



Gora Spa  
AIOI

Open 14:00 - 22:30

For reservations & inquiries

Extention Spa #05 / Front desk #09

Spa direct call #81-460-83-8505

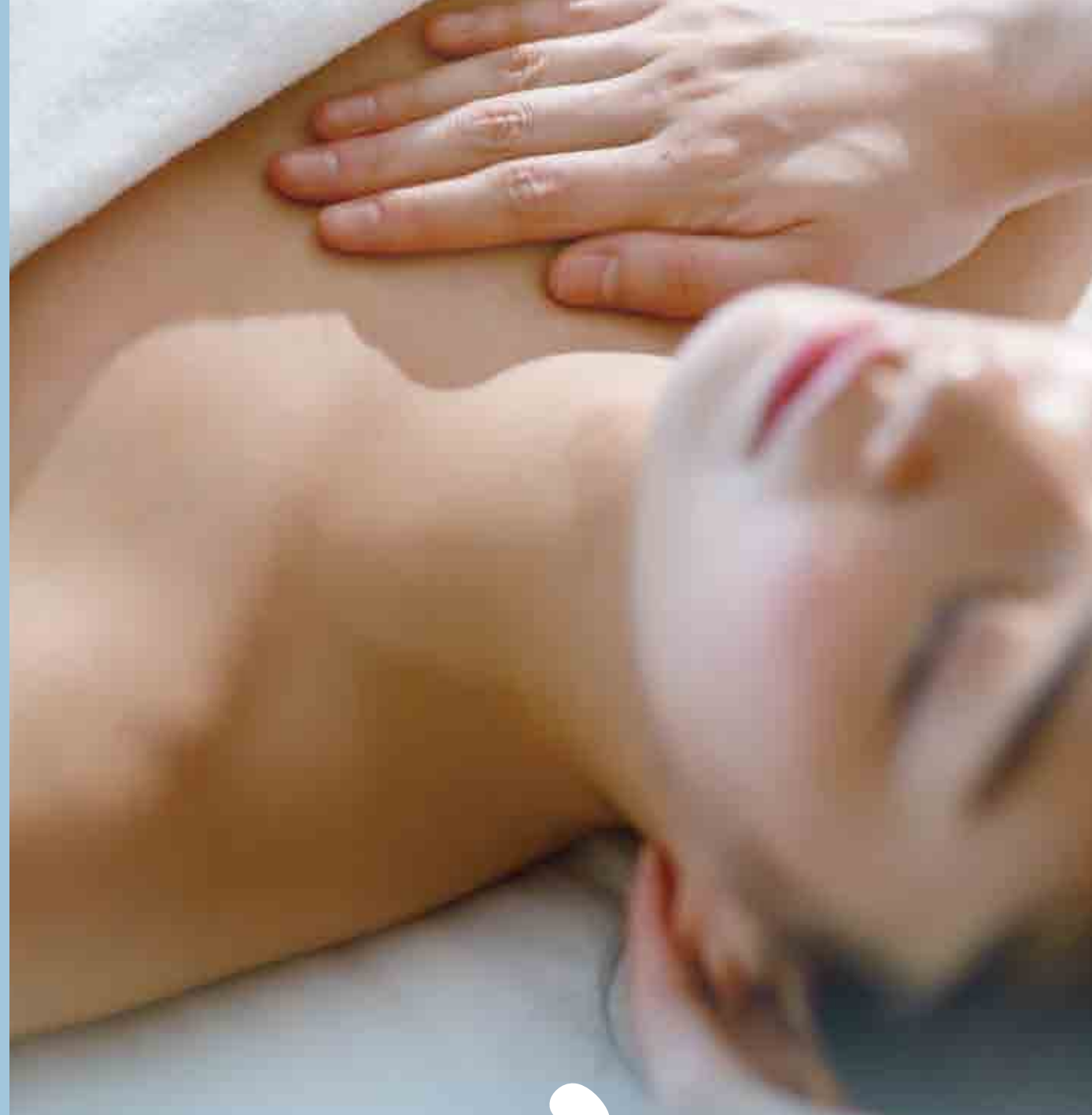
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KARAKU

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Gora Spa  
AIOI



# 温泉

# × 五行説

“ONSEN(hot springs)” × Five Elements × Hakone・Gora

Wellness “ONSEN(hot springs)” Spa Experience in Hakone・Gora

In Hakone・Gora, the land is imbued with a powerful energy, emanating from robust bedrock and rocks. This city boasts rich natural surroundings and a refined cultural ambiance, offering splendid vistas of both mountains and the sea. Through the abundant and powerful nature of Hakone・Gora, you can catch a glimpse of the Five Elements Theory, an ancient eastern philosophy of nature.

