

An aerial photograph of a dense forest of evergreen trees covered in a thick layer of snow. The trees are dark green, and the snow is a bright white, creating a high-contrast, textured scene. The perspective is from directly above, looking down on the forest canopy.

*Juhyo*

樹冰

*spa | physio | wellness*

THE

GREEN *gb* LEAF

Niseko Village

## 樹氷

Juhyo, meaning `snow covered trees`, sets the scene for our cozy spa, nestled in the spectacular nature that surrounds The Green Leaf hotel.

Juhyo Spa is a welcoming haven of warmth and winter aura. The combination of japanese aesthetics and hospitality, together with european sports science, has created the unique concept behind this sports and wellness spa. Through many years of training and knowledge, we ensure that an exceptional experience is delivered to our guests.

## Wellness Treatments

**Shiatsu Dry Massage** \*40/60/90min      ¥11,000/15,950/22,000

This Asian treatment combines traditional Japanese finger pressure techniques and acupressure along the meridian lines of the body. Shiatsu awakens your body's natural energy system and helps to relieve tension, resulting in a deeply relaxing experience.

**Oil Massage**                      \*40/60/90min              ¥11,550/16,500/23,100

Soft sweeping strokes and swedish massage techniques will relieve stress and relax muscles, resulting in harmony between mind and body. Our aromatherapy experts at Hikobayu, have hand-crafted unique oil blends based on our local Niseko fir trees. Experience the scent of niseko and the power of nature, whilst enjoying our most popular massage.

**Deep Sports Massage**      60/90min                      ¥18,700/27,500

This tailor-made athletic massage, was designed by our physiotherapy partners to help skiers and boarders recover faster. The goal of our sports massage is to ease tight muscles and to improve flexibility. Proper recovery will increase the body's endurance, maximise sports performance and help to prevent injury.

Tax Included

\*Please note that a 40min massage is a half body massage. You may choose to focus on your upper or lower body.

## Wellness Treatments

### **Laneige Skincare**

'La neige' comes from the French word meaning 'the snow'. After 25 years studying water science, Laneige has put hydration at the heart of their mission. They have become one of Korea's top skincare brands, because the secret to great skin is hydrated skin!

#### **10-step Hydration Facial & Head Massage 50mins      ¥17,600**

Indulge in our Korean inspired signature hydration facial. Laneige's cutting-edge skincare products have been developed using advanced water science technology. This unique facial is based on Korea's renowned 10-step regime, resulting in a deeply nourishing and hydrating experience. Powered by Korea's innovation, we bring you the ultimate solution to quench your thirsty skin in this dry winter air. While soaking up all the goodness of your hydration mask, choose between an express head or foot massage.

#### **Deluxe Winter Deal, Massage & Facial 105mins      ¥30,800**

Indulge in our heavenly massage and facial package, designed to leave you in a state of euphoric relaxation. Unwind and enjoy a full body aromatherapy massage, as you feel all tension release from within. Once you are in a deep cocoon of relaxation, you will be pampered with our signature hydration facial and head massage. Treat yourself to the best!

Tax Included

## Sports Therapy

Juhyo Spa has partnered up with Peak Physiotherapy, to bring you cutting edge physiotherapy treatment, carried out by their internationally trained physiotherapists. Please note our physio's are not Japanese registered Rigaku-Ryohou.

**Physiotherapy**      60mins      ¥20,000

Peak physiotherapy are sports injury specialists. Your therapist will carry out a complete physical assessment. They will give you a diagnosis and prognosis of your injury or area of pain. Depending on the exact nature of the injury, treatment may include; trigger point release, heat/cold therapy, kinesio taping, joint mobilisation, stretching and/or exercise prescription. All clients will be provided with an English written medical report, which may be used to claim against international travel insurance.

**Yoga Therapy**      40mins      ¥8,800 (¥2,200/add person)

The objective of yoga therapy is to improve the health and well-being of clients. This practice is developed and delivered by our physiotherapy partners. They use a combination of traditional yoga poses and functional movements that focus on flexibility, joint mobilisation and good body alignment. If you need a morning off from the slopes, this is the perfect restorative practice to help your body recover and reset.

Our yoga therapy sessions are conducted in a private one-on-one or small group setting. Appropriate for all levels. Times are limited so please book 24hrs in advance.

Tax Included



**Location**

The Green Leaf, Niseko Village

**Business hours**

14:00-22:00

Morning appointments are available upon request

**Bookings & Enquiries**

[juhyospa@gmail.com](mailto:juhyospa@gmail.com)

**Cancellation policy**

Cancellations made less than 6 hours before their scheduled time will be subject to 50% charge. No shows will be subject to 100% charge.

**Spa Etiquette**

- Please turn your phone on silent
- A minimum of underwear must be worn for all treatments
- Avoid speaking loudly so as not to disturb other guests