

*NOBU HOTEL*  
LONDON SHOREDITCH



SPA EXPERIENCE MENU

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## FACIALS

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### DIAMOND COCOON EXPERIENCE

LIBERATES · FORTIFIES · SHIELDS

Activate the full potential of your skin with this prebiotic, revitalizing, renewing treatment designed to counter the effects of modern pollution and stress: a detoxifying ritual that leaves your skin healthy, luminous and protected due to its enveloping massage techniques and its highly effective ingredients that purify, fortify and repair.

Weekdays: 60 min £140

Weekends: 60 min £160

### CITRUS ESSENCE

REVITALIZES · STIMULATES · FIRMS

An antioxidant treatment that restores vitality to sun-damaged skin and helps minimize signs of premature aging. Vitamin C stimulates collagen production and renews skin firmness, while improving luminosity and hydration.

Weekdays: 60 min £120

Weekends: 60 min £140

NaturaBissé  
Barcelona

### OXYGEN O2 RELAX

PURIFIES · BRIGHTENS · BALANCES

This essential exfoliating and invigorating treatment reenergizes cellular function for visibly hydrated skin. The revitalizing power of pure oxygen cleanses and brightens a dulled complexion, restoring clarity and a healthy glow.

Weekdays: 60 min £120

Weekends: 60 min £140

### CARBOXY EXPRESS

EXFOLIATES · RENEWS · REGENERATES

Using a combination of 5 AHAs, this triple exfoliating treatment will renew your skin and produce visible results in just 30 minutes. Enjoy its multifield benefits in record time.

Weekdays: 30 min £75

Weekends: 30 min £95

## MASSAGE & BODY TREATMENTS

### FIVE ELEMENT AROMA MASSAGE

This aromatherapy massage blends customised essential oil infusions with warm steam towels, heated stones, and skilful therapeutic techniques to deliver the ultimate massage experience.

Carefully chosen aromatherapy blends rejuvenate, energise, balance, detoxify or soothe.

Weekdays: 60 min £120 | 90 min £160

Weekends: 60 min £130 | 90 min £170

### HO-LEAF AND ROSEMARY MUSCLE MELT

Combining stimulating essential oils with deep tissue massage therapy, this concentrated treatment will unravel tension in sore and tight muscles, relieve deep stress and tension. Incorporating hot stones and a warm steam towel to the back, neck and shoulders.

Weekdays: 60 min £130 | 90 min £170

Weekends: 60 min £140 | 90 min £180

elemental  
herbology

### THAI-QI FLOW MASSAGE

This therapeutic, warming and invigorating massage integrates Thai herbal compresses along with hands on massage, stretches and acupressure techniques to help balance the body and mind. Thai-Qi Flow massage helps to energise the body's flow of energy, aids the release of tight muscles and promotes a feeling of optimum wellbeing.

Weekdays: 90 min £190

Weekends: 90 min £200

### PRE-NATAL WELLBEING 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 relaxation. The Pre-Natal massage is a must for any mother to be after their first trimester.

Weekdays: 60 min £120

Weekends: 60 min £130

### BESPOKE FIVE ELEMENT BODY SCRUB

Reveal velvet soft skin with this bespoke aromatherapy exfoliation experience. Himalayan Mineral Salts are mixed with your chosen Five Element Oil to sweep away dry skin cells and application of hydrating body cream locks in moisture and deeply hydrates the skin.

Weekdays: 45 min £65

Weekends: 45 min £75

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## NOBU WELLNESS

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### NOBU ZEN

Our signature Nobu massage uses techniques from across the world and is tailored to each guest. No two bodies are alike, no one treatment fits them all. Our talented therapists use a combination of several massage techniques along with your own chosen aroma oil blend in a completely customised treatment. You will 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 to stimulate the senses. Begin with a full body exfoliation with our coconut shell cream body scrub, followed by 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 is increased, and your mind is grounded.

Weekdays: 75 min £155 | 105 min £225

Weekends: 75 min £175 | 105 min £245

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## EXTRA TOUCHES

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Enhance your experience with us by adding on any of these extra touches at the end of your treatment:

### FIVE ELEMENT FOOT SOAK AND MASSAGE

Revive tired aching feet with this luxurious foot soak and acupressure foot massage.

Feet are bathed in Himalayan Salts before an application of nourishing balm and relaxing foot massage using a rich body cream to lock in moisture leaving feet feeling super soft.

30 min £45

### FIVE ELEMENT ACUPRESSURE SCALP MASSAGE

Calm and centre the mind whilst nourishing the scalp and hair with this targeted scalp treatment leaving hair nourished and silky smooth. Treatment begins with an acupressure massage using one of our Five Element Oils to deeply nourish and hydrate the hair and scalp, concluding with a hot steam towel hair wrap to lock in moisture and aromatherapy oils.

45 min £50