The Five Elements Theory posits that all things in nature consist of the five elements —Wood, Fire, Earth, Metal, and Water — interacting with and influencing each other in a continuous cycle. These biorhythmic laws of the natural world also exist within our bodies, guiding us on how to promote internal circulation and achieve optimal balance.



In the Five Elements Theory, while "Fire" and "Water" may appear contradictory, these two elements are intricately interrelated in the natural rhythm. The culmination of this relationship is uniquely embodied in Japan's tradition and culture of “ONSEN (hot springs)” that have been harmoniously crafted through the deeper dynamics of the natural world.

The combination of being enveloped in the wonderful “ONSEN(hot springs)” that overflows into Hakone・Gora, and the spa treatments performed by the hands of therapists that liberate the body and mind, is a true wellness spa experience that can only be experienced at Gora Spa AIOI. The powerful energy from the earth of Hakone・Gora will balance the body, mind, and spirit in harmony with nature, bringing our inner biorhythm to its best state.

\* Gora Spa AIOI welcomes not only guests staying at KARAKU but also those who are not staying with us.



## Feel the energy overflowing from the majestic land of Hakone • Gora.

The view of the Hakone Mountain range and Sagami Bay is spectacular. The Five Elements of the land and the solemn nature will harmonize and balance your body, mind, and spirit. As a “Pre Heat Experience”, enjoy a private "Silk Bath" with a natural herbal salt scrub followed by your spa treatment. The "Silk Bath" is a white veil of highly relaxing microbubbles that envelops the entire body like silk (not a hot spring).

\* Signature programs include a 30-minute private bath, so please make a reservation in advance.

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### THE GORA EXPERIENCE

150min (210min) ¥60,000

- ▶ Five Elements Hot Therapy Body with OONSEN energy
- ▶ “elemental herbology” Mini-Facial with OONSEN cold stone
- ▶ Five Elements Shirodhara Head

The powerful energy emanating from the majestic land of Hakone • Gora harmonizes the balance of body, mind, and spirit, guiding inner biorhythms to their optimal state. This program epitomizes Gora Spa AIOI's holistic signature, delivering an experience teeming with energy, enabling you to encounter a refined and enriched self.

### THE FIVE ELEMENTS

120min (180min) ¥47,000

- ▶ Five Elements Hot Therapy Body with OONSEN energy
- ▶ “elemental herbology” Age Support Facial with OONSEN cold stone

Inspired by the principles of Hakone's Five Elements philosophy, we draw insights from the natural rhythms and laws, seeking harmony with nature to regulate our internal circulation. By customizing our approach to the current element, we offer an experience that guides you toward a radiant and abundant sense of self.

### THE HEAT

90min (150min) ¥37,000

- ▶ Five Elements Hot Therapy Body with OONSEN energy
- ▶ Five Elements shirodhara Head

In the natural surroundings of Hakone • Gora right in front of you, the “Pre Heat Experience” helps calm and release your mind. Through gentle and deep-touch body treatment and a Shirodhara head treatment focusing on your mind, we offer an experience that aligns your body, mind, and spirit, guiding you towards a positive state of well-being.

\* All prices are inclusive of consumption tax

\* ( ) Total time required from entry to exit out of the spa, including counseling and changing your clothes

## Enjoy the Five Elements Aromatherapy tailored to each individual's element.

60min Entire Back + Shoulders + Head  
 90min Entire Body  
 120min Entire Body + Customized Treatment

### Five Elements Relaxation Body

This body treatment helps to bring the best balance of the “CHI” that resides within you. Gentle and long strokes by your therapist along the energy lines will envelop the body, mind, and spirit to release the stress.

60min (90min)	¥21,000
90min (120min)	¥31,000
120min (150min)	¥41,000

### Deep Pressuring Body

Strong strokes and pressure release stiffness and tensions especially on shoulders and back. Highly recommended for those who prefer strong pressure.

60min (90min)	¥22,000
90min (120min)	¥32,000
120min (150min)	¥42,000

### Lymph Drainage Body

By performing treatments along the lymphatic flow, you'll experience a refreshing lightness in both body and mind, feeling reset and purified. It's recommended for those experiencing swelling or coldness in their hands and feet.

60min (90min)	¥22,000
90min (120min)	¥32,000
120min (150min)	¥42,000

\* All prices are inclusive of consumption tax

\* ( ) Total time required from entry to exit out of the spa, including counseling and changing your clothes



A high-performance aromatherapy brand that pursues the best effects on the skin. Enjoy the beauty care of “elemental herbology.”

