

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.

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

OMAKASE FACIAL

To Entrust/Protect

SHIBUI'S SIGNATURE FACIAL

60/90/120 minutes \$385/\$495/\$770

Trust in the expertise and techniques of your skincare professional. Innovative ingredients, tools, advanced technologies, and ancient modalities are carefully chosen to sculpt, increase circulation, and smooth texture and fine lines while nurturing your skin. A truly custom experience curated for your personal needs.

KOBIDO *'The Ancient Way of Beauty'*

60/90 minutes \$285/\$395

An authentic form of holistic art that reinforces the vitality of the skin and creates a balance between physical, spiritual and emotional health. Shibui's certified KOBIDO therapist achieves excellence by combining sophisticated, manual techniques refined over centuries, which focus on choreographed percussion-based movements. Sensory focused steps are mastered to boost blood microcirculation, increase collagen, tighten pores and eliminate toxins.

IN FIORE

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

LE FLEUR ESSENCE

60/90 minutes \$265/ \$375

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 and includes a mask with both exfoliating ahas and nourishing minerals to refine texture and complexion, bringing your skin back into a gentle balanced state.

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

60/90 minutes \$285/\$395

A bespoke treatment designed to amplify the power of TFC8® technology for optimized results tailored to any skin need. This sophisticated experience yields visible results immediately, with even greater long-term benefits. The tactile approach utilizes formulas with extreme efficacy to boost cellular function, firm and tone.

NATURA BISSE

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

YASASHII SKIN

60/90 minutes \$265/ \$375

Our sensitive approach to delicate skin. Restore through powerful formulas that reinforce and protect the skin's natural barrier while instantly soothing, deeply moisturizing and increasing natural tolerance levels. Safe and mindfully conceived to harmonize your complexion.

FACIALS

VITAMIN C RECOVERY

60/90 minutes \$265/\$375

Restore firmness and brighten with vitamin c, the most natural 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.

LIFT AND SCULPT

60/90 minutes \$285/\$395

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

DIAMOND GLOW

60/90 minutes \$285/\$395

This revolutionary treatment provides glowing results for hyper-pigmented skin. Formulated with full-bodied brightening elements to achieve instant results, 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 method to achieve radiant skin.



BODYWORK

OMAKASE ~ TO ENTRUST / PROTECT SHIBUI'S SIGNATURE MASSAGE

90/120 minutes \$450/\$635

Place your trust in our dedicated massage professionals by allowing them to create a customized bodywork session for you. Our omakase ritual combines a variety of esteemed modalities to release stress, pain or energetic blockage. Offerings include, though are far from limited to, a combination of stones, cupping, poultice, dry brushing and ancient modalities from around the world.

ELEMENTAL WELL-BEING

60/90 minutes \$290/\$405

Wood: rejuvenates and boosts immunity

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 plant oils, we draw upon eastern and western massage techniques, tailoring them to your specific needs. Our extended service time allows for a therapeutic dry brushing, resulting in light exfoliation and lymphatic benefits.



DRUNKEN LOTUS

60/90 minutes \$275/\$390

For those looking to restore and replenish, hot sake-infused towels are applied to relieve tired muscles while natural antioxidants treat the skin. Custom massage and essential oil blends nourish the body and calm the mind. Ideal for jet-lag, dehydration, or after nights of over-indulging.

HEALING BIRCH

60/90 minutes \$275/\$390

Everything you'll need to recover from chronic stress and sore muscles. Our deeply restorative massage focuses on easing overused muscles while a custom blended massage oil aids to reduce inflammation and support healing. Warm herbal packs penetrate heat deep into muscle tissue stimulating circulation and movement from within. Perfect post-workout, a long flight or a stressful day.

BODYWORK

LITTLE BEAN

60/90 minutes \$275/\$390

Our pre- and post-natal massage is a customized treatment using our custom blended oil with natural emollients 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 firm and tone the belly as it stretches. A homemade balm is then massaged onto the belly to lock in moisture. Best received from three months onwards.

SAMUNPRAITHAI POULTICE MASSAGE

90 minutes \$430

A powerful treatment dating back to 14th century Thailand. This holistic ritual combines medicinal heat and four massage modalities to relieve muscular, joint, and back pain. Royal Thai massage releases blocked energy while our poultice of healing herbs such as ginger and lemongrass are steamed and kneaded on the body, allowing the herbs and oils to absorb and act as potent detoxifiers. Thai stretches and breathwork are united to energize and balance the body and mind. Recommended for athletes, circulatory and digestive concerns, and the overly stressed.



