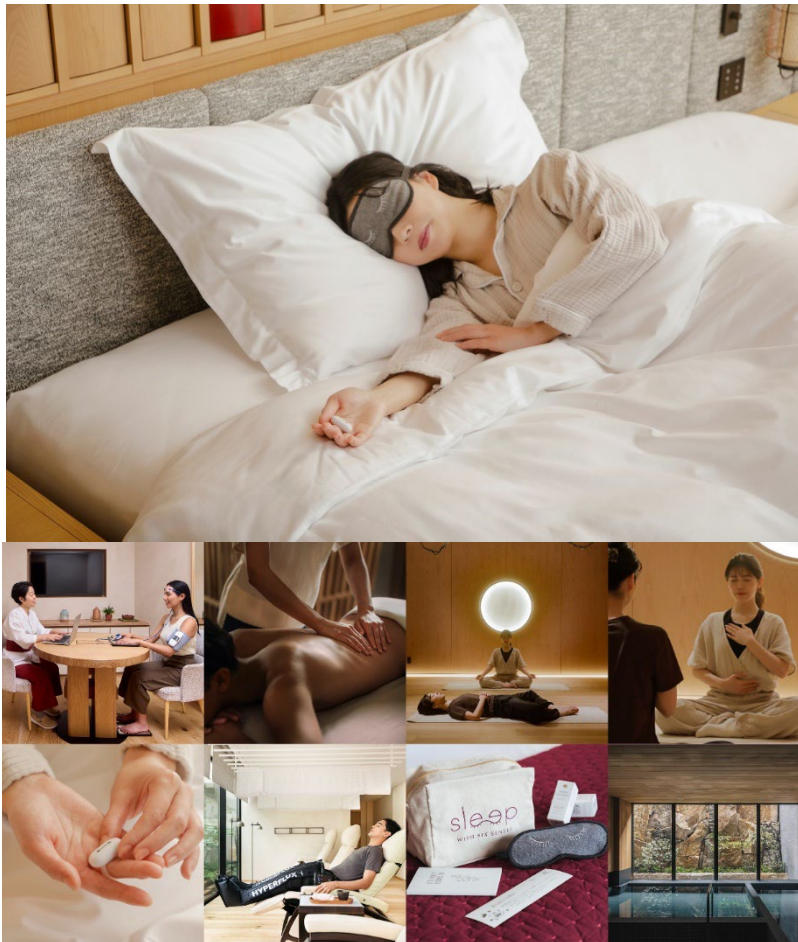




Six Senses Kyoto launches *Sleepcation* package, supporting guests to improve their slumber during travel with latest technologies and holistic wellness programs



KYOTO, Japan - February 20, 2025 - Recognizing the growing focus and demand for quality sleep during travel, Six Senses Kyoto launches a new *Sleepcation* package offering a holistic wellness approach to improving guests' slumber. The stay package includes a robust lineup of wellness programs including the signature non-invasive Wellness Screening, spa treatments, mindfulness practice and a carefully curated menu crafted with sleep-inducing ingredients.

As the wellness pioneer in the hospitality industry, Six Senses promotes holistic wellness across all of its resorts and hotels in 21 countries around the world. Sleep is one of the most important aspects of wellness, and in collaboration with world-renowned experts including Sleep Doctor Michael J. Breus, Six Senses has developed *Sleep With Six Senses*, a sleep standard that provides a comfortable and restful sleep environment. The *Sleepcation* package is a holistic experience based on the *Sleep With Six Senses* concept to support those who suffer from sleep problems or simply wants to improve their sleep quality.

The Sleep Program

The highlight of the Staycation package is the 2-day *Sleep Program* in which a wellness expert will guide guests through a journey to slumberland. Program highlights include:

Wellness Screening (60 minutes)

The only program of its kind in Japan that checks your physical and mental health-related conditions from the inside out with approximately 40 key biomarkers. A wellness professional will explain the results and suggest next steps.

Dreamcatcher (90 minutes)

Evoke a deep sense of relaxation with this head-to-toe therapeutic massage enhanced with a CBD body oil with powerful natural actives and skin-defending antioxidants. After relieving deep muscle tension from the back, neck, and shoulders, a soothing scalp and foot massage rounds out this blissful experience.

Yoga Nidra or Pranayama Session (45 minutes)

Yoga Nidra, also known as “yogic sleep,” is a guided meditation technique that brings you to a state of deep relaxation; while Pranayama is a breathwork practice originated from India involving ancient breathing techniques to calming the mind.

Sleep Tracking

A tracking ring is placed on the finger to monitor sleep patterns. A sleep score is calculated based on heart rate, breathing, blood oxygen levels and more. The next morning at your sleep check-in session, you can share your results with a specialist and discuss future steps.

Daily Biohack Recovery Session

A unique Six Senses Spa offering that provides an express recovery solution with state-of-the-art biohacking recovery devices.

Daily Bathing Rituals

In the tradition Japanese bathhouse of Six Senses Spa Kyoto, guests can partake in bath rituals with the hot baths, cold plunge and sauna to improve circulation throughout the body and promote deeper sleep.

