



Kanna Thalasso Okinawa is a thalasso resort surrounded by the beauty of nature on a large scale.

The word “thalasso” means “the ocean” in Greek, while “therapy” means “treatment” in French. The Japanese translation is therefore “ocean therapy.”

Kanna Thalasso Okinawa is a thalassotherapy facility that takes maximum advantage of the unique properties of the ocean. Seawater is rich in minerals such as sodium, magnesium, calcium, potassium and iodine. Bathing in seawater enables these minerals to be absorbed through the skin, and has beautifying effects such as promoting the metabolism and the breakdown of fat. In recent years it has been noted for its medical benefits, which include preventing various disorders that arise when the body/mind balance is disrupted. Recently, Associate Professor Arakawa of the University of the Ryukyus attracted interest at an academic conference when he presented the results of verification experiments carried out at this thalasso facility: these results showed that thalassotherapy causes a marked increase in levels of serotonin, a brain chemical that maintains mental stability. “This has the potential to become a therapeutic method that does not rely on drugs. I have high hopes that Kanna Thalasso Okinawa will play a leading role in the expansion of the market for mental health tourism, including thalassotherapy,” stated Associate Professor Arakawa.



Infrared sauna

Enveloped in warm seawater with an average temperature of 37°C, and soft bubbles, you'll feel the tension being released from deep within your body. While you exploit the buoyancy of seawater to heighten the effectiveness of exercising, the minerals in the water will hydrate your skin. In this healing, relaxing space, you can enjoy the sauna, the pool, and 14 different seawater Jacuzzis, all with a view of the ocean.



Stone bath



Seawater chiropractic

Available here for the first time in Japan, seawater chiropractic liberates the joints and muscles from the tension caused by weight-bearing, allowing the body to relax, relieving stiffness, and restoring the system to its correct balance.



WATSU

Named by combining the words “water” and “shiatsu,” “watsu” is a waterborne relaxation treatment invented in America, and currently attracting interest at spas all over the world. Through the effects of gentle stretching and massage using the buoyancy and resistance of seawater, it is also said to be an ideal way to recuperate from the mental exhaustion experienced by so many people in today's high-stress society.

2^F Bath Zone *Active Refresh*



Outdoor jet bath



Outdoor silky bath

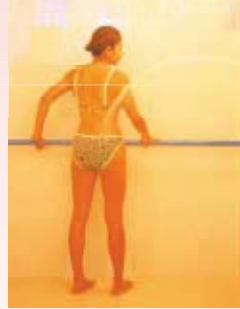


Floatation massage tub



25m jacuzzi

3^F Thalasso Treatment



Grand jet



Hydromassage



Affusion shower



Seaweed pack



Clay masque



Terrace

Emerging from the entrance, you will find an extensive open terrace looking straight out onto the magnificent vista of the Okinawan ocean. Relax and take it easy in the natural sunlight and gentle breeze.



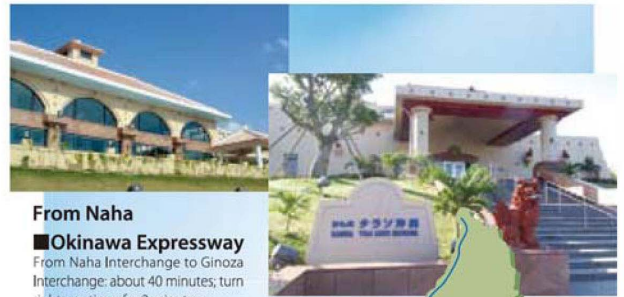
Restaurant

The restaurant, with its ocean view, offers an original menu on the theme of health and beauty. You can dine on the terrace, or in the hall, as the fancy takes you. Enjoy handmade cakes and herbal tea in the lobby lounge.



Shop

In addition to swimwear, including swimming caps and goggles, the shop offers a wide variety of goods including Okinawan cosmetics, tee-shirts, bags, fancy goods, Ginoza speciality goods and more.



From Naha

■ Okinawa Expressway

From Naha Interchange to Ginoza Interchange: about 40 minutes; turn right, continue for 3 minutes

■ Express bus (No. 111)

About 60 minutes from airport to Ginoza Interchange, then change from express bus to local bus or taxi

■ Local bus

Okinawa Bus (No. 77)
Ryukyu Bus (No. 21), about 2 hours
5 minutes' walk from Kanna bus stop



Free shuttle bus service

Runs on Saturdays, Sundays and public holidays only (reservation required)

Itoman Ahagon
Monorail Oroku Ekimae
Paletto Kumojimae
Omoromachi Ekimae
Ohira
Chubu Shogyomae
Ginoza-wan Shiyakushomae
(Kitanakagusuku Interchange)

Opening hours

2F Bath Zone: 10:00 - 22:00 (last admission: 21:00)

3F Treatment Zone: 10:00 - 20:00 Note: Reservation required

Thalasso Shop: 10:00 - 20:00

Restaurant Jugon: 11:00 - 20:30 (last orders: 20:00)

Ryukyu Thermo Holistic Therapy: 10:00 - 20:00 (last admission: 18:00)

Days on which the facilities are closed

Every 2nd Tuesday of the month, New Year's Eve, New Year's Day
Note: Unscheduled closures will take place for maintenance of the facilities and in the event of a typhoon.

Kanna Thalasso Okinawa

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