

Arriving

We recommend that you arrive 30 mins prior to your scheduled appointment to fill out your personal care guide where we can consider your special health needs, and to enjoy our steam room and gym. If you are delayed, please be reminded that your treatment time will be limited as a courtesy to the next guest.

Cancellation

We understand that sometimes it is necessary to cancel or reschedule. Out of consideration for other guests we kindly request that cancellations or changes to appointments be made at least 24 hours in advance. A full treatment charge will apply to late cancellations and no-shows. Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

Scheduling an Appointment

To schedule an appointment for your perfect treatment, please contact our spa reservations team on +44 (0)20 7683 6723 who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend you to book in advance. All spa treatments and programmed will need to be guaranteed with a credit card. You may request a specific therapist or gender and we will make every effort to accommodate your preference.

Spa Etiquette

If you are uncomfortable with anything during your treatment, such as the pressure, music or temperature, please inform your therapist as they will be delighted to offer any necessary adjustments. All guests under the age of 18 must be accompanied by an adult, this includes use of gym and steam room facilities. Sexual Misconduct, intoxication and unruly behaviour causing disturbance to other guests is not tolerated and our rights of admission are reserved. Spa clients are asked to respect the dignity of employees and not to cause any situations which could result in treatment having to be terminated.

What to Wear

Robes and slippers are provided for your comfort. For your treatment, disrobe to the level you wish. Undergarments are not necessary, but you may wear them during your treatment should you prefer to. You are assured of your privacy.

Medical Restrictions

If you suffer from any medical conditions or have any injuries or allergies, please inform us when making your booking. Our team will be able to match your needs to a treatment if you are unsure what you would like to have. Some conditions may mean a treatment is unsuitable for you. If you are pregnant or breast feeding, please inform us when making your booking. Please be aware that not all treatments are recommended during pregnancy and especially during the first trimester.

Childrens Policy

Access to the spa including the changing facilities, spa/heat experiences and gym are restricted to over 16's only, unless accompanied by an adult.

Valuables

The Spa at Nobu Hotel Shoreditch is not responsible for damage to or loss of personal belongings. We recommend that valuables are not brought to the Spa area.

Payment Options

Nobu Hotel Shoreditch guests may charge spa purchases to their room. Non-hotel guests may pay cash or with a major credit card. All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

**NOBU HOTEL**

LONDON SHOREDITCH  
wellness-shoreditch@nobuhotels.com  
10-50 WILLOW STREET | LONDON | EC2A 4BH  
+44 (0)20 7683 6723 | www.london-shoreditch.nobuhotels.com



AT NOBU HOTEL LONDON SHOREDITCH

SPA PACKAGES

A range of packages are available at the spa, please contact the spa reservations team to find out more about our new and exciting offers.

GUESTS OF THE SPA

Nobu Hotel Shoreditch welcomes both hotel and non-hotel guests over 16 years of age to enjoy our spa treatments, gym and steam room facilities.

Booking your treatment

We recommend advanced reservations to secure your preferred date and time.

Reservations may be made during spa operating hours in person, via phone or email to wellness-shoreditch@nobuhotels.com

GIFT CERTIFICATES

Give the gift of wellbeing to someone you care about. Vouchers are available from our Spa Reception.

HEMECARE PRODUCTS

To continue your spa regime at home, spa products used in your treatments are available to purchase. A selection of wellbeing and lifestyle amenities are also available.

NOBU ZEN

This signature Nobu massage will be tailored to your needs by using techniques from across the world. No two bodies are alike. No one treatment fits them all. Our multi-talented artisans utilise a combination of several massage techniques along with your own chosen aroma oil blend in a completely customized treatment that addresses your specific needs. You'll feel stress and tension melt away.

Weekdays: 75 min £155 | 105 min £225  
Weekends: 75 min £175 | 105 min £245

NOBU NAGOMI RITUAL

Our signature ritual takes you on a journey that deliciously stimulates the senses. Your journey begins with a full body exfoliation with our coconut shell cream body scrub. Following with an Asian-inspired bespoke massage combined with warm handmade coconut poultices. Finish with a soothing facial massage to release stress and rejuvenate the skin. Muscles are soothed, joint mobility increased, and your mind is totally grounded.

Weekdays: 75 min £155 | 105 min £225  
Weekends: 75 min £175 | 105 min £245

**elemental herbology** "Natural botanicals working in harmony"

MACADAMIA AND PAPAYA BODY SCRUB

Reveal smooth and super soft skin with a tropical cocktail of super foods combined with an oil and salt scrub, before sealing your body with a cooling Cucumber and Watermelon Seed infusion.

Weekdays: 45 min £65  
Weekends: 45 min £85

DETOX BOOSTER BODY WRAP

Reduce fluid retention, invigorate circulation and shift toxins. We apply a warm purifying Kaolin Clay infused with Rosemary, Grapefruit and Juniper Berry before cocooning in a thermal blanket. While the natural botanicals are activated we massage your scalp and feet to release any tension. After showering, we will perform a detoxifying massage followed by an application of a Guarana and Green Tea-rich circulation boosting serum.

