Japan Okinawa Wellness Tour

Healing and Health in Japanese popular resort

《Health check》
Early detection of cancer

《Healing and Health》
Thalassotherapy

《Refresh》
Shiatsu-massage
What's in Okinawa?

Okinawa is located the southernmost tip of Japan, and has expansive ocean area in which more than 160 small and large islands scatters. Subtropical marine climate gives us mild weather in Okinawa. Okinawa where various kinds of animals and plants including beautiful coral exist is a treasure trove of biodiversity. On top of that, its proximity to the Asian continent and a long history of overseas commerce has developed unique culture and history of its own. Those unique nature, history and culture can be seen in the sites and property of the Kingdom of Ryukyu, its traditional artworks, traditional customs and local cuisine.

Our wellness tour

• Specially planned tour with its theme, “Healing and Health” in one of the most popular beach resorts, Okinawa.

• Our health program contains PET scan which enables us to detect early stage of cancer. You have a health checkup with our world-class medical technology.

• Our healing program contains thalassotherapy and Shiatsu (Japanese finger-pressure therapy) massage. Thalassotherapy is marine therapy has been conducted in Europe through the ages. Okinawa, surrounded by the beautiful ocean, is the best suited area for thalassotherapy by nature. While Shiatsu massage is hands-on method unique to Japanese. It will relieve your fatigue and stiffness by pressing TSUBO or the points recognized throughout the body.

• In addition to the healing and health programs, our wellness tour contains popular tourist sites such as “Churaumi Aquarium”, known as one of the biggest aquarium in Asia and “Kouri-jima” one of the most scenic view in Okinawa.
**Wellness Tour Itinerary**

<table>
<thead>
<tr>
<th>Course</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1</td>
<td>Leave for Japan on your overnight flight in the evening. Leave for Narita airport. Arrive at Narita airport in the morning. Transfer to Haneda airport by airport limousine. Depart Haneda airport in the afternoon. Arrive at Naha (Okinawa) airport in the late afternoon, transfer to the hotel by private vehicle. Stay at Southern Beach Hotel &amp; Resort in Itoman.</td>
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<td>2</td>
<td>(AM) PET scan at Tomigusuku Health care centre. (PM) Transfer to Kanna Thalasso Okinawa in northern Okinawa by a private vehicle. After Thalassotherapy program (120min.), leave for your hotel by private vehicle. Stay at Kariyushi Beach resort Ocean Spa in Onna-son.</td>
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<td>3</td>
<td>☆ Full day sightseeing by a private vehicle. Hotel → Churaumi aquarium (one of the biggest aquariums in Asia) → Lunch at Ufuyha (Okinawan food) → Kouri-jima (one of the most scenic view in Okinawa) → Hotel * Shiatsu massage in your room. Stay at Kariyushi Beach resort Ocean Spa in Onna-son.</td>
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<tr>
<td>4</td>
<td>Hotel → Cape Manza (beautiful view point) → Ryukyu Mura (cultural experience) → Lunch at Hotel Costa Vista (healthy buffet lunch) → Naha airport. Depart Okinawa by a flight. Arrive at Haneda in the late afternoon. Stay at Royal Park Shiodome Tower in Tokyo.</td>
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<td>5</td>
<td>Leave hotel for Narita airport by an airport limousine. Your flight home will leave in the morning. Arrive in your place.</td>
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**OKINAWA**

1. Southern Beach Hotel & Resort
2. Toyosaki clinic (PET scan)
3. Kanna Thalasso (Thalassotherapy)
4. Churaumi aquarium
5. Ufuyha (Okinawan noodle)
6. Kouri-jima
7. Cape Manza
8. Ryukyu Mura (cultural experience)
9. Hotel Costa Vista (lunch)
## Wellness Tour Details of experiences

### PET scan

PET stands for Positron Emission Tomography. It is an equipment like CT scanner (photo right) and can show how body tissues, heart and brain are working as a tomographic image. (cross-section and lengthwise section exist)

A PET scan is a new technology to tell a cause and condition of disease

**Steps of PET**

- You cannot eat or drink after 9 PM the day before.
- body measurement and medical interview → blood sampling and blood glucose test → FDG injection → drink water → rest about an hour → go toilet → scan (30min) → recovery (20min)

※Result will be translated in English and be sent to your home in about a month.

### Thalasso body plan

**hydro-massage**

(use 100% fresh sea water)

Whole body massage by bubbles and stream of water in warm sea water will stimulate circulation.

**oil massage on the back**

(use squalane oil works gently on your skin)

A massage from foot to shoulders

### Shiatsu

- A licensed Shiatsu practitioner will visit your hotel room and massage you
- (40min) Whole body massage will relieve your fatigue and stiffness.

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Please feel free to ask extension in Okinawa or arrangement with other trip. Contact us for any arrangement you need.

Tour fee varies according to the season. Please contact us by e-mail or phone written below for inquiry when you plan.

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