



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 and no one treatment will fit them all. Our talented therapists utilise a combination of several massage techniques along with your own chosen oil blend in a completely customised treatment. Feel stress and tension melt away.

Weekdays: 75 min £165 | 105 min £235

Weekends: 75 min £185 | 105 min £255

NOBU NAGOMI RITUAL

This ritual takes you on a journey to stimulate the senses. Beginning with a body exfoliation with our coconut shell cream body scrub the treatment follows with an Asian-inspired bespoke massage, combined with warm handmade coconut poultices. Finish with a soothing mini facial massage to release stress and rejuvenate the skin. Muscles are soothed, joint mobility is increased, and your mind is left feeling grounded.

Weekdays: 105 min £255

Weekends: 105 min £275

MAULI RITUALS

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In a world of constant stimulation, daily demands and digital overload, Maui Rituals offer refined Ayurvedic treatments and transformative products of exceptional purity, designed to alleviate the stresses of modern-day living. Created for individuals who respect the power of nature and appreciate true quality, Maui is an invitation to experience physical rejuvenation and emotional release.

LIGHT TOUCH SPA OPTION - TENSION RELEASE DOME RITUAL

In light of the recent pandemic we appreciate that some guests may feel more at ease with a lighter touch. We can adapt many of our treatments, be it to soothe muscular aches and pains, calm a restless mind or lift and sculpt the skin, using our Tri-Mineral Tension Release Dome. The instantly effective hand-carved restorative tool offers a 'no skin-to-skin touch' solution.

PORTMAN SIGNATURE FUSION

Created by Mauli Rituals exclusively for Nobu guests, this signature top-to-toe layering treatment combines a transformative fusion of ancient Ayurvedic and different massage techniques, designed to work at the bodies subtlest layers to illuminate both the physical and emotional. The treatment begins with a warm and nourishing Ayurvedic oil-pouring ritual, along with hot stone therapy, acupressure and bamboo rolling massage. Finishing with a glow-inducing facial and soothing scalp massage expect to release muscle tension, toxins and emotional blocks, and invite in a feeling of lightness, openness and ease.

Weekdays 90 min £255

Weekends 90 min £275

'SAVASANA' HERBAL POTLI MASSAGE

Calming

Savasana: leaving behind all that went before to reach a point of total relaxation and bliss.

This warming full-body massage unknots sore ligaments and calms the mind to help physical and emotional concerns drift away. Ideal for those who need a restorative, grounding, yet healing treatment, herbal poultices are rhythmically massaged in slow strokes to break down blocked tissues, soothe the central nervous system and rejuvenate circulation to promote a deep, harmonious dream-like state.

Weekdays: 90 min £235

Weekends: 90 min £255

Add on 30 min £60

'SHAKTI' DECOMPRESS DEEP TISSUE MASSAGE

Releasing

Shakti: a state of being mentally, spiritually and physically strong.

At once strengthening and restorative, this full-body deep-tissue massage with hot stones, assisted breathwork and your own personalised massage oil blend combines to release body tension and relax an over-active mind.

Weekdays: 60 min £165 | 90 min £235

Weekends: 60 min £185 | 90 min £255

**THE 'MAHARANI' FULL-BODY
WRAP & SCRUB TREATMENT**

Detox, Tone & Glow

Maharani: the supreme princess

The detoxification process begins with dry body brushing to stimulate the lymphatic system before moving to a full-body herbal scrub with tri-herbal triphala to target cellulite reduction, while also exfoliating and toning skin. The body is then wrapped in a heated cocoon, while the skin is polished and the scalp is treated to a soothing massage. Further attention is given to the back and abdomen with the inclusion of yogic twists to gently flush out trapped toxins from the colon. The treatment ends with a marma (acupressure) face massage to bring vitality to the skin, body and mind.

Weekdays: 165 min £330

Weekends: 165 min £350

**RESTLESS TRAVELLER
ACUPRESSURE RITUAL**

Energise & Elevate Fluid Retention

We begin with dry leg brushing to activate lymphatic drainage and reduce puffiness, followed by a long and luxurious foot ritual with marma (acupressure) massage to release organ, muscle and tissue blockages, before gently moving to an Indian head massage and anti-pollution face massage to cleanse, nourish and calm.

