

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 plantbased (and organic, when possible) products.



## FACIALS

*Omakase Facial ~ To Entrust / Protect*

### **A SHIBUI SIGNATURE**

Entrust in the expertise and techniques of your skincare professional. Innovative ingredients, tools and ancient techniques are carefully chosen to sculpt, increase circulation, improve texture, and fine lines while nurturing your skin. A truly customized experience curated for your personal needs.

*60 or 90 minutes*

\$285 / \$400 Weekdays

\$300 / \$415 Weekends

## **IN FIORE**

*Proprietary blends call on ancient medicinal remedies, science and aromatic benefits to awaken the senses and replenish and heal the skin.*

## **LE FLEUR ESSENCE**

This sensorial immersion draws from unique concepts of perfumery as medicine and oil intelligence, igniting a vibrant glow and plumping effect. The unique experience begins with grounding breath work, a mask combination of exfoliating ahas and nourishing minerals which refines texture and complexion while bringing it into a state of gentle balance.

*60 or 90 minutes*

\$255 / \$355 Weekdays

\$270 / \$370 Weekends

## FACIALS

### **AUGUSTINUS BADER**

*Professor Augustinus Bader is a globally recognized biomedical scientist and physician and one of the foremost experts in the field of stem cell biology and regenerative medicine.*

### **THE METHOD**

A bespoke treatment uniquely designed to amplify the power of tfc8® technology, for optimized results tailored to each and every skin need. This sophisticated experience provides visible results immediately, and even greater long term cumulative benefits. Highly sensorial, the hands-on approach utilizes formulas of highest levels of efficacy, to help boost cellular communication, firmness and tone.

*60 or 90 minutes*

\$250 / \$350 Weekdays

\$265 / \$365 Weekends



## **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**

City dwellers & frequent travelers benefit from the light-as-air formula, which rapidly penetrates the skin to release oxygen molecules into the epidermal layer. A gentle glycolic peel and soothing mask helps decongest the skin while transporting you to a state of relaxation. Suitable for all skin types, though ideal for those exposed to outdoor pollutants, stress, or hormonal shifts.

*60 or 90 minutes*

\$255 / \$355 Weekdays

\$270 / \$370 Weekends

## FACIALS

### **VITAMIN C RECOVERY**

Restore firmness and brightening with vitamin c, the most natural form of repair and prevention for visible signs of aging and hyperpigmentation. This antioxidant facial begins with a deep cleanse and physical exfoliation, followed by a reparative serum formulated to stimulate collagen production and hydration.

*60 or 90 minutes*

\$255 / \$355 Weekdays

\$270 / \$370 Weekends

## **LIFT AND SCULPT**

Reverse time and give fine lines a boost of essential vitamins. Pomegranate extract stimulates the skin's natural renewal process and acts as an intense antioxidant. A collagen-boosting serum provides suppleness and elasticity, perfect for mature or lackluster skin seeking an immediate lift and contour.

*60 or 90 minutes*

\$265 / \$380 Weekdays

\$280 / \$395 Weekends

## FACIALS

### **DIAMOND GLOW**

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

*60 or 90 minutes*

\$265 / \$380 Weekdays

\$280 / \$395 Weekends

## MASSAGES

*Omakase Massage ~ To Entrust / Protect*

### **A SHIBUI SIGNATURE**

Place your trust in one of our dedicated massage professionals by allowing them to create a bespoke bodywork session for you. Our omakase ritual is designed by your therapist utilizing a combination of honored therapies and oils to heal and release deeply-rooted stress patterns, pain or energetic blockage. Offerings include though far from limited to, a combination of stones, cupping, advanced therapeutic modalities, poultice, and dry brushing.

*90 minutes*

\$415 Weekdays

\$430 Weekends

## MASSAGES

### *Elemental Well-Being*

- wood* rejuvenating and immune system boosting
- fire* stimulates and invigorates the mind
- earth* balances body and mind, aids sleeplessness
- metal* detoxifies and tonifies
- water* soothes and relieves stress

Firmly rooted in the five element theory of traditional Chinese & Japanese medicine, wood, fire, earth, metal and water are used to help diagnose conflicting symptoms within your body & mind.

Using only the highest grade, first extraction plant oils we draw upon eastern and western massage and tailor them to your specific needs. Our extended service time allows for a therapeutic dry brushing, resulting in light exfoliation and lymphatic benefits.

*60 or 90 minutes*

\$265/ \$380 Weekday

\$280/\$395 Weekend



## MASSAGES

### **DRUNKEN LOTUS**

For those looking to restore and replenish, hot sake-infused towels are applied to release tired muscles while natural antioxidants treat the skin. Custom massage and essential blend nourish the body and calms the mind. Ideal for jetlag, dehydration, or after a night of over-indulging.

*60 or 90 minutes*

\$255 / \$370 Weekdays

\$270 / \$385 Weekends



## **HEALING BIRCH**

Everything you'll need to recover from chronic stress and sore muscles. Our therapeutic massage focuses on easing overused muscles. A custom blended massage balm and essential oils aid to reduce inflammation and support healing. Perfect post-workout, a long flight or a stressful day.

