

Restaurant & Cafe



Kyoto Koudajji Yoshinoya
Based on a theme of "health and beauty", we offer Kyoto-style Japanese cuisine with a modern flair using seasonal ingredients that convey a feeling of the season.

Nha Viet Nam
Enjoy authentic Vietnamese cuisine bursting with the taste of fresh vegetables, herbs and spices.

CAFÉ CASA & Deli
From light deli options to satisfying dishes, this café-style restaurant centers on the concept of "health and relaxation".



THE BAR
We carefully craft authentic cocktails as well as other alcoholic drinks and original smoothies.

Lounge Café
Casual light meals, drinks, and desserts. We also deliver to the Relaxation Lounge and the Ladies' Lounge.

Baden Café
We offer tropical drinks and smoothies, along with other drinks and light meal options that will refresh you after your low-temperature sauna. *The Healing Baden requires an additional usage fee.

Esthetic & Relaxation Salon



Awaken your own unique beauty with our body care and Esthetic

[5F] Reception
We provide information on services that best fit your needs.

Our beauty salon with diverse services brings out your natural beauty and health in a comfortable manner. Enjoy a moment of bliss that awakens your beauty after relaxing in a hot spring or sauna.

*Please check the attached "Esthetic & Relaxation Salon Guide Book" for the menu and more details.
*We reserve the right to refuse treatment depending on the client's illness or physical condition.

Relaxation Space



Spend your own personal time as you like in a relaxing space

[For men and ladies] Relaxation Lounge

Have a relaxing experience in a comfortable chair while reading, taking a nap or watching TV on a personal monitor.

[For ladies only] Ladies' Lounge

Women can come here by themselves and have a great worry-free time.

- TV viewing
- Outlet for charging
- Delivery service

Lounge Café delivery service
Freshly prepared food and drinks are served at your seat. Use an interphone, tablets available at your seat to place an order

*Do not leave your belongings to hold seats.

Business Hours and Fees

- Hours.....11:00 - 9:00 the following morning
*Bath open until 8:30 the following morning (open-air bath 7:30) *Last admission 8:00
- Fees (admission fee)
Adult (ages 18 and above).....2,900yen
Ages 6-17 (available 11:00 - 18:00, last admission 15:00).....2,090yen
*Must be accompanied by a guardian.
Children aged 6-11 must be accompanied by a guardian of the same gender.
*Spa LaQua does not allow children aged 0-5 for safety reasons.

Holiday additional charge (Weekends, Holidays and designated days) 550yen
Late night additional charge (for stays 1:00 - 6:00 the following morning) 1,980yen
Healing Baden (not available for persons under the age of 18) 880yen
*Spa wear and towel rental fee *Some facilities are not available during the night.

- Closed..... Spa LaQua may be closed on certain days for inspection or maintenance of facilities.

Notices Regarding Facility Use

 NO! Avoid bathing after consuming alcohol or taking medicine, or immediately after exercise.	 NO! Do not stay in a bath (or sauna) too long as dizziness may result.	 NO! Do not immerse towels or head hair into bathwater.
 NO! Tattoos and other body art (paints, seals, etc.) are prohibited.	 NO! There are no areas such as swimming pools where bathing suits are appropriate.	 NO! Do not bring items not necessary for bathing such as food, magazines, books, electronic, drinks, newspapers and devices into bathing areas.

- Spa LaQua prohibits entry to the following persons: Persons with tattoos or other body art (paint, seals, etc.) Persons believed to be gang members or members of / related to other antisocial organizations. Persons who are intoxicated. Persons with possible skin disease or other communicable diseases. Persons for whom the management believes use of the facilities would be inappropriate. Any such person is prohibited from entering the facilities.
- Persons who are against public order or morality, who disturb or endanger others, or whom the management believes use of the facilities would be inappropriate will be immediately asked to leave the facilities.
- Customers may not leave and then return to the facility in the course of their stay.
- You cannot bring food or drink inside.
- Spa LaQua is a smoke-free facility. Please smoke only in designated smoking areas.
- Actual expenses are asked for loss of wrist bands, shoe locker keys, spa wear or towels. Please be sure not to lose these items.
- Spa LaQua is not responsible for any accident, injury, lost or stolen items within the facilities.
- Wheel chairs are available in the facilities. Since the number of wheel chairs is limited, please reserve by telephone in advance.
- Please observe good manners and follow usage rules. (Violators may be asked to leave the facilities.)

