




T E N K U 



技術に終わりはありません。  
そして、技術は永遠の財産です。

There is no end to technique.  
And true technique is an lifelong asset.

渡邊明美  
Akemi Watanabe

# Meet the Inventor of 天空睡眠®創始者 Tenku Suimin® Dry Head Spa Technique

ami noel  
le divin

Akemi Watanabe  
渡邊明美

天空睡眠®創始者  
ストレスリリーフ®創始者  
Director, Japan Total Beauty Association  
(JTBA)



Founder & CEO, aminoel Co., Ltd.  
aminoel beauty academy Co., Ltd.

Inventor of Tenku™ & Stress Relieve™

For 18 years, I've been dedicated to the art of 手温 Te-on "Hand Temperature" treatments. With over 30,000 clients entrusted to my care, I have developed the ability to sense the skin's condition through touch, achieving remarkable results along the way.

While aesthetic salons exist worldwide, their approaches vary greatly. The majority rely on machines, offering treatments that are efficient and easy to learn. However, these machine-based methods often feel impersonal, lacking the warmth and intuition that only skilled hands can provide.

Salons specialising exclusively in 手温 Te-on "Hand Temperature" treatments are rare, yet the power of touch is profound. Rooted in the Japanese concept of 手当て Te-ate "Healing Therapy" the healing energy of hands our treatments create a unique synergy between body and mind. The precise strength, subtle variations, and natural rhythm of hand movements foster a deep sense of relaxation and unparalleled comfort.

In today's fast-paced and stressful world, what people seek most is healing. True transformation comes from genuine technique, delivered by hand. Through my daily practice, I am continually reminded of the deep connection formed through touch - 手を通じて心をつなぐ / Te o Tsujite Kokoro o Tsunagu) - "Connecting Hearts Through Hands".

Above all, I value the ability to achieve visible results in just one treatment. To make this possible, I have embraced the French philosophy of "Soin Esthétique" - bringing out true beauty with attentive care.

With my unique 手温 "Te-on" techniques and the spirit of おもてなし "Omotenashi" "Japanese Hospitality" - I have refined my craft over the years, always striving to master methods that bring joy, vitality, and confidence to my clients.

Beyond treatments, my mission is to shape the future of aesthetics - gaining global recognition for 手温 "Te-on" techniques and supporting students on their path to success. My goal is to empower aspiring estheticians, equipping them not only with exceptional skills but also with the knowledge to thrive as business owners and industry leaders.

To those eager to learn and grow, we welcome you with open hands.  
Let us cultivate the 美学の精神 "Bigaku no Seishin" - "Spirit of Aesthetics" - together and carry forward this time-honoured craft.





Akemi Watanabe  
渡邊明美



# Introducing our Tenku™ Medical Supervisor.

## Dr Hiroshi Shuto 周東 寛 医師

Born in 1952, he graduated from Showa University School of Medicine.

He serves as a part-time lecturer in the Department of Respiratory Medicine at Fujigaoka Hospital, Showa University, and the Department of Diabetes, Endocrinology, and Hematology at Dokkyo Medical University Saitama Medical Center.

He is also the director of Minamikoshigaya Kenshinkai Clinic and holds a Doctor of Medicine degree.

He is a certified physician by the Japanese Society of Internal Medicine and a specialist accredited by the Japanese Society of Allergology and the Japanese Society of Oriental Medicine, among other medical associations.

He advocates for an integrative approach that combines Western and Oriental medicine, emphasizing the importance of early disease detection and preventive medicine through advanced medical technology. Additionally, he incorporates psychosomatic therapy, striving to establish comprehensive healthcare while actively promoting wellness for middle-aged and older adults.



**1978**

Graduated from Showa University School of Medicine.

Appointed as a part-time lecturer in the Department of Respiratory Medicine at Showa University Fujigaoka Hospital.

After graduation, completed a two-year residency in internal medicine at Showa University Fujigaoka Hospital and then joined the Department of Respiratory Medicine.

Showa University Fujigaoka Hospital, Dr Shuto became proficient in seven medical fields as a super resident: respiratory medicine, cardiology, endocrinology & metabolism/diabetes, haematology, gastroenterology, and neurology, advocating for the importance of high-level medical care.

