



## SPA EXPERIENCE MENU

### GIFT CERTIFICATES

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

### SKINCARE AT HOME

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.

#### 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 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 team by email [wellness-shoreditch@nobuhotels.com](mailto:wellness-shoreditch@nobuhotels.com) 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 programmes 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. 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, you are welcome to remain in your own underwear, but disposable underwear will be provided. 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.

#### Child Policy

Access to the spa facilities including the changing rooms, steam room and gym are restricted to over 18's only or over 16's with an adult supervision.

#### Valuables

The Spa at Nobu Hotel London 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

Hotel guests may charge spa purchases to their room. Non-hotel guests may pay with a major credit or debit 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.

### BOOKING YOUR TREATMENT

We recommend advanced reservations to secure your preferred date and time. Reservations may be made during spa operating hours by email to [wellness-shoreditch@nobuhotels.com](mailto:wellness-shoreditch@nobuhotels.com) or via online booking platform <https://london-shoreditch.nobuhotels.com/spa-wellness/>

### GUESTS OF THE SPA

Nobu Hotel London Shoreditch welcomes both hotel and non-hotel guests over 16 years of age to use relaxation area, enjoy refreshments and experience various spa treatments.

## NOBU WELLNESS

### 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 £160 | 105 min £230  
Weekends: 75 min £180 | 105 min £250

### NOBU NAGOMI RITUAL

Our signature ritual takes you on a journey to stimulate the senses. Begin with a full body exfoliation with our Himalayan Salt 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: 105 min £250  
Weekends: 105 min £275

## elemental herbology

'Natural botanicals working in harmony'

### SEASONAL TREATMENT

Aligned with nature, our seasonal treatments by Elemental Herbology welcome each new season with a special ritual designed to restore and replenish body and mind. Combining guided breathing with carefully selected aromatherapy oils, the treatment includes exfoliation, body wrap, massage techniques and personalised facial for a glowing result.

Weekdays: 150 min £240  
Weekends: 150 min £260

### FIVE ELEMENT AROMA FACIAL

Suitable for all skin types, this bespoke facial is tailored to each individual, a detailed consultation is performed to establish any underlying skin concerns and personalise the treatment. Skin is deeply cleansed, exfoliated followed with a luxurious face, neck and décolleté massage and mask to help balance the five elements, leaving skin radiant with a natural glow.

Weekdays: 60 min £125  
Weekends: 60 min £135

## 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 £130 | 90 min £170  
Weekends: 60 min £140 | 90 min £180

### 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 £140 | 90 min £180  
Weekends: 60 min £150 | 90 min £190

## elemental herbology

'Five elements of traditional Chinese massage'

### 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 £200  
Weekends: 90 min £210

### 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 £130  
Weekends: 60 min £140

### 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 £75  
Weekends: 45 min £85

## FACIALS

### DIAMOND LUMINOUS 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 £160  
Weekends: 60 min £180

### 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 £140  
Weekends: 60 min £150

## Natura Bissé

Barcelona

'World's best spa brand'

### 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 £140  
Weekends: 60 min £150

### RADIANCE LIFTING PEEL

EXFOLIATES · LUMINATES · TIGHTENS  
Super effective and delicate exfoliating treatment that fights against every type of pigmentation disorder, balances skin tone and provides incredible luminosity. With rejuvenating action, it repairs mature and photo-aged skin, smooths out wrinkles and improves elasticity and firmness. It is also perfect for oily skin, reducing acne marks and minimizing pore size.

Weekdays: 30 min £85  
Weekends: 30 min £110

## EXTRA TOUCHES

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.

30 min £55

### FIVE ELEMENT AROMA FACIAL

Reveal a brighter, fresher complexion in a matter of minutes with this bespoke facial treatment. The skin is deeply cleansed and exfoliated using natural AHA's leaving your skins texture improved and feeling more balanced. This is followed by a luxurious and sculpting facial massage. This quick fix facial is the perfect add on to any spa treatment

Weekdays: 30 min £65  
Weekends: 30 min £75

### FIVE ELEMENT EYE LIFT

Revive and awaken the eye area with this hydrating and brightening treatment. Combining a powerful blend of patented actives and botanicals along with targeted lymphatic drainage, cold stones and acupressure massage to reduce the appearance of fine lines, wrinkles, puffiness and dark circles. The perfect addition for tired eyes to any Elemental Herbology Facial.

15 min £25

### THE MINDFUL TOUCH

Incorporate mindfulness into any of the facials to help you connect with your senses, free your mind and let your skin enjoy even more of the nourishing, moisturising and revitalising benefits. A truly unique experience offered by Natura Bissé involves guided audio meditation followed by body alignment touches.

15min £30

### LED THERAPY

IGLOW TRI-COLOUR LED light therapy face mask. A rejuvenation mask designed to strengthen, brighten, lift, and plump your skin. 5 different intensities to suit mild to moderate skin conditions and can be used by those who feel sensitive to intense bright light. Treatment Modes include: Red LED (Anti-Ageing), Blue LED (Anti-Breakouts), Green LED (Revitalise Skin).

20min £20