



六花

R I K K A

S P A

WHITE SEASON PROGRAM 2023/2024

Rikka Spa offers a wellness journey designed to imbue a deep sense of place, in a sanctuary of warmth and tranquillity, where guests can unwind their bodies, relax their minds and regain vitality.

Created in collaboration with Lapidem Tokyo, our programs are created around a philosophy that “true beauty only comes from good health”. Our wellness journey is designed based on oriental medicine, traditional remedies and healing methods that have been handed down since ancient times, and follows the natural order of things, supplementing what is lacking and eliminating what is superfluous in order to restore balance and achieve a lifestyle full of physical and mental health and fulfilment.

Rikka (六花) means snow in Japanese with the literal translation meaning 'flower of six' representing the beautiful hexagonal snowflake. Rikka perfectly represents our six key elements (Wood, Fire, Earth, Metal, Water together with Yin Yang principle) through the blessings of nature.

SETSU NISEKO X LAPIDEM TOKYO

All our spa treatments and programs are curated by award winning spa Lapidem Tokyo, widely recognised as one of Japan's leading day spas and consistently conferred awards for 'Best Luxury Spa' and 'Best Day Spa' in Japan. Treatments use a selection of Lapidem products that focus on natural ingredients to maximize the skin's natural ability to improve its health and well-being.

Rikka Spa is managed in collaboration with Conceptasia, a pioneer in the wellness and spa industry operating and managing many of the leading hotel spas across Japan, as well as China and Korea.



WELCOME RITUAL

The Rikka Spa wellness journey begins with a 'Welcome Ritual'. Local seasonal herbs and spirits are used, as well as salts and essential oils with healing properties. We believe in the importance of supporting our local business community whenever we can; locally produced peppermint oil, fresh herbs, and leaves from Chise Garden Farm, and Hokkaido sake are some of the natural ingredients used in our welcome and wake-up rituals.

By performing the ritual before the treatment, the mind and spirit are soothed and the benefits of the treatment are further enhanced. At the end of all treatments, the 'Wake Up Ritual' using peppermint and medicinal herbs will gradually lead you from a state of deep relaxation back to the present.





