



eforeaTM
SPA





emerge brighter perfecting your journey

wellness traditions draw deeply from the natural landscape

Our signature blends of Kitayama-Sugi (Japanese cedar), Hinoki (Kyoto cypress), and Kuromoji (Japanese laurel) symbolize endurance and vitality. Known for their beauty and resilience, these ingredients have been used in traditional Japanese wellness practices for centuries. Their evergreen nature inspires a sense of balance and longevity.

eforea spa at Hilton Kyoto is a place like no other where you embrace your inner glow and emerge brighter.

All treatments have been thoughtfully crafted, introducing guests to extraordinary techniques from the world's most legendary spa cultures. Especially, the signature wellness packages within the escape journey offer timeless sources of healing energy to support physical and spiritual rejuvenation, reflecting Kyoto's enduring commitment to holistic health.



Hilton Kyoto eforea spa's original blends of oils are made mainly from raw natural materials originating in Kyoto.

Harmony

An aromatic blend of Lavender, Kuromoji, and Hinoki helps balance and harmonize the body and mind, promote deep relaxation, reduce stress, and nurture a peaceful, calm mood.



Energize

A blend of Kyoto Natsu Mikan (summer mandarins) from Maizuru in Kyoto Prefecture, locally grown Yuzu, and Peppermint. Refreshing, uplifting and energizing.



Regenerate

A blend of Ylang-Ylang, Neroli and Kitayama-Sugi, a cedar native to Kyoto used for its therapeutic qualities since 600 years ago. An effective blend for physical and mental rejuvenation. It revitalizes and restores the body and mind, making you feel reborn and rejuvenated.





enhancement journey

head & face

30min 14,000 JPY

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

shoulder, neck & scalp

30min 14,000 JPY

Lighten your load. This deep relaxation experience draws from Chinese acupressure, modern science of trigger point therapy, and traditional methods of Swedish massage.

feet

30min 14,000 JPY

Ground yourself. This feet and legs experience combines the methods of ancient Egyptian reflexology with the healing techniques of the Native Americans.





essential journey



Facial

Kerstin Florian is a luxury skincare company that focuses on results. The guiding philosophy of Outer Beauty, Inner Health inspires a sense of wellbeing through powerful plant, marine and technically advanced ingredients to support a wellness-based lifestyle and to achieve healthy-looking vibrant skin.

Luxury Caviar Firm and Lift

70 | 100 min 32,000 JPY | 38,000 JPY

Timeless facial and décolleté treatment that refines, lifts, and nurtures your skin. Marine extracts, antioxidants, an enzyme peel, and a Jade tool massage enhance firmness and circulation. Unwind as tension dissipates, puffiness diminishes, and clarity flourishes, leaving your face, neck, and décolleté noticeably silkier, firmer, and aglow with radiance.

Collagen Bright and Smooth

70 | 100 min 30,000 JPY | 34,000JPY

An oxygenating facial enriched with vitamin-packed super berries and algae-derived collagen. This age-defying treatment combines Mango and Papaya enzymes to refine texture and rejuvenate skin, while a collagen mask hydrates, soothes, and boosts collagen synthesis, leaving your skin revitalized and refreshed.

Treatments include a 10-minute footbath, please note that if you book two or more treatments in combination, the footbath will overlap and the treatment time will be shortened by 10 minutes per treatment.



essential journey

Organic Vital with Gua Sha

70 | 100 min 28,000 JPY | 32,000 JPY

Immerse yourself in a restorative treatment to renew your skin and spirit alike. A calming meditation sets the tone as adaptogenic-rich organic products revitalize your skin. Transformative results are enhanced with Gua Sha techniques and structured water elixir, leaving you feeling revitalized, empowered, and radiant.

Bio Mineral


70 | 100 min 26,000 JPY | 30,000 JPY

Reset your complexion with this natural facial, restoring the skin's microbiome to its optimal balance. A blend of pre- and probiotics, fruit enzymes, and minerals clears and nourishes, while a massage stimulates lymphatic drainage and circulation. A soothing Jade Roller infuses probiotic serum, leaving your skin refreshed and beautifully renewed.

Refresher

40 min 18,000 JPY

Rediscover your bond with nature and spirit through this quick-fix facial. A deep-cleansing introductory facial based on organic Moor Mud refines, brightens, and hydrates the skin. This profound purification and refinement, will bestow a sensation of renewal.



Treatments include a 10-minute footbath, please note that if you book two or more treatments in combination, the footbath will overlap and the treatment time will be shortened by 10 minutes per treatment.

