

A person is lying face down on a massage table, receiving a hot oil massage. A therapist's hand is visible, holding a small wooden bowl from which a stream of golden oil is being poured onto the person's back. The background is softly blurred, showing warm, bokeh lights, suggesting a relaxing spa environment. The overall mood is serene and therapeutic.

延命

MADARAO DAY SPA

by YAMADASAN



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# THE HEALING SPIRIT WITHIN

*You are the crane.*

*Mystical. Graceful. Mindful.*

*The bird of happiness, wellness and longevity.*

*You will live for one thousand years.*

*Deep, delicate mindfulness. Flying high above all.*

*You are the crane.  
The beautiful crane.*

# HAPPINESS, VITALITY & LONGEVITY

## YOU ARE WELCOME

The Yamadasan family welcome you to Madarao Day Spa.  
Where perfectionism and innovation is married with cultural authenticity and ritual.

Our contemporary, yet traditional approach affords a deeper sensory experience.

All spa treatments have been thoughtfully designed to rebalance the synergy between mind and body  
and to capture the essence of Japan and the beauty of Mt Madarao.

Our spa practices passionately honour our spirit animal - the Japanese crane. This majestic bird, known for its long  
lifespan symbolises wellness, healing and life-long happiness.

## OUR SPA PRACTICE

The practice of Misogiharae, a Shinto purification and meditation ritual, using water to reconnect with one's core, is  
undertaken prior to each treatment. A foot bath with seasonal Kampo herbs and mineral sea salt is followed by a deep  
breathing exercise with Kuromoji oil, renowned for its relaxing and calming properties. We begin with these rituals so that  
you may experience your treatment benefits at a much deeper level.

Our spa products have been selected because they embody the Yamadasan ethos, which is to provide a unique Japanese  
experience whilst respecting your health and wellbeing as well as our precious environment.

It is our desire that your visit to Madarao Day Spa will surpass all expectations.  
We look forward to treating your mind, body and soul to a deeper sensory experience.

May you become the crane.

# SPA SAVVY



## ARRIVAL

Please arrive at the spa at least 15 minutes prior to your appointment. This will allow you the time to complete a consultation card, enjoy a welcome drink and just chill out.

Please note: Your late arrival may compromise the full length of your treatment as we endeavour to remain on schedule as a courtesy to each and every guest.

## CANCELLATIONS

If you need to reschedule or cancel an appointment, please notify the spa at least 6 hours prior to your treatment. Failure to do so will regrettably result in a 100% cancellation fee.

## HEALTH

Your health and wellbeing are our top priority. Therefore, it is essential for you to inform us of any health conditions, which may affect your treatment choices.

Pregnant ladies... certain spa treatments are not recommended during the first trimester of your pregnancy. Please discuss the various options available when scheduling your appointment.

## PRIVACY

Our caring and professional therapists have the utmost respect for your privacy and will keep any personal information totally confidential. We encourage you to relax and come out of your shell. It is our intention to provide a safe, healing environment based on trust... a peaceful sanctuary where you can truly enjoy this unique experience.

## FASHION

Please wear whatever makes you feel comfortable. The Spa does not provide disposable underwear.

## VALUABLES

Whilst we do have lockers available, but highly recommend leaving valuables and jewellery in your hotel/lodge room.

## SPA MANNERS

As a kind consideration to all spa guests, we keep noise to a bare minimum at all times. Mobile phones and cigarettes are considered contraband in a spa environment!

## CRITIQUE

We value your feedback and greatly appreciate any comments you wish to share about your spa journey.

## PAYMENT

We accept cash and all major credit cards.

## GIFT VOUCHERS

Madarao Day Spa offers customised gift vouchers – ask our reception team for more details.

## RETAIL THERAPY

Compliment your spa experience or create the Madarao Day Spa ambiance in your own home, with our beautiful selection of skincare products, featuring multi-award winning Spa & Beauty Brand, ELEMIS™.

## APPOINTMENTS

Please contact our team who will assist you in creating your unique personal journey from any combination of treatments and rituals. We will cater to any special requests you may have wherever possible.

Should you wish to make an advanced reservation (highly recommended) please go to our online reservations system at <https://madarao-day-spa.au1.cliniko.com/bookings> or email [andre@yamadasan.co](mailto:andre@yamadasan.co) or call +81 (0)50 6864 2658.

## OPENING HOURS

10.00am – 8.00pm

# THE PERSONAL JOURNEY

Reserve some time... make no decisions... and leave the rest to us.

Or simply feel free to navigate your own personal journey of experiences by selecting two or more of the following treatments to create an a la carte sensory adventure like no other...

