

**SHIBUI SPA**



## PHILOSOPHY

Shibui Spa is a study in balance: of elegance and simplicity, tradition and modernity, nature and city. From this point of equipoise, we offer an experience that supports deep relaxation and healing.

The Japanese word “shibui” has no exact translation to English, but it refers to a beauty that is rich without being opulent; understated yet fine and grounded in natural elements. There is a stillness to it. This, to us, is essential, for it is from this stillness that the benefits of our healing therapies take shape.

## SPA

To enter Shibui is to drop into a state of tranquility. Surrounded by wood, water and stone—much of it with a storied past—the atmosphere is luxurious yet uncomplicated. A lantern-lit swimming pool glimmers under the roof of a 250-year-old farmhouse that has been reconstructed in the spa by Japanese craftsmen, some of whom are “Living National Treasures” of Japan.

Appointed with five serene treatment rooms including a shiatsu room with a traditional Japanese bath.

Shibui practitioners are experts in their fields and approach their craft as art—with dedication, insight and compassion. Our targeted therapies are developed with simplicity and reverence for nature. Some are rooted in tradition while others employ more modern techniques; all are straightforward, deeply effective and utilize plant-based (and organic, when possible) products.



## FACIALS

### IN FIORE

*The In Fiore | Made in Japan collection, developed in collaboration with Asian skincare leaders, fuses traditional Chinese plant and flower pharmacology with sophisticated technology and science.*

### THE SHIBUI X IN FIORE

This sensorial immersion draws from In Fiore's unique concepts of perfumery as medicine and oil intelligence. Featuring In Fiore's Made in Japan collection. The experience begins with grounding breath work, followed by a double cleanse and light exfoliation. A two-step mask sequence—the first with exfoliating AHAs and the second with nourishing minerals—refines texture and plumps the skin while bringing it into a state of gentle balance. Our signature massage stimulates circulation and detoxification, sculpts the facial musculature, and imparts a vibrant glow.

*60 or 90 minutes*

\$230 / \$330

## **NATURA BISSE**

*Luxury Spanish skincare brand, Natura Bisse, fuses cutting-edge science with pharmaceutical-grade ingredients to deliver sophisticated formulations that yield visible results.*

### **OXYGEN AWAKENING**

Infuse every pore with a blast of pure Oxygen. City dwellers, frequent travelers and smokers will benefit from the light-as-air formula, which rapidly penetrates the skin and releases oxygen molecules into the epidermal layer. These molecules re-energize natural cellular functions and eliminate toxins residing within the pores. This facial includes a stimulating, oxygen-boosting glycolic peel, a facial massage and an oxygen finishing mask to further decongest the skin while transporting you to a state of relaxation. Suitable for all skin types, yet ideal for those showing signs of skin congestion from exposure to pollutants, stress or hormonal shifts.

*60 or 90 minutes*

\$230 / \$305

## FACIALS

### VITAMIN C RECOVERY

Restore your skin's firmness with vitamin C, the most natural form of repair and prevention for visible signs of aging and sun damage. This antioxidant facial begins with a customized cleanse and gentle exfoliation, followed by a reparative serum containing high concentrations of vitamin C, formulated to stimulate collagen production and renew the skin's firmness. Next, a sculpting massage and rich C+C Ascorbic Acid mask allow essential vitamins and nutrients to penetrate the skin, ensuring that your complexion emerges nourished and bright. An ideal choice for those with sensitive skin or concerns with aging, hydration, and hyperpigmentation.

*60 or 90 minutes*

\$230 / \$305



### **LIFT AND SCULPT**

Reverse time and give fine lines a boost of hydration and essential vitamins. Pomegranate extract stimulates the skin's natural renewal process and acts as an intense anti-oxidant. Gentle yet active glycolic exfoliation allows the skin to regain its vitality, revealing a luminous glow. A collagen-boosting serum provides suppleness and elasticity and helps balance hormonal deficiencies. A sculpting massage and double mask redefine the contour of your face with an immediate lifting effect. Recommended for a mature, dehydrated or lackluster skin.