TRADITIONAL JAPANESE SHIATSU

90 minutes \$430

Performed traditionally on the tatami floor, shiatsu blends 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 for the treatment. Firm-to-deep, rhythmic pressure is applied to your body using the thumbs, palms, knees, forearms, elbows, and feet. This massage induces deep relaxation and brings the body back into balance.

ASHIATSU

90 minutes \$430

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

BODYWORK

TRADITIONAL CHINESE REFLEXOLOGY

60 minutes \$265

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

ACUPUNCTURE WITH BODYWORK

60/90 minutes \$325/\$435

Qi, the body's vital energy, is believed to be the force that allows healthy energy to flow, creating both a spiritual and physical balance within. Shibui trained healers create a natural synergy between massage and acupuncture cultivating an advanced method used to increase circulation, reduce inflammation, boost immunity and treat health conditions.



BODY TREATMENTS

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

120 minutes \$505

(Available from Mid-March through Mid-September)

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

FALL & WINTER

120 minutes \$505

(Available from Mid-September through Mid-March)

Our cold weather ritual is designed to warm your body and bring you back to a nourished state. We begin with a stimulating full-body exfoliation, followed by a mineral-rich thermal clay. As you are enveloped, your scalp is treated to a luxurious massage, and the treatment finishes with a custom 60-minute aromatherapy massage, leaving your mind, body, and skin nourished.

60 minutes \$275

KINMOXEI ORGANIC SCRUB

A skin refining full-body exfoliation leaves skin feeling polished and nourished. An application of a Japanese lime oil boosts brightness, fights early signs of aging, and absorbs for a silky and hydrated feel.

ENHANCE WITHIN

Enhancements can be reserved within any full-length treatment and cannot be booked independently.

BODY

DRY BODY BRUSHING \$50

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

FOOT REVIVER \$50

Revive and renew with a refreshing exfoliation that leaves your feet feeling energized and light.

FACE

ADVANCED TECHNOLOGY *\$125*

A perfect fusion of cutting-edge technology and unparalleled expertise. With advanced transformative results catering to all skin types, using synergy of technology, passion, and beauty. Available offerings include microdermabrasion, microcurrent & facial ultrasound.

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

105 minutes \$450

A grounding blend of hinoki cypress, cedar, mint, and lemon result in a citrus-mossy scented soak. A shiatsu massage is offered, blending acupuncture-point therapy with stretching of the meridians, stimulating the flow of energy throughout your body. Fully clothed without oil, firm-to-deep, rhythmic pressure is applied to your body using the thumbs, palms, knees, forearms, elbows, and feet.

SHINRIN-YOKU

105 minutes \$450

Designed to restore from the stresses of modern-day living, cleanse of pollution and relieve from restlessness & agitation. Each session starts with a clearing soak, followed by guided inhalation & tension releasing body and scalp massage. A culminating warm mud mask blended with herb infused oil is applied to the palms of the hands and soles of the feet. This gives a sense of grounding and harmony with nature.



ONSEN RITUALS

HEALING

105 minutes \$450

A salt medley of Epsom salt, sea salt, birch and juniper berry oils revive circulation, reduce fluid retention, and shift toxins. A deeply therapeutic massage, enhanced with sweet birch and helichrysum oil, addresses fatigued muscle tension to leave you feeling charged and regenerated.

105 minutes \$450

BALANCING

A combination of mineral-rich salts and essential oil blends of geranium, rosemary, and grapefruit invoke a feeling of tranquility, preparing you for a fortifying massage to ignite a sense of harmony, bringing the body into balance and the mind into heightened awareness. Therapeutic dry brushing is incorporated for a light exfoliation and lymphatic benefits.



CHILD SUPERVISION

For their safety and for the consideration of all patrons, big and small, 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. Services are available for guests 18 years of age and over.

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 & LAPTOPS

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. We recommend removing all undergarments prior to body treatments and massages or undressing to your comfort level.

APPOINTMENTS 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.

SERVICE & GRATUITY

For your convenience, a 20% gratuity will be automatically added to each service. Please kindly note that availability and price is subject to change at any time without prior notice.

