



AT NOBU HOTEL SHOREDITCH

## STUDIO LAGREE

Studio Lagree brings their Hollywood workout classes to Shoreditch. Their innovative Lagree Method with the Megaformer sessions have gained worldwide attention for complete body training and fitness. Every move effectively combines core, endurance, cardio, balance, strength and flexibility training. Please get in touch or ask a Spa representative to book a session.

## GIFT CERTIFICATES

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

## HOMECARE PRODUCTS

A specially curated collection of Wellbeing products are available to purchase in our Spa. Please ask a Spa representative for more information.

## 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](mailto:wellness-shoreditch@nobuhotels.com)

### Arriving

We recommend that you arrive 15 minutes prior to your scheduled appointment to fill out your personal care guide where we can consider your special health needs. 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 4 hours in advance. A full treatment charge will apply to late cancellations and no-shows.

### Special requests

You may request a specific therapist or gender and we will make every effort to accommodate your preference. All our therapists are professionally trained in treatment and draping protocols.

### Spa Etiquette

The Spa environment is a place of calm and tranquillity. Please respect the quiet and privacy of other Spa guests by speaking softly and turning off mobile phones. If you are uncomfortable with anything during the treatment, for example the pressure, music or temperature, please let the therapist know as they will be more than happy to make any necessary adjustments.

### 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.

### 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. Gratuities are left to your discretion.

**NOBU HOTEL**  
SHOREDITCH

[wellness-shoreditch@nobuhotels.com](mailto:wellness-shoreditch@nobuhotels.com)

10-50 WILLOW STREET | LONDON | EC2A 4BH

+44 (0)20 7683 6723

[www.nobuhotelshoreditch.com](http://www.nobuhotelshoreditch.com)

## NOBU WELLNESS

### 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.

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 and facial cleansing and continues with an Asian-inspired massage combined with warm handmade herbal poultices. Muscles are soothed, joint mobility increased and your mind is totally grounded.

75 min £175

### 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.

45 min £100

### 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.

90 min £205

## MASSAGE

### SWEDISH MASSAGE

Take pleasure in tranquil surroundings while diminishing tension and stress with this traditional all-over relaxation massage.

60 min £130 | 90 min £195

### DEEP TISSUE MASSAGE

Deep tissue massage therapy is similar to Swedish massage, but uses deeper pressure, releasing chronic muscle tension.

60 min £135 | 90 min £200

### AROMATHERAPY MASSAGE

Using our specially blended oils, this gentle and relaxing massage will help to soothe both the mind and body.

60 min £130 | 90 min £195

### JET-LAG MASSAGE

Flying can be very challenging for your biological clock. Our combination of back massage, with the stimulation of reflex points on the scalp and feet will help your body recuperate, rebalance and enhance your quality of sleep.

60 min £130 | 90 min £195

### REFLEXOLOGY

A deeply relaxing treatment which incorporates massage and specialized techniques to stimulate specific reflex points on the feet, which represent a map of the body. Tension is released, and all systems of the body soothed.

60 min £135

### FOOT MASSAGE

There is nothing better than a soothing foot massage after hours of sightseeing. Pamper your run-down feet to a complete rest.

45 min £100

## FACIALS

Natura Bissé  
Barcelona

"Truly luxurious and results driven"

### 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.

90 min £215

### 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.

60 min £130

### 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.

60 min £130

### 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.

60 min £130

## FACIALS

Natura Bissé  
Barcelona

"Truly luxurious and results driven"

### CARBOXI 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.

30 min £75

### 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.

15 min additional time - £35

## FINISHING TOUCHES

### PERFECT NAILS

Essential Manicure and Pedicure includes nail shaping and cuticle work.

Manicure 60 min £100 | Pedicure 60 min £100

Grooming services are available upon request. These include waxing, make-up or blow dries. Appointments only. Please allow 72 hours advance notice. Subject to availability.