*60 or 90 minutes*

\$255 / \$380

## FACIALS

### DIAMOND GLOW

This revolutionary treatment provides glowing results for hyper-pigmented skin. Formulated, with high concentrations of effective whitening and lightening active ingredients achieve astonishing results after the first session. This unique treatment evens skin tone and minimizes pores to reveal a completely uniform complexion. This effective ritual suitable for all skin types is the perfect solution for radiant skin.

*60 minutes or 90 minutes*

\$265 / \$390

### **DIAMOND MULTISENSORIAL LIFTING**

An intensely revitalizing anti-aging treatment for the most demanding complexions, sophisticated ingredients infused with marine DNA penetrate the deepest layers of the epidermis for long-lasting hydration and a regenerative effect. Diamond Multisensorial Lifting reinforces the skin's natural system of defense, improving elasticity and luminosity while simultaneously soothing and calming the skin. Designed for those looking for the ultimate in luxury skincare with radiant results.

*90 minutes*

\$430

## FACIALS

### PIETRO SIMONE SKINCARE

*Passion and Italian excellence are the underlying forces behind Pietro Simone Skincare. Founded by Pietro Simone, the line contains the unique and exclusive Italian Bella Complex®, rich in active ingredients sourced from across the Mediterranean.*

### THE PRESTIGE SIGNATURE

This regenerative facial treatment focuses on revitalizing skin proteins; collagen and elastin to restore and strength the integrity of the skin. An exceptional high potency blend of peptides helps lift, nourish and promote healthy hydration.

*90 minutes*

\$410

### **THE INTEGRAL RESTORER**

This premium anti-aging facial enriched with the acclaimed Italian Bella complex™ focuses on hydration and skin-saving nutrients. Helping to increase elasticity and promote collagen production for vibrant feel-good skin.

*60 or 90 minutes*

\$265 / \$330

### **THE MULTI-REFINE AND SCULPT**

An essential skin resurfacing anti-aging facial with a spotlight on multi-phase deep exfoliation. Helping to encourage cellular renewal and increased micro-circulation, for smoother looking healthy skin with renewed freshness and vitality.

*60 or 90 minutes*

\$265 / \$330

## MASSAGES

### ELEMENTAL WELL-BEING

Firmly rooted in the Five Element theory of traditional Chinese & Japanese medicine, The Elemental Well-Being treatment with create balance, stimulate detoxification and leave you feeling renewed. Using only the highest grade, first extraction plant oils, we draw upon Eastern and Western massage techniques and tailor them to your specific needs.

Your quest begins with a plunge in a private, mineral-infused soak in our traditional Japanese ofuro tub. Next, a dry body brushing encourages skin cell regeneration and stimulates lymphatic flow prior to a fully customized 60-minute massage with your element-inspired oil.

*60 or 90 minutes (dry brushing and massage)*

\$240 / \$320

*75 or 105 minutes (bath, dry brushing and massage)*

\$285 / \$365



## MASSAGES

### **DRUNKEN LOTUS**

Shibui's signature massage uses customized strokes and hot, sake-soaked towels to release tired muscles, whilst a blend of essential oils nourish your skin and quiet your mind. Ideal for jet-lag, dehydration, or after a night of over-indulging.

*60 or 90 minutes*

\$225 / \$305



### **HEALING BIRCH**

Everything you'll need to recover from chronic stress and sore muscles. Our healing massage focuses on easing overused muscles. An application of herbal packs penetrate heat deep into muscle tissue aiding in the release of lactic acid. A custom blended balm of shea butter and essential oils aid to reduce inflammation and support healing. Perfect post-workout, a long flight or a stressful day.

*60 or 90 minutes*

\$225 / \$305



### **OMAKASE**

to entrust / protect

Place your trust in one of our dedicated massage therapists by allowing them to create a bespoke bodywork session for you following a detailed personal consultation.

*60, 90 or 120 minutes*

\$225 / \$305 / \$405

### **LITTLE BEAN**

Our pre and post-natal massage is designed to support in a time of constant change. Our homemade balm of shea butter, rosehip, jojoba and baby-safe essential oils nourish and relieve muscle tension. A gentle mask of ground Adzuki bean and Kaolin clay is applied to the belly to firm and tone the skin, while feet are dotingly massaged. Best received from 3-months onwards.

