



ryko
SPA



Ry-ko (来光)

1. *Sunrise.*
2. *Lines of morning light spread across the land.*
3. *The light that shines from an awakened mind.*



ryko
SPA

A healing sanctuary for the restoration of wellbeing.
A time to relax, repair, revive and reconnect with your deepest self.

“

*Your body is precious.
It is a vehicle for achieving your highest ideal.
Treat it with care.*

”

Weightlessness Therapy



Experience deep, restorative relaxation.

Perfect for:

- Exercise recovery
- Stress relief
- Meditation

Using local mountain spring water filled with mineral salts that make you float, this is a rare opportunity to let your body be totally free of gravity. This allows you to let go of the need for any muscular effort, so that you can relax completely and drift easily into a peaceful state of mind.

The ultra-deep relaxation of floating resets the body's hormonal and metabolic balance, strengthening resistance to and accelerating recovery from the effects of strenuous exercise, stress, aches and pains.

Floating allows you to enter a realm of ease, tranquility and creativity—also known as the theta state. An easier way to experience the meditator's mind.

Float in silence, listen to music or take a guided meditation journey. You can also bring your own music device to plug in if you want.

Float Sessions (45 min/60 min/90 min)

Leave the world behind you as you float in tranquil weightlessness.

Guided In-Tank Meditation (60 min)

A serene guided meditation experience within our Float Tank will leave you relaxed, refreshed and recharged.

3 Float Sessions (3 x 60 min/90 min)

Floating is a skill that you get better at each time you do it, and as you become more experienced, deeper relaxation will be attainable. Every float session is unique in how your body responds. With further sessions you have the advantage of a wider range of experiences.

Bodywork



Massage

Oriental Healing Massage (60 min/90 min/120 min)

Working through clothing and without oil, this treatment involves the application of pressure to specific areas of the body's surface, achieving a reduction of muscular aches and pains as well as a restoration of the nervous, lymphatic, hormonal and circulatory systems, resulting in overall health improvement.

Oil Massage (60 min/90 min/120 min)

This treatment is based on the Swedish Massage tradition with the purpose of relaxing the entire body. Pressure can be light or deep according to preference.

Deep Tissue Massage (60 min/90 min/120 min)

This is a more intense form of oil-based massage characterised by firm pressure and slow strokes to reach the deeper layers of muscle and connective tissue. The treatment is used to address and relieve tight and contracted muscles.

Aromatherapy Oil Massage (60 min/90 min/120 min)

We offer you six unique, custom-made oil blends—using quintessentially Japanese oils— to choose from. Take the sensory journey of selecting your favourite on the day; let your nose decide. Each of the different blends has a different overall effect on your body.

Hot Stone Massage (60 min/90min/120min)

Perfectly heated volcanic rocks are smoothed over the skin creating a pleasurable warmth throughout the body and encouraging a deep release of tired and sore muscles.

Thai Massage (60 min/90 min/120 min)

A unique fusion of pressure point massage and stretching which helps to restore optimal circulation and flow of energy in the body. Pressure can be adjusted to suit the individual.

Warm Herbal Poultice Massage (90 min/120 min)

This treatment involves the combination of oil massage together with the application of a warm compress containing a specialised formulation of herbs that go much further in helping to ease muscular and joint discomfort.

Reflexology (60 min/90 min)

A specialised form of massage of the feet or hands (or both), this ancient healing art induces a deep state of relaxation and has been scientifically proven to increase circulation throughout the whole body.

Pregnancy Massage (60 min/90 min)

For women in their 2nd or 3rd trimester of pregnancy, this treatment will help to relieve muscle aches and joint pains, improve circulation, reduce stress and anxiety and contribute to an overall improvement in bodily comfort.

Optional Add-Ons (15 min/30 min)

Foot massage/Head massage/Hand massage
Warm herbal poultice/Abdominal massage

Remedial Bodywork

Expertise

Our team includes local and internationally trained and qualified remedial therapists.

Remedial Massage (60 min/90 min/120 min)

This massage is to address specific aches and pains. Even a single session can result in a significant reduction of discomfort and a restoration to better functioning.

