



Chalet Ivy Jozankei

## SPA NIKUR

Abandon yourself  
to the bounties of nature



Our Original Essential Oil "Serene Forest"

Spa NIKUR's menus and programs incorporate the traditions of the indigenous Ainu people and the natural features of the land to help you maintain a healthy mind and body. Take in the unique culture, traditional techniques of Japan, and local natural ingredients of Hokkaido from within, and relax your mind and body to charge healthy, new energy.

Enjoy a blissful experience in the slow and quiet passage of time.

# CONCEPT

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## CHA TEA

The tea ceremony is not just about drinking tea. It involves artistry and the spirit of entertaining guests, and it is a tradition passed down from ancient Japan. The abundant amount of catechin found in tea has supported the health of the Japanese people. Our treatments featuring Kyoto-Uji tea, which has a history of 800 years, make use of the tea not just for drinking but for bringing health to your skin and body with various techniques.

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## ZEN NATURE

A culture of medicinal herbs thrives in Hokkaido where plenty of herbs grow. Common in cold climates, this culture is a show of respect for nature and gives you a feel for the deep ancient traditions. The various plants that naturally grow in Hokkaido boost your body's functions and benefit your health and beauty.

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## KOH AROMA

For thousands of years, our forerunners have cleverly incorporated aromas into life scenes, such as for purification, meditation, and peace of mind. Aromas calm excitement, stabilize your mind, and guide you to your normal self. Herbs and incenses created by the vast land fulfill your mind and body.

# SIGNATURE

NIKUR original menus featuring natural materials

		Total Payment
<b>Jozankei Herbal Detox KOH</b>	90min	¥ 21,538

## Herbal tent → Aromatherapy Oil Body

Hokkaido herbs, kumasasa bamboo grass, and fir are used in the herbal tent to warm your body for a refreshing detoxification. Then, an aroma oil body treatment works to improve lymphatic flow and alleviates cold sensitivity and swelling. Refresh yourself with our herbal aromas and oil treatment.

\*Please make reservation 30 minutes before the treatment starts.

<b>Jozankei Escape Journey ZEN</b>	120min	¥ 31,460
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## Original Oil Body → Lift Up Facial for Aging Care

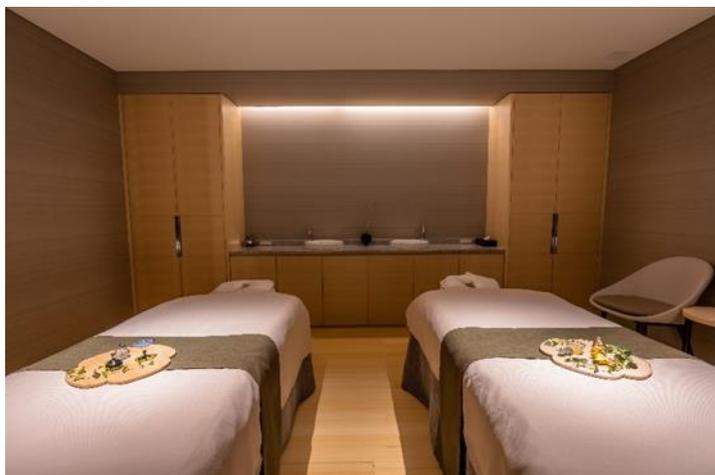
The aim of this comprehensive program is to balance your mind and body inside and out, with the use of natural materials. After loosening up your body with a treatment using the ancient and sacred bog-wood and our original essential oil, tone your skin with an aging lift-up facial with antioxidative green tea.

<b>Jozankei Haute Couture CHA</b>	150min	¥ 41,382
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## Body Scrub → Choice of Oil Body → Choice of Facial /→ Head Care

With this luxurious total care program, enjoy an haute couture experience with a selection of treatments to match your mood and body's condition. After gently removing dead skin from your entire body with fine particles of bamboo, you have a choice of oil body treatment and facial treatment, and head care to fine-tune your body from top to bottom. Go on a retreat with this program.

※Prices include 10% service charge and 10% consumption tax.



# BODY

Therapeutic massages for your mind and body

		Total Payment
Original Oil Body	60min	¥ 17,061
	90min	¥ 25,410

Start by alleviating tensions in your body with the ancient and sacred bog-wood that has been finely polished. After your muscles are loosened up, our aroma treatment featuring our original essential oil "Serene Forest" invites you to a state of superb relaxation.

Aromatherapy Oil Body	60min	¥ 17,061
	90min	¥ 25,410

Based on your level of fatigue, customize your treatment drawing from our essential oil selection. This highly relaxing treatment helps to alleviate the fatigue in your mind and body with originally blended oils.

Japanese Style Dry Body	45min	¥ 13,310
	60min	¥ 17,061
	90min	¥ 25,410

This non-oil treatment is done from over the clothes. Japanese techniques from old times and stretching techniques thoroughly loosen your tightened muscles.

