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ARANYA SPA

by The Yuki Group

massage | physio | skincare



木 森

We invite you to the beautiful Aranya Spa, located in in the Hilton hotel, Niseko Village. Managed by The Yuki Group, we have incorporated our core knowledge of sports science with traditional Japanese massage rituals, creating a unique array of treatments that successfully blend the old and new. 'Aranya' is a sanskrit word meaning 'forest'. Buddhist tradition refers to aranya as a quiet retreat away from worldly distractions. Surrounded by the spectacular landscapes of Niseko, we aim to honor the beauty of nature through our wellness rituals, each of which are represented by one of the the five elements of nature; earth, fire, wind, water and wood. By consciously engaging with these elements one can foster a deeper connection with nature and enhance our physical and mental wellbeing.



Wellness Treatments

Earth `Chi` 地

`The basis of all things'

Shiatsu massage 60/90mins

¥24,000/35,000

Choose medium or deep pressure

Feel grounded and restored with this traditional Japanese acupressure style massage. Shiatsu awakens your body's natural energy system and helps to relieve tension, resulting in a deeply relaxing experience.

Wood `Ki` 木

'Growth and Vitality'

Aromatherapy oil massage 60/90/120mins

¥26,000/38,000/48,000

Choose mild or medium pressure

Our aromatherapy partners at Hikobayu, hand craft unique oil blends based on the oil extracted from our local Fir Trees, Todomatsu. Choose your oil blend and enjoy the scent of Niseko and the power of nature with this very popular massage.

Fire `Hi` 火

'Dynamic Energy and Passion'

Hot stone massage 90/120mins

¥40,000/50,000

Choose mild, medium or deep pressure

For the ultimate massage experience, indulge in our hot stone massage. We turn to nature to bring you smooth basalt volcanic rocks, which are placed at specific points along the body, to increase circulation and melt away muscle tension.

Wellness Treatments

Wind `Fu` 風

' The Force of life and freedom of movement'

Sports massage 60/90mins

¥28,000/40,000

Choose medium or deep pressure

Specially developed to help skiers and boarders recover faster. We focus on the muscles that get over-worked on the slopes; calves, hips, quads, back and neck. This treatment aims to ease muscles, improve flexibility and increase range of movement.

Custom athletic remedial massage 60mins/90mins

¥30,000/¥42,000

Get a professional athletes customized physio-led massage. Using a warm therapeutic arnica oil, this remedial massage aims to decrease pain and improve functional limitations. Following a brief medical history and movement assessment, your physiotherapist will use myofascial release, trigger point therapy, stretching and mobilization to restore movement pattern and promote healing. We have an optional magnesium rub which can be used on a focused area of muscle pain.

Please contact the physio team directly through whatsapp or email to book this massage.

Email

info@peak-physio.com

www.peak-physio.com





Wellness Treatments

Water `Sui` 水

'The foundation to beauty'

Radiance facial by ORIGINE 60min

¥28,000

Restore your radiance with our luxurious anti-aging ORIGINE skincare line developed for mature skin. This boutique french brand from LaProvence is an elaborately crafted work of art, l'art cosmetique. Incorporating botanical essences these luxurious products stimulate the sense of smell bringing awareness to our inner self. Combining synergies of their exclusive active ingredients dermotensor and bifidobacteria, this facial results in a truly hydrated and youthful skin impression. Our male facial includes a sculpting Gua Sha facial massage, while our female facial includes a jade roller lymphatic drainage massage.

Facial-Massage Packages

Deluxe package 120mins

¥49,000

A luxurious 2 hour massage and facial package. Enjoy a combined shiatsu and aromatherapy oil massage, bringing you the best of both techniques. Feel all muscle tension melt away, before we follow this up with our Origine radiance facial.

Premium package 150mins

¥60,000

Indulge in our ultimate head-to-toe package, designed to leave you in a state of euphoric relaxation. Unwind and enjoy a combined aromatherapy oil and hot stone body massage. Once you are in a deep cocoon of relaxation, you will be pampered with our radiance facial. Finish this heavenly experience with a deeply calming, tension relieving head massage. Treat yourself to the best!



