



六花

R I K K A

S P A

SUMMER PROGRAM 2022

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.

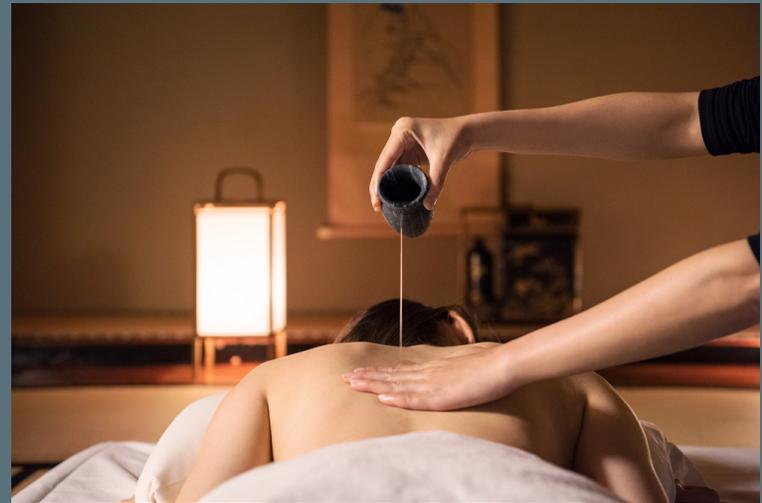
Created in collaboration with Lapidem Tokyo, our programs are created around a philosophy that “true beauty only comes from good health”. Our wellness journey is designed based on oriental medicine, traditional remedies and healing methods that have been handed down since ancient times, and follows the 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.

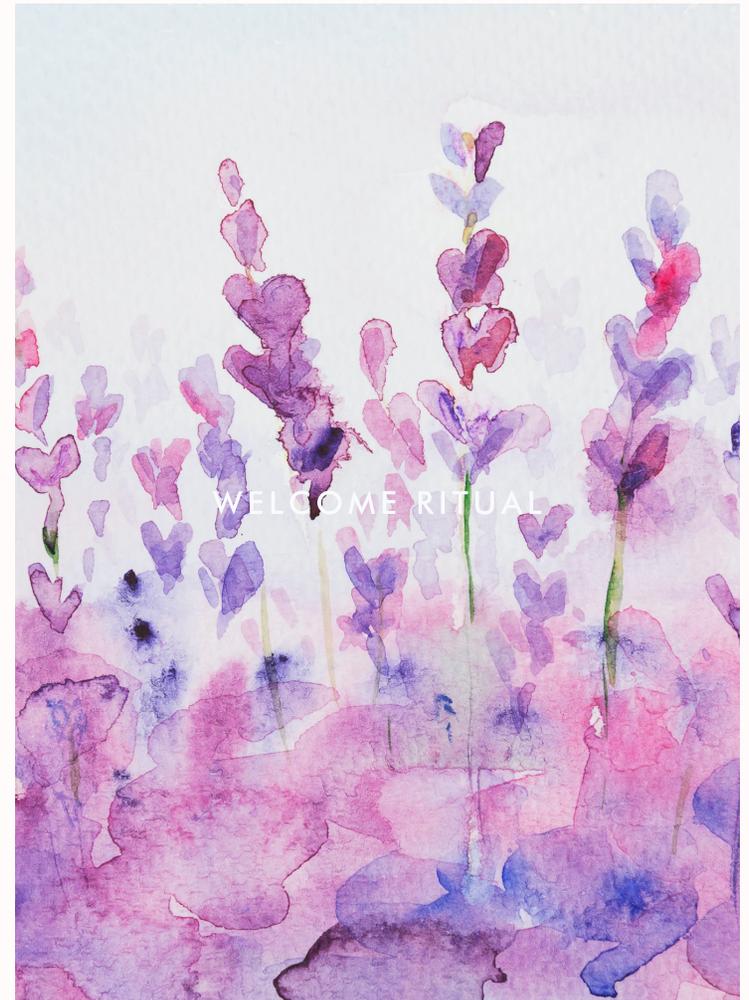
Rikka Spa is managed in collaboration with Concept Asia, a pioneer in the wellness and spa industry operating and managing many of the leading hotel spas across Japan, as well as China and Korea.



## 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.

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.



