

Relieve pollen-related stress by escaping to Taketomi Island

Goodbye Pollen Vacation

HOSHINOYA Taketomi Island, located on Taketomi Island, Okinawa, will offer the “Goodbye Pollen Vacation” from February 1st to May 31st, 2020. This is a three-day, two-night program where guests can go to Taketomi Island, where there are no cedar or hinoki trees, to be relieved from the stress caused by pollen and refresh themselves. They can forget about the troubles that come with spring every year, and enjoy picnics, afternoon naps in the sun, and stretching/deep breathing under the morning sun or the night sky.



Escape stress caused by pollen at Taketomi Island, where there are no cedar or hinoki trees

They say that the number of people with hay fever has been increasing in recent years, and in the survey on hay fever conducted in 2016 by the Tokyo Metropolitan Government, it was found that half of all people in the city suffered from hay fever. ^{*1}

However, there are no cedars or hinoki on Taketomi Island, as the tall trees are unable to withstand the typhoons that occasionally hit the island. Visitors here can relax and take off the masks and glasses they use to relieve hay fever in the city. This program was developed out of the desire to let people enjoy leisure activities such as picnics and deep breathing that they normally can't do in the springtime, relieve their stress caused by pollen, and help them to refresh themselves.

^{*1} Source: Tokyo Metropolitan Government survey report on pollen allergies among the populace (2016)

Wash away the pollen with herbs

Herbal bath with mint and shiso

Guests will soak in a bath containing mint and shiso, two herbs with refreshing fragrances, to wash the pollen off of their body. They can wash the annoying pollen off of their hair and face, and get refreshed and revitalized by the invigorating fragrances of mint and shiso.



Distilling Okinawan Herb Water

Collect one's favorite herbs from the resort's garden, and use them to make herb water. Hoshino Resorts recommends shell ginger, with a refreshing, sweet smell, and holy basil, which has a clear, plain fragrance. This herb water can then be sprinkled in the hotel room, or onto appliances or clothes. The scent of herbs will heal and relieve the stress caused by hay fever.



Enjoy picnics and relaxation time in the sun

Enjoy an Urizun Picnic on a crisp spring morning, by the seaside on the western face of the island. Guests can feel the gentle spring breeze as they enjoy shimadofu (Okinawan tofu) bagels, baguettes with purple yam potato salad, and seasonal fruits.

In Okinawa, the period between the start of spring, when it quickly warms up after the end of winter, and the start of the rainy season is called "urizun." The temperature ranges from around 20 to 25 degrees Celsius, and rainfall is low, so this is the most pleasant time of the year. The garden outside the guest room will feature a relaxing hammock chair. Guests can read, sleep, or relax however they like, in a comfortable climate with a light breeze.



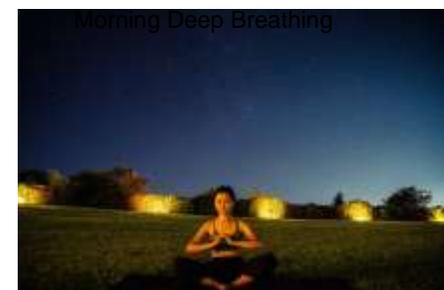
Deep breathing and stretching under the morning sun or starry sky

Guests can enjoy deep breathing, something one can't often do in hay fever-causing environments, and stretching under the clear Taketomi Island sky.

In the morning, they will walk about five minutes from the resort to AIYARU Beach, where they will wake up their body with the Morning Deep Breathing program (Yonnaa² Deep Breathing), involving deep breathing and stretches while basking in the morning sun. At night, they will calm their body and soul and get ready to sleep with Moonlight Deep Breathing (Tinnu³ Deep Breathing), which involves stretching by the poolside and gazing at the starry night sky.

² "Slowly" in Okinawan language.

³ "Heavenly" in Okinawan language.



Prepare the body before returning back to city

The spa treatment Ninbun, which is part of this program, is a full-body, face, and head treatment using aroma oil extracted from shell ginger. It gradually soothes and relaxes the body. A mask of shell ginger and collagen is put on the face, which is prone to dryness in the springtime, in order to properly moisturize the skin.



The guest room will feature amenities that can safely be used even by those with sensitive skin. Use items like hair oil and face lotion to repair hair damaged by pollen and skin that has become too sensitive.

Example schedule:

Day 1	Day 2	Day 3
3:00 pm Check in	6:15 am Morning Deep Breathing	6:00 am Morning Deep Breathing
4:00 pm Distilling Okinawan Herb Water	9:00 am Urizun Picnic	8:00 am Breakfast (separate cost)
7:00 pm Dinner at the dining hall	1:00 pm Lunch (separate cost)	9:00 am Spa treatment
9:00 pm Herbal bath	4:00 pm Relax in the relaxing chair hammock	12:30 pm Check out
	7:00 pm Dinner (separate cost)	
	9:15 pm Moonlight Deep Breathing	

“Goodbye Pollen Vacation” at a glance

- Dates: February 1st – May 31st, 2020 (Unavailable during Golden Week)
- Fee: ¥50,000/person (excl. tax, service fees, accommodation cost)
- Included: Urizun Picnic, mint and shiso herbal bath, 1 spa treatment, distilling Okinawan herb water, relaxing chair hammock, 1 dinner at the dining hall, amenities
- Capacity: One group per day (Up to two people per group)
- Booking: Book at least 14 days prior through the official website (<https://hoshinoya.com/taketomijima/en/>)