**1986**

With the medical motto of creating a "small Fujigaoka Hospital," Dr Shuto established the Sengen-dai Station Building Clinic.

**1990**

Founder & Chairman of Ken-shinkai Medical Corporation

**2003**

Director of Minami-Koshigaya Kenshinkai Clinic

Dr Hiroshi Shuto  
周東 寛 医師

十分な睡眠をとり、健康寿命を延ばすうえで、最も効果のあることは、これまで誰も言わなかったことですが、ミトコンドリアを健康にし、ミトコンドリアを増やすことです。

ミトコンドリアを健康に増やす方法としては、温熱、寒冷、飢餓、運動、電気刺激、マッサージなどがあります。

頭皮マッサージ、頸部筋群マッサージ、両肩筋群マッサージ、肩甲骨周囲マッサージなどを行うと、ミトコンドリアが改善され数も増え、アディポネクチンも増えてきます。

さまざまなマッサージがありますが、天空睡眠（指導代表者：渡邊明美）というドライヘッドマッサージが、とくにいいようです。

Getting sufficient sleep and extending a healthy lifespan is most effectively achieved by something that has rarely been mentioned before - keeping mitochondria healthy and increasing their numbers.

Methods to promote healthy mitochondrial growth include heat therapy, cold exposure, fasting, exercise, electrical stimulation, and massage.

Performing scalp massage, neck muscle massage, shoulder muscle massage, and massage around the shoulder blades helps improve mitochondria, increase their numbers, and boost adiponectin levels.

There are various types of massages, but the dry head massage called "Tenku Sleep" led by Akemi Watanabe seems to be particularly effective.

周東寛

Dr Hiroshi Shuto  
Tenku™ Medical Supervisor.

# Meet the Head of International Education

## Alexander Bowyer

Qualified Australian Hairdresser  
Hair & Scalp Therapist  
Former Director & Founder of Varsana  
Internationally Recognised Head Spa Educator & Practitioner  
天空睡眠®認定講師  
Tenku Suimin® Certified Instructor

"There is no end to technique. And true technique is a lifelong asset." - Akemi Watanabe

As Head of International Education and Co-Founder of Tenku™ in Australia, I have worked with thousands of scalps and hair, refining my craft through years of experience. My journey has been shaped by a deep respect for traditional Japanese head spa methods and a commitment to integrating cutting-edge scalp care techniques.

The head spa industry is growing rapidly, but many approaches prioritise trends over substance.

At Tenku™, we are building something different, a space where authentic technique, deep knowledge, and real results come first. Our philosophy is simple: elevate head spa to an art form by blending science, tradition, and expert touch.

Hands are powerful tools.

Unlike machines, they can sense, adapt, and respond to the unique needs of every client. True skill comes not from simply following a routine, but from understanding the subtleties of touch, pressure, and rhythm to create profound relaxation and transformation.

My mission is to pass on this knowledge, not just to practitioners, but to a new generation of head spa specialists who will set a new global standard. Whether in my own treatments, through education, or in collaboration with my business partner Amy, my focus is always on honest, results-driven scalp care.

If you are ready to learn, grow, and master the art of head spa, Tenku™ welcomes you.

Let's shape the future of head spa, together.





Alexander Bowyer

## Course Prices



Courses must be taken in order from Foundation to Certified Instructor.



### Premium Course Package 5 Days

Foundation  
+ Certified Expert  
+ Certified Artisan  
+ Certified Instructor



~~\$12,899 + GST~~  
Standard Price

**\$10,634 + GST**

Discounted Price  
First 5 Students each month!



### Silver Course Package 4 Days

Foundation  
+ Certified Expert  
+ Certified Artisan

~~\$10,770 + GST~~  
Standard Price

**\$9,000 + GST**

Discounted Price  
First 5 Students each month!

#### Premium Additional Benefits!

- + Can use the certification of Official Tenku™ Sleep Head Spa\*
- + Courses can be reviewed unlimited times.
- + Earn Extra Income by teaching Foundation & Certified Expert levels in your own business!
- + Business Coaching & Social Media Support

#### Silver Additional Benefits!

- + Can use the certification of Official Tenku™ Sleep Head Spa\*

\*Licensing terms are applicable.