Signature Treatments

Zen-Body, Aroma Mind (60 min/90 min/120 min)

Uniting Eastern and Western traditions, this is an aromatherapy oil-based massage that works on both relieving tired and sore muscles as well as removing blocked energy from the energy lines of the body. Choose your oil from one of our specially crafted Japanese essential oil blends. Pressure can be varied as per preference. You will emerge feeling lighter, refreshed and ready for action.

Four-Handed Symphony (60 min/90 min/120 min)

Two therapists work together to provide the ultimate in relaxation. For some of the session the therapists work together in rhythmic synchronicity, but there are also times when they utilise asymmetrical movements; the balance between these two modes puts the body and mind into a state of trance-like oblivion.

Ski Boot Relief (30 min/45 min)

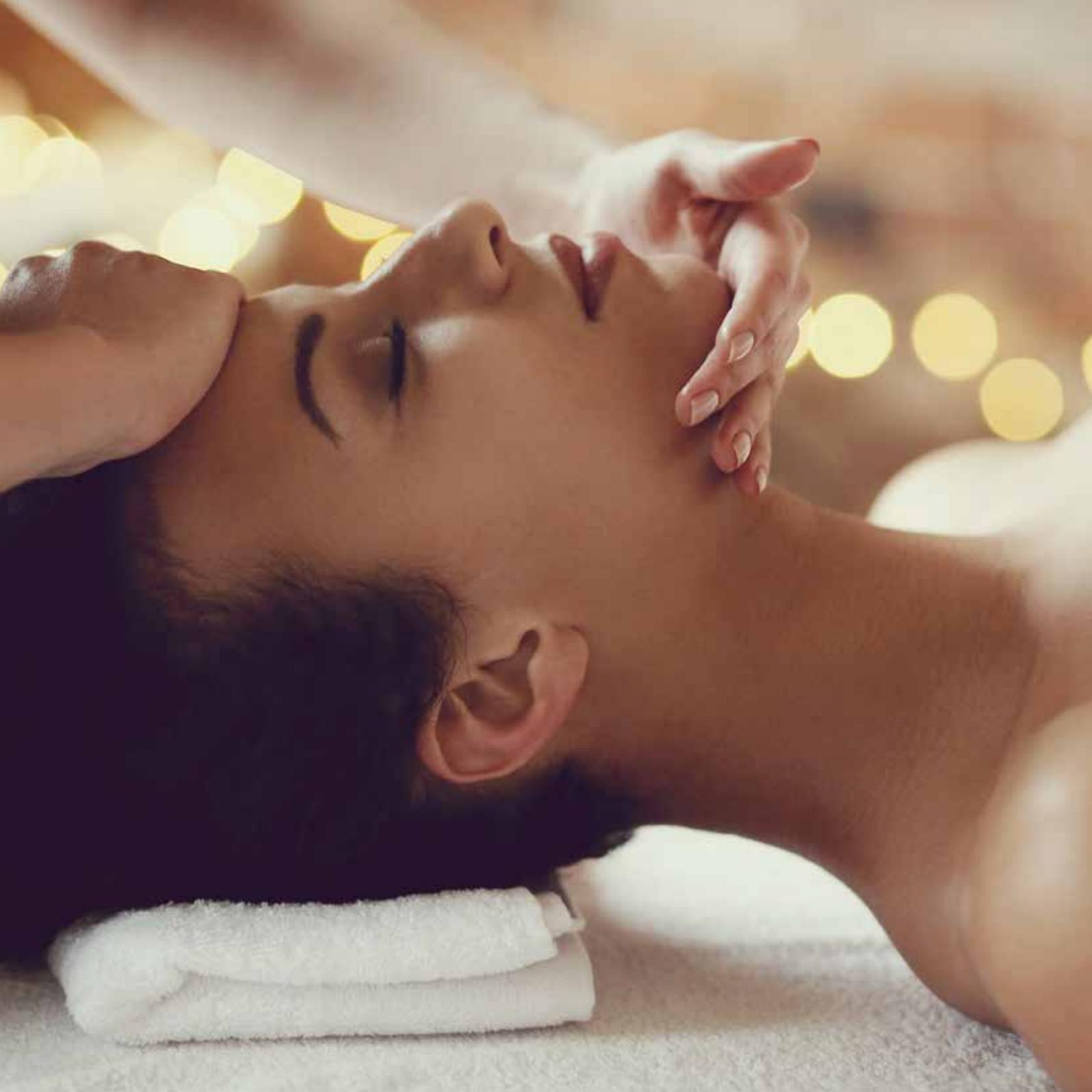
Targeting specifically the foot, ankles and calves, this treatment provides recovery from the typical issues facing those wearing ski boots all day.

