

# Ultimate Medical & Onsen Wellness Journey

## Scientific Onsen Wellness Retreat In Japan

JPY66,000 ~

Oita  
(Beppu)

### From Advanced Medical Insight to Deep Thermal Healing

Begin your journey in Tokyo, where you will undergo a comprehensive executive-level medical check-up at a leading Japanese hospital.

Based on your personal health data—including blood glucose levels and other key biomarkers—a fully customized wellness program is carefully designed.

You will then travel to one of Japan's most respected hot spring regions for a 2-night, 3-day therapeutic thermal retreat in a tranquil and secluded setting.

### Why This Wellness Experience Is Unique

#### Evidence-Based Thermal Therapy

Unlike conventional spa stays, this program is grounded in medical and scientific evidence. Thermal bathing is prescribed according to your individual health profile, ensuring safety, effectiveness, and peace of mind.

#### Personalized Thermal Guidance

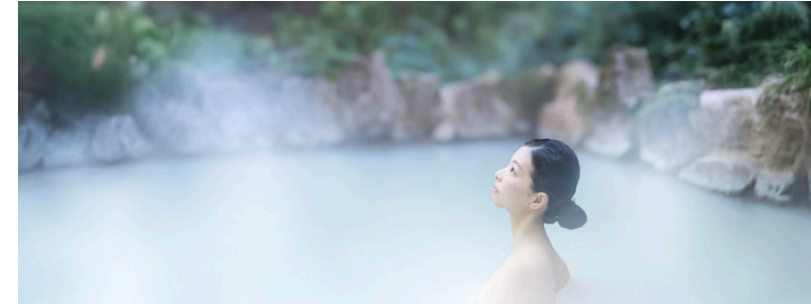
Selection of appropriate thermal waters

Optimal bathing temperature, duration, and frequency

Daily lifestyle and recovery guidance

#### Professional One-on-One Support

Throughout your stay, medically trained professionals provide private consultations, monitoring your condition and supporting your healing process.



#### Day 1 - Beppu

- Transfer to Nanoka Hitomeguri Toji-gurashi from Oita asirport or somewhere in Beppu city
- Initial health consultation & onsen orientation
- Therapeutic bathing & wellness dinner

#### Day 2 - Beppu

- Personalized onsen therapy sessions
- Nurse counseling & lifestyle guidance
- Healing walks and quiet reflection
- Overnight stay

#### Day 3 - Beppu

- Final onsen therapy & wellness breakfast
- Program review and future health recommendations

END



# Kamakura Wellness Program

Embraced by the Zen Breeze — A Time of Serenity and Healing in Kamakura

## Kamakura



**JPY 195,000 ~**

**Duration :** 4 hours

**From/To :**  
Kamakura station

**Accompanied by:**  
an English-speaking guide

**Cancel free:**  
up to 14 days prior

This wellness program offers a chance to escape the noise of everyday life and restore balance to both mind and body. Set in the historic surroundings of Kamakura, it guides participants on a journey of self-discovery through the teachings of Zen. Experience the timeless Japanese aesthetics of seijaku (tranquility) and jaku (solitude), providing a valuable perspective to enrich today's busy lifestyle. The program is led by an internationally active Zen priest renowned for making Zen teachings accessible to modern people. With exclusive access to the historic Ichijo Ekansansō villa, participants will enjoy a Zen experience followed by a traditional matcha tea ceremony in a serene bamboo grove—offering a profound encounter with Japanese traditional culture. The rich nature and historical architecture of Kamakura create the perfect environment to refresh both mind and body. Through this program, we hope participants will reflect inwardly and gain new insights. Optional nanny services are also available upon request.

**Historical Site**  
We will guide you to Kamakura, a place steeped in history and still carrying the atmosphere of Zen, where you can feel the spirit of those who came before. This special experience allows you to connect with the tranquility and spiritual essence of this ancient city.

**Private Experience at Ichijo Ekansanso Villa**  
At Ichijo Ekansanso, a historic villa that once served as a retreat for the Imperial family, you will experience the world of Zen. This time of reflection and inner healing is sure to bring profound meaning to the next chapter of your life.

**Tea Experience in a Bamboo Grove**  
At the conclusion of the program, you will enjoy matcha tea at a temple surrounded by a beautiful bamboo grove. This precious moment of tranquility, embraced by nature, offers a meaningful encounter with Japan's traditional culture.



