



PATINA OSAKA UNVEILS PATINA WELLNESS

Osaka's First Luxury Wellness Sanctuary Blending Advanced HealthTech with Holistic Therapies

Osaka, Japan, 3 April 2025 — **Patina Osaka** introduces Patina Wellness—a thoughtful approach to wellbeing that integrates advanced HealthTech and holistic therapies. Created as a space where guests can move, rest, nourish and connect in ways that feel natural and inspiring, Patina Wellness is the first in Japan to bring science-backed therapies to a serene, beautiful environment.



Pool (render)

Spanning the entire fourth floor, the 1,400-square-metre wellness sanctuary offers a complete wellness journey beyond the traditional hotel spa experience. The space features carefully selected HealthTech, including cryotherapy, hyperbaric oxygen and hydrogen therapy, infrared saunas, and red-light therapy—each chosen to promote relaxation, enhance overall wellbeing and support vitality. Private spa treatment suites, fully-equipped fitness centre, versatile yoga studio, and tranquil indoor pool with stunning views of Osaka Castle complete this comprehensive wellness offering.

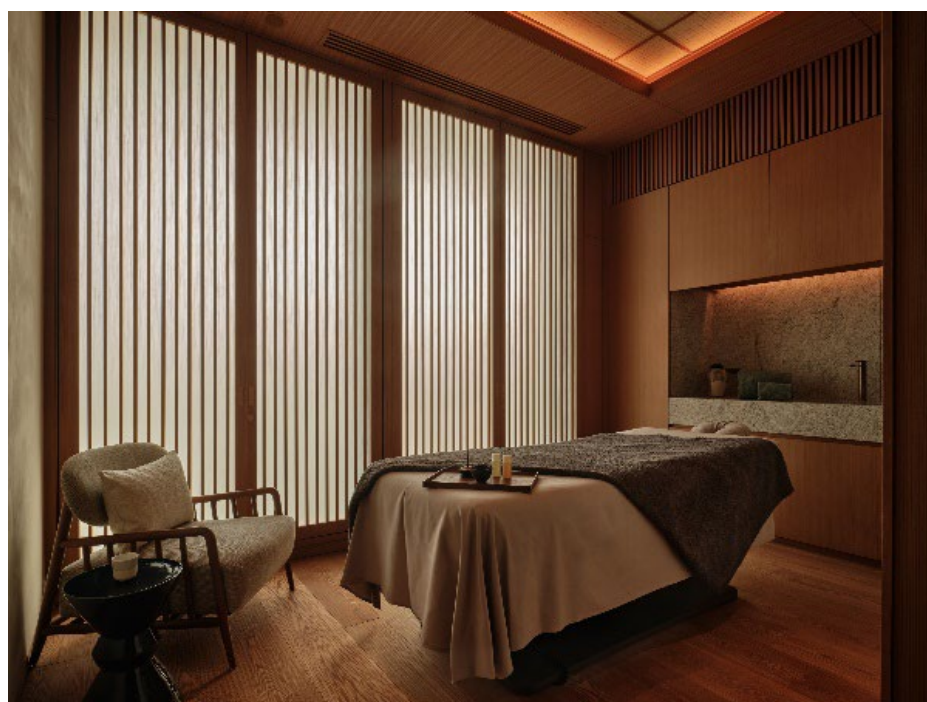
HealthTech: A Mindful and Innovative Approach to Wellness

Patina Wellness introduces thoughtfully selected HealthTech therapies to Japan's luxury hospitality landscape, reflecting the brand's commitment to delivering transformative luxury experiences. Guided by specialists trained in advanced therapeutic technologies, each treatment is tailored to address individual wellness goals.

- **Cryotherapy – Cold Therapy:** A cryotherapy is a refreshing and energising experience. This quick and convenient 3-minute session is an effective way to rejuvenate and is particularly popular for post-workout recovery.
- **Hyperbaric Oxygen & Hydrogen Therapy:** This innovative technology blends oxygen and molecular hydrogen to support the body's natural balance and maintain healthy oxygen levels.
- **Infrared Sauna – Heat Therapy:** Uses specialised heaters that emit Far Infrared radiation, providing sunlight-like warmth without harmful UV rays. This gentle heat penetrates the body, inducing therapeutic sweating and deep relaxation.
- **Red Light Photo-biomodulation Therapy:** Low-level red and near-infrared wavelengths stimulate cellular renewal, enhancing skin appearance and firmness while offering a calming therapeutic experience.