- 60min Basic Facial
- 75min Basic Facial + Lifting Techniques
- 90min Basic Facial + Lifting Techniques + Neck&Décolleté + Back

### “elemental herbology” Age Support Facial

“elemental herbology” skincare is built upon the principles of the Five Elements Theory, offering age-defying treatments specifically tailored to the ever-changing needs of your skin, influenced by factors such as the environment, weather, and lifestyle. Through the cutting-edge bioactive technology, a powerful blend of nourishing ingredients including a multi-vitamin complex and peptides, you can experience enhanced firmness and a lifting effect on the entire facial contour.

60min (90min)	¥22,000
75min (105min)	¥27,000
90min (120min)	¥32,000

### Five Elements Aromatherapy

Wood, Fire, Earth, Metal, Water Ancient eastern philosophy tells us that everything in life is composed of and influenced by these five different elements. Based on this five elements idea, “elemental herbology” is a high-performance aromatherapy brand that provides care tailored to each individual’s elements, skin type, environment, lifestyle, season, and mood. Combining the Five Elements Theory and Aromatherapy, “elemental herbology” sincerely hopes to help you to lead a healthy and happy life by balancing body, mind, and spirit.

\* All prices are inclusive of consumption tax  
\* ( ) Total time required from entry to exit out of the spa, including counseling and changing your clothes



### Pair Journey

## Enjoy the AIOI Spa Experience for two.

If you wish to reserve a Couple Room, we recommend that you make an early reservation.

**The Pair Body** 60min (90min) ¥42,000

Five Elements Relaxation Body (Entire Back + Shoulders + Head) × 2 person

**The Pair Journey** 90min (120min) ¥63,000

Five Elements Relaxation Body (Entire Body) or  
"elemental herbology" Age Support Facial × 2 person

\* For both courses, men can change the body to Men's Deep Pressuring Body.

\* All prices are inclusive of consumption tax

\* ( ) Total time required from entry to exit out of the spa, including counseling and changing your clothes

### Men

## These menus are tailored to the needs of men.

**Men's Deep Pressuring Body** 60min Entire Back + Shoulders + Head / 90min Entire Body

With gentle strokes and strong pressure tailored to your muscles and skeletal structure, we focus on relieving tension and stiffness, particularly in the shoulders and lower back where fatigue tends to accumulate. This approach guides the balance of your internal "CHI" to its optimal state, releasing stress and promoting relaxation.

60min (90min)	¥22,000
90min (120min)	¥32,000

### Men's Facial

This is a facial treatment using "elemental herbology" skincare products specially designed to provide essential nourishment for men's skin. Through the cutting-edge bioactive technology, a powerful blend of nourishing ingredients including a multi-vitamin complex and peptides, you will experience enhanced firmness and a lifting effect on the entire facial contour. The result is a clean and refreshed skin.

Basic Facial	
60min (90min)	¥22,000
Basic Facial+Lifting Techniques	
75min (105min)	¥27,000

### Men's Complete Package

Men's Body (Entire Body) + Choice of Option (Mini Foot/Mini Head/Mini Facial) 120min (150min) ¥43,000

This package is designed to effectively cater to your body and skin condition, making it an ideal choice for refreshing your body and mind.



## Terms and Conditions

- **Business Hours**  
14:00 - 22:30
- **Guidelines**  
Please arrive at your appointment time. Please acknowledge that lateness by the guest will result in a reduction of the treatment time whilst the full treatment fee will apply.
- **Spa Customers**  
We offer treatments for both men and women. The treatment service is available over the age of 13. Children under 16 years of age must be accompanied by an adult.
- **Booking**  
Our spa treatments are priority for guests with reservations. You may book online, or call spa directly during business hours. We also accept booking on the day. Please feel free to contact us.
- **Cancellations**  
Please kindly notify us for cancellations or changes by 20:00 the day before your appointment. Please note that a 100% cancellation fee will be charged for same-day cancellations.
- **Consultations**  
Communication with our guests is highly valued at our spa. If you have questions regarding menus or do not know which menu is suitable, please feel free to ask our therapists for a consultation. If you have a special request, please inform us in advance when making a reservation.
- **Health Conditions**  
Please inform us if you have any medical conditions, including being on your period, allergies, high blood pressure, on medication, having had alcohol, sunburn, or special needs / attention such as being pregnant or breastfeeding when making a reservation. Depending on your health conditions, your treatment may be refused or modified.
- **Personal Belongings / Valuables**  
Valuables lockers are not available at our spa. Please keep your belongings and valuables in the safety deposit box in your room. Please acknowledge that our hotel / spa cannot accept responsibility for loss or damage to your personal belongings / valuables.
- **Spa Shop**  
The retail store in the spa facility is open to both spa guests and non-spa guests during business hours.
- **Spa Etiquette**  
Our spa provides a calming and relaxing environment for everyone. Please refrain from any conduct that may cause inconvenience to other guests, and please cooperate in observing good manners in the spa.
- **Treatments**  
The treatments are not medical treatments. The results will vary accordingly to the individual.