Guided Warm-Up & Stretch (45 min)

The best way to start your day on the slopes is with warm-up exercises to get you ready for a day of action. This session begins with a simple but powerful sequence of joint mobility exercises; this is followed by a stretching sequence that will help to prepare your body for exercise and prevent the chance of injury. This is a one-on-one session that takes place in the Gym.

Therapist-Assisted Stretching (60 min)

It is very important after exercise to stretch. This session, especially good after a day on the slopes, helps to get your body back in the flow through a selection of table-based assisted stretches addressing the whole body. Based on the Thai Massage tradition (but without the pressure-point work), this treatment could also be called “lazy person’s yoga”. You don’t have to do anything—just lay there and “be stretched”.



Facial Therapies



Facial by Natural Products

NATURAL
P R O D U C T S

Natural Products is a boutique health and beauty company based in Hokkaido which produces face and body care products using only the finest natural, locally sourced and chemical free ingredients.

Soothing Facial (60 min)

This gentle but potent facial delivers intense hydration and rejuvenation. This is perfect for returning the skin to its most ideal state after a day on the slopes. Beginning with a facial cleanse using birch sap and a gentle facial exfoliation, a mask follows using honey and white mulberry extract. Then a toner with birch oil and royal jelly is used followed by a moisturiser.

Luxury Facials by Sodashi



Sodashi

Samadara Illuminating Age-Defying Facial (90 min)

Samadara is Sodashi's most powerful anti-ageing range to transform and revitalise the skin, increasing firmness and elasticity, diminishing the appearance of fine lines and restoring a youthful glow. This treatment incorporates a unique alchemy of pure botanical extracts complemented by an Elixir oil infusion containing finely ground Rose Quartz crystals. This treatment dramatically restores the skin's luminosity and natural resilience, leaving the skin looking clear, translucent, more lifted and firmed.

Thermal Infusing Facial (90 min)

An intensive boost of nature's most potent vitamins and minerals, this is a high performance facial incorporating Sodashi's exclusive warm infusing mask to maximise penetration of essential ingredients into the deeper layers of the skin. This indulgent treatment is tailored to individual skin needs: to purify and deeply cleanse, or to nourish, it leaves skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than a facial – it's nature's face lift.

Luxurious, high-performance skincare meticulously crafted using the highest quality plant essences and therapeutic grade essential oils, ethically sourced from around the world. Produced in Australia, Sodashi products are 100% natural, chemical free, and highly effective.

Brightening Marine Mineral Facial (60min)

Bring life back to your skin with this revitalising and brightening facial. With the intelligence of marine plants such as seaweed and spirulina, this facial is designed to oxygenate the skin, restore and increase radiance and add a natural glow to your complexion. A face mask will be painted onto the skin and left to infuse while you enjoy an arm, hand and scalp massage for ultimate relaxation and restoration.

Pure Radiance Facial (60 min)

A journey of total renewal and deep relaxation, this treatment will significantly enhance the radiance of your complexion. The treatment begins with aromatic warm facial compresses to soften and exfoliate, followed by the application of a nurturing face mask rich in herbal extracts to purify and hydrate the skin. This facial experience can be tailored to individual skin needs, utilising Sodashi's luxurious Plant Essence Synergies to leave skin revitalised and fresh.

Men's Facial by Sodashi

Sodashi

ManKind Facial (60/75 min)

Designed to treat men's specific skin concerns, this treatment begins with a relaxing Sodashi Himalayan salt therapy back scrub to ease stress and reduce tension in the mind and body. A deep cleansing and exfoliating facial balances the skin's natural oils, soothing irritation and preventing ingrown hairs. The treatment closes with a relaxing massage to tone and firm facial muscles, leaving the face looking fresh and revitalised.

Body Care



Scrubs & Wraps

Organic Green Tea Salt Therapy (60 min)

The combination of Sodashi's Organic Green Tea and Himalayan Salt offers a detoxifying body exfoliant that promotes healthy, smooth skin and eliminates toxins. The mineral-rich Himalayan Crystal Salts stimulate circulation while Green Tea provides a boost of antioxidants. As a finishing touch the application of a lime and lemongrass scented Sodashi moisturiser will leave your skin with a beautiful, healthy glow.

