



Juhyo

樹 氷

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 60/90min ¥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.

Aromatherapy Oil Massage 60/90min ¥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

## 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 Package

##### Massage & Facial 100mins

¥31,900

Indulge in our 100min 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. 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. Our physio's are not Japanese registered Rigaku-Ryohou.

Physiotherapy injury consultation 60/90mins ¥22,000/33,000

Peak physiotherapy are sports injury specialists. Your therapist will carry out a complete physical assessment. You will be given a diagnosis and prognosis of your injury. Depending on the exact nature of the injury, treatment may include; trigger point release, hot/cold therapy, kinesio taping, stretching and exercise prescription. Clients will be provided with an English medical report, which may be used to claim against international travel insurance. If you have more than one injury or if you are looking for a physio massage combined with an injury assessment please book in with the physio for 90mins.

Physio before 2pm will take place in the Spa. After 2pm all consultations are in-room.

Pregnancy Massage 60mins/90mins ¥22,000/¥33,000

Our pregnancy massage is available for women in their 2nd & 3rd trimester. A Pregnancy massage may only be given by our physiotherapist. We will carry out a gentle full body massage using high quality coconut oil, without any essential oils added. Please note we do not have a pregnancy massage bed, however we use extra cushioning for you comfort and support.

Please ensure you have received clearance from you doctor before having a massage.

Kids Massage 45mins (12yrs and under) ¥15,400

Children under 12 years of age may only receive a massage from our in-house physio. This is a great introduction to the benefits of massage for your mini-athletes. Please ensure a parent or guardian is onsite throughout the massage.

Tax Included

## Location

The Green Leaf, Niseko Village

## Business hours

12.30-21.00

Morning appointments may be available upon request

## Bookings & Enquiries

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

## Cancellation policy

Cancellations and rescheduled appointments 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

[www.juhyospa.com](http://www.juhyospa.com)