六花

RIKKA
SPA

SIGNATURE TREATMENTS

Annupuri Nature Ritual

Full Body (Oil) with Foot Bath & Facial
120 min | 39,000 yen

Annupuri Nature Ritual

Full Body (Oil) with Foot Bath
90 min | 32,000 yen

FACIAL

Skin Health Therapy

60 min | 22,000 yen

BODY TREATMENTS

Seasonal Wellness Ritual

Full Body (Oil)
60 min | 21,000 yen
90 min | 28,000 yen

Therapeutic Body

Full Body (Dry)
60 min | 19,000 yen
90 min | 26,000 yen

Conditioning & Therapeutic Body

Full Body (Dry & Oil)
90 min | 27,000 yen

Stone Meditation Therapy

Full Body (Oil)
90 min | 30,000 yen

Signature Treatment Annupuri Nature Ritual

Full Body (Oil) with Foot Bath & Facial
120 min | 39,000 yen

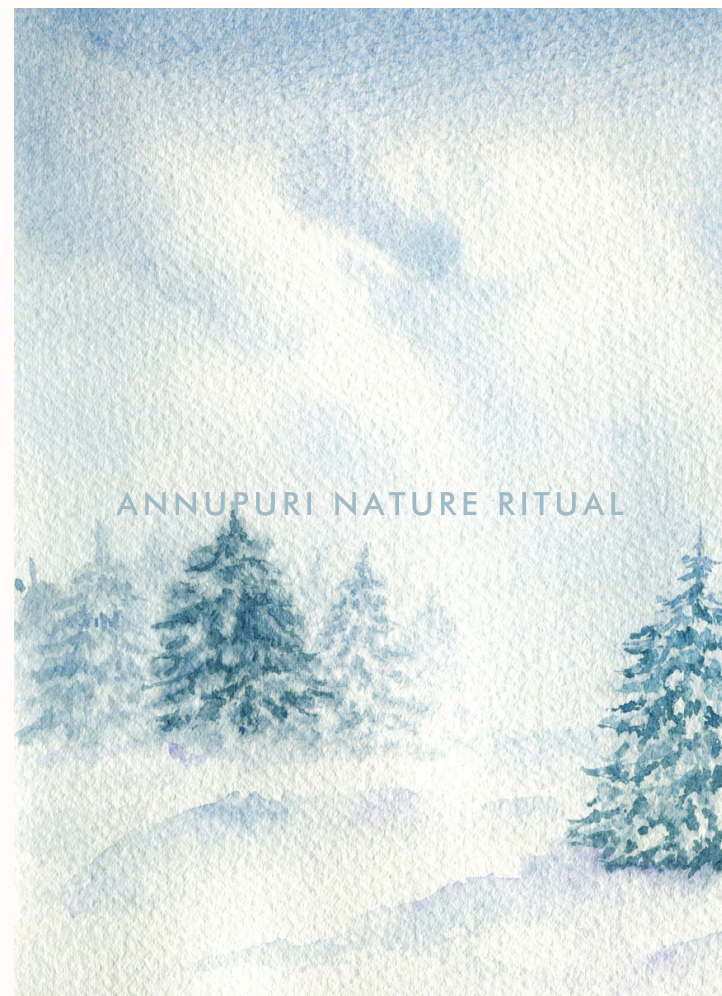
Improves the rhythm and balance of your body and mind / Improves unexplained disorders/ Relieves fatigue / Deep peace and recovery / Brings harmony to energy and hormone balance/ Improves immunity

Our Signature well-being journey has been designed to respect the beauty of nature, to learn from it and live with it based on traditional local remedies and the principles of Yin Yang together with the five element theories of oriental medicine. The wellness program begins with sound therapy inducing a state of deep relaxation. Using natural oils suited to the guest's specific physical condition, the treatment approaches all the body's meridians to release accumulated fatigue and restore balance. The 120-minute program includes a 30-minute skin therapy facial to help restore your skin's natural glow.

Imbued with the beauty of Niseko's nature, whilst incorporating traditional Japanese elements, it promotes the recovery of our self-healing power and balances the body and mind, to reclaim your true self.

Nature Welcome Ritual > Sound Therapy > Pre-therapy > Meridian Body Treatment > Cleansing > Tenugui Washing > Facial and Décolleté Treatment > Moisturize > Head Therapy > Wake Up Ritual

White Season Program 2023/2024



Signature Treatment Annupuri Nature Ritual

Full Body (Oil) with Foot Bath
90 min | 32,000 yen

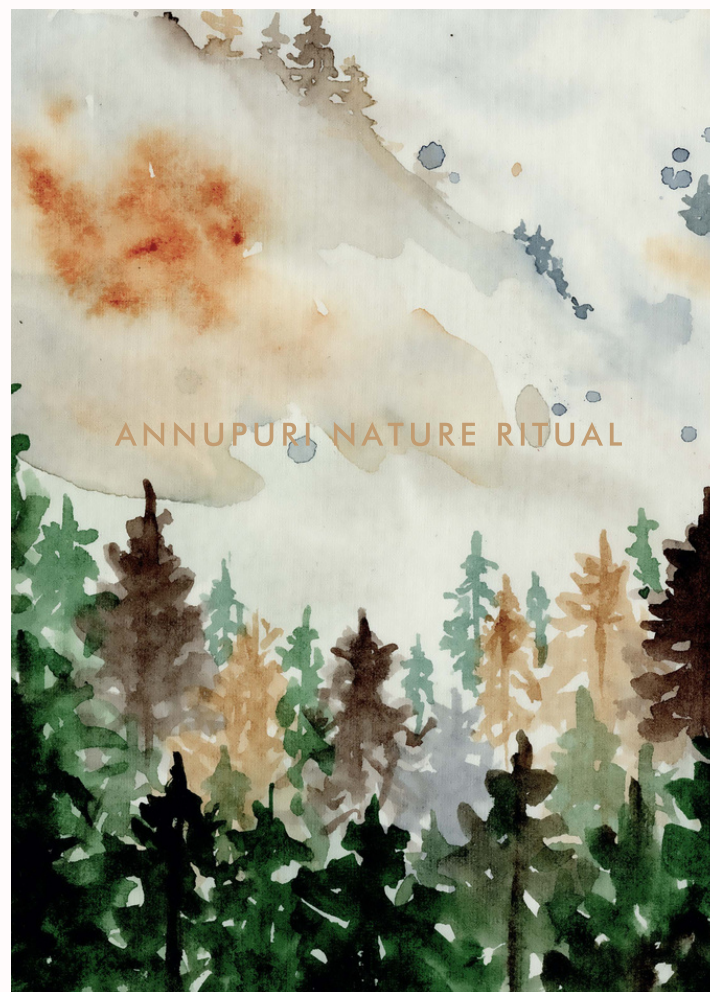
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Nature Welcome Ritual > Sound Therapy > Pre-therapy > Meridian Body Treatment > Head Therapy > Wake Up Ritual

