六花
RIKKA
SPA
White Season Program

深
深
Shin Shin

# 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、ふかぶか - （Read as: Shinshin or Fukabuka)

The singular Japanese character "深" (fukai) means "deep"" ;"深深"(shinshin / fukabuba) 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.

# Spa Menu

## Special Ritual Experiences

*Foot Ritual Included

Rikka Spa Signature Program

| | | |
|---|---|---|
| Setsu Getsu Ka Ritual<br>Body & Facial | 150mins | 50,000yen |

Rikka Spa Therapy

| | | |
|---|---|---|
| Wellness<br>Body Oil | 90mins | 37,000yen |
| Sleeping<br>Body & Herbal Ball | 90mins | 39,000yen |
| Healing<br>Body & Hot Stone | 90mins | 39,000yen |

## Snow Mountain Facials

| | | |
|---|---|---|
| Snow-Tan Rescue<br>Brightening Care Facial | 80mins | 33,000yen |
| Blooming Facial<br>Aging Care Facial | 60mins | 31,000yen |

## Body Conditioning

After-Ski Programs

| | | |
|---|---|---|
| After-Ski Oil Treatment<br>Body Oil | 60mins | 24,000yen |
| | 90mins | 32,000yen |
| After-Ski Dry Treatment<br>Body Dry | 60mins | 23,000yen |
| | 90mins | 31,000yen |
| After-Ski Combination<br>Body Oil & Dry | 90mins | 32,000yen |
| | 120mins | 40,000yen |

## Maternity

Maternity Programs

| | | |
|---|---|---|
| Healing Body for Mothers | 60mins | 24,000yen |
| Healing Facial for Mothers | 60mins | 31,000yen |

## Option

| | | |
|---|---|---|
| Mini Facial | 30mins | 7,000yen |

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

# Special Ritual Experiences *Foot Ritual Included

## Rikka Spa Signature Program

### Setsu Getsu Ka Ritual — 150mins

Body & Facial

## Rikka Spa Therapy

### Wellness — 90mins

Body Oil

### Sleeping — 90mins

Body & Herbal Ball

### Healing — 90mins

Body & Hot Stone

### Option Mini Facial — 30mins

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

# Setsu Getsu Ka Ritual

Body & Facial

150mins　50,000yen

This Signature Spa Ritual begins with a foot ritual (foot bath) with sake, Hokkaido kelp, and black soybeans in a pine needle bathwater, an ancient Japanese good-luck remedy for cold, neuralgia, and fatigue. Dry skin brushing and reflexology on the massage bed are ideal for improving blood circulation to the feet and relieving coldness and heaviness. Following this, a full-body hot stone massage combined with hand massage will soothe cold, stiff muscles and bring a deep sense of peace and tranquility.
The Facial treatment includes three different serums and a chilled water globe treatment to address specific concerns, hydrate and nourish the skin, tone and color at a deep level, and awaken both mind and skin.

There is a poem by Bai Juyi titled "At the time of snow, moon and flowers, I think of you the most". In this poem, Bai Juyi pairs the words "Setsu, Getsu, Ka - Snow, Moon, and Flowers" and "Zither, Poem and Liquor", reflecting his nostalgia for the joys he once shared with his friends during the "snow, moon, and flowers" season. As one of the poems says, "Enjoy zither (koto), poetry, and sake in a landscape of snow, and flowers". In this spirit, we have prepared a ritual (foot bath) inspired by a banquet in the Heian period, when this poem was popularized in Japan.

Ritual

# Wellness

Body Oil

90mins 37,000yen

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 skiing, physical activities, and jet lag.

# Sleeping

Body & Herbal Ball

90mins 39,000yen

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 massage are deeply relaxing and help to balance the autonomic nervous system. Using a sleeping mask, a décolleté to neck massage 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 39,000yen