*60 or 90 minutes*

\$225 / \$305

## MASSAGES

### **SAMUNPRAI THAI POULTICE**

A powerful treatment dating back to 14th century Thailand. This holistic ritual incorporates medicinal heat and four massage modalities to relieve muscular, joint and back pain. Royal Thai Massage, similar to acupressure, releases blocked energy, while our poultice, made of indigo fabric and filled with healing herbs such as ginger and lemongrass, are steamed and kneaded on the body, allowing the herbs and oils to penetrate and act as potent detoxifiers while increasing lymphatic drainage. Incorporating Thai stretches and deep breath work to energize and balance the body and mind. Recommended for athletes, circulatory and digestive concerns, and the overly-stressed.

*90 minutes*

\$330

### **TRADITIONAL JAPANESE SHIATSU**

Performed in traditional manner on tatami floor, Shiatsu blends acupressure-point therapy with stretching of the meridians to stimulate the flow of energy throughout your body. Unlike other massages, no oil is applied, and you remain fully clothed during the treatment. Firm-to-deep, rhythmic pressure is applied to your entire body using the thumbs, palms, knees, forearms, elbows, and feet. This massage induces deep relaxation and brings the body back into balance.

*60 or 90 minutes*

\$225 / \$305

## MASSAGES

### TRADITIONAL CHINESE REFLEXOLOGY

Our classic, healing foot treatment begins with a cleansing ritual to open the energetic channels of the feet. We then massage each foot, following the tenets of Chinese reflexology. Revitalizes tired feet, cleanses the body of toxins, and stimulates the production of endorphins.

*60 minutes*

\$225

### THAI MASSAGE

Our Thai Yoga Massage blends a series of assisted yoga postures and guided stretching with gentle rocking and rhythmic acupressure to relieve joint and muscle tension. This treatment is performed on the comfort of an Asian mat and loose clothing is suggested, as the treatment is performed fully-clothed.

*60 or 90 minutes*

\$225 / \$305

## TREATMENT ADDITIONS

### FACE AND SCALP MASSAGE

Acupressure and drainage techniques are applied to the face and scalp to relieve headaches and sinus congestion.

*30 minutes*  
\$105

### FOOT REVIVER

Our deeply therapeutic foot and lower leg massage uses custom blended oils to soothe tired muscles and relieve aches and pains on stressed feet.

*30 minutes*  
\$105

### EXPRESS BODY SCRUB

A brisk yet thorough scrub invigorates the skin and stimulates detoxification. The perfect complement to any bath or massage.

*30 minutes*  
\$125

*Treatment additions can be booked in addition to any full-length treatment, and cannot be booked independently.*

## BODY TREATMENTS

### **BAMBOO GLOW**

Soften, firm, and hydrate your skin with our body treatment inspired by the textures and fragrances of Japan. A vigorous bamboo and lemongrass scrub is followed by a private shower with yuzu sea algae wash. Next, sip a refreshing Spa Tonic while soaking in a hinoki mint mineral bath in our ofuro tub. Once fully relaxed, your body is treated to a 60-minute, moisture-binding massage infused with bergamot, vetiver, and wild, Japanese lime.

*120 minutes*  
\$430





## BODY TREATMENTS

### *Seasonal Beauty*

*Like our wardrobes, our skin's needs shift from season to season. These signature body treatments capture the essence of the season by using ingredients that balance your skin as the climate changes from one month to the next.*

### **SPRING & SUMMER**

Warm weather demands radiant skin. This refreshing body treatment begins with a full-body exfoliation. Once new skin is revealed, you are gently cocooned in a cooling body mask. As you are enveloped, your mind is relaxed with a soothing scalp massage. Following a private rain shower, your skin is treated to a 60-minute aromatherapy massage leave you glowing.

*120 minutes*

\$430

### **FALL & WINTER**

Our cold weather ritual is designed to warm your body and bring your skin hydration and comfort. This ritual starts with a stimulating full body exfoliation, and followed by a thermal infused clay. As you are enveloped, your scalp is treated to a luxurious massage. The treatment is completed with a 60-minute aromatherapy massage leaving you in a nourished state.