Weekdays: 90 min £165  
Weekends: 90 min £185

SWEDISH MASSAGE

Take pleasure in tranquil surroundings while diminishing tension and stress with this traditional all-over relaxation massage. Helping to soothe aching muscles, this classical style massage helps to re-focus the mind and rejuvenate the body.

Weekdays: 60 min £120 | 90 min £185  
Weekends: 60 min £130 | 90 min £195

DEEP TISSUE MUSCLE MELT

Combining stimulating Ho Leaf, Lemongrass, Nutmeg and Rosemary with deep tissue massage therapy, this concentrated treatment will unravel tension in sore and tight muscles, relieve deep stress and enhance the body's circulation.

Weekdays: 60 min £130 | 90 min £195  
Weekends: 60 min £140 | 90 min £205

5-ELEMENT AROMATHERAPY MASSAGE

This aromatherapy massage blends customised essential oil infusions to deliver the ultimate massage experience, drawing from both Eastern and Western massage techniques to help balance both body and mind.

Weekdays: 60 min £120 | 90 min £185  
Weekends: 60 min £130 | 90 min £195

PRE-NATAL WELL-BEING MASSAGE

A massage developed specifically to address the body's needs during pregnancy, this treatment is the perfect remedy to ease an aching back, shift fluid retention, alleviate stretch marks and promote a state of calm and optimum well-being. Using an infusion of Mandarin, Rose and Lavender Flower, our pre-natal massage is a must for any mother-to-be.

Weekdays: 60 min £120 | 90 min £185  
Weekends: 60 min £130 | 90 min £195

**Natura Bissé** "Truly luxurious and results driven"  
Barcelona

DIAMOND LIFE INFUSION RITUAL

An innovative treatment that infuses life into your skin, preserving youth and beauty. This intensive, comprehensive treatment results in firmer, more luminous and visibly younger looking skin. Redefines facial contours, improves skin texture and fades wrinkles and expression lines in just one session. An amazing "youth elixir" that unveils renewed skin that is soft, smooth and wonderfully rejuvenated.

Weekdays: 90 min £195  
Weekends: 90 min £215

DIAMOND COCOON

Based on the principles to fortify, shield, liberate – this facial incorporates a prebiotic deep cleansing ritual, an intense purifying treatment to detoxify your skin, as well as a advanced oxygenating facial massage. White jade massage tools are introduced, to encourage microcirculation and drainage, to help smooth skin texture and define facial contours, boosting the lymphatic system's natural detoxification process, making your skin look brighter and tighter, and glowing with new life.

Weekdays: 60 min £140  
Weekends: 60 min £160

THE CITRUS ESSENCE

Recommended for anyone seeking to recapture skin's luminosity and firmness through a relaxing citrus aromatherapy experience. This exquisite facial infuses the skin with Vitamin C unveiling a completely hydrated, revitalized and radiant complexion.

Weekdays: 60 min £130  
Weekends: 60 min £150

THE GENTLEMAN'S FACIAL

Designed especially for the needs of male skin; This deeply cleansing treatment targets the side effects of stress and daily shaving. Infusing the skin with a blast of energy to help eliminate toxins from the pores, calming sensitivity and inducing you into a state of purity and relaxation.

Weekdays: 60 min £130  
Weekends: 60 min £150

THE CURE

An effective facial treatment that deep-cleans and detoxifies skin whilst relieving stress. This meticulous cleansing facial is based on thermo-active enzymatic detoxification: it provides heat to open and soften the pores, and botanical freshness to close and purify them.

Weekdays: 75 min £145  
Weekends: 75 min £165

**Natura Bissé** "Truly luxurious and results driven"  
Barcelona

THE MINDFUL TOUCH

Incorporate virtual reality and mindfulness into any of the above facials to help you connect with your senses, free your mind and let your skin enjoy even more of the nourishing, moisturizing and revitalizing benefits offered by Natura Bissé. A truly unique experience involving audio, touch and visualisation.

Weekdays: 15 min additional time £15  
Weekends: 15 min additional time £35

CARBOXY EXPRESS

A facial treatment that incorporates a proven technique in aesthetic medicine: carboxytherapy. The system uses CO2 to fight the signs of skin aging, producing an effervescent explosion that results in visibly revitalized skin. This renewal treatment intensely and safely regenerates your skin's surface, delivering maximum luminosity.

Weekdays: 30 min £55  
Weekends: 30 min £75

**elemental herbology** "Natural botanicals working in harmony"

FIVE ELEMENT AROMA FACIAL

Bespoke to each client, we tailor a facial treatment to harmonise the Five Elements and address the key underlying concerns of the skin. This transformative facial combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium, while creating a more vibrant and healthy complexion. Incorporating deep cleansing, exfoliation, nourishment and a luxurious 20 minute facial massage, this treatment replenishes the skin giving you immediate and long lasting results.

Weekdays: 60 min £95  
Weekends: 60 min £115

ESSENTIAL BEAUTY

WAXING

(Price on request) Our waxing treatments use premium hot or warm wax. These naturally derived waxing products effectively tackle hair removal problems such as irritations, pimples and ingrowing hairs. Suitable for sensitive skin, they will remove even the most stubborn hairs.

LASHES & BROWS

Eyebrow Shape & Tint £20  
Eyelash Tint £25  
Eyebrow & Eyelash Tint £35