Tokyo Dome Natural Hot Spring Spa LaQua

Tokyo Dome City LaQua 5F-9F (front desk: 6F), Kasuga 1-1-1, Bunkyo-ku, Tokyo 112-0003
Please use the exclusive elevator located on the second floor in the LaQua building to go to the 6th floor.
TEL.03-3817-4173 <http://www.laqua.jp/>
*Spa LaQua has water circulation and filtering equipment installed in order to heat and save natural hot spring resources.

As of April 2021

English

FLOOR GUIDE & Information

Usage Guide

1 Check-in (front desk) At the front desk, you will receive a wristband and ticket for spa wear. Present any coupon tickets at the front desk when you check in.	2 Spa Wear and Towels Provide your ticket at the linen counter in the locker room to receive spa wear and towel.
3 The facility is cashless throughout You can use your wrist band to pay at each facility so you don't need to carry cash with you.	4 Check-out (front desk) Return your spa wear to the linen counter. Return your wristband to the front desk. Payment is due at this time. After payment you will receive an exit card. Insert the card at the exit gate to go through.

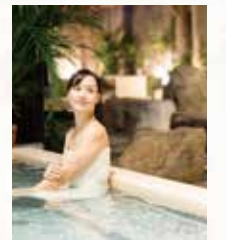
Lockers	Spa wear Heating Baden wear	Towel	For replacing with a different size	Free of charge
The four-digit number on the wristband is your locker number. Hold the wristband up to the scanner unit to unlock / lock the locker.			For replacement	220 yen
			For replacement	Free of charge

- Valuables**
1. You will receive a wristband when entering Spa LaQua. Always keep it on your wrist.
 2. Be sure to lock your locker and safe box.
 3. Do not leave any items except towels in vanity rooms.
 4. Do not leave your valuables which include personal information such as smartphones unattended.
- *Actual expenses are asked for loss of wrist bands, shoe locker keys, spa wear or towels. Please be sure not to lose these items.
You can keep your valuables in the free safe boxes in the locker room.



Spa The natural hot spring, carbonated spring and oxygen spring have beauty effects

Flowing out from a depth of 1,700m under Tokyo Dome City, our natural hot spring has excellent moisturizing and heat-retaining effects. Its nicknames include the "slimming spring" and the "beauty spring". In the open-air bath, you can enjoy the carbonated spring which is beneficial for metabolism and skin in a Japanese cypress wooden bathtub. The indoor bath features the oxygen spring.



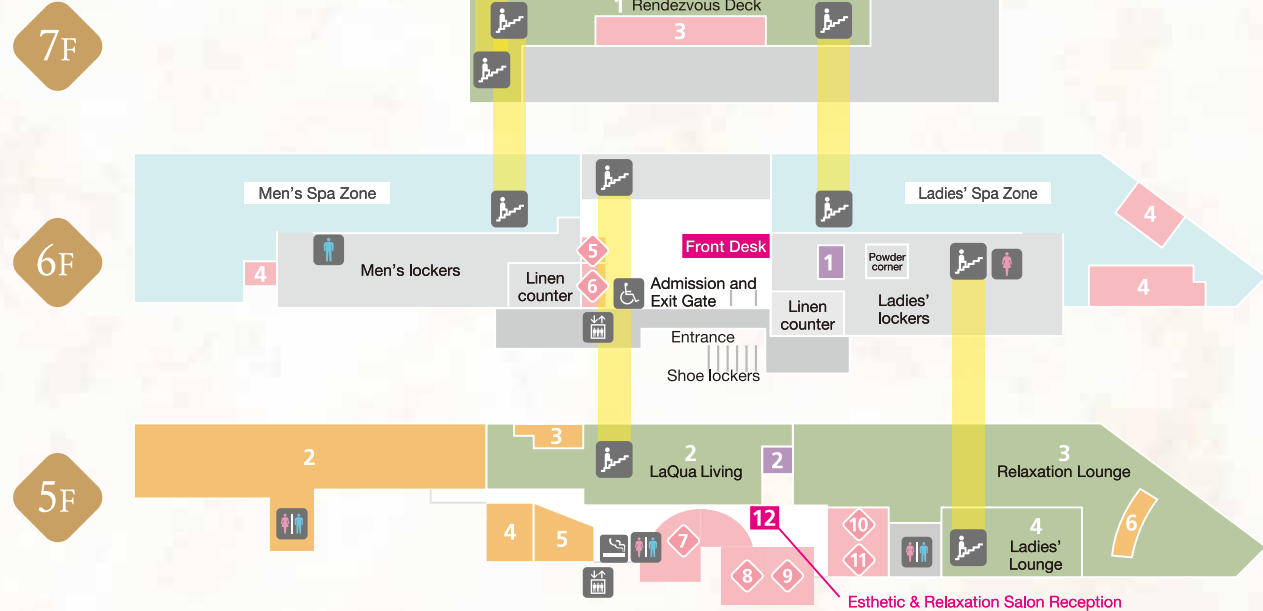
Information on Löyly (available for free)
Löyly service boosts the perspiration by throwing water with aroma oil on the sauna stove and generating the scented steam.