*120 minutes*

\$430

## BATHS

*If there are but few things that can be called uniquely Japanese living culture, Japanese-style bathing is certainly one of them.*

*In Japan, clean and dirty are absolute and irreconcilable notions. Thus the Japanese logic of cleanliness dictates two parts to the bathing ritual: first washing and then soaking. Body washing involves soaping, scrubbing, and rinsing body dirt away. Soaking consists of doing nothing except sitting quietly and enjoying the moment.*

*Any time is a fine time to enjoy a bath: on rising in the morning, before retiring at night, or whenever the inspiration enters your mind.*

—Leonard Koren, *How to Take a Japanese Bath*



## OUR BATHS

**cherry blossom** / a blend of florals and earthy rhassoul clay ease the senses and nourish the skin with hydrating omegas, rice bran and silk extract.

**elemental detox** / mineral-rich Himalayan salt and essential oils invigorate circulation, reduce fluid retention and shift toxins, leaving you purified and energized.

**hinoki mint** / a therapeutic blend of hinoki cypress, cedar, mint, sage and lemon result in a citrus-mossy scented, mineral-rich bath.

**sake soak** / recover from traveler's fatigue or stress with the cleansing and moisturizing effect of a hot sake bath. A New Year's tradition in Japan, to bathe in sake is said to help clear evil spirits and give way to new beginnings.

*30 minutes*

\$105 (*private soak*) / \$125 (*for two*)

*Baths can be booked with any full-length treatment, and cannot be booked independently.*

### **SEASONAL SOAKS**

*Seasonal Baths are available based on the current season and can be booked with any full-length treatment, and cannot be booked independently.*

**spring** / purification, revitalize, banish fatigue.

**summer** / stimulating circulation, restore hydration and vitality.

**fall** / calming, clear head and breathe deeply.

**winter** / warming, decongest and help eliminate toxins.

*30 minutes*

*\$105 (private soak) / \$125 (for two)*

## FITNESS STUDIO

*Designed and staffed by Dan Harvey, Robert DeNiro's personal trainer for the last 30 years, the fitness studio at The Greenwich Hotel serves as an exclusive gym for hotel guests. Personal training sessions are available upon request and customized to each guest's needs.*

### PRIVATE TRAINER

Maintain your fitness routine away from home with our highly skilled trainers.

*60 minutes*  
\$175

### PRIVATE YOGA/PILATES

Our skilled yoga and Pilates instructors accommodate beginners as well as those with an established practice, and customize each session to support their clients' individual needs.

*60 minutes*  
\$175 / \$200 (for two)





## SHIBUI

### **APPOINTMENTS**

We recommend booking treatments at least one week in advance. You will receive a confirmation two days prior to your service.

### **ARRIVAL TIME**

We suggest arriving at least 30 minutes before your treatment begins to enjoy Shibui's facilities. Please note that treatments must end on time, regardless of their start time. If you arrive late, we will not be able to complete the full service, and treatment fees cannot be prorated.

### **CANCELLATION POLICY**

If you need to cancel or reschedule, please notify us at least 24-hours before your appointment to avoid being charged for the service in full.

### **GRATUITY**

For your convenience, a 20% gratuity will be automatically added to each service.

**CHILD SUPERVISION**

For their safety and for the consideration of other guest's children under the age of 16 must remain accompanied by an adult while in the spa, locker room and pool areas. As an additional precaution, no children under the age of 16 are permitted in the fitness studio.

**HEALTH CONSIDERATIONS**

When making an appointment, please let us know if you are pregnant or have any health concerns, such as high blood pressure, heart conditions or allergies. We will tailor your treatment accordingly.

**MOBILE PHONES**

As a courtesy to other guests, please turn off your mobile devices prior to arrival.

**SPA ATTIRE**

As part of the Shibui experience you will be provided with a Japanese robe and spa slippers, located inside your locker. Should you forget a swimsuit for use in the pool, we have them available for purchase. We recommend removing all undergarments prior to body treatments and massages, or undressing to your comfort level.

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