Massage

At the heart of our wellness massage lies the beauty and healing power of nature. We have carefully crafted our treatments using locally sourced essential oils, harnessing the unique properties of native botanicals to create a truly rejuvenating experience.

Choose from 3 signature massage oils

Harmony

Kuromoji (Japanese laurel)
Hinoki (Kyoto cypress)
Lavender

Energize

Kyoto Natsu Mikan
Yuzu from Kyoto
Peppermint

Regenerate

Kitayama-Sugi (Kyoto cedar)
Neroli
Ylang Ylang

Let the essence of nature guide you on a journey of renewal, where every drop tells the story of the land and brings you closer to total wellness.

Sibin Stone

100 min 36,000 JPY

Transform mind and body, release muscle tension, and restore your sense of well-being with a warm Both Sibin Stone massage. This rejuvenating treatment combines aromatherapeutic oils and muscle relief techniques to enhance energy levels and support the immune system, leaving you feeling stronger and more resilient.

Japanese Herbal Ball

100 min 36,000 JPY

Inspired by ancient healing traditions, this treatment uses a poultice of Japanese Rice and Green Tea wrapped in Tenugui cloth and steam-heated. The essences within the poultice release and combine with the selected oil during the massage, easing muscle tension, improving circulation, and clearing energy blockages.

Aromatherapy

70 | 100 min 24,000 JPY | 35,000 JPY

Inhale deeply and embrace wellness through this nurturing treatment journey. Expertly blending movement with timeless aromatic massage oils of your choice, this gentle and firm rhythmic massage reduces stress, restores balance, and promotes serenity for improved overall health.

Deep Tissue

70 | 100 min 24,000JPY | 35,000 JPY

This treatment, using firmer pressure and deliberate strokes, penetrates muscle fibers and connective tissues, promoting profound relaxation, enhancing blood circulation, and relieving persistent stiffness throughout the body.

Treatments include a 10-minute footbath, please note that if you book two or more treatments in combination, the footbath will overlap and the treatment time will be shortened by 10 minutes per treatment.



Scrubs & Wraps

Japanese Mineral Salt Scrub

70 min 24,000 JPY

Awaken your body with mineral-rich Sea Salt and your choice of signature essential oil blends. Conclude with a luxurious Chamomile Lotion application, that soothes the mind and nourishes the body. Emerge renewed and replenished, ready to embrace the world anew.

Thalasso Spirulina Wrap

100 min 34,000 JPY

Using an all-natural, live Spirulina Algae, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalize. Conclude with our Remineralizing Body Crème for lasting nourishment and recovery.

Thermal Mineral Moor Mud Wrap

100 min 34,000 JPY

Experience a revitalizing European therapy with authentic thermal Moor Mud that heals and rejuvenates tired muscles and dull skin. Formed over a thousand years, this black organic mud is rich in thermal minerals and trace elements. The treatment softens, purifies, and remineralizes the face and body, enhancing overall wellness.





escape journey

signature package



Zen Spirit

160 min 58,000 JPY (1 pax) | 100,000 JPY (2 pax)

Immerse yourself in Kyoto's vibrant energy with this purposefully designed package, honoring tranquility and serenity. This holistic treatment nourishes your skin, eases tension, and restores balance, leaving you refreshed and deeply connected to the local spirit of beauty.

Includes

- Mineral Salt Scrub
- Hinoki Bath
- Japanese Herbal Ball Massage
- Face & Neck enhancement massage

Hikari Journey

130 min 48,000 JPY (1 pax) | 86,000 JPY (2 pax)

Inspired by the Japanese concept of "Hikari", meaning "light", this journey invites you to bask in the warmth of revitalization and self-discovery. This treatment infuses energy and vitality, optimizing your skin's moisture balance and elasticity. Body and mind are left with vitality and well-being restored.

Includes

- Hinoki Bath or Mineral Salt Scrub
- Sibin Stone Massage
- Refresher Facial

Shifuku Retreat

100 min 38,000 JPY (1 pax) | 72,000 JPY (2 pax)

A distinctive treatment inspired by the traditional grounding energy, designed to provide deep relaxation and holistic rejuvenation. "Shifuku" means "blissful relaxation", and this journey combines traditional techniques and natural elements to restore balance to your body and mind.

