

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 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

NOBU
WELLNESS

Our skin is increasingly affected by the impacts of urban living and busy, modern lifestyles. We have curated a collection of facials and body treatments to address these effects, working in synergy with your skin's unique biology to repair natural functions, decelerate signs of ageing and restore radiance.

Each treatment involves a combination of signature techniques, including; neurolymphatic stimulation, an anti-pollution mist infusion and cryotherapy. Our therapists can help guide your selection based on a personalised consultation to understand your needs.

BODY TREATMENTS

BODY RELEASE MASSAGE

Release and rebalance with this full-body massage. Neurolymphatic reflex pressure points help stimulate the lymphatic system, and myofascial trigger points release key muscle groups. Firm pressure creates space within the body, helping improve posture and flexibility, as well as supporting gut health through abdominal and foot work. Detoxification is encouraged throughout this treatment, so you leave lighter and more balanced.

Weekdays: 60 min £165, 90 min £235
Weekends: 60 min £185, 90 min £255

RENEWAL BODY POLISH

This full-body polish will leave your face envious. With a unique blend of kaolin clay, peppermint, bergamot and super-hydrating inca inchi seed oil extract, this delicious scrub exfoliates to remove dead cells while drawing out bacteria and impurities. Your treatment continues with a soothing application of Mandarin and Rosemary Leaf Body Cream for your skin to absorb essential moisture and nutrients. The body is left feeling healthy, supple, and visibly revived.

Weekdays: 60 min £165
Weekends: 60 min £185

URBAN DE-STRESS

Our bodies hold stress in more places than just the mind. This de-stressing treatment targets these areas, harnesses it, and encourages a release through deep relaxation. To do this, we use a bespoke system of soothing massage, lymphatic stimulation, myofascial release and a pressure point massage of the back and feet. The release of stress from deep inside promotes healthy organ function, putting the body, and therefore, the mind at ease.

Weekdays: 60 min £165
Weekends: 60 min £185

FACIAL TREATMENTS

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DEFENCE

A strengthening skin smoothie, your skin is fed a cocktail of bio-compatible antioxidants and revitalising actives, reintroducing the nutrients your skin loses daily from over-exposure to external aggressors such as pollution and UV rays. Combined with energising massage movements, the skin's natural defence barrier is strengthened, free radicals and pollutants are neutralised, fine lines are visibly smoothed, and radiance is restored.

Weekdays: 60 min £155

Weekends: 60 min £175

REGENERATOR

Decelerate signs of ageing with this total skin reboot. Potent Triple-Weight Hyaluronic Acid and Peptides 3+8 are used to encourage collagen production and improve firmness. These actives are combined with specific application techniques and tools, including lymphatic drainage and cryotherapy for instant results. This customised treatment is based your skin concerns, such as; loss of plumpness, uneven tone and texture, fine lines, and wrinkles.

Weekdays: 60 min £155

Weekends: 60 min £175

DETOX

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.

Weekdays: 60 min £155

Weekends: 60 min £175

PRECISE DEFINITION

The perfect pick-me-up before an event or special occasion. Your treatment begins with an invigorating cleanse and tone, while skin is fed a continuous mist of detoxifying antioxidants. A specific method of targeted lifting and draining massage movements help sculpt, define and accentuate your facial features. These movements go deep, lifting and rolling the muscles to promote regenerative stimulation. Skin appears tighter, toned and lifted, with amplified radiance.

Weekdays: 30 min £85

Weekends: 30 min £105

In a world of constant stimulation, daily demands and digital overload, Mauli 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, Mauli is an invitation to experience physical rejuvenation and emotional release.

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

**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

**'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

**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

FINISHING TOUCHES

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

WELLNESS ETIQUETTE

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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.