

IKKA

SPA

2024 - 2025

White 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.



深

Shin Shin

Spa Menu

Special Ritual Experiences *Foot Ritual Included

Rikka Spa Signature Program

Setsu Getsu Ka Ritual 150mins 46,000yen BODY & FACIAL

Rikka Spa Therapy

Wellness 90mins 34,000yen

BODY OIL

Sleeping 90mins 36,000yen

BODY & HERBAL BALL

Healing 90mins 36,000yen

BODY & HOT STONE

Snowy Mountain Facials

Facial Program

Snow-Tan Rescue 80mins 30,000yen

BRIGHTENING CARE FACIAL

Blooming Facial 60mins 28,000yen

AGING CARE FACIAL

Ski Recovery Programs

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- Titel Oki Massage	
After-Ski Oil Treatment	60mins 22,000yen 90mins 30,000yen
After-Ski Dry Treatment	60mins 21,000yen 90mins 29,000yen
After-Ski Combination Treatment	90mins 30,000yen 120mins 38,000yen
Body Conditioning by Practitioner	
Shiatsu,Bodywork,Dry Massage	60mins 26,000yen 90mins 34,000yen

120mins 42,000yen

Special Ritual Experiences *Foot Ritual Included

Rikka Spa Signature Program

Setsu Getsu Ka Ritual

150min

BODY & FACIAI

Rikka Spa Therapy

Wellness

90mii

BODY OIL

Sleeping

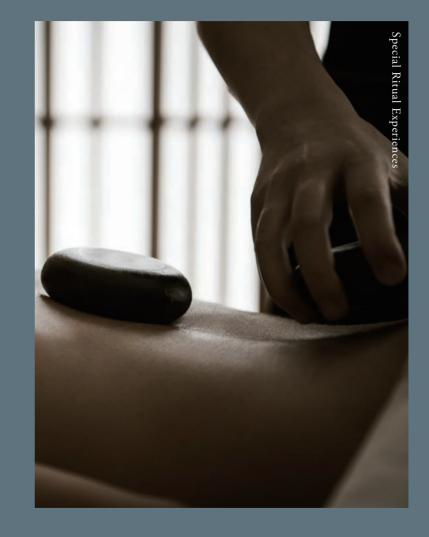
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BODY & HERBAL BALL

Healing

90mi

BODY & HOT STONI



Setsu Getsu Ka Ritual

BODY & FACIAL

150mins 46,000yen

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.



Wellness

BODY OIL

90mins 34,000yen

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 36,000yen

Begin your journey to deep sleep with a warm herbal compress filled with Niseko 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 36,000yen

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.

Ski Recovery Programs

After-Ski Massage

After-Ski Oil Treatment

60mins - 90mins

OIL BODY

After-Ski Dry Treatment

60mins - 90mins

DRY BODY

After-Ski Combination

90mins - 120mins

OIL & DRY BODY

Body Conditioning by Practitioner

Shiatsu, Bodywork, Dry Massage 60mins - 120mins



After-Ski Oil Treatment

OIL BODY

60mins 22,000yen 90mins 30,000yen

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

DRY BODY

60mins 21,000yen 90mins 29,000yen

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

OIL & DRY BODY

90mins 30,000yen 120mins 38,000yen

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

Shiatsu, Bodywork, Massage

DRY BODY

60mins 26,000yen 90mins 34,000yen 120mins 42,000yen

Shiatsu is a form of therapeutic bodywork with roots in Japan, and draws from traditional Chinese philosophy of balancing one's Qi (Ki in Japanese) to promote physical and emotional healing. This therapy focuses on the body's meridians or energy pathways and involves applying pressure to specific points on the body using hands, fingers, palms, elbows to stimulate the body's natural healing abilities. In addition to enhancing energy flow, Shiatsu / Bodywork is deeply relaxing and can enhance ones overall health and sense of well-being.

Our shiatsu treatments are provided on massage beds. * This program is performed while wearing clothes.

KAZUHIRO Practitioner

With over 25 years of experience in various applied techniques including Qigong therapy, Shiatsu, and Reflexology, KAZUHIRO has been trained to facilitate deep transformation. Delivering precise and effective techniques, he rejuvenates the body by restoring energy to where its most needed. Having worked as a paramedic in the United States, KAZUHIRO developed a strong interest in holistic therapeutic practices focused on natural healing and the belief that the body has an inherent ability to heal itself and maintain balance. KAZUHIRO holds a Bachelor of Law from Senshu University / Graduate of Emergency Medical Technology, School of Medicine, North Seattle College Washington, USA.



Snowy Mountain Facials

Facial Program

Snow-Tan Rescue

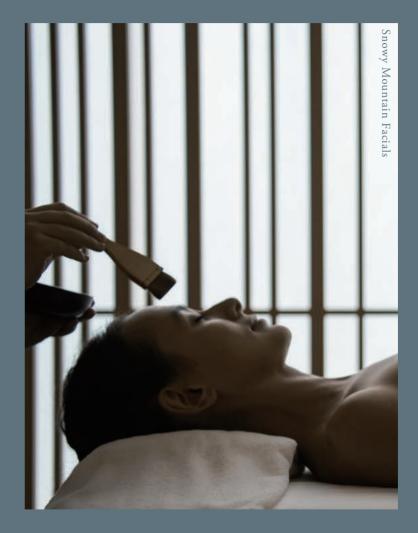
80mins

Brightening Care Facia

Blooming Facial

60mir

Aging Care Facial



Snow-Tan Rescue

BRIGHTENING CARE FACIAL

80mins 30,000yen

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 28,000yen

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.

LAPIDEM

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

Local: 0136 55 7796

International: +81 136 55 7796

Email: reservations@rikkaspa.com