# 3 nights stay at the luxury resort “Sankara”.

## A mystical island where ancient primeval forests thrive: step into the world of moss-covered woods

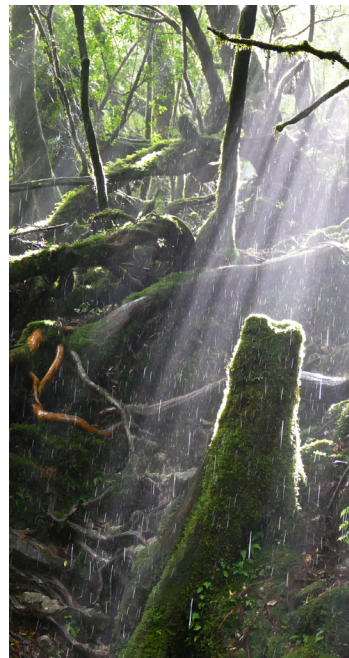
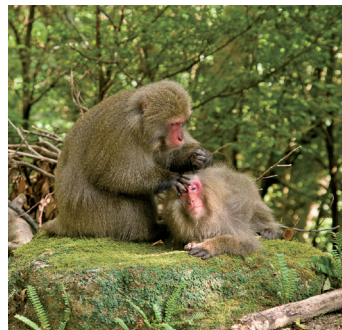
### Yakushima in Kagoshima



#### Wildlife and Scenic Wonders Unique to Yakushima

Yakushima Island is home to a remarkable array of endemic wildlife and stunning natural landscapes. About 20% of the island has been designated as a UNESCO World Heritage site, and the Western Forest Road is the only area on Yakushima where the coastline itself is included in this designation. Here, you have the rare opportunity to observe Yakushima macaques, Yakushima deer, and a variety of endemic birds in their natural habitat, offering unforgettable wildlife encounters.

Gentle hikes through Shiratani Unsuijyo and Yakusugi Land reveal the island’s unique scenery, including ancient cedar forests, moss-covered valleys, and serene streams. These walks are designed to be accessible, allowing visitors of all ages to fully appreciate the magic of Yakushima’s primeval environment at a comfortable pace. Whether you are a nature enthusiast or simply seeking tranquility, Yakushima offers a peaceful, immersive experience in one of Japan’s most extraordinary natural landscapes.



#### Day 1 - Yakushima Airport - Mugio

Meet at Yakushima Airport.

Visit the Yakusugi Museum to learn about Yakushima’s unique natural environment.

Stay 3 nights at Sankara Hotel & Spa Yakushima.

Overnight in Mugio, Yakushima.

#### Day 2 - Yakushima

Enjoy a gentle hike among Yakusugi cedar trees over 1,000 years old at Yakusugi Land.

Selectable Course (Leisurely: approx. 1.2 km / Active: approx. 2 km)

Overnight in Mugio, Yakushima.

#### Day 3 - Yakushima

Explore Shiratani Unsuijyo Gorge, known for its mossy forests and crystal-clear streams—an iconic Yakushima landscape.

Selectable Course (Leisurely: approx. 1.5 km / Active: approx. 4 km)

Optional: Hike to Jomon Sugi (approx. 22 km, upon request).

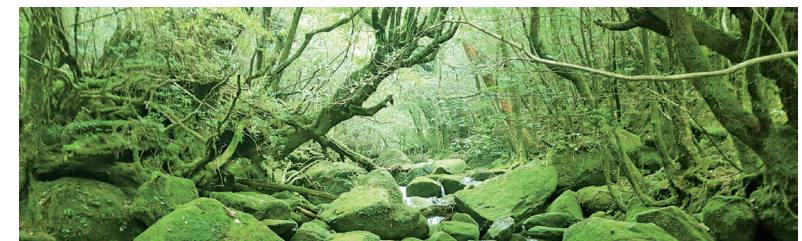
Overnight in Mugio, Yakushima.

#### Day 4 - Mugio - Yakushima Airport

Visit the impressive Oko-no-taki Falls, explore the Western Forest Road where Yakushima macaques and deer are abundant, and walk along Nagata Inakahama, a Ramsar-registered wetland.

Tour ends at Yakushima Airport

**JPY 580,000 ~**



# Wildlife watching in Shiretoko

## A Journey to Encounter Shiretoko's Wildlife and Untamed Nature

### Shiretoko in Hokkaido



#### Summer in Shiretoko – A Wildlife and Nature Adventure

Experience the vibrant wildlife of Shiretoko during the short summer season, from brown bears roaming the forests to rare seasonal whales in the sea. Explore the national park on foot with a nature guide, or discover the wilderness from the water on an intimate cruise.

