin. Launched in Japan in 2023, the brand has quickly become a favorite among leading beauty editors, tastemakers, and celebrities in the country.



### LAPIDEM

A wellness and cosmetics brand originating in Japan and now expanding primarily across Asia. Rooted in a rich history of sustainable health practices and ingredients cherished in Japan since ancient times, LAPIDEM offers thoughtfully curated programs, products, and services designed to support your well-being.

At ESPACIO NAGOYA CASTLE, we offer a distinctive wellness experience that goes beyond simply nurturing a healthy mind, body, and skin—inviting you into a deeply immersive, soul-stirring journey that will stay with you long after your visit.

L A P I D E M





## Information

Floor B2F

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Opening hours 10:00 a.m. – 9:30 p.m. (Last appointment: 8:00 p.m.)

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Guest age restrictions Our spa is available for guests aged 16 and above. Guests under the age of 18 who wish to use the spa are required to have a waiver signed by a parent or guardian. For any questions, please contact the spa reception.

### Arrival time

To fully enjoy your spa treatment, please arrive at least 15 minutes before your scheduled appointment. If you wish to use the spa's bathing facilities prior to your treatment, we recommend arriving one hour beforehand. Please note that if you arrive late, your treatment time may be shortened.

### Time required

As consultation time is not included in the treatment duration, please allow an additional 30 minutes on top of your treatment time for a complete experience.

### Cancellation policy

If you wish to change or cancel your reservation, please contact us at least 24 hours in advance. No shows will be charged a cancellation fee equivalent to 100% of the total treatment fee.

### Physical condition

For your comfort and safety, please inform us of any health concerns or allergies when making a reservation as certain services may not be available depending on your condition. Our highly trained therapists are always available for consultation to ensure a personalized and safe experience. Additionally, spa treatments are not available for guests in the early stages of pregnancy (less than 16 weeks).

## Valuables inside the spa

Please note that the hotel cannot be held responsible for the loss or theft of valuables. We kindly ask that you take necessary precautions.

## Spa etiquette

To ensure a serene and comfortable environment for all guests, the use of mobile phones and cameras is prohibited within the spa area. The entire facility is strictly non-smoking. Should your behavior inconvenience other guests, we reserve the right to ask you to leave.





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