Deep Tissue Body	60min	¥ 18,150
	90min	¥ 27,830

Performed with slightly higher pressure, this treatment is suited for guests with chronic muscle fatigue, also recommended for men and guests with strong stiffness. Shea butter based nourishing body butter and blended massage oil are used to leave your skin moisturized and feeling supple.

Hot Black Silica Body	90min	¥ 27,830
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Spa NIKUR's original oil treatment uses ceramics made with black silica, a rare natural ore. The body warming effect of black silica's far-infrared radiation promotes blood circulation, relieves swelling and stiff muscles, and alleviates fatigue.

\* Black silica is a highly valuable natural ore that is designated as a legally protected mineral in Japan. It is produced only in Kaminokuni Town, Hokkaido and nowhere else in the country and even the world.

\*Please make reservation 30 minutes before the treatment starts.

## Aroma Head Care

60min

¥ 17,061

Spa Nikur's head care is designed to loosen your décolleté, neck, shoulders, face, and head, starting with a décolleté aroma treatment featuring our original Serene Forest essential oil. After relieving tight shoulders, we invite you to even deeper relaxation with dry head care for your face and head.

\*This treatment is not available for guests with migraines as symptoms may worsen.

## Pregnancy Aroma Oil Body

60min

¥ 17,061

90min

¥ 25,410

Expecting mothers can safely enjoy our maternity treatment. Rest on your side and let our gliding all-hand strokes drain lymph and gently alleviate fatigue and swollen legs.

\*This treatment is available for guests who are at least 16 weeks into their pregnancy.



※Prices include 10% service charge and 10% consumption tax.

## KOTOSHINA

KOTOSHINA is an organic skin care brand from Kyoto, Japan.

It was established as an organic skin care line in 2012 partnered with an organic green tea plantation in Uji, Kyoto and an organic cosmetic maker in France, a leading country of organic products.

KOTOSHINA refers to the products and prestige (*shina*) of the ancient capital (*koto*).

Many products contain French hot spring water, and such meeting of exceptional materials of Japan and France brought about the establishment of the KOTOSHINA brand.

KOTOSHINA products are orthodox organic cosmetics whose ingredients and manufacturing processes have been certified by the Qualité France organic certification organization of France and acquired the COSMEBIO label (with some exceptions).

KOTOSHINA products are used in all SPA NIKUR facials as well as some body treatments. The gentle green tea scent of KOTOSHINA products is a relaxing aroma popular with men and women alike.



# FACIAL

Facial care for healthy, beautiful skin at the only spa offering it in Hokkaido

		Total Payment
Lift Up Facial for Aging Care	75min	¥ 21,780

Our anti-aging treatment boasts the outstanding antioxidant effects of green tea. Replenish nutrients in aging skin with a premium cream mask that brings back spring and smooths your skin. Also lift up your face with a bandage that leaves your skin toned and supple.

Skin Hydrator Facial	60min	¥ 18,150
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Tea seed oil, tea leaf extracts, and other moisturizing ingredients penetrate dry, dehydrated skin to give your skin elasticity from within, reducing dullness and boosting translucency. The facial's antioxidant effects also provide aging care.

Skin Lightning Facial	60min	¥ 18,150
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Plenty of skin-toning ingredients and plant-derived ingredients that suppress melanin production are used in this facial. Your skin is toned with a skin lightening gommage that gently removes sebum dirt and dead skin cells. Nutrients reach your softened skin, giving you continuously smooth, hydrated skin.

Men's Facial	45min	¥ 13,673
	60min	¥ 18,150

In this facial for men, a delicate jojoba scrub is used to condition your skin to smoothness, loosen your tired scalp and shoulders, and even alleviate stress. In our 60-minute course, start with an aroma back massage to increase relaxation.

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Short Facial	45min	¥ 13,673
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Clarify and tone up your skin with cleansing and gommage exfoliation, then enjoy a leisurely all-hand facial massage that removes swelling and conditions your skin

※Prices include 10% service charge and 10% consumption tax.

## OPTION

		Total Payment
<b>Carbonated Head Care</b> Our highly relaxing head care using carbonated mousse also relieves eye strain.	20min	¥ 5,687
<b>Bamboo Body Scrub</b> Our bamboo scrub and jojoba beads clarify and soften your skin.	30min	¥ 8,470
<b>Herbal Tent</b> Our steam tent with three types of Hokkaido herbs warms your body and helps eliminate bodily wastes. <i>*Please make reservation 30 minutes before the treatment starts.</i>	25min	¥ 7,018
<b>Extra Charge for Extension</b> Extend your favorite treatment for even further relaxation.	20min	¥ 5,687

※Prices include 10% service charge and 10% consumption tax.



### Reservations & Inquiries

Please call NIKUR 8 or Front desk 9 for information during your stay.

Opening Hours 14:00 – 23:00 (Final reception 22:00)

If you take a treatment before 14:00, please call us by 18:00 previous day