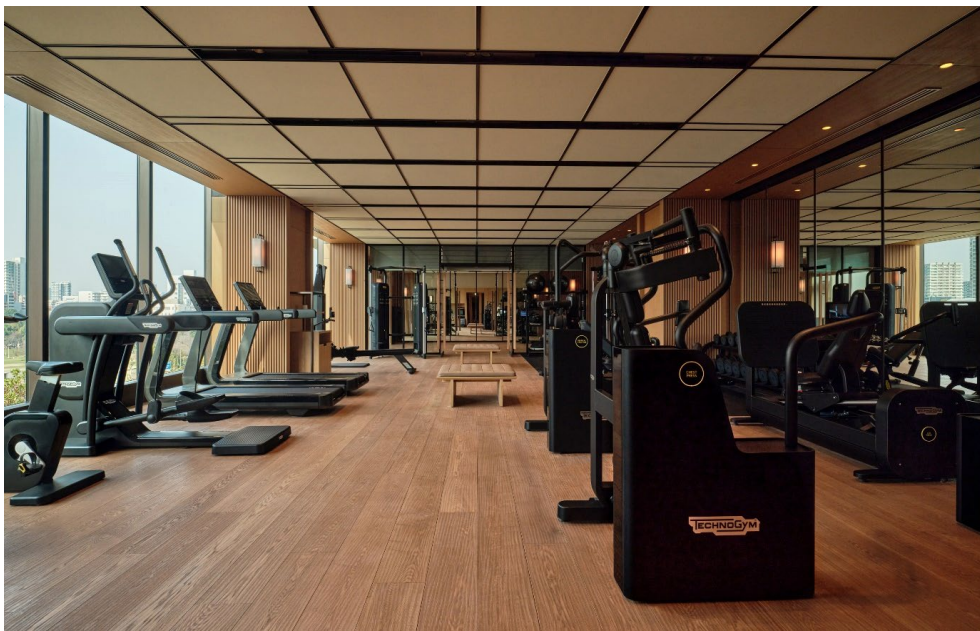
Patina Spa & Fitness Centre



Patina Spa treatment room

Six tranquil spa treatment suites offer spaces for personalised facial and body treatments. Each therapy is conducted in a calm environment designed for complete relaxation. Complementing the experience is a hydrotherapy suite offering sessions that benefit both physical and mental wellbeing, easing muscle pain, boosting circulation and aiding detoxification.

The fitness centre offers the latest Technogym personal training system alongside a body scanning system for comprehensive fitness support. Whether refining your existing routine or creating a new one, this space provides the ideal setting for personal growth.



Fitness Centre

Holistic Wellness



The studio presents aerial yoga classes and mindfulness practices to nurture both body and mind. This intimate space creates a peaceful setting for developing strength and awareness. For those drawn to water, the 20-metre indoor pool hosts meditation sessions and water-based exercises designed to enhance physical comfort and mental clarity.

Exclusive Patina Membership Experience

Patina Wellness memberships offer ongoing access to our complete wellness sanctuary. Members receive priority for HealthTech therapies, personalised fitness guidance and spa treatments. The membership experience extends beyond wellness, offering a diverse selection of culinary experiences. Iñaki brings the essence of Basque grilling, while P72, the signature restaurant, showcases a mindful approach to cuisine,

honouring Japan's 72 micro-seasons. Nijiri Tea Lounge offers a curated selection of regional teas, and Sonata Lounge & Bar provides a refined space for relaxation. For those seeking the artistry of Japanese cuisine, Barin presents an intimate teppanyaki experience, where each dish reflects a deep respect for tradition and craftsmanship. Limited memberships ensure an immersive and holistic experience, personal attention and a truly individualised wellness journey.

Whether visiting for relief from daily demands or exploring new dimensions of physical and mental wellbeing, Patina Osaka welcomes those seeking a thoughtful approach to wellbeing. For more information, visit <https://patinahotels.com/osaka/wellbeing>.

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ABOUT PATINA OSAKA

Between the sacred grounds of Naniwanomiya-Ato and the storied Osaka Castle, Patina Osaka invites mindful explorers to experience transformative luxury reimagined through the lens of conscious living and creative expression. Our 21-storey sanctuary rises from Osaka's "City of Water" like a living testament to sustainable beauty. Here, naturally aged copper, thoughtfully sourced woods, and flowing water tell tales of time, honouring both Earth and artistry.

221 mindfully crafted rooms reflect *kisetsukan* – the Japanese art of seasonal awareness – with spaces that flow in harmony with nature's rhythm. Discover P72, which micro-seasonal cuisine tells stories of local artisans and the land's bounty, and The Listening Room, where sound pioneer Devon Turnbull (OJAS) transforms music into meditation through meticulously crafted equipment. Patina Osaka – a confluence of mindful luxury, artistic expression, and sustainable sophistication – designed for those who seek not just to stay, but to grow.

ABOUT PATINA HOTELS & RESORTS

Patina Hotels & Resorts is the transformative luxury brand of Capella Hotel Group. Pioneering a fresh perspective in luxury hospitality, Patina is a destination within the destination, highlighting the energy and common passions that bring like-minded people together and foster meaningful connections with themselves and their surroundings. Patina embodies an evolving journey, transforming moments into lasting marks for the guests just like the Patina Effect. Following Patina Maldives, Fari Islands, Patina Osaka will be the second launch and the brand's first urban hotel, where creative perspectives open minds and imprint lives...*Infinite Imprints!*

For more information, visit www.patinahotels.com

Instagram [@patinahotels](https://www.instagram.com/patinahotels) | LinkedIn [@patinahotels](https://www.linkedin.com/company/patinahotels)

ABOUT CAPELLA HOTEL GROUP

Capella Hotel Group is a leading hospitality management company specialising in luxury hotels,

resorts, and serviced residences. Based in Singapore, the rapidly expanding group has two brands under its portfolio and properties across nine destinations. The award-winning Capella Hotels and Resorts is renowned for its service excellence, crafted luxury design and immersive experiences celebrating the locale, while Patina Hotels & Resorts is the group's transformative luxury brand pioneering a fresh perspective in luxury hospitality.

Capella Hotels and Resorts was named the #1 Best Hotel Brand in the world in Travel + Leisure's 2023 and 2024 World's Best Awards. For more information, visit www.capellahotelgroup.com.