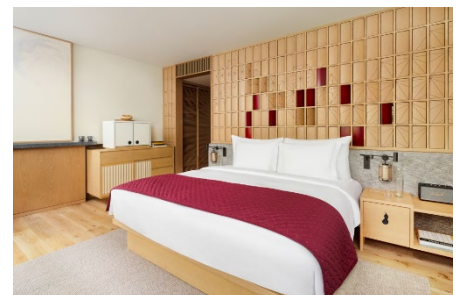
The *Sleep Program* is also available to non-staying guests to be undertaken over 2, 4, or 6-day spans. The 4 and 6-day program includes Watsu (Aquatic Bodyworks) in Kyoto’s only dedicated Watsu pool, sound therapy and additional wellness sessions, perfect for both visitors and staying guests who would like to further optimize their sleep quality. Full details of the *Sleep Program* can be viewed [here](#).

Sleep Amenities for a Deep Slumber

As part of the *Sleep With Six Senses* standards, all guestrooms and suites are furnished with an array of sleep amenities to help you get a better night's sleep:

Organic handmade Naturalmat mattresses

The handmade Naturalmat mattress is made from organic lamb’s wool with coir fiber that comes from a certified organic coconut plantation to ensure unbeatable airflow. The quilted cotton cover is anti-bug/mite/moth, moisture-wicking and hypoallergenic. The latex layer comes from the only certified organic rubber plantation in the world and provides excellent orthopedic support.



**BAKUNE Recovery Pajamas
(Six Senses Kyoto exclusive)**

A special collaboration with Japan recovery wear maker TENTIAL – the “BAKUNE Pajamas Gauze” is made with an original SELFLAME® fiber that radiates far-infrared rays emitted from the body, promoting blood circulation and alleviates fatigue and muscle stiffness during your sleep. (Japan medical device registration number: 13B1X10360000026)



**Sleep-inducing Turndown Aroma
(Six Senses Kyoto Exclusive)**

Designed by TOMOKO SAITO AROMATIQUE STUDIO, which is also the aroma designer for the hotel’s original aroma blend, the three distinct sleep blends – COOL, WARM, and DEEP – are crafted with Japanese wood essential oils including soothing cedar and cypress. The abundance of phytoncides found in tree essential oils is known to promote parasympathetic nervous system activity and induce feelings of peace and tranquility.



Six Senses Kyoto Sleepcation Package

Availability: From March 1, 2025
Rates: Starting from JPY 402,000 per room for 2 guests
(approx. USD 2,649/EUR 2,529 / GBP 2,102)

Starting from 322,000 yen per room for 1 guest
(approx. USD 2,122 / EUR 2,025 / GBP 1,684)
All rates are inclusive of applicable taxes and service charges

Inclusions:

- Overnight accommodation with original sleep amenities
- 2-day Sleep Program
 - Sleep Program welcome kit
 - Wellness Screening (60 minutes)
 - Yoga Nidra or Pranayama (45 minutes)
 - Dreamcatcher Treatment (90 minutes)
 - Daily Sleep Tracker
 - Daily Biohack Recovery Session
 - Daily Sleep check-in
 - Daily Bathing Ritual
- Special dinner menu crafted with sleep-inducing ingredients at Sekki
- Nourishing breakfast buffet at Sekki

Reservations and Inquiries

Reservations for the *Sleepcation* package can be made by email or phone.

E-mail: reservations-kyoto@sixsenses.com

Phone: +81 075-531-0700

Website: <https://www.sixsenses.com/kyoto>

*Reservations for the *Sleepcation* Package are required at least 3 days prior to arrival

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Imagery

Accompanying imagery available to download [here](#)

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About Six Senses Kyoto

Located in the heart of the historic Higashiyama district, Six Senses Kyoto offers an urban sanctuary blending luxury with holistic wellness and sustainability. The hotel's design is inspired by Kyoto's golden Heian period, with the narrative extending to the 81 thoughtfully designed guest rooms and suites along with modern and playful touches. Six Senses Spa integrates Zen philosophy and modern science, Sekki showcases hyper-seasonal and eco-conscious food, and the Earth Lab and Alchemy Bar feature authentic and interactive experiences, which together take guests on a journey of reconnection and rejuvenation in the ancient capital of Japan.

About Six Senses

[Six Senses](#), part of [IHG Hotels & Resorts](#)' luxury and lifestyle portfolio, operates 27 hotels and resorts in 21 countries and has signed a further 43 properties into the development pipeline.

Six Senses serves as a changemaker and maintains a leadership commitment to community, sustainability, emotional hospitality, wellness, and crafted experiences, infused with a touch of quirkiness. Whether an exquisite island resort, mountain retreat, or urban hotel, the vision remains the same: to reawaken people's senses so they feel the purpose behind their travels and ultimately reconnect with themselves, others, and the world around them.

Six Senses Residences offers all the unique amenities of a resort life community while retaining the privacy and personal touches of a beautifully appointed private villa or apartment. Each is an appreciating long-term investment to be cherished for generations to come with immediate benefits and exclusive status at other resorts worldwide.

Six Senses Spas guide guests on their personal path to well-being in all resorts as well as a handful of standalone spas. The high-tech and high-touch approach goes beyond ordinary beauty treatments to offer holistic wellness, integrative medicine, and longevity.

About IHG

[IHG Hotels & Resorts](#) [LON:IHG, NYSE:IHG (ADRs)] is a global hospitality company, with a purpose to provide True Hospitality for Good.

With a family of 19 hotel brands and [IHG One Rewards](#), one of the world's largest hotel loyalty programmes, IHG has more than 6,500 open hotels in over 100 countries, and a development pipeline of over 2,200 properties.

InterContinental Hotels Group PLC is the Group's holding company and is incorporated and registered in England and Wales. Approximately 375,000 people work across IHG's hotels and corporate offices globally.