

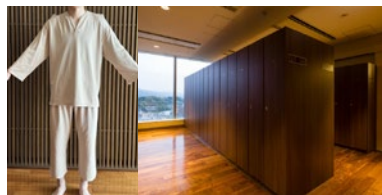
Healing Spa User Guide

Steps to using the service

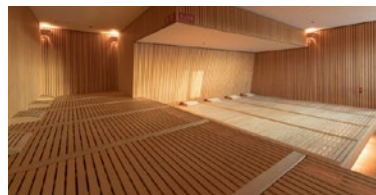
19F Reception



20F Changing room



19F Healing Spa



Kindly bring the brown towel to the Healing Spa on the 19th floor.

*Please be sure to wear the Healing Spa outfit while in the Spa.

*If you require paper underpants (for a fee), please ask the nearest staff member or receptionist for assistance.

User guide

■ Please change into the Healing Spa outfit. ■ There is no time limit for the Spa.

* Kindly refrain from talking loudly or using mobile phones, as it may disturb other guests.

Step
1

Grand Löyly (Finnish sauna) / Aroma Salt Spa (hot stone Spa)

Perspire slowly

Lay the brown towel on the floor and lie on your stomach and back repeatedly to perspire slowly. Remember to drink water both before and after the session. Listen to your body, and do not overexert yourself.



Step
2

Cooling Spa

Refresh rapidly

Refresh yourself in the Cooling Spa set to a room temperature of 15 degrees Celsius, rapidly cooling the body.



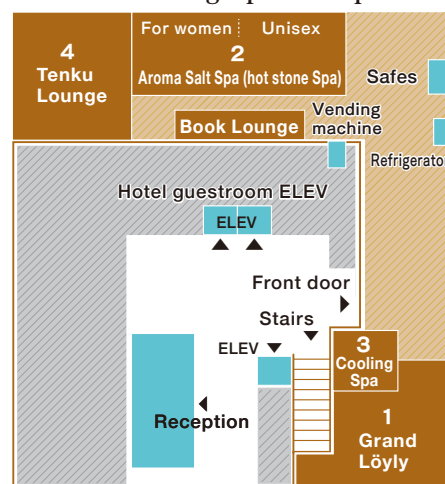
Step
3

Take a relaxing break

Take time to unwind to appreciate the scenery or read a book. After your session, we suggest bathing to work up a sweat.

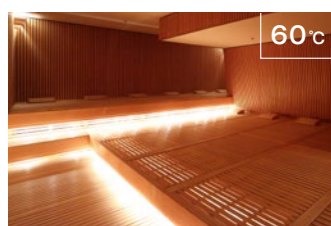


19F Healing Spa floor plan



Vending machine Beverages are available from the vending machine. *Please scan the barcode on your locker key to use the vending machine.

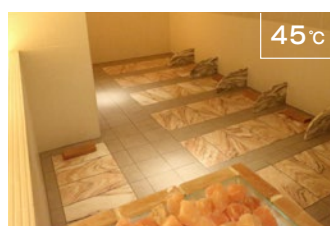
Refrigerator To keep your drinks for a short period, kindly put your name on them and store them in the fridge.



60°C

1 Grand Löyly

Guests can enjoy a löyly in the 60 degrees Celsius sauna, one of the largest in Kyushu.



45°C

2 Aroma Salt Spa (hot stone Spa) For women Unisex

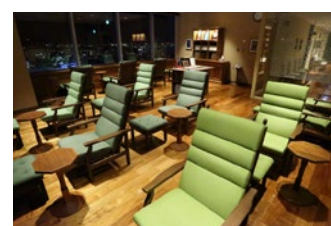
Radiant heat from the marble floor and hot stone slabs, and the fragrant essential oils create an immersive experience for the senses.



15°C

3 Cooling Spa

Rapid cooling after perspiring helps to refresh the body.



4 Tenku Lounge

Relax in our meticulously appointed book lounge with a spectacular view of Oita.

Spa Etiquette

- Please listen to your body and do not overexert yourself.
- Kindly refrain from using the Spa if you have high blood pressure, low blood pressure, heart disease, are pregnant, have eaten or drunk, or have a full stomach.
- Please be careful to avoid low-temperature burns.
- Please note that precious metals such as jewellery may become hot and cause burns.
- Please note that cleaning work will be conducted during certain times of the day.
- Please note that during the event, access to the Grand Löyly Room is strictly prohibited from the beginning until the end of the event. We appreciate your cooperation.
- Kindly refrain from talking in the Aroma Salt Spa, Grande Löyly, and Cooling Spa, as it may disturb other guests.
- Kindly refrain from bringing in food.
- Kindly refrain from bringing electronic devices, e.g., mobile phones, and cameras, comic books and magazines, into the Aroma Salt Spa (hot stone spa), Grand Löyly, and Cooling Spa.
- Guests are allowed to take photographs in the Tenku Lounge and the corridors. However, please be considerate of other guests while doing so.
- Kindly refrain from any behaviour that could inconvenience other guests.
- Free Wi-Fi is available. Please mute the sound when viewing content.
- Please use the electrical outlets provided to charge mobile phones, computers, etc.
- If you need a cell phone charger, please ask the reception staff on the 19th floor.
- Please ask the nearest staff or receptionist for additional towels and Healing Spa outfits. (for a fee: brown towels, Healing Spa outfits)
- Guests may not use the facilities in clothes not designed for the Healing Spa.