



PALACE HOTEL TOKYO

Palace Hotel Tokyo Tones Muscles and Sharpens Minds with New Health & Wellness Package

Swim with an Olympian, explore the city by kayak or meditate with a monk

TOKYO (May 1, 2018) - As Tokyo gears up to host the 2020 Summer Olympics, one of the city's most celebrated hotels is getting into the spirit with Energizing Tokyo, a stay & spa package that comes replete with an à la carte menu of fitness pursuits – including swimming with an Olympian and a private meditation session with a Buddhist monk – to refresh both body and mind.

Forming the building blocks of a complete wellness getaway, the core elements of [Palace Hotel Tokyo](#)'s new fitness-focused package include:

- Two nights of accommodation in a Deluxe-with-Balcony Room or Executive Suite
- Daily breakfast at guests' choice of [Grand Kitchen](#) or [In-Room Dining](#)
- Choice of one of the following 90-minute experiences at Japan's only [evian SPA](#):
 - Vitalizing Signature, a body treatment incorporating traditional Japanese *seitai* acupressure work with deep-tissue-style massage to improve energy flow,
 - Celestial Therapy, a massage to improve the immune system and boost metabolism, or
 - Mineral Therapy, a massage to ease tension and relax muscles

From there, guests have the flexibility to add their choice of physical or meditative pursuits (at additional charge) from an array of bespoke activities, including:

- A private two-hour swimming session with former Japanese Olympic swimmer and Asian Games medalist Hanae Ito in the hotel's indoor pool.
- A private three-hour biking excursion led by Tokyo Great Cycling Tour, with the option to request a custom route based on neighborhoods of interest and desired endurance level.
- A private three-hour jog around the city guided by Tokyo Great Running Tour which can be personalized based on areas of interest and preferred fitness level.
- A private two-hour kayaking outing hosted by Tokyo Great Kayaking Tour and tailored based on experience level and which parts of the city guests would like to explore by water.
- A private 60-minute Aqua Relaxation Experience in the hotel's pool, a therapy which uses water for resistance for a workout that combines gentle stretching with more active movements, helping to improve strength and flexibility while also achieving deep relaxation.

And for those interested in more contemplative yet complementary conditioning, Palace Hotel Tokyo is also offering, in collaboration with TOKI, these one-of-a-kind experiences to relish:

- Two hours of private [zen meditation](#) with the head monk of a 400-year-old Buddhist temple



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- A private two-hour [Japanese tea ceremony experience](#) at a heritage home conducted by one of Japan's legendary tea house masters – who is now over 90 years old.
- A private two-hour [introduction to *shodō*](#), the art of Japanese calligraphy, by a highly decorated *shodō* artist.

The anchor to the hotel's new wellness offering is the neighboring Imperial Palace Gardens, whose perimeter doubles as a five-kilometer (three-mile) jogging or cycling track and where Energizing Tokyo guests can enjoy a leisurely ride on the hotel's Bianchi brand bikes as part of the core package.

Energizing Tokyo will be available from May 1.

Package rates start from JPY 172,000 for a [Deluxe with Balcony Room](#) (based on single occupancy). [Executive Suite](#) bookings include [Club Lounge](#) access & privileges.

*Package rates subject to taxes and service charge

For more information on Energizing Tokyo, please visit:

<https://en.palacehoteltokyo.com/offer/energizing-tokyo-spa-and-wellness/>

ABOUT PALACE HOTEL TOKYO

[Palace Hotel Tokyo](#) commands some of the city's most exclusive real estate. As heir to a legacy going back more than half a century as one of the city's most iconic properties, the hotel remains committed to offering Japanese hospitality at its finest.

As the anchor to a USD 1.2 billion mixed-use development built entirely from the ground-up, the contemporary 290-room hotel features 10 distinctive restaurants & bars - including elegant French fine dining, exquisite Japanese and an Old World-style cigar & martini bar - an evian SPA and incomparable views of the city's much-loved Imperial Palace gardens.

Drawing deeply from the country's history, culture and art, the [award-winning](#) hotel redefines luxury in Japan with sophistication and authenticity, presenting guests with the most bespoke cultural experiences to be had in Tokyo.

Located at 1-1-1 Marunouchi, the hotel is a 10-minute walk from the landmark Tokyo Station and mere steps away from Marunouchi Naka Dori, a picturesque, tree-lined boulevard that serves as one of Tokyo's most posh shopping and dining destinations.

Palace Hotel Tokyo is the only independent Japanese hotel to ever be awarded the highly coveted Forbes Travel Guide Five-Star rating, the industry's most prestigious arbiter of luxury travel.





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For more information on Palace Hotel Tokyo, please visit our online Newsroom at en.palacehoteltokyo.com.

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