



Contact: Kimiko Tasaki
Marketing & Communications Manager, The Ritz-Carlton, Nikko

Kimiko.Tasaki@ritzcarlton.com
+81.80.3691.8093

THE SPA AT THE RITZ-CARLTON, NIKKO LAUNCHES THREE NEW BESPOKE TREATMENTS

Restore balance with the pristine nature, traditional culture, and spirituality of “Deep Nikko”



NIKKO, Japan – March 4, 2022 – From its highland setting in Nikko National Park on the eastern shore of Japan’s highest freshwater lake in Tochigi prefecture, The Spa at The Ritz-Carlton, Nikko welcomes guests to a haven of serenity where wellbeing is enhanced by the scenic surroundings of OkuNikko, or “deep Nikko.” The resort on Lake Chuzenji is the first Ritz-Carlton hotel to feature an authentic indoor-and-outdoor Onsen hot-spring facility. Together with restorative soaks in the geothermal waters, both staying guests and day visitors can now take advantage of three new luxury spa treatments inspired by the power of nature and the wealth of cultural and spiritual experiences that await in OkuNikko.

Skin-nourishing peony-scented oil, the cleansing and brightening lees of Tochigi-grown organic sake rice, and volcanic basalt stones feature respectively in the trio of new treatment offerings: Nature Immersion, Sake Revive & Renew, and Restorative Rock Ritual. To enhance the effects of each, guests are invited to begin their personal journey toward restoration and relaxation with a visit to the Onsen facility for a tension-melting soak.

The thermal waters of the indoor and outdoor baths at The Ritz-Carlton, Nikko are drawn from springheads in nearby Yumoto. These same springs have been sought after at least since their first written record in 788 in the time of Shodo Shonin, the Buddhist monk who pioneered the mountain faith of Nikko and paved the way for the foundation of the temples and shrines for which the destination is known today. Of the 77

government-designated hot-spring resorts in Japan, the first to be recognized when national standards were established in 1954 was Yumoto. Its waters are rich in hydrogen sulfide (the concentration is the fourth highest in the country), which aids circulation, recovery from fatigue, and the skin's own natural healing. The pH level matches that of healthy skin, and naturally occurring metasilicates are believed to aid detoxification while also bearing moisturizing properties that leave the skin feeling silky-soft.

A good soak in the indoor and outdoor baths is itself soul-cleansing: with nothing between one's body and the elements, all senses can open up to the restorative effects of the water's warmth, its sulfur scent, and the swirling, trickling sounds while enjoying the beauty of the garden moss and stones. By improving circulation and softening the skin, this hydrotherapy also serves to heighten the benefits of any of the subsequent luxury treatments. Each of these begins with a welcoming foot ritual using purifying salt from UNESCO World Heritage site Futarasan Shrine and concludes with the resonant striking of a *hiuchi-ishi* firestone, a tradition associated with purification and good fortune. No matter which of the three is chosen, it is an opportunity to embark on a memorable spa journey toward a renewed sense of vitality and vibrancy.

• **Nature Immersion**

90 minutes ¥45,000 | 120 minutes ¥63,000

In a serene treatment room adorned with a wooden carving of the peony, a beloved motif of Nikko's iconic shrines and temples, deep breathing techniques help to settle the mind. A skin-smoothing exfoliation prepares the body for a soothing massage that skillfully stimulates reflex points with a warm bamboo wand, easing tension. Peony-scented essential oil nourishes the skin, improving clarity and tone. This original treatment promotes inner calm, leaving you reenergized by nature's gifts.

• **Sake Revive & Renew**

120 minutes ¥63,000

This unique ritual combines the age-old health benefits of vitamin-rich sake lees and rice-bran oil with modern-day ultrasound and vacuum-suction pore cleansing methods. Sake-lees foam made from Tochigi-grown organic rice and fresh local spring water is used to soften and brighten the skin of the back before the deeply cleansing pore treatment. Next, warm rice-bran oil nourishes the skin in full-body and scalp massages, revitalizing and balancing energy levels. Both the mind and body will relish the renewed state of awareness and harmony.

• **Restorative Rock Ritual**

120 minutes ¥63,000

Nikko's geographic history inspires this treatment, which uses sacred spring water, a purifying salt scrub, and volcanic basalt stones to bring therapeutic benefits to the mind and body. Circulation is enhanced, deep-seated muscle tension relieved, and the skin both smoothed and nourished. The respiratory system, too, is soothed by the cleansing and re-mineralizing effects of steam. The experience is conceived to restore balance and harmony both physically and emotionally.

Contact the spa by email or see the website for further information on these and other treatments.

rc.nikko.spafitness@ritzcarlton.com

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About The Ritz-Carlton, Nikko

The Ritz-Carlton, Nikko is the first international luxury hotel in Tochigi prefecture. Two and a half hours north of Tokyo by car or rail, the hotel is situated within Nikko National Park on scenic Lake Chuzenji, within walking distance of the spectacular Kegon Falls. Guests can enjoy easy access to the UNESCO World Heritage site “Shrines and Temples of Nikko,” as well as to the renowned Senjogahara marshland and other hiking trails. Uniting modern flair with graceful Japanese design, The Ritz-Carlton, Nikko offers 94 spacious guest rooms and suites, two restaurants for Japanese and western cuisine, and distinct venues for drinks, lounging, and even outdoor picnicking. In addition to the contemporary Ritz-Carlton Spa with four private treatment rooms, the hotel is the first Ritz-Carlton hotel to feature an authentic hot-spring experience in the Japanese *onsen* tradition. Guests will feel rejuvenated by the therapeutic thermal waters, drawn from the springs of nearby Yumoto Onsen, that fill spacious indoor and open-air tubs in separate facilities for men and women. Magnificent garden views while soaking make this classic Japanese experience all the more uplifting.