



Delivering wellness journeys in the city.

MEGURI SPA & WELLNESS proposes special wellness journeys that are appropriate for each day and time, based on the Eastern philosophy of the five elements.

We offer a spa experience that focuses on "meguri," or the flow of life, which balances and satisfies the body, mind, and spirit, just as the seasons and time flow around us.

Please enjoy a blissful moment in an extraordinary and completely private space.

2022 WORLD LUXURY SPA AWARDS

Luxury City Hotel Spa, Continent

2021 WORLD LUXURY SPA AWARDS

Luxury Hotel Spa, East Asia

2020 WORLD LUXURY SPA AWARDS

Best Spa Manager, Japan

2019 WORLD LUXURY SPA AWARDS

Luxury Hotel Spa, Asia

Skin Care Brands



BIOLOGIQUE RECHERCHE

Luxury professional skincare brand from France brings beautiful skin based on “Skin Instant©” that your skin condition changes numerous times in a single day as well as during the course of your lifetime.

elemental
herbology elemental herbology

High-performance aroma therapy brand from UK features true harmony by exploring the alignment of elements, based on individual’s skin type, mood, lifestyle, environment, and season s/he belongs to, using the principles of Chinese medicine and the integral philosophy of Five Element theory.

【Spa Facilities Information】

SPA guests booking treatments of 90 mins or longer enjoy complimentary access of Bath House.
All prices are inclusive of consumption tax and subject to service charges.

Signature

All signature programs include pure and rare raw honey from Osaka. You will experience “Meguri” circulation concept story, exclusive at MEGURI SPA & WELLNESS only.

MEGURI Wellness Journey

180 mins ¥ 68,000

Foot bath + Body scrub with Honey & Body wrap + Five elements balancing body + elemental herbology facial

Beautiful and balanced elements in body and spirit also respond to those in seasons and the nature, which means you are a part of the natural world and belong to this great “Meguri” circulation. Enjoy wellness journey of your own to release your body, mind, and spirit.

MEGURI Urban Haute Couture

150 mins ¥ 57,000

Foot bath with Honey scrub + Your choice of Body treatment + Mini-head + Back Scrub
+ BIOLOGIQUE RECHERCHE facial

We are certainly influenced by constantly changing urban environment and lifestyle. Enjoy Haute Couture upgraded MEGURI style experience based on your element of the moment.

MEGURI Five elements

120 mins ¥ 41,000

Foot bath with Honey scrub + Five element balancing body + elemental herbology facial

Based on the integral philosophy of Five element theory from the East, this menu will lead your element of the moment to the best condition. Enjoy Five elements experience of your own that balances both body and mind.

All prices are inclusive of consumption tax and subject to service charges.

Body

Holistic Body treatment that balances Body, Mind and Spirit.

60分：Whole back + Shoulders + Head 90分：Whole Body 120分：Whole body + Customized care

Five Elements Balancing Body

60 mins	¥19,000
90 mins	¥28,000
120 mins	¥37,000

Essential Infusion oil to be selected based on your element of the moment. Long strokes and slow rhythm will bring deep relaxation, balancing your inner “Chi” energy to the best condition.

Deep Pressure Body

60 mins	¥20,000
90 mins	¥29,000
120 mins	¥38,000

Essential Infusion oil to be selected based on your element of the moment. Slow and powerful strokes and pressure will release your body tension and fatigue effectively. Recommended for those who prefer heavy touch/pressure.

Detox Lymph Drainage Body

60 mins	¥21,500
90 mins	¥30,500
120 mins	¥39,500

Blended body oil with exclusive ingredients suitable especially for women to be used. Lymph drainage treatment on lymph node areas will lift up your body and mind for resetting and purification. Recommended for those with swelling/lower body temperature.

*Female guests only.

All prices are inclusive of consumption tax and subject to service charges.

Facial

<BIOLOGIQUE RECHERCHE Facial>

Beautiful skin to be brought, based on “Skin Instant©” that your skin condition changes numerous times in a single day as well as during the course of your lifetime.

Haute Couture Facial

60 mins ¥23,000

90 mins ¥33,500

This extraordinary facial based on your skin condition featuring brightening, lifting, drainage etc., will bring skin a healthy glow. 90 mins program directly solves your skin problem with hand techniques and double booster.