*Covered with towels for shooting purpose.



5 F / 6 F / 7 F Floor Guide

- Restroom
- Restroom (men)
- Restroom (ladies)
- Restroom (multi-purpose)
- Stairs
- Elevator
- Smoking section



Esthetic & Relaxation Salon

- 9F 1 Traditional Thai Healing **Ra.Ku.Sa**
- 8F 2 Hawaiian Lomilomi **Lanikai Hawaii**
- 7F 3 Physical Care **CURE BODY**
- 6F 4 Aqua Treatment **Avantage** *We provide services for only ladies
- 5F 5 Nail Salon **Avec toi**
- 6F 6 Hair Salon **Amrita**
- 7F 7 Body Care & Reflexology **Spa Raffine**
- 8F 8 Head Spa **Chou-Chou**
- 9F 9 Pelvic Adjustment **Cotsubania**
- 10F 10 Aroma Oil Lymphatic Care **Eurofia**
- 11F 11 Born & Lymphatic Esthetic Salon **Lapis cuna**
- 12F Esthetic & Relaxation Salon **Reception**



Ra.Ku.Sa



Lanikai Hawaii



Eurofia



Lapis cuna



Avantage



Spa Raffine

Relaxation Space

- 7F 1 Rendezvous Deck
- 5F 2 LaQua Living
- 3 Relaxation Lounge
- 4 Ladies' Lounge



LaQua Living Ladies' Lounge

Restaurant & Cafe

- 9F 1 Baden Café *Healing Baden's guest only
- 5F 2 Kyoto Koudajji Yoshinoya
- 3 THE BAR
- 4 Nha Viet Nam
- 5 CAFÉ CASA & Deli
- 6 Lounge Café



Kyoto Koudajji Yoshinoya Nha Viet Nam CAFÉ CASA & Deli

etc. Other

- 6F 1 Cosmetic Bar (paid admission: 100 yen)
- 5F 2 Information & Shop

For ladies only

*Photographs are for illustrative purposes.
*Content subject to change.

