



六花

RIKKA

SPA

2026

Green Season Program

## 深深

Deeply. Profoundly. -Shinshin-  
Filled with a sense of well-being.

Honouring the beauty of Niseko, a place that respects, learns from, and lives in harmony with nature, our Spa experience is a wellness journey that unleashes and revitalizes your body, mind, and spirit in a sanctuary of warmth and serenity. Our spa rituals incorporate traditional Japanese healing methods and therapies using Hokkaido's invigorating plants and herbs to restore balance to the body, mind, and spirit, and to reawaken your true self.

深深 - しんしん、ふかふか - (Read as: Shinshin or Fukabuka)

The singular Japanese character "深" (fukai) means "deep"; "深深" (shinshin / fukabuka) means "profound". Expressing the feeling of being deep in the depths, the feeling of quietly still surroundings, "深深" (shinshin) is used to describe the quiet fall of snow. These same characters, read as "fukabuka", convey the meaning of breathing in the mountain air deeply, feeling the deepness of the mountain air. We hope that the Rikka Spa experience in the quietness of the Niseko wilderness will fill your mind and body with a deep and profound sense of well-being.

Rikka (六花)

means snow in Japanese with the literal translation meaning "flower of six" representing the beautiful hexagonal snowflake.



深  
深

Shin Shin

# Spa Menu

## Special Ritual Experiences

\*Foot Ritual Included

### Signature Journey

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**Forest Ritual of Serenity** 120mins 38,000yen

Body & Facial

### Rikka Therapy

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**Wellness** 60mins 24,000yen

Body Oil 90mins 30,000yen

**Sleeping** 90mins 32,000yen

Body & Herbal Ball

**Healing** 90mins 32,000yen

Body & Hot Stone

## Facials

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**Purifying Facial** 80mins 25,000yen

Brightening Care Facial

**Blooming Facial** 60mins 22,000yen

Aging Care Facial

## Body Conditioning

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**Rikka Flow Oil Treatment** 60mins 21,000yen

90mins 26,000yen

**Rikka Flow Dry Treatment** 60mins 19,000yen

90mins 24,000yen

**Rikka Flow Combination** 90mins 26,000yen

120mins 31,000yen

## Maternity

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**Healing Treatment for Mothers** 60mins 21,000yen

**Healing Facial for Mothers** 60mins 22,000yen

## Option

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**Mini Facial** 30mins 6,000yen

\*A mini facial can be added as an option to the body treatments.

## Special Ritual Experiences

\*Foot Ritual Included

### Signature Journey

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#### Forest Ritual of Serenity

120mins

Body & Facial

### Rikka Therapy

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#### Wellness

60mins

Body Oil

90mins

#### Sleeping

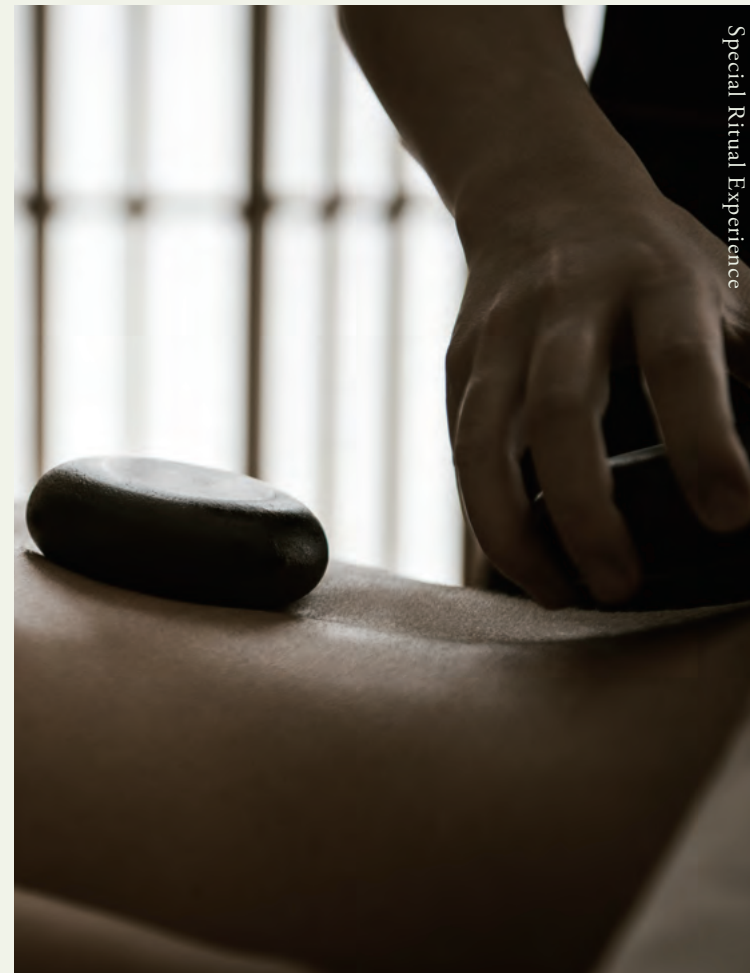
90mins


Body & Herbal Ball

#### Healing

90mins

Body & Hot Stone



A close-up photograph of two white cloth poultices, each tied with a thick, light-colored rope. The poultices are resting on a woven basket filled with fresh green herbs, including large, serrated leaves and ferns. The background is dark and out of focus, showing a person's hand holding the basket. The word "Ritual" is written in a white, serif font across the center of the image.

Ritual

## Forest Ritual of Serenity

Body & Facial

120mins 38,000yen

This journey to deep serenity is an ideal program for focusing on your senses and recovering your true self in the wilderness of Hokkaido. The program begins with a deeply relaxing foot ritual using purifying natural ingredients such as warmed distilled birch water, honey, and juniper berries. A tree massage that reaches deep into the muscles and an oil treatment using multiple levels of pressure to relieve tension and pain in the body and mind, will leave you with an invigorating sensation.