White Season Program 2023/2024



Seasonal Wellness Ritual

Full Body (Oil)

60 min | 21,000 yen

90 min | 28,000 yen

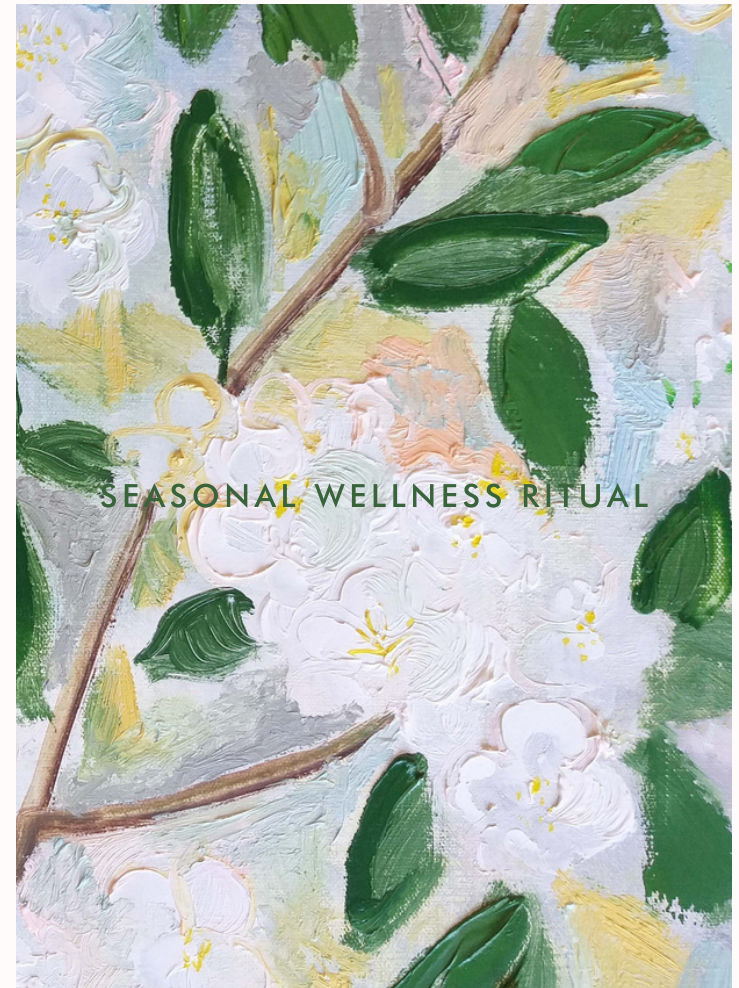
*Improves muscular fatigue / Relieves fatigue and jet lag / Detox /
Relieves stiffness and body tension*

This Wellness ritual reflects the beauty of the season with a full body treatment using natural herbal oils and gentle rhythmical movement to help reduce toxins in the body. The feeling of being enveloped in nature's blessings can help you unwind, heal tired joints and muscles, and relieve your stress.