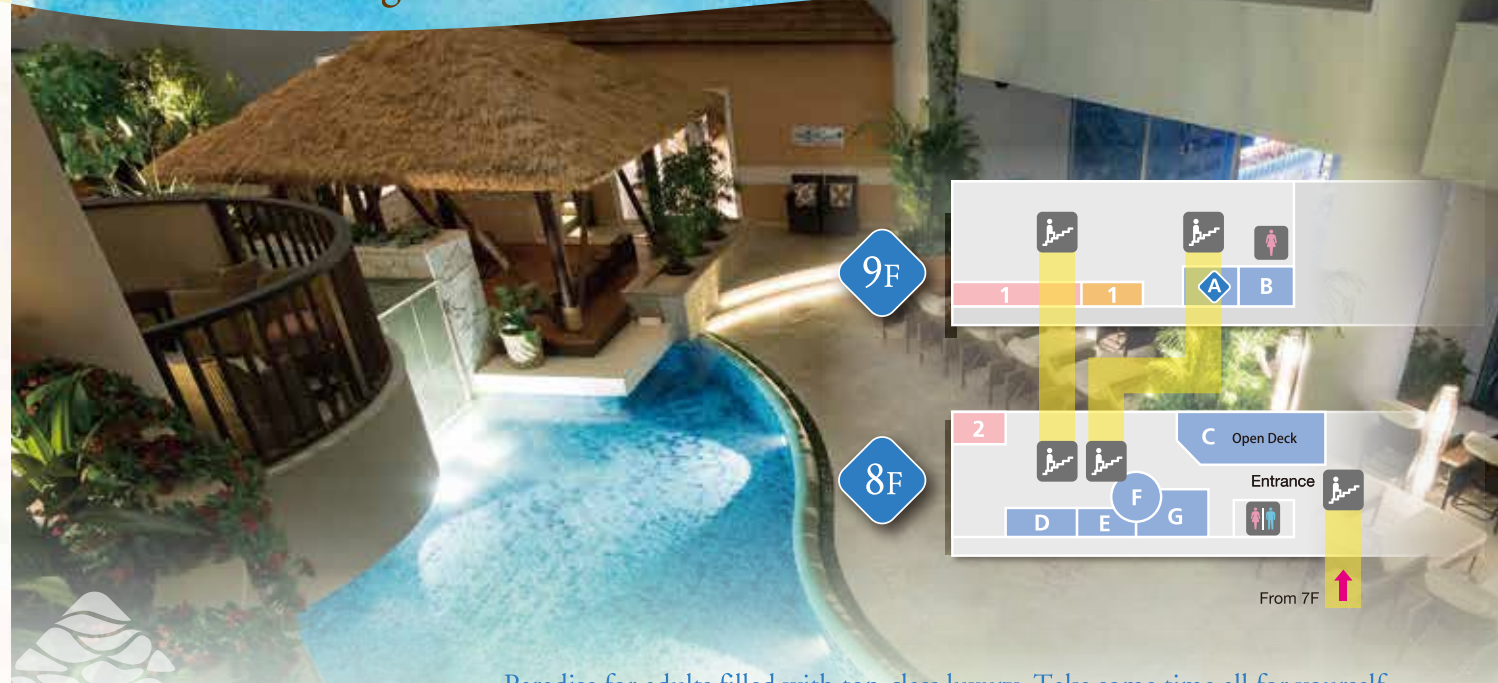


Please check the information listed on the right concerning the use of electronic devices (mobile phones, tablets, etc.) at Spa LaQua.

*Please do not take pictures of anyone who is not accompanying you.

Prohibited	Bathing area, Healing Baden (in all rooms)
No photographs or phone calls	Lockers/Relaxation Lounge/Ladies' Lounge

8F/9F Healing Baden



Healing Baden

Paradise for adults filled with top-class luxury. Take some time all for yourself

Refresh and relax yourself in various low-temperature saunas made of different materials such as loess, germanium and rock salt, as well as in the spacious resting space. The sauna is set at 40-50°C, the perfect temperature for getting in a good sweat at a relaxed pace with no tension. Our spa wear is quick to dry and comfortable even when you are getting in a good sweat.

Fee 880yen *Spa wear and towel rental fee

Opening hours 11:00~23:30 (last entry at 22:30)

*Healing Baden is used as a ladies-only napping space free of charge 23:30 - 8:00 the following morning. *Some facilities are not available during the night.

<Notice regarding the facility use>

- Persons under 18 years of age are prohibited from entering.
- Entry to the Baden may be restricted when the facility is at full capacity.
- The Baden should be used in accordance with your physical condition, and without placing excessive stress on your body. Drink sufficient quantities of water.
- Persons who have been advised by a physician or other medical professional not to take hot baths should not use the facility.
- Do not bring any valuables or metal objects such as watches or necklaces into the facility.
- Do not leave your belongings to hold a seat.
- Do not use mobile phones or tablets in any rooms other than Ten sen boh.
- There are no lockers for changing or storing your belongings. Please use the lockers on the 6th floor.

Do not use electronic devices. No talking For ladies only

Healing Baden

A Ten sen boh [Relaxation space]

Materials used Quartz and Maifan stone

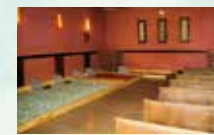
A relaxation space constructed of Maifan stone, which has been utilized for its natural medicinal properties since ancient times in China. You can relax in spacious surroundings while watching TV.



B Beni sei doh [Ladies-only low-temperature sauna]

Room temperature approx. 50°C

Materials used Maifan stone, diatomaceous earth and dacite
A low-temperature sauna using dacite, which generates volumes of benign oxygen, far-infrared radiation and natural ions. Relaxation of body and soul can be expected.



C Open Deck

D Toh gen kyu [Low-temperature sauna]

Room temperature approx. 40°C

Materials used Germanium, halite, loess

A low-temperature sauna designed based on the image of a fantastical underground ruin. Detoxification effect from germanium can be expected.



E Sui soh boh [Ultra-low temperature "cool" sauna]

Room temperature approx. 5°C

Materials used Aqua-Titanium
A room to gently cool down your heated body. Effective for improving blood circulation as blood vessels are constricted and expanded repeatedly.



F Tai koh doh [Low-temperature sauna]

Room temperature Approx. 50°C

Materials used Aqua-Titanium
Wood that includes Phiten's original technology "Aqua-Titanium" boosts perspiration in synergy with the heat.



G Oh do boh [Low-temperature sauna]

Room temperature approx. 45°C

Materials used Quartz and loess
This low-temperature sauna uses loess with far-infrared radiation effects. Believed to be effective for anti-aging and detoxification.

