



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.

RESERVATIONS

To schedule an appointment for your perfect treatment, please contact our spa team by email 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 book in advance. All spa treatments 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.

ARRIVING

We recommend that you arrive 15 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. If you are delayed, please be reminded that your treatment time will be limited as a courtesy to the next guest.

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.

CANCELLATION

We understand that sometimes it is necessary to cancel or reschedule. Out of consideration for other guests cancellations or changes to appointments must 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.

MEDICAL RESTRICTIONS

If you suffer from any medical conditions or have any injuries or allergies, please inform us when making your booking. 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.

CHILDREN

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

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 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 18 years to use steam room & various spa treatments.

SPA EXPERIENCE MENU

NOBU WELLNESS

NOBU ZEN

75 min | 105 min

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.

Weekdays: £180 | £240 Weekends: £190 | £260

NOBU NAGOMI RITUAL

105 min

Our signature ritual takes you on a journey to stimulate the senses. Begin with a full body exfoliation with our inhouse made body scrub, followed by an Asian-inspired bespoke massage combined with warm 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: £260 | Weekends: £280

SEASONAL TREATMENT - BALANCING FOR ALL ELEMENTS

150 min

Our seasonal treatment by Elemental Herbology welcomes each new season with a special ritual designed to restore and replenish body and mind. Combining guided breathing with selected products to complement the energy of the current season, this treatment includes a body scrub, wrap and massage as well as a personalised mini facial to leave you feeling totally transformed.

Weekdays: £320 | Weekends: £340

MASSAGE & BODY TREATMENTS

THAI-QI FLOW MASSAGE

90 min

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: £210 | Weekends: £230

FIVE ELEMENT AROMA MASSAGE

60 min | 90 min

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: £150 | £190 Weekends: £170 | £200

HO-LEAF AND ROSEMARY MUSCLE MELT

60 min | 90 min

Combining rejuvenating and warming essential oils with deep tissue massage therapy, hot stones, this targeted treatment relieves deep-seated tension and unravels tight muscles.

Weekdays: £160 | £200 Weekends: £180 | £210

PRE-NATAL WELLBEING MASSAGE

60 min | 75 min

A nurturing full body massage created to address the body's specific needs during pregnancy, using pregnancy-specific oils. Suitable from the second trimester onwards.

Weekdays: £140 | £165 Weekends: £150 | £175

FACIALS

DIAMOND LUMINOUS EXPERIENCE

75 min

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: £210 | Weekends: £230

CITRUS ESSENCE

60 min

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: £150 | Weekends: £160

OXYGEN O2 RELAX

60 min

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

Weekdays: £150 | Weekends: £160

FIVE ELEMENT AROMA FACIAL

60 min

Each step of this bespoke facial will be customised to your skin concerns and your individual balance of the five elements. Featuring Swedish and acupressure massage to the face, neck, décolleté, scalp and feet, you will leave looking radiant and feeling relaxed and balanced.

Weekdays: £140 | Weekends: £150

RADIANCE LIFTING PEEL

30 min

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: £110 | Weekends: £120

EXTRA TOUCHES

Enhance your experience with an extra touch

FIVE ELEMENT FOOT SOAK AND MASSAGE

Revive tired aching feet and lower legs with this grounding spa experience which incorporates acupressure and reflexology techniques.

25 min | £60

FIVE ELEMENT ACUPRESSURE SCALP MASSAGE

Centre the mind, release tension and nourish the scalp and hair with this deeply relaxing massage to the head, neck, shoulders, and ears, which concludes with a hot steam towel hair wrap

25 min | £60

FIVE ELEMENT EYE LIFT

Revive, brighten, and hydrate the delicate eye area with a powerful blend of botanical actives, warming and cooling techniques and acupressure massage.

15 min | £30

FIVE ELEMENT MINI FACIAL

Reveal a brighter, fresher complexion in a matter of minutes with this bespoke facial treatment featuring a deep cleanse, exfoliation, and facial massage. This quick fix facial is the perfect add on to any spa treatment.

30 min | £85

BESPOKE BODY EXFOLIATION

Using the finished natural ingredient to exfoliate your dead skin from your body and helps to smoothen, hydrates and deeply moisturised your skin.

45 min | £100