From Utoro, cross Shiretoko Pass to the Nemuro Strait and search for marine animals, with the chance to spot orcas early summer from May to June and even glimpse Kunashiri Island on clear days. Programs are tailored to your fitness level, ensuring a safe, unforgettable encounter with Shiretoko's pristine land and sea.



#### Day 1 - Haneda Airport - Memanbetsu Airport - Utoro

Flight from Haneda Airport to Utoro, the base for sightseeing in Shiretoko.  
Overnight in Utoro

#### Day 2 - Utoro

Morning: Shiretoko National Park Nature Walk I

Enjoy a guided nature walk around the Shiretoko Five Lakes.

Selectable Plan (choose one according to your walking level)

Leisurely Course: Walk along the elevated boardwalk

Active Course: Walk through the forest trails and elevated boardwalk, small loop hike

Visit the Shiretoko World Heritage

Overnight in Utoro

#### Day 3 - Utoro

Shiretoko Peninsula Cruise to Spot Brown Bears

Shiretoko National Park Nature Walk II

Selectable Plan (choose one):

Leisurely Course: Walk along a trail to view Furepe Falls on the seaside cliffs  
Active Course: Hike through primeval forest and cliffside trails to experience the grandeur of nature

Night Safari Tour - Drive around to spot nocturnal animals such as red foxes and sika deer.

Overnight in Utoro

#### Day 4 - Utoro - Rausu - Utoro

Travel to Rausu via the Shiretoko Pass

Nemuro Strait Whale Watching Cruise

Visit the Rausu Kunashiri Observation Deck. On clear days, you can enjoy a panoramic view of Kunashiri Island.

Overnight in Utoro

#### Day 5 - Utoro - Abashiri - Memanbetsu Airport - Haneda Airport

Visit to Abashiri Prison Museum

Flight from Memanbetsu Airport to Haneda Airport

**JPY 520,000 ~**

# “Seven Stars in Kyushu”

Japan’s most elegant luxury train, where every journey becomes a work of art.

## Kyushu

### Seven Stars in Kyushu – An Exquisite Private Charter Journey

Experience a private charter aboard Japan’s iconic train, Seven Stars in Kyushu. Under the care of a warm and dedicated crew, each moment of this journey is transformed into an unforgettable experience. Following the 2022 interior renovation, the train offers an even higher level of comfort and elegance.

Begin your voyage in style with a Pre-departure Gala Event at Ristorante Canoviano Fukuoka, featuring a mini concert performed by the musicians who create the signature soundscape of Seven Stars in Kyushu.

#### Concept – Seven Stars in Kyushu

A journey is more than mere travel—it is an experience that touches the soul. This train journey embodies that ideal.

Outside your window, landscapes unfold: green hills swaying in the breeze, the sea carrying the scent of salt, and fertile lands nourished by flowing rivers, where people live in gratitude for nature’s bounty. The train does not simply pass through—it stops, connects, and allows you to fully experience the essence of each place.

As the train travels through all seven prefectures of Kyushu, it weaves together breathtaking scenery and the radiant smiles of local people, offering a journey of unparalleled elegance. Encounters and sights unique to each destination inspire new discoveries, adding depth and color to life itself. Each journey is fresh, profound, and filled with once-in-a-lifetime stories that can only be found in Kyushu.

Seven Stars in Kyushu sets off, carrying your dreams along every mile of this extraordinary voyage.



#### Day 1 - Fukuoka

Pre-departure Gala Dinner at Ristorante Canoviano Fukuoka, including a mini concert.

Overnight in Fukuoka

#### Day 2 - Hakata - Yatsushiro

Board the Seven Stars in Kyushu and depart Hakata.

A train journey through Kyushu, where you can savor the tranquil countryside from your window.

Overnight onboard Seven Stars in Kyushu.

#### Day 3 - Kagoshima - Hyuga - Takachiho

Visit Amanoiwato Shrine and a Kagura mask workshop.

Optional excursion to the Takachiho Night Kagura dance.

Overnight: Ryokan Shinsen in Takachiho.

#### Day 4 - Takachiho - Aso

Optional walk through the scenic Takachiho Gorge.

Overnight onboard Seven Stars in Kyushu.

#### Day 5 - Kokura - Usa - Hakata

Visit Usa Jingu Shrine.

17:36 Arrive JR Hakata Station - Tour ends.

