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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 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 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

¥26,000/38,000

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, Todo-matsu. Choose your oil blend and enjoy the scent of Niseko and the power of nature with this very popular massage.



Wellness Treatments

Fire `Hi` 火

'Dynamic Energy and Passion'

Hot stone massage 80/110mins

¥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.

Wind `Fu` 風

'The Force of life and freedom of movement'

Deep Tissue 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.



Wellness Treatments

Seasonal Special recommended

Golfers remedial massage 80mins

¥40,000

Get a professional athletes massage. This remedial massage aims to improve functional limitations, increase hip mobility and reduce lower back stress. Your therapist will use myofascial release, trigger point therapy, stretching and mobilization to restore movement pattern and promote healing.



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

14.00-22.00
May 1st-November 15th

Bookings

aranya@tyg-spas.com

Gift Vouchers

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

A vertical photograph of a dense forest. The scene is misty and atmospheric, with tall, slender trees reaching upwards. Sunlight filters through the canopy, creating a soft, ethereal glow. The foreground is filled with lush green undergrowth, including ferns and various leafy plants. The overall color palette is dominated by greens and blues, with a hazy, white mist filling the air.

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