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

After-Ski Programs

## After-Ski Oil Treatment — 60mins - 90mins

Body Oil

## After-Ski Dry Treatment — 60mins - 90mins

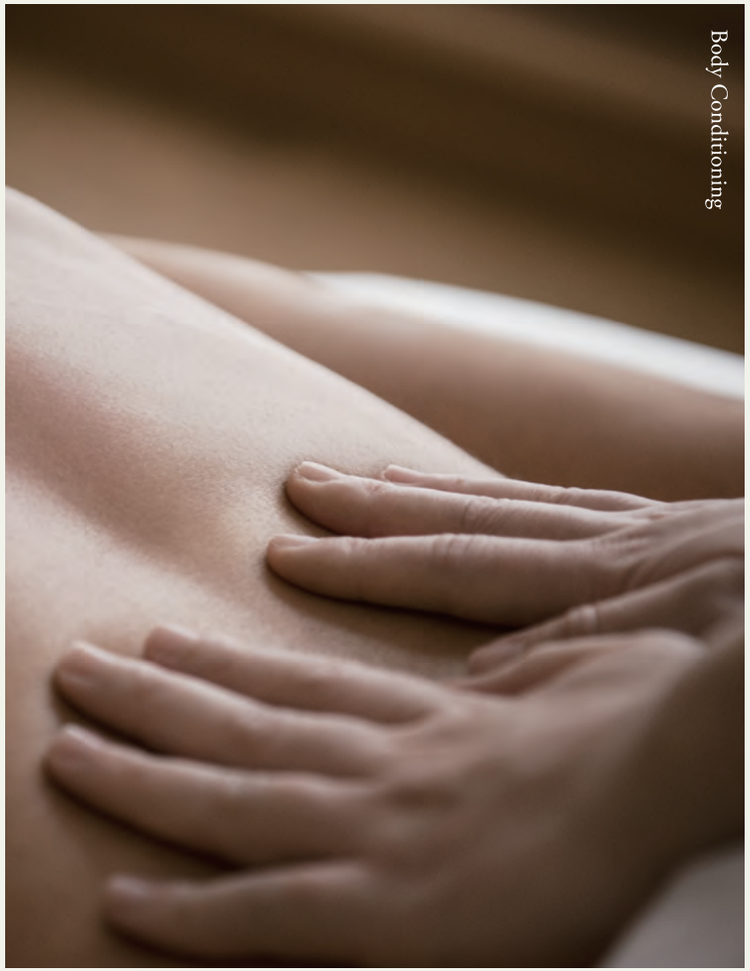
Body Dry

## After-Ski Combination — 90mins - 120mins

Body Oil & Dry

## Option Mini Facial — 30mins

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



# After-Ski Oil Treatment

Body Oil

60mins 24,000yen
90mins 32,000yen

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.

# After-Ski Dry Treatment

Body Dry

60mins 23,000yen
90mins 31,000yen

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

* This program is performed while wearing clothes.

# After-Ski Combination Treatment

Body Oil & Dry

90mins 32,000yen
120mins 40,000yen

This program is a combination of After-Ski Dry Treatment and After-Ski Oil Treatment.

Deeply. Profoundly.

# Maternity

## Maternity Programs

| | |
|---|---|
| Healing Body for Mothers | 60mins |
| Healing Facial for Mothers | 60mins |

# Healing Body for Mothers

60mins 24,000yen

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.

# Healing Facial for Mothers

60mins 31,000yen

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.

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

# Snowy Mountain Facials

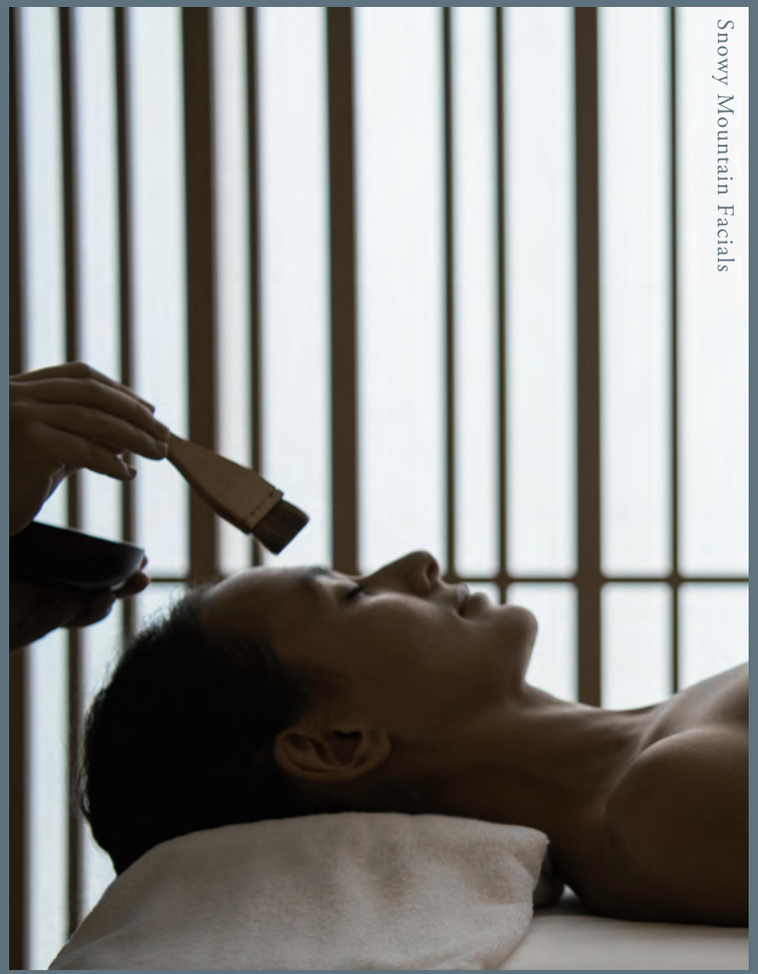
Facial Programs

## Snow-Tan Rescue — 80mins

Brightening Care Facial

## Blooming Facial — 60mins

Aging Care Facial



# Snow-Tan Rescue

Brightning Care Facial

80mins 33,000yen

Designed to help the skin recover from the damage caused by the strong UV rays of the snowy mountains, 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 31,000yen

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.

# 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.

White Season

Open Daily 13:00 - 22:00

For Reservations

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六花

RIKKA

SPA