Next, the facial begins with a deep cleansing, followed by a combination of a massage that follows the musculoskeletal structure of the face and a water bulb treatment to lift and remove dullness, as you enjoy the soothing sound of water. After awakening to a soothing head therapy and warm compress with the aroma of mint, you will feel in harmony with nature and regain a gentle and serene expression.

## Wellness

### Body Oil

60mins 24,000yen

90mins 30,000yen

This wellness ritual is a full-body treatment using natural oils and gentle rhythmic movements to improve lymphatic circulation and eliminate impurities from the body. The soothing sensation of being embraced by nature's blessings helps to release tension, alleviate muscle aches and pains, and relieve stress.

This program is ideal for recovery from physical activities, and jet lag.

## Sleeping

Body & Herbal Ball

90mins 32,000yen

Begin your journey to deep sleep with a warm herbal compress filled with Hokkaido lavender and a calming hand treatment by our therapist. The warm lavender herbal compresses and the long strokes of this sleep-inducing treatment are deeply relaxing and help to balance the autonomic nervous system. Using a sleeping mask, a décolleté to neck treatment deepens shallow breathing and brings unity to the different aspects of the mind and body, while the fragrance of jasmine and neroli lulls you into a quality sleep.

## Healing

Body & Hot Stone

90mins 32,000yen

A gift of nature that originated in Finland 2.8 billion years ago, soapstone has been used in therapy for centuries. The amazing heat retention properties of these stones help to raise the body's core temperature by enveloping you in a gentle, soothing warmth. This healing therapy is ideal to help eliminate toxins from the body and improve the immune system.

## Body Conditioning

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Rikka Flow Oil Treatment 60mins - 90mins

Rikka Flow Dry Treatment 60mins - 90mins

Rikka Flow Combination 90mins - 120mins

## Maternity

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Healing Treatment for Mothers 60mins



## Rikka Flow Oil Treatment

60mins 21,000yen

90mins 26,000yen

Using warm oil tailored to your physical condition, the therapist uses a combination of massage techniques guided by intuition to relieve muscle tension and lactic acid buildup. This program is designed to help relieve tension, pain, and fatigue.

## Rikka Flow Dry Treatment

60mins 19,000yen

90mins 24,000yen

This dry body treatment is designed to relieve deep-seated stiffness and muscle fatigue to maximize recovery. Using stretching techniques, the treatment concentrates on areas of intense tension relieving discomfort and post-sport muscle stiffness and improving flexibility.

\* This program is performed while wearing clothes.

## Rikka Flow Combination

90mins 26,000yen

120mins 31,000yen

This program is a combination of Rikka Flow Oil Treatment and Rikka Flow Dry Treatment.

## Healing Treatment for Mothers

60mins 21,000yen

During pregnancy, it is easy to feel various disorders due to the changes in hormone balance. As your belly gets bigger, you may suffer from back pain and swelling, insomnia, hot flashes, and other unusual discomforts that can cause stress. In this session, the pregnant woman's mind and body are relaxed in a comfortable side-lying position and gently cared for.

No treatments are provided during the first trimester. We can only offer pregnant guests 'Maternity' treatments between the 15th and 36th weeks of pregnancy under doctor's approval.

## Facials

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### Purifying Facial

80mins

Brightening Care Facial

### Blooming Facial

60mins

Aging Care Facial

## Maternity

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### Healing Facial for Mothers

60mins



Facials

## Purifying Facial

Brightening Care Facial

80mins 25,000yen

This program leads to clear and brighter skin. Formulated to be calming and restorative, this facial uses an essence containing Japanese fermented ingredients and oriental medicinal herbs to reduce redness, intensively moisturize the skin, and rebuild the damaged skin barrier. A serum and collagen mask helps to reduce dark spots and melanin, followed by the application of a chilled water globe to cool and soothe the skin, leaving it brighter and more evenly toned.

## Blooming Facial

Aging Care Facial

60mins 22,000yen

This invigorating facelift treatment begins with a cleansing and double peel exfoliation. An anti-aging mask rich in nutrients such as niacinamide, vitamins and minerals is gently massaged into the skin, allowing the active ingredients to penetrate deep into the skin layer. A serum is then applied to revitalize the skin and address signs of aging, such as fine lines, sagging skin, and wrinkles, leaving the skin plumper, firmer, and younger looking.

## Healing Facial for Mothers

60mins 22,000yen

The gentle sound of the sound bells soothes the mother and baby in her belly and helps to improve skin conditions that are prone to fluctuations during pregnancy. We use camellia oil, rice bran oil, rice, yuzu, mugwort, and other plants that have long been favored by Japanese people for their beautiful skin. It gives your skin a healthy, clear, and moisturized look.

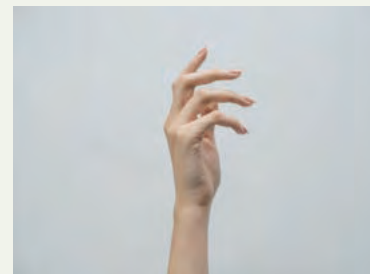
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# L A P I D E M

Rikka Spa is managed by award-winning wellness spa brand LAPIDEM, widely recognised as one of Japan's leading spa brands 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.

All LAPIDEM products used in our treatments are available for sale at Rikka Spa.



Wed to Sun 14:00 - 21:00 (Closed Mon & Tues)

For Reservations

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Email : [reservations@rikkaspa.com](mailto:reservations@rikkaspa.com)



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