



六花

RIKKA

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、ふかふか - (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

After-Ski Massage	
After-Ski Oil Treatment	60mins 22,000yen
BODY OIL	90mins 30,000yen
After-Ski Dry Treatment	60mins 21,000yen
BODY DRY	90mins 29,000yen
After-Ski Combination Treatment	90mins 30,000yen
OIL & DRY	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

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### Setsu Getsu Ka Ritual

150mins

BODY & FACIAL

Rikka Spa Therapy

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### Wellness

90mins

BODY OIL

### Sleeping

90mins

BODY & HERBAL BALL

### Healing

90mins

BODY & HOT STONE







Ritual









## Ski Recovery Programs

After-Ski Massage

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After-Ski Oil Treatment

60mins - 90mins

OIL BODY

After-Ski Dry Treatment

60mins - 90mins

DRY BODY

After-Ski Combination

90mins - 120mins

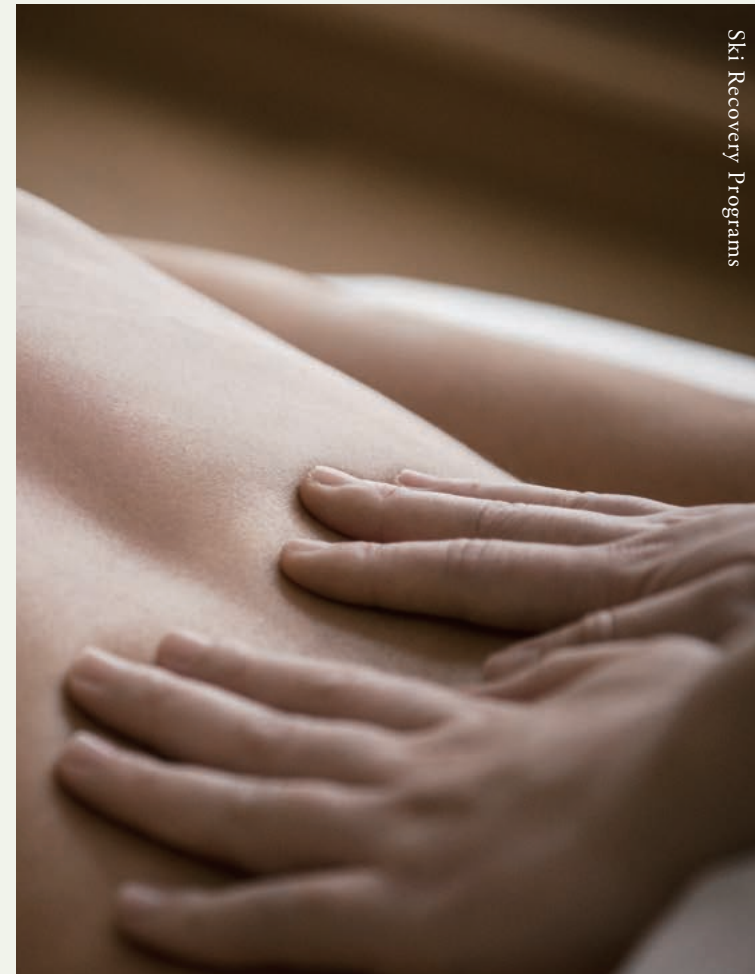
OIL & DRY BODY

Body Conditioning by Practitioner

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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.



Deeply. Profoundly.



## Snowy Mountain Facials

Facial Program

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### Snow-Tan Rescue

80mins

Brightening Care Facial

### Blooming Facial

60mins

Aging Care Facial





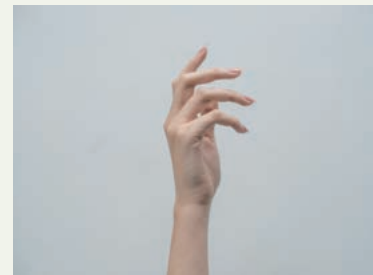


# L A P I D E M

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

Local : 0136 55 7796

International : +81 136 55 7796

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



六花

R I K K A

S P A