



Ryukyu Wellness Trip – Touch the secrets of the Blue Zone

19th - 21th January 2024

Participation fee : Free of charge *
2 people(children may participate)

*What is included:

- Round-trip air ticket from any airport in Japan to Naha Airport (for 2 persons)
- Hotel accommodations (1 night per room for 2 persons)
- Meals, transportation, and activity fees included in the itinerary

Please note that you are responsible for the cost of any extra nights you wish to stay.

Discover the wonders of wellness and culinary delights with a short getaway to Okinawa, a renowned Blue Zone. Join us for a rejuvenating journey filled with wellness experiences and exquisite local cuisine. Unwind, savor, and revitalize in the heart of Okinawa's Blue Zone magic.

Immerse yourself in a rich array of experience with thalassotherapy by the ocean-view pool, indulging in vegan cuisine using variety of herbs native to Okinawa, and taking private karate lessons.

Here is a program that offers a unique Okinawan experience, promoting wellness for both mind and body.

Itinerary Day1

11:00 Pick up at Naha Airport

Transport by private car

12:00~ Lunch at Makishi local market (Naha City)

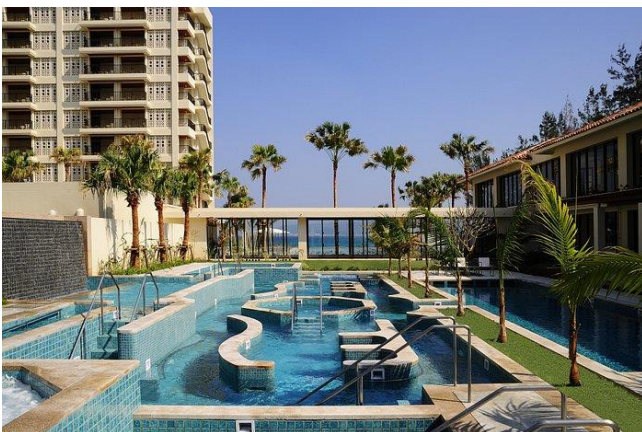


Makishi Market is a local market where you can enjoy the rich local foods. Have the fresh seafood, vegetables, and fruits you purchase prepared at the market's eatery for a lunch experience that will allow you to fully enjoy the local food culture!

15:00~ Hotel Check in
The Terrace Club At Busena



The Terrace Club At Busena has received a prestigious 4-star rating in the "Hotel Category" of the Forbes Travel Guide 2023. The hotel is one of the leading resorts in Okinawa and Japan and aims to become a hotel that is loved by all guests.



Okinawa's vast blue sky, sparkling sea, and lush greenery give sense of place to The Terrace Club At Busena, a wellness destination designed for the discerning traveler.

The hotel's pampering hospitality, healthful cuisine, and thalassotherapies combine with the beautiful natural surroundings for a total experience that will enhance and deepen your overall wellbeing.

18:00 Dinner

Wellness Cuisine “Mutatio”



In keeping with the change of seasons from fall to spring, the dinner course "Mutatio" (Latin: change) features a variety of ingredients that warm the body from the inside out.

With the veggie-first concept, appetizers start with roasted colorful vegetables of Okinawa. This wellness cuisine is rich in flavor and includes vegan dishes such as detox soup with mushrooms. Other dishes include braised Yamahara chicken thigh with fruit sauce that is rich in season.

Itinerary Day2

09:00 Thalassotherapy(Nago city)



Thalassotherapy is a health and beauty treatment that harnesses the benefits of the sea. By alternating baths in water temperatures set between 33°C and 36°C, it will promote blood circulation, restore the balance of the autonomic nervous system, and provide a relaxing effect.

13:00~14:00 Garamanjak (Kunigami gun)



Garamanjak is a traditional farmhouse restaurant off the beaten tracks of Okinawa. The medicinal cuisine, made using carefully selected vegetables from Okinawa, is exquisite.