Weekdays: 90 min £215

Weekends: 90 min £235

Add on 30 min £60

DECOMPRESS BACK MASSAGE

Bring immediate relief to areas of pain and tension with a bespoke sequence of highly targeted pressing, stretching and enfolding healing techniques performed on trigger points on the back, neck and shoulders – all with the benefit of pre-selected, personalised 'dosha'-specific therapeutic oils.

30 min £75

**'DEVI' SUPREME SKIN
RADIANCE RITUAL**

Age-defying

Devi: a divine goddess

The Devi Goddess ritual combines the transformative benefits of Mauli's tri-mineral face-lift method and marma point (acupressure) massage therapy to stimulate collagen production, strengthen elasticity and encourage smooth, petal-soft skin. A restorative Indian head, shoulder and neck massage follow, to melt away facial, neck and jaw tension. Expect lifting and sculpting effects, natural collagen production increasing skin elasticity and vital glow.

Weekdays: 60 min £185

Weekends: 60 min £205

RADIANCE EXPRESS FACIAL

Rejuvenating

Experience all the transformative benefits of award-winning, active-rich botanicals and glow-inducing techniques in a concentrated treatment that brings immediate results. The treatment includes a deep cleanse and exfoliation, followed by a marma point (acupressure) facial to unblock areas of tension and rejuvenate the skin. An ideal shorter facial to give a deep cleanse and an instant fresh-faced look.

30 min £80

VILASA . + GENTLEMEN'S TONIC

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The finest in British skincare, Gentlemen's Tonic provides the perfect antidote to the stresses and strains of modern life, providing treatments and products created with men's skin in mind that revive, invigorate and promote wellbeing.

THE GENTLEMEN'S TONIC FACIAL

A deep cleansing facial to balance the skin's natural oils, soothe irritation and prevent ingrown hairs. A blend of serums enriched with nourishing antioxidants and vitamins will plump out fine lines. Ease away tense muscles in the face, neck and shoulders with a relaxing massage. The treatment concludes with a mask to suit the individual's skin and a finishing boost of hydration. The perfect tonic for all skin needs.

Weekdays: 60 min £155

Weekends: 60 min £165

THE GENTLEMEN'S TONIC MASSAGE

For those seeking the ultimate massage experience, these bespoke Gentlemen's Tonic massages each offer a unique element to ensure total balance for mind and body.

Destress

To include a back cleanse and exfoliation.

Restore Balance

Grounding foot massage.

Focus The Mind

Scalp massage to aid mental clarity.

Perfect following travel.

Weekdays: 90 min £165

Weekends: 90 min £185

THE ULTIMATE TONIC

Take time to focus on your wellbeing. Babassu and Bergamot is combined with slow rhythmic massage to unravel tension and relieve stress in the muscles. The experience concludes with a scalp massage and purifying facial to address the needs of men's skin for the ultimate tonic for mind and body.

Weekdays: 90 min £165

Weekends: 90 min £185

FINISHING TOUCHES

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Essential beauty services are available upon request. Services include pedicures, manicures, waxing and tinting. By appointment only and subject to availability. Prices dependent on treatment chosen.

ARRIVING

We recommend that you arrive 30 minutes prior to your scheduled appointment to fill out your personal care guide where we can consider your specific health needs. If you are delayed, please be advised 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 are 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 portions of the packages are non-transferable or non-exchangeable for another time.

SCHEDULING AN APPOINTMENT

To schedule an appointment for your treatment, please contact our fitness and wellness reservations team who will be able to guide you. To ensure your preferred time and service is available we recommend you book in advance. All 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.

WELLNESS AND FITNESS AREA 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 16 must be accompanied by an adult, this includes use of the gym.

Sexual misconduct, intoxication and unruly behaviour causing disturbance to other guests will not be tolerated and rights of admission are reserved. Guests 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 are comfortable with. Undergarments are not necessary, but you may wear them during your treatment should you prefer to. You are assured of your privacy at all times.

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. 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'S POLICY

Access to the Wellness and Fitness areas, including the changing facilities, and gym are restricted to over 16s only, unless accompanied by an adult.

VALUABLES

Nobu Hotel London Portman Square is not responsible for damage to, or loss of, personal belongings. We recommend that valuables are not brought to the Wellness and Fitness areas.

PAYMENT OPTIONS

Nobu Hotel London Portman Square guests may charge purchases to their room. Non-hotel guests may pay 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.

AFTERCARE

To continue your Wellness experience at home most products used in our treatments are available for purchase.