## SMOOTHING SCRUBS

Cleanse your spirit with a full body exfoliation leaving your skin polished and awakened to a clean glow. Choose from Frangipani Monoi Body Scrub or Exotic Lime & Ginger Salt Glow, both from ELEMIS™ to leave your skin feeling smooth, soft and radiant.

## COMFORTING COCOONS

A silky layering of mineral-rich mud will invoke contentment, peace and harmony. Our Thousand Flower Detox Body Mask by ELEMIS™ helps increase circulation, relieve fatigue, enrich & stimulate the body and detoxifies.

## QUINTESSENTIAL MASSAGE

Surrender to a journey of self-discovery as your therapist works in harmony with your body. There are a number of signature styles that you can experience, including our bespoke before and after ski specific massages, aromatherapy and shorter back, neck & shoulders massage.

## SUBLIME FACIALS

Enjoy luminous and healthy skin by selecting the facial that meets your priorities, whether that be rejuvenating, nourishing, calming, balancing or everyday radiance. Products used are by ELEMIS™.

## FOOTPRINTS AND FINGERPRINTS

Conclude your personalised spa experience with a hand and foot ritual which includes a mini-manicure/-pedicure, where nails are cut and cuticles attended to.

Please note: we are not equipped to offer nail polish treatments.

## ADDITIONAL INDULGENCES

Add an extra special touch of relaxation and pampering to your spa treatment by selecting one or more short indulgences; a back scrub, back, neck & shoulder massage, drifting scalp massage, head & scalp massage, infusing hair & scalp mask, grounding foot & ankle massage, awakening eye mask treatment or a blooming lip treatment.



Our Madarao Day Spa logo mark translates to "Longevity"

# THE QUINTESSENTIAL MASSAGE

Back, Neck & Shoulder Massage 45mins  
Bespoke massage

A great way to begin your holiday and have a taste of our spa menu. This treatment is a shorter version of our pre-ski massage with a focus on the back, neck & shoulder areas where we tend to carry most of our stress and ends with a scalp massage. This massage is excellent after a day's skiing, for the general sports enthusiast and anyone who prefers a firm to deep massage. Intuitively guided massage with a synergy of massage techniques and healing modalities. Expect to unwind, relax and restore.

PRE-SKI MASSAGE- 60/90 mins  
Bespoke massage

Another great way to begin your holiday and to rediscover yourself! This treatment draws a line under your working week and a tiring journey, improves circulation and increases muscle and joint elasticity, perfectly preparing you for the snow. Intuitively guided massage with a synergy of massage techniques and healing modalities. Expect to unwind, relax and restore.

APRÈS-SKI MASSAGE - 60/90 mins  
Bespoke massage

Balance and realign your energy flow for holistic wellness. A post-ski massage improves circulation, helps to break down the build-up of lactic acid that can occur when muscles have worked hard and reduces the onset on muscle soreness. "DOMS" – delayed onset muscle soreness can occur after intense or unfamiliar exercise, often peaking as long as a day, two or three later. Working to relieve muscular aches and pains while leaving the body's energies renewed and refreshed.

ANOINTED AROMAS - 60/90 mins  
Aromatherapy massage

Awaken your intuition. Nurturing touch works in synergy with the balancing action of aromatherapy oils to deliver a gentle, yet vibrationally potent therapy. Choose the oils that resonate with you today... self-esteem, relationships, grounding, emotions, communication, intuition, wisdom, trinity, transition and illumination.

# SUBLIME FACIALS

NOURISHING FACIAL- 75 mins  
Regenerates dull and sun-damaged skin

REJUVENATING FACIAL- 60 mins  
Hydration for mature, dry and dehydrated skin

EVERY FACE FACIAL- 60 mins  
Balances, cleanses and hydrates for radiance

CALMING FACIAL - 60 mins  
Rebalances sensitive, irritated and reactive skin

Our facials include cleansing, compresses, skin boosters, masks, facial massages, hand or foot massages, serums and moisturisers. Products used are by ELEMIS™. Our Recommendation: Allow yourself to totally relax and unwind with our special additional indulgences: a back scrub, back, neck & shoulder massage, a scalp mask or a hair & scalp mask, a foot & ankle massage, eye mask or lip treatment.

A note for our male customers: For the most comfortable results, we recommend shaving approximately two hours before your facial.

# FOOT PRINTS & FINGERPRINTS

FOOT TREATMENT - 30 mins  
Mini-Pedicure - foot soak, exfoliation, pumice, nail & cuticle work and massage

Connect to mother earth and let your soles dance through a deeply relaxing foot soak, exfoliation, heel buffing and cuticle pampering. A moisturising foot massage concludes your experience.

