

Media

L A P I D E M

Media_Magazine



エディターのサロン潜入レポート

肌も心も満たされる、異空間スパ

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端境期の優しさ至上主義

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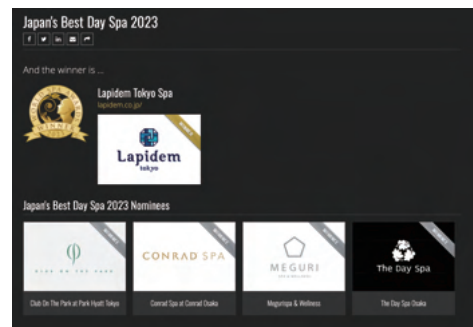
Media _Online

MEN'S Ex Numérol TOKYO WWD Casa BRUTUS.
madame FIGARO Japan VOGUE C R E A Precious.jp 美的 美的 GRAND LEON BAZAAR Harper
織研新聞 FORZA STYLE マイナビニュース Richesse 婦人画報 25ans E L L E & ROSY
veríta CRUISE Traveller AUSTRALIA'S MOST EXPERIENCED SMALL SHIP CRUISE SPECIALIST marie claire
Oggi HEY SISTER I USE OZ magazine VERY STORY 美ST CLASSY.
25ans Wedding F R a U G GINZA Premium 家庭画報
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Award

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Global Spa Awards



Event

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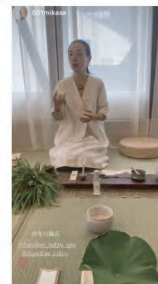
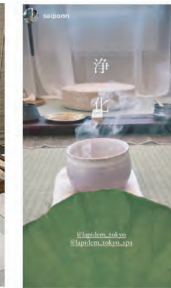
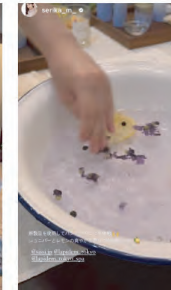
Press Event_ RITUAL SKIN DETOX 2024



Cleansing Ritual Experience by Miki Tokairin

"Rituals" have been an inseparable part of wellness since ancient times. No matter how digital we have become, our bodies are always water and organic matter, and whether we are aware of it or not, our bodies resonate with natural elements; when we touch the elements of nature, such as plants, water, fire, stone, wind, and so on. When we move our bodies to the sounds. When we eat or touch the skin. Rituals in Japan and around the world are universal, transcending age, race, and time, and give us a moment to get in touch with our roots as a living organism. By creating a special time for rituals at the spa, by having our own personal ritual time in our daily life, we find a prayer and a deep healing, as well as a transformation, like a rebirth.

Press Event_ RITUAL SKIN DETOX 2024

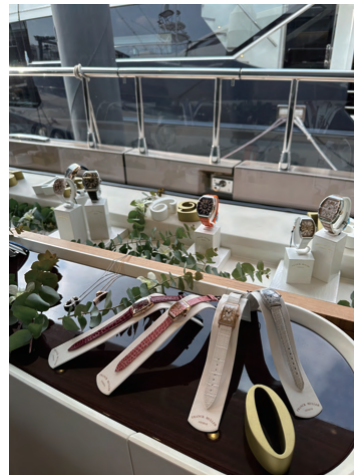


Press Event _ Press releases for new products _ RITUAL 2023



The Leading Hotels of the World _ Cruise Event _ Spa Service2023

with FRANCK MULLER & LAPIDEM



Wellness Tourism

L A P I D E M



A Whisking Spa Journey: Finding Bliss at Setsu Niseko

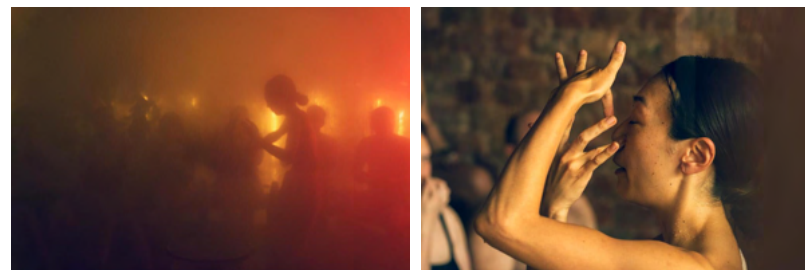
Imagine a wellness retreat weekend where your senses are pampered, your body rejuvenated, and your mind serenely adrift. That's exactly what we experienced during our recent Whisking Forest Sauna Retreat at Setsu Niseko. From the 25th to the 27th of August, we embarked on a journey of tranquillity; the highlight of the weekend was the Forest Sauna experience with Miki Tokairin, one of the world's leading forest sauna masters.

Miki Tokairin's passion for forest sauna rituals, or as it is fondly called, "Whisking Sauna," spans eight years of dedicated research, practice, and mentoring. Her journey has taken her across the globe, from the tranquil forests of the Baltics to the serene landscapes of Scandinavia, in search of the ultimate sauna experience.

Our wellness retreat garnered much interest and curiosity, and rave reviews from those guests who were fortunate enough to partake in the Forest Sauna experience. Now, we're thrilled to share this unique wellness experience with you.

The Enchanting World of Forest Sauna

So, what exactly is Forest Sauna or Whisking Sauna? It's an age-old practice where a sauna whisk, known as 'Vihta' in Finnish, a bundle of young twigs with leaves, transforms your sauna session into a sensory journey. These twigs stir the air, gently brushing against your skin, promoting better blood circulation, skin cleansing, and a host of other benefits, depending on the type of tree used for the whisk.



While saunas have gained popularity worldwide, they may not be everyone's cup of tea. The Forest Sauna experience at Setsu Niseko, however, offers a unique gateway to sauna bliss for those who might not have enjoyed it before. For seasoned sauna lovers, it offers an advanced and even more delightful way to embrace the magic of sauna therapy.

At Setsu Niseko, the sauna experience is unlike any other. It's a harmonious fusion of Onsen and Sauna, providing an enchanting way to harness the healing powers of both. Imagine relaxing in our extensive spa and wellness centre after a day of adventure amidst Niseko's natural beauty.

The Forest Sauna Experience Unveiled

As you step into the sauna, you notice a subtle aroma, carefully selected to enhance your sauna experience. This fragrance is tailored to suit the day, it might be something fresh on hot summer days, or one with a warmer, spicier note on colder days. The aroma creates the misty air, creating a soothing and relaxing atmosphere as it floats gently around you. Once you're comfortably settled, the whisking begins. You're handed a small bunch of fresh herbs to feel and smell at any time during the session. As you inhale deeply, the fragrant blend of the whisk, the fresh local herbs in your hands and the day's aroma fill your senses.



Academy

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Stone Therapy Certification Training



Service & Hospitality Training



Ayurveda Workshop