The 90-minute treatment includes traditional Japanese KAPPO stretching elements, perfect for recovering from sports and the day's activities.

*Welcome Ritual > Sound Therapy > Kappo Stretching > Pre-therapy >
Lymphatic Detox Treatment > Head Therapy > Wake Up Ritual*

** The above treatment details are for the Full Body 90 min ritual.*



Therapeutic Body

Full Body (Dry)

60 min | 19,000 yen

90 min | 26,000 yen

Relieves stiffness and body tension/ Improves muscular fatigue

This program begins with an initial correction of the body's distortions, then uses an effective approach to the fascia to deeply relax the body and restore its lightness, which has been stiffened by sports or daily digital work. Being a dry treatment, it can be performed while wearing clothes, if preferred.

The 90-minute therapy includes a neck and head treatment to relieve stress and eye strain that can easily accumulate in that area, leaving you refreshed and improving your performance on the following day.

Welcome Ritual > Sound Therapy > Seitai Bodywork > Deep Tissue Treatment with fascial release and acupoints pressure > Neck and Head > Wake Up Ritual

** The above treatment details are for the Full Body 90 min.*

White Season Program 2023/2024



Conditioning & Therapeutic Body

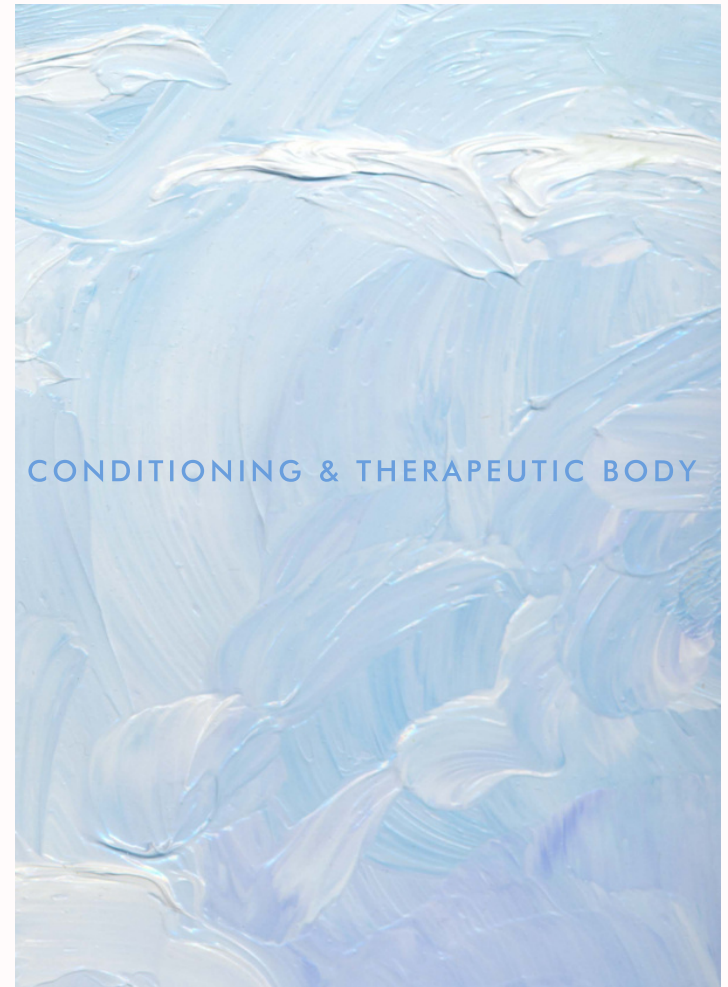
Full Body (Dry & Oil)

90 min | 27,000 yen

Relieves fatigue after sports / Removes stiffness and tension of the body / Improves muscle fatigue / Promotes blood circulation

This program begins with a dry treatment that approaches the body's contours and the fascia, while the oil treatment that follows stimulates circulation and activates the lymphatic flow. The refined techniques of our therapists will help you to remove muscle aches and fatigue accumulated in your body. This program is recommended before and after activities such as skiing or snowboarding or to help you unwind for a good night's sleep.