HAND TREATMENT - 30 mins  
Mini-Manicure - hand soak, exfoliation, nail & cuticle work, mask and massage

A nurturing hand soak and delicate exfoliation prepare your hands and fingertips for focussed attention. A rejuvenating and replenishing plant mask blended with a massage leaves your skin silky soft.

## ADDITIONAL INDULGENCES

Add an extra special touch of relaxation and pampering to your spa treatment by selecting an indulgence from the menu below...

### BACK SCRUB - 15 mins

Cleanse and revive your back with a deep and calming exfoliation.

### BACK, NECK & SHOULDER MASSAGE - 30 mins

Dissolve tension with this restorative massage that will soothe and soften your back, neck and shoulder muscles.

### HEAD & SCALP MASSAGE - 15 mins

Surrender your senses to massage techniques that invoke peaceful contentment.

### HAIR & SCALP TREATMENT - 30 mins

Transcend time as a luxurious and moisture-rich hair & scalp mud is massaged over your head and through your hair. A moisturising blend of Sesame, Moringa, Macadamia and Frangipani oils nourish the hair. Your hair is then wrapped in a hot towel to deeply nourish and restore a silky shine. Products used are by ELEMIS™.

### FOOT & ANKLE MASSAGE - 15 mins

Ideal for all walks of life... take a load off and relieve hard working feet and ankles with this dedicated and detailed massage.

### EYE MASK TREATMENT-30 mins

For a sparkingly visible result... lift and brighten your eye area with this intensive boost. Products used are by ELEMIS™.

### LIP TREATMENT - 15 mins

For a puckering result... moisten and lift your lip area with this intensive boost. Products used are by ELEMIS™.

## SIGNATURE CEREMONIES

### MT MADARAU SNOW TONIC - 90 mins

Perfect for ski hair, sunburn, chapped lips and sore feet on the slopes

Retreat from the cold snow and soothe your body, mind and soul. Cold compresses are used to soothe sunburn on the face, while a rich intensive boost is slathered onto your lips. A moisture rich hair & scalp mud is applied to untangle and nourish ski & snowboard hair, whilst a moisturising blend of Sesame, Moringa, Macadamia and Frangipani oils revitalise proteins in the hair. While your hair is wrapped in a hot towel, your feet, ankles and calves are massaged. This treatment will leave you well hydrated, relieved and refreshed to tackle another day on the slopes. Products used are by ELEMIS™.

### SNOW HAVEN - 150 mins

Salt exfoliation, body mud, massage and facial

Enter a quiet harbour where only the sounds of nature touch your ears. Your escape begins with your choice of Frangipani Monoi Body Scrub or Exotic Lime & Ginger Salt Glow exfoliation, restoring a glistening glow. Our Thousand Flower Detox Body Mask deeply cleanses and nourishes, while a relaxing bespoke massage works into your muscles. The final touch is your individually tailored facial, which will leave you with a sense of focus and wellbeing. Products used are by ELEMIS™.

### SOUL FOOD - 90 mins

Body exfoliation, mud wrap, hair and scalp treatment, bespoke massage

Unwind, invigorate and celebrate as a drizzling of oil and a sprinkling of salt begin this tingling experience. The pure embrace of your chosen body mud takes you on a journey of introspection as the indelible traces of fingertips massage a warm mask into your hair and scalp. Finally, your spirit will be uplifted by a soothing massage. Products used are by ELEMIS™.

### SPA TASTER - 60 mins

Back, neck & shoulder massage and back exfoliation

A great way to begin your holiday and have a taste of our spa menu. This treatment is a shorter version of our pre-ski massage with a focus on the back, neck & shoulder areas where we tend to carry most of our stress and ends with a scalp massage. Intuitively guided massage with a synergy of massage techniques and healing modalities. A deeply relaxing and rejuvenating back exfoliation makes this the perfect spa taster. Expect to unwind, relax and restore. Products used are by ELEMIS™.





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### APPOINTMENTS & SPA MENU PRICES

Please contact our team who will assist you in creating your unique personal journey from any combination of treatments and rituals. We will cater to any special requests you may have wherever possible.

Should you wish to make an advanced reservation (highly recommended) please email Madarao Day Spa at **E: [madaraospa@yamadasan.co](mailto:madaraospa@yamadasan.co)**

@ Yamadasan Ski Hotel

Hachibozuka 11492-338 Iiyama Nagano 389-2253 Japan

Madarao Mountain Resort Iiyama, Japan

**ONLINE RESERVATIONS:** <https://yamadasan.co/madarao-day-spa/>

OPENING HOURS: 10.00am – 8.00pm



YAMADASAN