<elemental herbology Facial>

Healthy skin with glow and energy to be brought, by balancing changing skin that is affected by environment, weather and lifestyle.

Five Elements Aroma Therapy Facial

60 mins ¥20,500

Basic (with Facial mask)

This menu moisturizes your skin instantly to bring softness and moisture. Recommended for those with seasonal dryness and/or low moisture level.

Five Elements Lifting Facial

75 mins ¥25,500

Basic + Lift-up

Our original lift-up treatment will tighten skin, giving eye zones and facial lines sharper impressions.

Rejuvenating Age-support Facial

90 mins ¥30,500

Basic + Lift-up + Neck & Décolleté + Upper back

Featuring aging care, this menu gives sufficient nutrients to bring brighter and tighter skin with clear complexion. Lifted-up facial lines and eye zones will bring plumper and youthful impression to your skin.

All prices are inclusive of consumption tax and subject to service charges.

Mens

Exclusive menu especially for men.

Men's Deep Pressure Body	60 mins : Whole back + Shoulders + Head	¥ 20,000
	90 mins : Whole Body	¥ 29,000
	120 mins : Whole body + Customized care	¥ 38,000

Based on male skeletal frame and muscle proportion, deep pressure releases body tensions effectively.

Men's Haute Couture Facial	60 mins	¥ 23,000
	90 mins	¥ 33,500

With BIOLOGIQUE RECHERCHE, this special treatment based on your skin condition will boost for strong, healthy and flexible skin.

Men's Complete Package	120 mins	¥ 41,000
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Men's whole body deep pressure + Mini-facial

This complete package approaches male skeletal frame, muscle proportion and skin condition effectively for refreshing body and mind.

All prices are inclusive of consumption tax and subject to service charges.

Body Care

Body care tailored to each individual element using elemental herbology.

Five-Elements Body Scrub

60 mins ¥20,500

Indulge your body and mind with this ultra luxurious body scrub corresponding to your element. Reveal smooth and super soft skin with a cocktail of super foods combined with an oil and salt scrub.

Five-Elements Body Scrub & Body Wrap

90mins ¥31,000

Followed by Body Scrub, Detox and Brighten Body Wrap will help to reduce fluid retention, invigorate circulation and brighten your skin with purifying Kaolin Clay infused with Rosemary, Grapefruit, and Juniper Berry.

Staying Guest Exclusive

Exclusive express menus available for InterContinental Hotel Osaka guests only.

Express Body

45 mins ¥16,500

Express Head

45 mins ¥16,500

Express Feet

45 mins ¥16,500

Express Aroma Facial

45 mins ¥17,500

All prices are inclusive of consumption tax and subject to service charges.

MEGURI SPA & WELLNESS Terms and Conditions

■Business Hours 11:00-20:00 (Priority for guests with reservations)

■Arrival Time

Please arrive 15 mins before your appointment time. Arriving late will limit the time for your treatment, as your treatment will end on time to insure that the next guest will not be delayed. Those booking treatments 90 mins or longer treatment may use Bath House. To use Bath House, please arrive one hour before your appointment time.

■Spa Customers

Both hotel guests and visitors are welcome to book spa treatments. We offer treatments for both men and women.

■Booking

Our spa accepts booking only. 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 19:30 the day before your appointment. Failure to do so may result in a 100% cancellation fee.

■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 Condition

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 condition, your treatment may be refused or modified.

■Personal Belongings/Valuables

Valubles Lockers are not available at our spa. Please keep your belongings and valuables in the safety deposit box at hotel front desk or in your room. Please acknowledge that our hotel/spa cannot accept responsibility for loss or damage to your personal belongings/valuables.

■Spa Boutique

Both hotel guests and visitors are welcomed to visit and shop at our spa boutique.

■Spa for Children

The treatment service is available over the age of 13. Children under 16 years of age must be accompanied by an adult.

■Spa Etiquette

Our spa is a place of tranquility and relaxation. Please respect the silence and privacy of other spa guests by refraining from using cell phones/cameras in our spa. Smoking is prohibited. Our spa reserves the right to refuse service or discontinue service to anyone demonstrating behavior that is perceived to be inappropriate by any member of our staff and/or other guests.

■Treatments

The treatments are not medical treatments. The results will vary accordingly to the individual.