Welcome Ritual > Sound Therapy > Seitai Bodywork > Deep Tissue Treatment with fascial release and acupoints pressure > Conditioning Treatment > Neck and Head > Wake Up Ritual



Stone Meditation Therapy

Full Body (Oil)

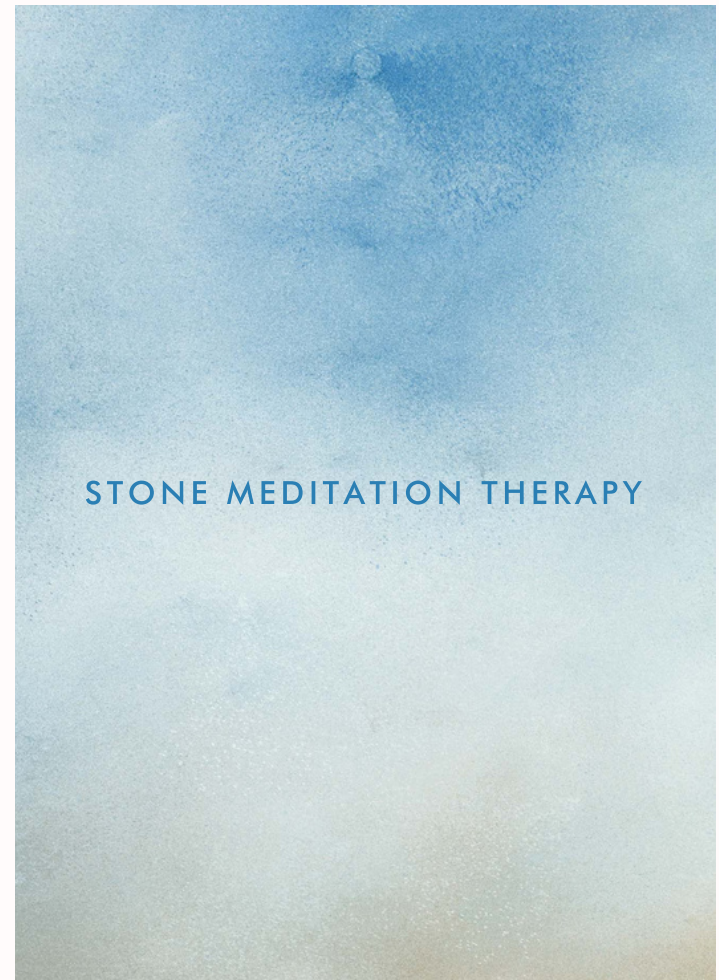
90 min | 30,000 yen

Relieves sensitivity to cold / Brings harmony and balance / Promotes blood circulation / Relieves chronic pain and nervous tension / Improves immunity / Deep meditation

Inspired by the stone gardens of Zen philosophy, this program uses natural stones that were created by volcanic activity 2.8 billion years ago. By applying pressure, blood circulation and lymphatic flow are improved, and unnecessary waste is removed. The direct feeling of nature's energy will bring about a deep meditative effect and help you regain your true self.

Welcome Ritual > Sound Therapy > Aromatic Bath > Pre-therapy > Hot Stone Treatment > Head Therapy > Wake Up Ritual

White Season Program 2023/2024



Skin Health Therapy

Facial

60 min | 22,000 yen

Soothes the skin / Nourishes the skin / Improves dullness / Promotes turnover

This facial treatment is designed to help the skin recover from the damage caused by the strong UV rays in the mountains and leads to clear and bright skin. Based on ancient Japanese beauty rituals, this treatment will help relieve skin tiredness and restore a healthy balance.

Welcome Ritual > Sound Therapy > Pre-therapy > Cleansing > Tenugui Washing > Rice Flour Scrub > Facial and Décolleté Treatment > Mask > Head Therapy > Moisturize > Wake Up Ritual

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SKIN HEALTH THERAPY

For Reservations:
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Miki Sakuma
Spa Manager

White Season
(December - March)
Hours
13:00 - 22:00



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