**JPY 2,100,000 ~**



# A Journey Aboard guntû Japan's Pride in Hospitality.

## Experience the Rich Blessings of Nature and Island Culture.

**JPY 720,000 ~**

### Seto Inland Sea

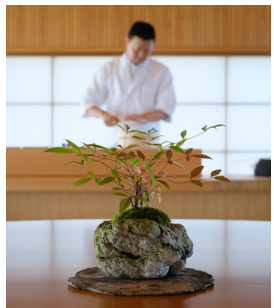
#### Guntû: A Luxury Cruise Through the Seto Inland Sea

Departing from and returning to Bella Vista Marina in Onomichi, Hiroshima, Guntû is an intimate cruise ship with just 17 suites. Designed by architect Yasushi Horibe, the ship features interiors crafted from warm wood, offering the comfort and tranquility of a luxurious floating ryokan.

The name "Guntû" comes from the Bingo dialect word for a small blue crab found in the Seto Inland Sea. The ship was named with the hope that, like this little crab, it will be loved by both travelers and locals for generations, while allowing guests to savor the rich nature, culture, and traditions of Setouchi.

Guntû offers two- and three-night cruises, including a Western route that visits the UNESCO World Heritage site of Miyajima, and an Eastern route that explores the art islands of Naoshima and Inujima, among others. At each port, guests can enjoy carefully curated excursions and cultural experiences.

Onboard, guests will find a range of amenities including a spa, sauna, observation deck, fitness room, bar, and lounge. Blending Japanese hospitality, refined design, and the serene beauty of the Seto Inland Sea, Guntû offers a truly exceptional and unforgettable voyage.



# Sumo Tradition and Modernity

## A Private Experience at a Sumo Stable

JPY 198,000 ~

### Tokyo



The private experience at a sumo stable offers more than just observing the wrestlers' training; it provides a deep immersion into sumo as a traditional Japanese cultural practice. From its origins as a sacred ritual to its development into a modern sport, guests will gain insight into the multifaceted appeal of sumo. Additionally, you will have the opportunity to taste chanko, the nutritious traditional meal essential for wrestlers' physical conditioning. Through this balanced cuisine, you can deepen your understanding of sumo culture.

#### Historical Background of Sumo

While sumo is known today as a sport, its origins lie in ancient Japanese mythology, where it began as a contest of strength between deities described in the Kojiki and Nihon Shoki. Sumo was originally performed as a sacred ritual dedicated to the gods, carrying deep historical and cultural significance.

#### The Conduct and Status of a Sekitori (Sumo wrestler)

The gestures and behavior of a sekitori (ranked sumo wrestler) carry deep symbolic meaning. Through this experience, guests will also learn about the social status and role of sekitori in different historical periods, gaining a deeper understanding of the true essence of sumo.

#### Modern Sumo Stable

This program introduces a sumo stable that is deeply rooted in the local community, actively engaging in regional activities while honoring sumo traditions and embracing a modern sensibility. Guests will have the rare opportunity to witness powerful sumo training up close.



# Journey into Japanese cuisine

## Washoku: Discovering Tradition and Artisanship

**JPY 420,000 ~**

### Tokyo

#### 1 night stay at The Capitol hotel Tokyu

In this program, guests will first enjoy a traditional washoku meal while listening to the chef speak about the rich variety of ingredients found throughout Japan. The chef will explain how Japan's unique geography—with its mountainous terrain and volcanic activity—has created fertile soil that nurtures an abundance of both land and sea delicacies. During the meal, the chef will also introduce the traditional cooking methods and techniques used in Japanese cuisine, with a special focus on the role of the Japanese knife. You'll learn about the different types of knives and their essential place in the preparation of washoku. After the meal, you'll visit the workshop of a skilled artisan who crafts these traditional knives. You'll have the opportunity to observe the entire production process, gaining insight into how age-old techniques are preserved and harmonized with modern innovation. If you wish, you can also purchase one of the handcrafted knives as a lasting memento. This program offers more than just a culinary experience—it provides a rare opportunity to explore the deep connection between Japan's food culture and its legacy of craftsmanship.



#### Locally Sourced Japanese Produce

Japan's unique geography and volcanic activity have created fertile soil that yields an abundance of blessings from both the mountains and the sea. Seasonal ingredients form the foundation of washoku (Japanese cuisine), and their freshness and quality are truly unmatched on a global scale.

#### Traditional Cooking Methods

The chef will share insights into traditional Japanese culinary techniques, highlighting delicate skills that bring out the natural flavors of each ingredient. You will also learn about the wisdom passed down through generations that continues to shape these time-honored practices.

#### Japanese Cooking Tools

There is a detailed explanation of the essential tools used in preparing washoku, with a particular focus on Japanese knives. Their precision and functionality embody the pinnacle of Japanese craftsmanship.