# Foundation

## 基礎コース



The Tenku™ Foundation Course is a beginner-friendly, one-day workshop designed for individuals who want to experience and learn the basics of dry head massage and scalp relaxation techniques. This course is perfect for those looking to introduce head massage into their personal wellness routine or professional practice.

### Who is this course for?

- Complete beginners with no prior experience in massage or head spa therapy.
- Hairdressers, beauty therapists, and wellness practitioners looking to add a relaxing scalp massage to their services.
- Individuals who want to practice scalp massage at home for friends and family.
- Anyone interested in learning a gentle, effective method to promote relaxation and stress relief.

### What You Will Learn

- Introduction to Head Spa Therapy – The benefits of head massage and scalp relaxation techniques.
- Basic Scalp & Head Anatomy – Understanding how massage affects circulation and relaxation.
- Fundamental Hand Techniques – Gentle pressure application, rhythmic movements, and tension release methods.
- Relaxation & Sleep Support – How dry head massage can help with stress relief, fatigue, and better sleep.
- Simple Home Care Techniques – Easy-to-learn massage methods that can be practiced at home.
- Creating a Soothing Atmosphere – Tips on setting up a comfortable and relaxing space for treatments.

### Course Duration

1-Day Training (3 hours)

### Certification & Benefits

- Receive a Tenku™ Introductory Course Diploma upon completion.
- Learn an easy-to-apply head massage technique that can be used at home or as part of a professional service.
- Experience the soothing effects of a professional-grade head spa treatment firsthand.
- A great introduction to more advanced head spa training, such as the Tenku™ Certified Expert & Artisan Courses.

### Course Fee

\$1,170 AUD (including certification) + GST

This hands-on, beginner-friendly course is the perfect way to explore the art of head spa therapy and its powerful benefits for relaxation, stress relief, and scalp health.

### Prerequisites

None







# Certified Expert

## 資格認定専門家



The Tenku™ Certified Expert Course is designed for those who have completed the Foundation Course and want to advance their skills in dry head massage, deep relaxation techniques, and scalp therapy. This course refines techniques learned in the beginner level while introducing more advanced hand movements, pressure control, and muscle release methods to deliver a professional-grade head spa treatment.

### Who is this course for?

- Graduates of the Tenku™ Specialist Course who want to deepen their knowledge and expertise
- Head spa therapists, hairdressers, and wellness practitioners looking to expand their services
- Salon owners or spa professionals who want to offer premium head spa treatments
- Individuals interested in advanced techniques for scalp tension relief and deep relaxation

### What You Will Learn

- Advanced Dry Head Massage Techniques – Deeper pressure application, rhythmic movements, and hand precision for optimal relaxation
- Muscle & Fascia Release – Targeting key areas like the occipital, temporalis, and neck muscles to relieve tension and improve circulation
- Enhanced Sleep & Stress Management Methods – Using specific head massage techniques to promote better sleep and stress reduction
- Posture & Body Mechanics – Proper hand positioning and movement efficiency to prevent therapist fatigue
- Refined Client Consultation & Customisation – Learn to assess scalp conditions, muscle tightness, and tension points to tailor treatments effectively
- Treatment Flow & Professional Execution – How to deliver a seamless 45-minute expert-level head spa session

### Course Duration

1-Day Intensive Training (7 hours)

### Certification & Benefits

- Receive an official Tenku™ Certified Expert Course Diploma upon completion
- Master advanced scalp massage techniques that set your services apart
- Learn to provide deep relaxation, tension release, and premium head spa treatments
- Become eligible to enrol in the Tenku™ Certified Artisan Course
- Perfect your technique with hands-on, guided training from expert instructors

### Course Fee

\$2,341 AUD (including certification) + GST

The Tenku™ Certified Expert Course is an essential step for those looking to refine their head spa techniques, elevate their scalp massage skills, and offer a higher level of relaxation and therapeutic care to their clients.

### Prerequisites

Tenku™ Foundation Course







# Certified Artisan

## 資格認定職人



The Tenku™ Certified Artisan Course is the most advanced level of training, designed for experienced head spa practitioners who want to master deep relaxation, therapeutic scalp massage, and sleep-enhancing techniques. This course focuses on medically supervised head spa methods, refined hand techniques, and holistic stress relief, equipping practitioners with the skills to deliver a premium, results-driven head spa experience.

