



# THE SPA

A Z A B U D A I



The Club's home of relaxation and tranquility offers a range of treatments to help both men and women unwind and rejuvenate.



## Using The Spa

- Please dress for comfort for your treatment. Bathrobes, slippers and disposable undergarments are provided.
- Arriving late will limit your treatment time, so please arrive at least 15 minutes before your appointment.
- If you cancel less than 24 hours before your appointment, you will be charged the full cost of the treatment. This also applies to cancellations of same-day appointments. Cancellations should be made by phone or e-mail.
- If you suffer from high blood pressure, allergies, physical ailments or disabilities, or if you are pregnant, please inform the receptionist when you book your treatment.
- Lockers are provided, but The Spa is not responsible for any lost items.
- Non-Member guests are subject to a guest fee of ¥2,500. Members should accompany their guests at all times.



Monday–Saturday: 10 a.m.–8 p.m.  
Sunday and national holidays: 10 a.m.–6 p.m.

Tel: 03-4588-0714  
E-mail: [spa@tac-club.org](mailto:spa@tac-club.org)



## Dermalogica Facial Treatments

All treatments include Dermalogica's unique Face Mapping skin analysis.



**UltraCalming Facial** 60 min ¥11,000  
Soothes sensitive skin and eradicates redness, itching and stinging.

**Customized Facial** 60 min ¥12,000  
Personalized treatment and products for each individual skin type and condition.

**Power Brightening Facial** 60 min ¥14,000  
Powerful exfoliants smooth skin and prevent cellular discoloration while improving skin tone, enhancing skin clarity and creating a fresher, healthier appearance.

**Age Smart Facial** 75 min ¥15,000  
Collagen-stimulating treatment that firms the skin, refines lines and wrinkles, improves skin texture and reverses cell damage.

**Treatment Enhancements**  
Extraction ¥1,000  
Contour Face Mask ¥3,000



## Nail Treatments

Soaking, clipping, filing, exfoliating, massaging, shaping and polishing help release tension and leave nails looking immaculate.

**Classic Spa Manicure** 60–75 min ¥6,500

**Classic Spa Pedicure** 75–90 min ¥8,000

**Gel Polishing** 60–90 min  
Dry treatments include shaping, loose cuticle cleaning and moisturizing.

**Gel Manicure** ¥6,500  
**Gel Pedicure** ¥7,500  
**Gel Removal** ¥200 per nail  
**Replacing regular with gel polish** ¥3,500



## Massage Therapies

**Swedish Massage\*** 60 min ¥11,000 | 90 min ¥15,000  
Gentle kneading promotes relaxation, eases minor tension and improves circulation.

**Deep-Tissue Massage\*** 60 min ¥11,000 | 90 min ¥15,000  
Relaxes and relieves muscle tension through deep and direct pressure.

**Sabai Hot Stone Massage\*** 60 min ¥12,000 | 90 min ¥16,000  
Using heated basalt lava stones to help melt away tension in the body.

\*Essential Oils optional for additional ¥1,000.

**Aromatherapy Massage** 60 min ¥12,000 | 90 min ¥16,000  
Light massage, using customized, blended essential oils, to stimulate or calm and relax the body and mind.

### Specialized (Require advanced booking)

**Sports Aromatherapy Massage** 60 min ¥12,000 | 90 min ¥16,000  
Custom-blended oils and a deep-tissue massage improve circulation, optimize athletic performance and prevent injury.

**Therapeutic Massage** 60 min ¥12,000 | 90 min ¥16,000  
Alleviate pain, correct muscle imbalance and promote injury and workout recovery through deep-tissue, neuromuscular and myofascial techniques.

**Prenatal Massage** 60 min ¥12,000  
Prenatal-focused massage tailored to the needs of pregnant women and their changing bodies.



## Dermalogica Body Wraps

**Skin-Nourishing Wrap** 90 min ¥23,000  
Nutritious blend of wheat protein, honey, wasabi, ginger and white tea hydrates the skin and stimulates circulation while massaged essential oils soften tissue and provide antioxidant protection for aging skin.

**Nutritional Slimming Wrap** 75 min ¥13,600  
Detoxifies, nourishes, tones and smooths skin through a deep-cleaning mask of seaweed, minerals and aromatic plant extracts and enhanced with a circulation- and lymphatic system-stimulating massage.



## Waxing

**Face**  
Lip ¥1,200  
Chin ¥1,000  
Cheek ¥2,000  
Eyebrow ¥3,000  
Full face ¥6,000

**Legs**  
Upper ¥6,000  
Lower ¥5,000  
Full ¥9,000

**Bikini**  
Bikini ¥3,500–¥7,500  
Stomach ¥1,500

**Body**  
Chest ¥5,000  
Back ¥7,000  
Upper back ¥3,500  
Lower back ¥3,500  
Underarm ¥3,500  
Half arm ¥4,000  
Full arm ¥8,000  
Hip ¥2,000



## Express Treatments

**Half-Body Massage** (upper body or lower body) 30 min  
**Swedish Massage** ¥5,500  
**Deep-Tissue** ¥5,500  
**Aromatherapy** ¥6,000

**Deep-Pore Cleansing Facial** 30 min ¥5,500  
Steaming, exfoliation of clogged pores and a revitalizing mask treatment.

**Exfoliating Body Polish** 30 min ¥5,000  
Velvety smooth and radiant-looking skin with an oil-based exfoliating scrub.

**Foot Massage** 30 min ¥5,500  
Refreshes, supports and eases aches for light-feeling, rejuvenated feet.

**Head Massage** 30 min ¥5,000  
Increases blood circulation to the head and neck, relieves mental fatigue, improves concentration and promotes total-body relaxation.



## For Him

**Men's Custom Facial** 60 min ¥12,000  
Personalized treatment, including extraction, using signature products designed to soothe and refresh a gentleman's skin.

**Nail Treatment**  
Nail cuticle and callus maintenance, exfoliating scrub and massage to leave feet and hands smooth and energized.

**Sportsman's Manicure** 60 min ¥6,500  
**Sportsman's Pedicure** 60 min ¥7,500



## Treatments for Teens (13–19 years)

**Massage** 30 min ¥5,550  
Stress-relieving and rejuvenating massage.

**Facial** 45 min ¥8,000  
All skin-type, deep-cleansing treatment that includes toning, steaming, extraction, massaging, a rejuvenating mask and skincare tips.

**Nail Treatment**  
Cleansing, trimming, filing, moisturizing and polishing.  
**Manicure** 30 min ¥3,330  
**Pedicure** 30 min ¥4,000

Prices exclude 8 percent consumption tax.