Detoxification Therapy (Mud Wrap) (75 min)

Beginning with a full-body skin-brushing to exfoliate the skin and prepare it, this treatment uses clay mud to draw toxins out of the body and at the same time promote well-being through mineral absorption. Procedures such as these have been used since antiquity by indigenous people worldwide as potent remedial techniques against a wide variety of concerns, including skin conditions, bacterial infections, heavy metal toxicity, bone and muscle damage, and internal organ toxicity. Leaves the skin feeling soft, clean and warm.

Express Spa



Basic Express Massage

Head Massage (30 min)

Shoulder & Back Massage (30 min)

Hand Massage (30 min)

Foot Massage (30 min)

Luxury Express Massage

Sodashi Luxury Foot Treatment (30 min)

The most luxurious way to revitalise tired, sore legs and feet, this treatment begins with Sodashi's invigorating Himalayan Salt polish. Your lower legs and feet will then be massaged with Sodashi's Fitness Recovery Oil with the essences of ginger, arnica and eucalyptus.

NATURAL PRODUCTS Basic Express Facial

Natural High Facial (30 min)

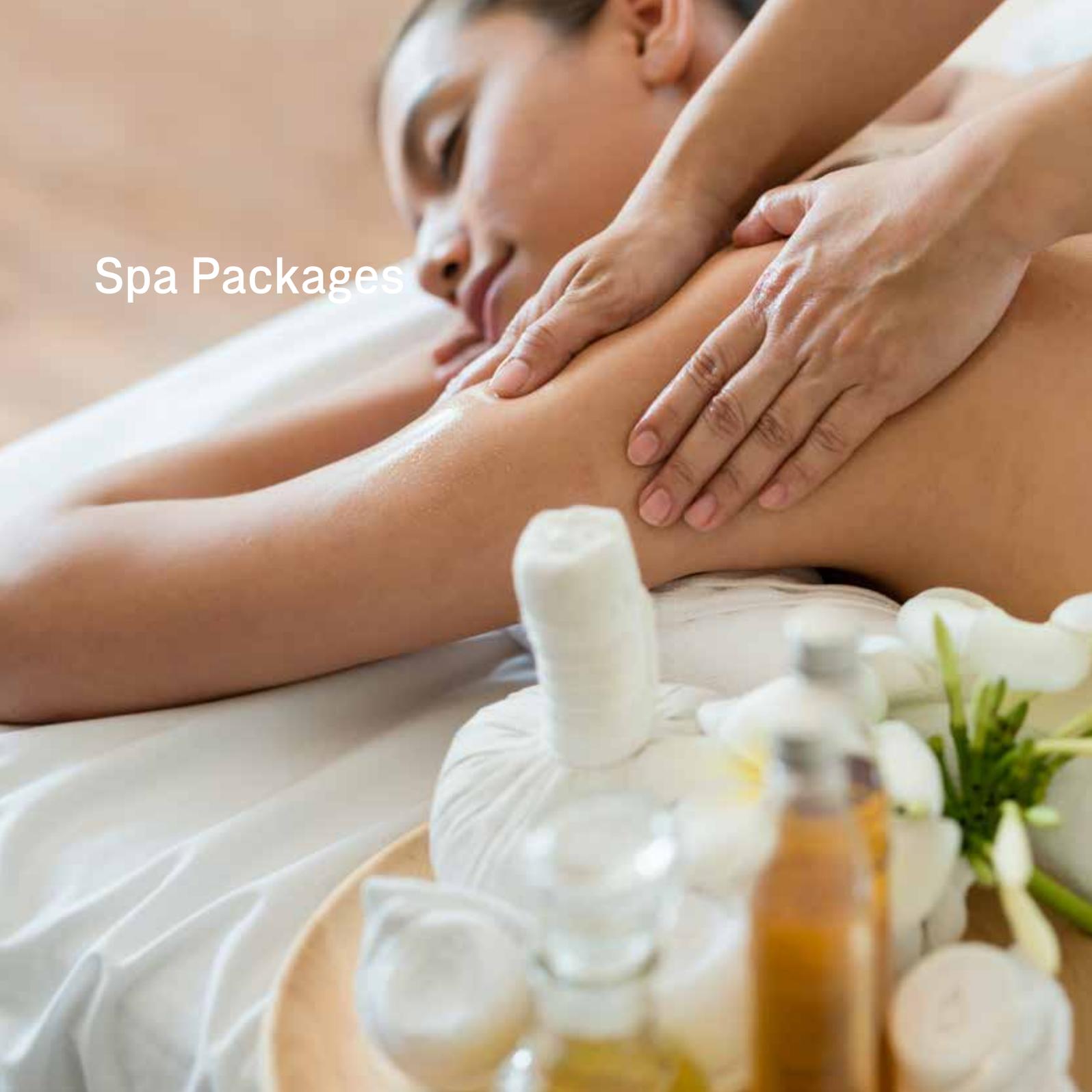
A beautiful and invigorating facial treatment using locally sourced ingredients, this facial begins with a birch sap facial cleanse followed by a gentle exfoliation and then a moisturising treatment using birch sap and a toner using birch sap, royal jelly and mulberry root extract.