## Annupuri Nature Ritual

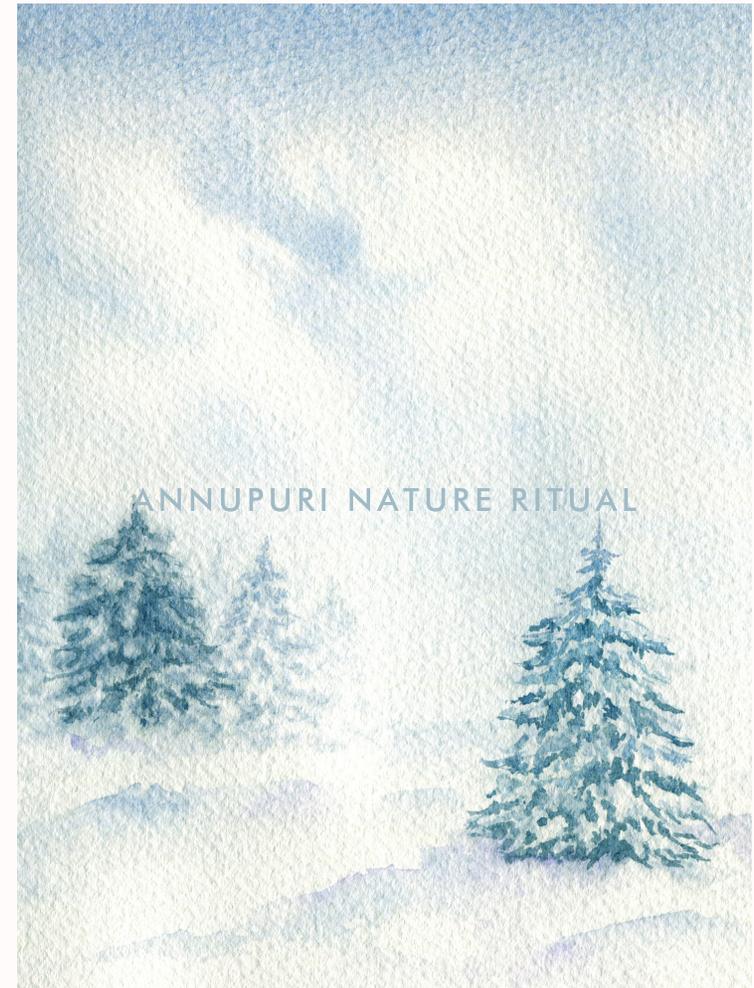
120 min

*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. This wellness program begins with a back scrub followed by a hot herbal compress to calm the autonomic nervous system. Using natural wood and oils suited to the guest's specific physical condition, the treatment approaches all the body's meridians to release accumulated fatigue and restore balance.

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 > Pre-therapy > Tree Therapy > Meridian Therapy (back) > Meridian Therapy (front) > Head Therapy > Finishing Touches > Wake Up Ritual



## Seasonal Wellness Ritual

*Half Body 40 min*

*Full Body 60 min*

*Full Body 90 min*

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

Wellness rituals that reflect the beauty of the season whilst incorporating traditional Japanese stretching elements are perfect for recovering from the day's activities. The feeling of being enveloped in nature's blessings can help you unwind, heal tired joints and muscles, and relieve your stress.

*Welcome Ritual > Kappo Stretching > Sound Therapy > Pre-therapy > Lymphatic Detox Therapy (back) > Lymphatic Detox Therapy (front) > Head Therapy > Wake Up Ritual*

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



## Therapeutic Body

*Half Body 40 min*

*Full Body 60 min*

*Improves muscular fatigue / Relieves chronic fatigue and jet lag / Detox /  
Relieves swelling / Relieves stiffness and body tension/ Energy circulation /  
After-sports recovery*

This program is designed to improve accumulated fatigue and bring about a deep cleansing effect, allowing your to body relax and rejuvenate your mind. It uses a deep approach to the muscular layer to peel away fascial adhesions and adjust the water balance in the body. It also helps to release tension and relive sore muscles by facilitating the flow of the lymphatic system.

*Seasonal Welcome Ritual > Preparation Body > Recovery Therapy approach  
to deep tissue and fatigue > Head and Neck Treatment > Wake Up Ritual*



## Niseko Herbal Healing Therapy

*Full Body 90 min*

*Deep relaxation / Peace of mind / Relief from digital stress / Improves sleep quality / Performance enhancement*

This program is designed to improve sleep quality and deep relaxation by using a long-stroke approach that gently flows throughout the body to promote breathing and balance the autonomic nervous system.

Herbal compresses filled with natural ingredients from Niseko are gently pressed against the skin in harmony with the rhythm of the breathing. By taking in the energy of the natural world, stress, mental strain, and anxiety can be alleviated, helping you regain peace of mind and improve your performance in daily life.

*Welcome Ritual > Pre-therapy > Sound Bath > Herbal Ball and Healing Therapy (back) > Sound Bath > Herbal Ball and Healing Therapy (front) > Head Therapy > Wake Up Ritual*



## Skin Health Therapy

*Coming Soon*

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



SKIN HEALTH THERAPY

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Miki Sakuma  
Spa Manager

Hours:  
August - October: 14:00 - 21:00  
December - March: 14:00 - 23:00



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