15:30~17:30 Ryukyu Karate .(Naha City)



Okinawa Karate is a traditional martial art from Okinawa, known for striking techniques using the hands and feet. Developed for unarmed self-defense, it incorporates patterns of movement called "kata" for skill development. With various styles, it's practiced globally for both martial arts and fitness.

18:30~ Dinner

Itinerary Day3

10:00 Checkout

Transport by private car

11:00~12:30 Strolling along Kokusai-dori (Naha City)



Kokusai-dori is a 1.6km main street in the center of Naha City. Known as a hub for Okinawan souvenirs, both sides of the street are lined with souvenir shops and eateries.

12:30~13:30 French Restaurant L'atelier (Naha City)

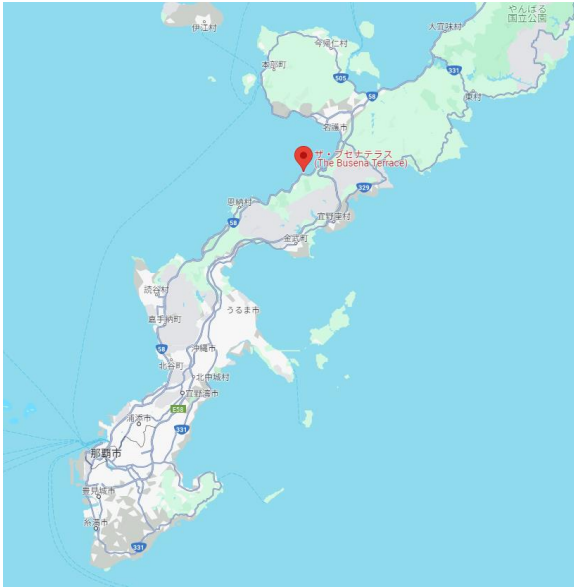


Trained under Chef Mikuni, "Restaurant L'Atelier" was created by Shimabukuro. This hidden gem in Naha City offers fresh, high quality cuisine using the rich ingredients of Okinawa Prefecture. Chef Shimabukuro visits the fields and livestock barns and talks directly with the producers to bring out the best of their ingredients. Enjoy a luxurious moment where you can enjoy not only the food, but also the story behind it.

14:30~ Naha Airport

Additional Information

About the Hotel: The Terrace Club At Busena



By car : Approximately 90 minutes via Route 58 or 75 minutes via the Okinawa Expressway.

(5 minutes from Kyoda on Route 58 southbound; 20 minutes from Yaka on Route 58 northbound)

By Airport Limousine : Approximately 90 minutes.



Concept

Continuity with, and Connectivity to, Nature

The Terrace Club At Busena reflect local wisdom in the architecture and design of all Terrace properties, while the warm hospitality of the staff embodies the very spirit of the islands.

Welcomed to elegant spaces that reflect the natural beauty of their surroundings, guest will find that time moves more slowly at the Terrace resorts.

Thalassotherapies



Pampering hospitality, healthful cuisine, and original thalassotherapies combine with Okinawa's beautiful surroundings for an experience designed to restore your innate radiance and wellbeing. Soothing treatments that draw on the natural healing and cosmetic properties of seawater, algae pastes, and marine mud feature along with stretching and other light exercises to boost circulation and accelerate metabolism, both refreshing and relaxing you.

Points to be Noted:

※This is a monitoring tour sponsored by the Okinawa prefectural government. We would like to hear your impressions and feed backs of the tour after your participation. Please fill out a questionnaire after your participation.

※The tour will be accompanied by English speaking tour guide and two staff members from the Okinawa prefectural government and the organizer of the tour.

※ If you are unable to attend due to unavoidable circumstances, please contact us as soon as possible.

※Thalassotherapy at the hotel, the following guests may be subject to restrictions on the contents of the tour. Please consult with us at the time of reservation.

- Height less than 140 cm
- Has a minor wound/injury that requires rest, cooling, etc. of affected area
- Has an external wound
- Weak/delicate skin
- Immediately after hair removal
- Chronic disease, lifestyle-related disease, brain or heart disease
- Thyroid disease
- Psychiatric disorder
- Currently seeing a doctor regularly
- Pregnant and in the stable period