Sports and Specialty Treatments

Athletes dynamic stretch 30mins

¥14,000

Restore, recover and get ready for another another day on the slopes. Let the therapist do the work and enjoy this full body dynamic stretch. Designed to reduce tension, elongate muscles and improve your range of motion.

Pregnancy massage 60/90mins

¥30,000/¥42,000

Our pregnancy massage is available for women in their 2nd & 3rd trimester. Enjoy a gentle full body massage using high quality jojoba oil. Please note we do not have a pregnancy bed, however we can use extra cushioning for your comfort and support. Please ensure you have received clearance from your doctor before booking.

Mini-athletes (6-12years old)

Treat your little ones on this special holiday. All kiddie treatments finish with a cup of 72% hokkaido milk hot cocoa and with mini marshmallows!

An adult or guardian must be onsite throughout a child's treatment.

Kids oil massage 60mins

¥22,000

This is a great introduction to the benefits of massage and gentle stretching for your mini-mes.

Kiddie pamper package 90mins

¥33,000

The ultimate mini treat! This pamper package consists of a full body oil massage and kids facial. Considering their young skin, we use a gentle cleanser, toner, moisturizer and lip balm.

Please note facials are not advised for children with any skin conditions or skin allergies. An adult or guardian must be onsite throughout a child's treatment.

Sports and Specialty treatments

Aranya Spa has partnered up with Peak Physiotherapy, to bring you cutting edge physiotherapy treatment, carried out by their internationally trained and registered physiotherapists and sports therapists.

Please note they are not Japanese registered Rigaku-Ryohou.

Sports Injury consultation 50/75mins

¥25,000/¥36,000

Peak physiotherapy are sports injury specialists. They will give you a diagnosis and prognosis of your injury or area of pain. Treatment may include cryotherapy, kinesio taping, trigger point therapy, stretching and/or strengthening. A medical report can be provided for travel insurance.

Strength rehabilitation (In the gym) 40mins

¥20,000

This can only be booked as a follow-up to an injury consultation.

Custom athletic remedial massage 60/90mins

¥30,000/¥42,000

Get a professional athletes customized physio massage. Using a warm therapeutic arnica oil, this remedial massage aims to decrease pain and improve functional limitations. Following a brief medical history and movement assessment, your physiotherapist will use myofascial release, trigger point therapy, stretching and mobilisation to restore movement pattern and promote healing.

For all treatments listed on this page **please book directly with the peak physiotherapy** through whatsapp or email.

+81 (0) 70-4327-0117

Email

info@peak-physio.com

www.peak-physio.com





Cancellation policy

Cancelled or rescheduled appointments made less than 24 hours before their scheduled time will be subject to 50% charge. No shows will be subject to 100% charge. These charges will automatically be charged to the room. If you are late for your appointment, your treatment time will be shortened. The full fee of the original treatment booked will be charged.

Spa etiquette

Please arrive atleast 10mins before your treatment.

Please turn your phone on to silent during your treatment.

Please do not bring valuables with you. We will not be held responsible for any missing personal items. We advise you to remove your jewelry before coming to the Spa, especially if your treatment includes a facial.

Underpants must be worn for all treatments. We can provide disposable underwear if required.

Please disclose to our staff if you have and allergies, medical conditions or if you are pregnant.

Payment

We accept all major credit cards.

We are now a cashless business.

In-house guests may charge treatments to their room bill.

Tax is Included for all prices listed on this menu.

Dress Code

Hilton guests may to come to the Spa in their yukata (japanese gown) and slippers.

For our dry shiatsu massage it is best to wear comfortable sports clothes/base layers. However, you may also choose to just wear underwear.

Please understand that we require underpants to be worn for all treatments. We can provide disposable underwear if required.

For stretching and physiotherapy treatments it is best to wear shorts and a t-shirt. We can lend clients sports shorts if required.

It is recommended to take off all jewellery for treatments that use oil and skincare products.

Location

ARANYA SPA

@ Hilton Hotel

Niseko Village

Operational hours

9.30-21.30

December 6th – April 6th

15.00-22.00

(May 1st-November 20th)

Bookings - Scan Below



If you cannot find a time that suits your schedule please email us.

For same day bookings and bookings for 2 or 3 people
email us below.

aranya@tyg-spas.com

Gift Vouchers

Digital gift vouchers are available

Please email us for more information.

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