Luxury Express Facial

Stop and Relax Facial (30 min)

This express treatment will boost your complexion with a facial cleanse, Sodashi's unique exfoliating compresses, leave-on gel mask, and a luxurious facial massage. The treatment is completed with application of nutrient rich moisturisers for the face, neck and eye and lip areas.

Spa Packages



Signature Experiences

Après-Ski Full Revitalisation (2 hrs)

30 min Ski Boot Relief + 60 min full-body massage +
30 min Therapist-Assisted Stretching

The perfect way to come off the slopes: first a foot and leg massage, followed by a full-body massage, followed by a passive stretching session (where our therapist does all the work) to prepare you for your next day of active fun.

Bliss Ritual (90 min/2 hrs)

45 min/60 min Float Session + 45 min/60 min massage

Choosing either your float session first, or your massage first*, this experience combines both forms of relaxation to leave you at your ultimate Zen.

* Those choosing an oil-based massage should have the float first and the massage second, while those choosing a non-oil massage can have the experience in any order they choose.

Couples' Cocoon (2½ hrs)

15 min Foot Massage + 75 min clay mud wrap + 60 min massage + geranium and mint body butter

Delight together with this deluxe experience for couples. Foot compresses and pressure point massage begin this truly holistic treatment followed by a manual exfoliation using a soft, dry brush. Continue your journey cocooned in a deeply nourishing clay mud wrap. A 60 minute massage is next, concluding with the application of a geranium and mint body butter.

Mind, Body & Face Renewal (2½ hrs)

45 min Float Session + 75 min massage + 30 min Basic Express Facial

Leave nothing out. Rest your mind, reset your body and nourish your face with this lovely journey of renewal and relaxation.

Total Luxury Spa (4 hrs)

60 min Float Session + 90 min massage + 90 min luxury facial*

The ultra-luxe version of the above — this is a journey of full relaxation and indulgence.

*An extra fee applies if you choose Samadara Illuminating Age-Defying Facial with this package.

Full Day Wellness Journeys

The Perfect Snow Day Package

This is the perfect day on the slopes: start by skiing/ snowboarding to your heart's content. Then come to the Spa in the afternoon where you will be given a full stretch-down by one of our therapists, followed by a session in the Float Tank and then a massage. The package details are:

- Therapist-Assisted Stretching (30 min): 4:00pm-4:30pm
- Float Session (60 min): 4:45pm-5:45pm
- 1 hr massage of your choice or 2 basic express massages (60 min): 6:00pm-7:00pm

*Couples options available .

The Perfect No Snow Day Package

For those that decide not to ski or snowboard that day, or for summer guests, we suggest a luxurious full day in-house. You start with a body scrub or clay mud wrap, then a Float Tank meditation experience, followed by a healthy lunch. Then a trip to the Sauna and Onsen, after which you return to the Spa for a 90 minute massage and a 90 min luxury facial. The details of the package are:

- Body scrub or mud wrap (75 min): 10am-11:15am
- Float Session (60 min): 11.30am-12.30pm
- Healthy lunch (provided): 12.30pm-2.00pm
- Sauna and Onsen: 2.00pm-3.00pm
- Massage of your choice (90 min): 3.00pm-4.30pm
- Luxury facial (90 min): 4.30pm-6pm

*Couples options available.