Includes

- Back massage with Gua sha
- Organic Vital Facial

Treatments include a 10-minute footbath, please note that if you book two or more treatments in combination, the footbath will overlap and the treatment time will be shortened by 10 minutes per treatment.



escape journey

wellness package



Mineral Wellness

130 min 45,000 JPY

The Bio Mineral Facial, combined with a mineral-infused therapeutic massage, provides the ultimate wellness experience. This treatment starts with muscle-relieving massage and a magnesium wrap for detoxification. Followed by a tailored facial to refine the skin and address specific concerns, such as sensitivity and razor burn, leaving you relaxed and rejuvenated.

Neroli Blossom Kur

130 min 40,000 JPY

Awaken your senses and refresh your body and spirit with the signature Neroli aroma in this deeply relaxing and yet uplifting experience. The treatment includes a foot ritual, energy balancing, dry body brushing, and a meditative Neroli Blossom body massage, concluding with a cocoon wrap, face acupressure, scalp and foot massage. Emerge renewed and replenished.

Lavender Dreams

100 min 35,000 JPY

Unwind and immerse yourself in the calming and harmonizing essence of wild lavender in this revitalizing spa encounter. The experience commences with an invigorating full-body exfoliation, melding earthly minerals with lavender's therapeutic attributes. Then indulge in a nurturing back, neck, and shoulder massage using Organic Lavender Oil to embrace a peaceful state of mind.

Treatments include a 10-minute footbath, please note that if you book two or more treatments in combination, the footbath will overlap and the treatment time will be shortened by 10 minutes per treatment.



escape
journey

focus massage



Feet Soother

40 | 55 min 16,000 JPY | 18,000 JPY

A massage to alleviate tired feet, reduce swelling, and promotes relaxation, helping you feel light and rejuvenated. Perfect for those on their feet all day or anyone seeking a moment of indulgence, this treatment is your ticket to ultimate comfort.

Lighter Legs

40 | 55 min 16,000 JPY | 18,000 JPY

This tranquil full leg massage uses elongated strokes and gentle pressure to ease muscles and support the lymphatic and circulatory systems. Emerge feeling lighter, revitalized, and ready to embrace your day.

Back For You

40 min 16,000 JPY

A remedy for rejuvenating the body inside and out focuses on the back, reduces muscular tension, and establishes equilibrium of vital energy.

Clear Mind

40 min 16,000 JPY

Indulge in warm oil to dispel stress, relieve tension in the neck, head, shoulder and arms, help you unwind, and promote mental clarity.

Treatments include a 10-minute footbath, please note that if you book two or more treatments in combination, the footbath will overlap and the treatment time will be shortened by 10 minutes per treatment.



Etiquette

APPOINTMENTS

Treatment time does not include consultation or changing time. In the event that you are running late we will endeavor to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterwards. The full fee for your treatment will be charged.

Treatments include a 10-minute footbath (Excluding enhancement journeys). Please note that if you book two or more treatments in combination, the footbath will overlap and the treatment time will be shortened by 10 minutes per treatment.

CANCELLATIONS

If you require a change of date, or cancellation, please provide us with notice a minimum of 24-hours prior to your appointment. The provision of notice within the 24-hour period will incur a 50% fee and a no-show will incur 100% of the value of the treatment.

For any multiple service appointments or spa package cancellations, we will require notice a minimum of 48-hour prior to your scheduled appointment. The provision of notice within the 48-hour period will incur a 50% fee and a no-show will incur 100% of the value of the treatment.

AGE REQUIREMENT

Our spa is a tranquil environment, therefore the minimum age for a spa treatment is 16 years. All Guests between the age of 16 and 17 years must be accompanied by a parent or guardian over 18 years. Please contact the spa for further information.

PRICING

eforea spa reserves the right to modify, discontinue, or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. If you have any questions, please ask your spa representative when you book your appointment.

OTHER

- We request that you disclose any medical conditions and/or prescription medications, as some services may be contraindicated. Please advise our professional staff of any allergies or sensitivities or if you are pregnant.
- For the comfort of all our clients, eforea spa is a smoke-free environment. So you may fully enjoy your spa experience, and as a courtesy to other guests, cell phones should be turned off.
- We regret that we cannot be held responsible for the loss or damage of personal articles. We recommend that you leave your valuables at home or in your hotel room.
- We do not perform any body treatment of pregnant guest. Pregnant guest who are in their second trimester (after 16weeks) may receive the 70minuites facial treatment only.
- This is not a massage under the law relating to anma massage, shiatsu, acupuncture, and moxibustion practitioners.
- Using a couple room is only available to hotel stay guest.

