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ARANYA SPA
by The Yuki Group
massage | physio | skincare



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We invite you to the beautiful Aranya Spa, located at Hilton Niseko Village. Managed by The Yuki Group, we have incorporated our core knowledge of sports therapy 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 treatments infused with local, hand-crafted oils extracted from Niseko’s Todo-matsu fir trees. With decades of experience and knowledge, our therapists blend traditional Japanese bodywork with modern sports therapy, reflecting Niseko's unique fusion of Japanese tradition and international flair.



Wellness Treatments

Dry massage 60/90mins
¥26,000/38,000
medium-deep pressure
Feel grounded and restored with this traditional Japanese acupressure style massage. This shiatsu inspired massage will awaken your body's natural energy system and help to relieve tension, resulting in a deeply relaxing experience.

Relaxation oil massage 60/90/120mins
¥26,000/38,000/50,000
mild pressure
This full body massage uses long, flowing strokes and gentle rhythmic pressure to calm the nervous system, release tension and restore a deep sense of peace. Ideal for unwinding after after a long journey.

Deep tissue massage 60/90mins
¥27,000/40,000
medium-deep pressure
Firm, focused and deeply restorative. Our Deep tissue massage with slow sustained pressure will effectively relieve muscle tension and stiffness. Your therapist adjusts the pressure to your body's needs and concentrates on the areas that hold the most strain.

Hot stone massage 80/110mins
Recommended
¥38,000/50,000
mild-medium 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.



Seasonal Specialty Treatments

Skiers' sports massage 60/90mins

Recommended

¥28,000/40,000

medium-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.

Lomi Lomi 60/90mins

¥28,000/40,000

mild-medium pressure

A traditional Hawaiian massage using long, flowing strokes of the hands and forearms, with nourishing oil, to release tension and bring deep calm. Often called the 'loving hands' massage, this ancient healing treatment will leave you feeling balanced, nurtured and calm.

Athletic remedial massage 60/90mins

Physio-led

¥32,000/¥45,000

Professionl athlete's customized physio massage. 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.

Pregnancy massage 60/90mins

¥32,000/45,000

Our pregnancy massage is available for women in their 2nd & 3rd trimester. Enjoy a gentle full body massage using Japanese rice bran oil, free from essential oils. 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.



Facial Treatments

Radiance facial by ORIGINE 50mins
¥28,000
Restore your radiance with our luxurious anti-aging ORIGINE skincare line developed for mature skin. This boutique French brand from Provence 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 glow.

Facial-Massage Packages

Deluxe package 110mins
¥50,000
A luxurious relaxation massage and facial package. Enjoy a full body oil massage, using our local hand-crafted Niseko oils. Feel all muscle tension melt away, before enjoying our ORIGINE radiance facial.

Premium package head to toe, 140mins
¥64,000
Indulge in our ultimate head-to-toe package, designed to leave you in a state of euphoric relaxation. Start with our luxurious foot treatment, consisting of a hot wrap, Origine foot scrub and a luxuriously rich moisturising baume, as we gently massage all tension from your feet. This naturally flows into a full 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!



Kids Treatments

Mini-athletes (6-12 years old)
Treat your little ones on their special holiday.
An adult or guardian must be onsite throughout a child's treatment.

Kids oil massage 60mins
¥24,000
This is a great introduction to the benefits of massage and gentle stretching for your mini-mes.

Kiddie pamper package 90mins
¥35,000
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.



Custom Sports 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.

Physiotherapy assessment 50mins
¥28,000
Peak physiotherapy are sports injury specialists. They will carry out a physical assessment of your injury and talk to you about their findings and recovery options. Treatment plans may include cryotherapy, kinesio taping, trigger point therapy, stretching and/or strengthening. A English written assessment report can be provided for travel insurance.

Custom athletic remedial massage 60/90mins
¥32,000/¥45,000
Get a professional athletes customized physio massage. This remedial massage aims to ease 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 support recovery.

For more information, on the injuries they assess, please see Peak Physiotherapys website.
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 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
Niseko Village

Operational hours

9.30-21.30
December 6th - April 6th

Bookings and Enquiries

Whatsapp

Booking Site

aranya@tyg-spas.com

Gift Vouchers

Digital gift vouchers are available
Please email us for more information.


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