Multi-Day Packages

Eternal Snow Anti-Ageing Package

(8 ¼ hrs over 5 days)

Making the most of all the Spa has to offer in its beauty and restorative services, this package provides you with beauty, detoxification and anti-ageing Spa treatments each day for 5 days to assist you in attaining your rejuvenation goals.

Day 1: Samadara Illuminating Age-Defying Facial (90 min)

Day 2: Massage of your choice (90 min) + Float session (60 min)

Day 3: Body scrub or clay mud wrap (75 min)

Day 4: Massage of your choice (90 min)

Day 5: Facial (or massage) of your choice (90 min)

Natural Revitalisation Package

(5 hrs over 3 days)

This series of experiences gives you 3 days of Spa brilliance and will leave you feeling balanced, renewed and revitalised. Session times can be scheduled according to your preference.

Day 1: Full-body massage of your choice (90 min) + Therapist-Assisted Stretching (30 min)

Day 2: Weightlessness experience in the Float Tank (60 min)

Day 3: Full-body massage of your choice (90 min) + Express Luxury Facial (30 min)

Sports Recovery Package

(6 hrs over 3 days)

If you plan to come to the Spa each day to assist with exercise recovery to enable a more comfortable next day of sport, then this package makes sense.

Day 1: Massage of your choice (90 min) + Weightlessness therapy in the Float Tank (60 min)

Day 2: Weightlessness therapy in the Float Tank (60 min) + Therapist-Assisted Stretching (30 min)

Day 3: Ski Boot Relief (30 min) + Full-body massage of your choice (90 min)

*Couples options available



Bath Menu

Indulge your senses with the ultimate bathing experience. Choose from the list and we will deliver to your room everything you need to create your special bathing experience.*

*Limited to rooms within the Hotel that contain baths.

Exercise Recovery Bath

This bath pack includes bath salts imbued with a stimulating and aromatic blend of Ginger, Rosemary, Lavender and Eucalyptus. This blend warms and relaxes muscles, and relieves stiffness while hydrating and toning the skin. Also included: candles and a body oil for after the bath with the same essential oils.

Sleep Easy Bath

This bath pack includes bath salts infused with essential oils that enable the body to sleep easily, including Mandarin, Cardamon and Frankinsense. Also included: candles and a body oil with the same essential oils.

General Conditions

Spa Reservations

To make a booking please contact us at wellbeing@skyeniseko.com.

Advance Booking

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available.

Arrival

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax before your treatment.

Cancellation Policy

Should you need to cancel or reschedule your appointment, as a courtesy we ask that you provide at least 24 hours' notice. For reservations cancelled less than 24 hours in advance, 50% of the cost will be charged. No-shows will be charged for the full cost of the treatment booked.

Late Arrival

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.

Health Conditions

Please advise us of any health conditions, allergies or injuries which could affect your experience when making your spa booking. We reserve the right to

refuse service to customers carrying infectious diseases, skin conditions or influenza.

In-Room Service

The Spa offers an in-room service at an extra cost per treatment. These treatments are on request and subject to availability. Please note some treatments and packages are not available in-room.

Shared Treatments

If you want to spend a morning or afternoon being pampered together, please do not hesitate to ask for a double booking for shared treatments. We have a couples' treatment room available.

Gift Vouchers

Spa gift vouchers can be purchased at the Spa. They are valid for one year from date of purchase, and can be redeemed against any treatment.

Spa Etiquette

Our Spa environment is one of tranquility and relaxation. Please respect all Spa guests' right to privacy and serenity.

Mobile Phones

We kindly ask that mobile phones are switched off before entering the Spa to avoid disturbing other guests.

Privacy

Filming or taking photos in the Spa without prior Spa approval is prohibited.

Valuables

A box for safekeeping of valuables is provided in the treatment room but we recommend that no jewelry is worn at the Spa. The Spa will not be held responsible for the loss of money or valuables of any kind brought into the Spa premises.

Age Requirement

Children under the age of 16 must be accompanied by an adult.

Payment

All major debit and credit cards are accepted at the Spa reception. For Hotel guests, treatments booked in the Spa can be charged to your room.

Rates of Service

Please note rates are inclusive of 8% tax and subject to change without prior notice.

Smoking and Alcohol

Smoking and consumption of alcohol within the Spa is prohibited. We reserve the right to refuse service to people who are intoxicated.



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www.rykospa.com