*60 or 90 minutes*

\$255 / \$370 Weekdays

\$270 / \$385 Weekends



## MASSAGES

### LITTLE BEAN

Our pre and post-natal massage is a customized massage using our homemade balm of shea butter, rosehip, jojoba and baby-safe essential oils to relieve tension and aches from your changing body. A gentle mask of ground adzuki bean and nourishing clay is applied to the belly to firm and tone the skin as it stretches, while feet are dotingly massaged. Best received from 3-months onwards.

*60 or 90 minutes*

\$255 / \$370 Weekdays

\$270 / \$385 Weekends

## MASSAGES

### **SAMUNPRAI THAI POULTICE MASSAGE**

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*

\$395 Weekdays

\$410 Weekends

### **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.

*90 minutes*

\$365 Weekdays

\$380 Weekends

## MASSAGES

### **ASHIATSU**

In the Japanese language “ashi” translates to foot and “atsu” means pressure. Ashiatsu therapy is a barefoot massage technique in which the therapist delivers deep, broad, consistent pressure while utilizing their feet and body weight. Parallel bars are stabilized above the treatment table allowing your therapist to work with gravity to help elongate the spine and increase circulation.

*60 or 90 minutes*

\$285 / \$310 Weekdays

\$395 / \$410 Weekends

## **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*

\$250 Weekdays

\$265 Weekends

## **THAI YOGA 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 may be performed on the comfort of a traditional Asian mat, loose fitted clothing is suggested.

*90 minutes*

\$365 Weekdays

\$380 Weekends





## ***Seasonal Body***

*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**

Designed to support and nurture mind and body through seasonal transitions that can create physical tension and emotional anxiety. Your journey begins with an opening stretching sequence to increase mobility, followed by a revitalizing full body exfoliation and dry brushing, finally a customized full body massage with focus to the head neck and back will leave you ready to take on the day

*120 minutes*

\$490 Weekday

\$505 Weekend

## MASSAGES

### FALL & WINTER

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

*120 minutes*

\$490 Weekday

\$505 Weekends

**SHIBUI ORGANIC BODY SCRUB**

A skin refining full body exfoliation leaves the skin smooth and nourished. Followed by an application of a Japanese lime oil leaving the skin silky and hydrated.

*60 minutes*

\$250 Weekdays

\$265 Weekends

## TREATMENT ADDITIONS

### DRY BODY BRUSHING

Elevate your wellness experience with a full body brushing to stimulate the lymphatic system, detoxify and refine the skins surface.

*30 minutes*

\$135 Weekday

\$150 Weekend

### FACE, NECK AND SCALP MASSAGE

Tension relieving techniques are applied to the face, neck and scalp using our elixir to relieve headaches and sinus congestion.

*30 minutes*

\$135 Weekday

\$150 Weekend

### FOOT REVIVER

Our revitalizing foot and lower leg massage designed to soothe tired muscles and relieve aches and pains on stressed feet.

*30 minutes*

\$135 Weekday

\$150 Weekend

### STRETCHING

Increase mobility, flexibility, range of motion and overall well being.

*30 minutes*

\$135 Weekday

\$150 Weekend

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



**ONSEN RITUALS** *Onsen bathing dates back to the 6th century, once enjoyed only by emperors, our custom rituals pair a bespoke soak with the indulgence of massage, designed to support health and wellbeing.*

**Hinoki** / a therapeutic blend of hinoki cypress, cedar, mint, sage, and lemon result in a citrus-mossy scented, mineral-rich bath. Followed by a traditional shiatsu massage blending acupuncture-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.

*105 minutes*

\$415 weekday / \$430 weekend

**Shinrin Yoku** / designed to restore one from the stresses of modern-day living, cleansed of pollution and relieved from restlessness & agitation. Each session starts with a clearing soak, followed by guided inhalation & tension releasing long, deep massage, culminating with a warm mud mask blended with the oil that is applied with swirling strokes to the hands and feet. As the oil-infused mud is absorbed, the therapist masterfully massages the scalp.

*105 minutes*

\$415 weekday / \$430 weekend

## ONSEN RITUALS

**Healing** / a blend of mineral rich salts and essential oil blends of rosemary, eucalyptus and lavender invigorate circulation, reduce fluid retention, and shift toxins. Preparing the body for a deeply therapeutic massage enhanced with arica and birch oil to address muscle tension and leave you feeling regenerated.

*105 minutes*

\$415 weekday / \$430 weekend

**Balancing** / a blend of mineral rich salts and essential oil blends of geranium, rosemary and peppermint creating a feeling of physical relaxation and calm. Preparing the body for a fortifying massage.

*105 minutes*

\$415 weekday / \$430 weekend

## SHIBUI

### **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.



**APPOINTMENTS**

We recommend booking treatments at least one week in advance. You will receive a confirmation two days prior to your service. Weekday pricing is Monday to Thursday. Weekend pricing is Friday through Sunday as well as on holidays. Please kindly note that availability and price is subject to change at any time without prior notice.

**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.

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