### Who is this course for?

- Graduates of the Tenku™ Certified Expert Course seeking mastery in scalp therapy and sleep enhancement
- Head spa professionals, beauty therapists, and wellness practitioners looking to refine their skills
- Salon owners and spa professionals who want to offer an exclusive premium-level service
- Individuals interested in the science of sleep and relaxation, learning techniques that improve mental well-being and sleep quality

### What You Will Learn

- Advanced Head Spa Techniques – Master deep-pressure scalp massage, fascia release, and stress-relief methods.
- Sleep Science & Head Spa Therapy – Understanding the connection between head massage, nervous system regulation, and sleep quality.
- Medical-Supervised Techniques – Learn proven stress-reduction and sleep-enhancing methods developed with medical professionals.
- Neck, Shoulder & Scalp Integration – Advanced techniques that target tension points for total relaxation.
- Signature Tenku™ Sleep Therapy – Master the exclusive 60-minute premium head spa treatment.
- Creating a High-End Spa Experience – Learn how to elevate your service to attract VIP clientele.

### Course Duration

2-Day Intensive Training (8 hours total)

### Certification & Benefits

- Receive an official Tenku™ Artisan Course Diploma upon completion
- Gain expertise in scalp relaxation therapy and sleep enhancement techniques
- Offer a luxury 60-minute head spa experience designed for deep relaxation
- Become eligible for Instructor Training to teach Tenku™-certified courses
- Learn business and branding strategies to establish yourself as a leading head spa specialist

### Course Fee

\$7,259 AUD (including certification) + GST

The Tenku™ Certified Artisan Course is ideal for those aiming to master head spa therapy at the highest level, integrating scientific sleep methodologies, advanced massage techniques, and holistic relaxation strategies to create an exceptional wellness experience.

### Prerequisites

Tenku™ Foundation & Tenku™ Artisan Courses





# Certified Instructor

## 認定講師



The Tenku™ Certified Instructor Course is designed for experienced head spa practitioners who want to teach and certify new students in the Tenku™ Specialist and Expert Courses. This course equips participants with advanced teaching techniques, business strategies, and leadership skills, enabling them to train, mentor, and certify head spa professionals under the Tenku™ brand.

By completing this course, you will not only refine your expertise in head spa techniques but also gain the ability to run your own training sessions, helping to expand the reach of Tenku™ Head Spa therapy worldwide.

### Who is this course for?

- Graduates of the Tenku™ Artisan Course who wish to transition into a teaching role.
- Experienced head spa practitioners and salon owners looking to train and certify students.
- Wellness professionals who want to offer specialist training programs within their own businesses.
- Those who want to establish a successful head spa school or education platform.

### What You Will Learn

- How to Teach Tenku™ Head Spa Techniques – Mastering the art of instructing and demonstrating techniques for Specialist & Expert students.
- Classroom & Practical Training Methods – Understanding how to structure courses, deliver engaging lessons, and assess students' skills.
- Student Coaching & Mentorship – Learn how to guide, support, and provide constructive feedback to students.
- Building a Training Business – Strategies for attracting students, pricing courses, and managing training operations.
- Licensing & Certification – Learn the official Tenku™ training requirements and how to issue certifications.
- Refining Your Own Head Spa Skills – Further develop your own technique and expertise while learning how to teach effectively.

### Course Duration

1-Day Intensive Training (plus ongoing mentorship)

### Certification & Benefits

- Receive an official Tenku™ Instructor Certification.
- Gain exclusive rights to teach the Tenku™ Specialist & Expert Courses.
- Ability to host and run Tenku™ training programs under the official licensing model.
- Receive ongoing support and business coaching to grow your training platform.
- Opportunities to collaborate with Tenku™ internationally and become a leading educator in the field.

### Course Fee

\$2,129 AUD (including certification) + GST

As a Tenku™ Certified Instructor, you will not only advance your career but also help shape the next generation of head spa professionals, sharing the knowledge, skills, and techniques that define the Tenku™ excellence.





