

NAGOMI  
SPA & HEALTH



# MASSAGES

## SWEDISH RELAXATION MASSAGE

60 min. € 115

Forget about everyday stress! Your body can relax completely during this massage. The massage encourages you to keep deep breaths, supple your muscles and tendons and improves circulation to stimulate detoxification of the body and mental relaxation.

## HOT STONE MASSAGE

60 min. € 115

The hot stone massage is a total relaxation massage. The hot stones are placed on specific points of the body, this ensures the heat is spread through the body. Slowly the muscles and tissues supple and provide a sense of wellbeing, warmth and overall relaxation.

## AROMATHERAPY

60 min. € 115

The effects of this massage are enhanced by the use of one or more essential oils. The therapist will choose the most suitable oil based on your personal wishes and needs, and will use these in the body massage.



## SHIATSU THERAPY

60 min. € 115

Shiatsu uses hand and finger pressure on the skin and certain parts of the body to prevent disease and encourages healing by stimulating the body's natural healing abilities. Shiatsu is a combination of diagnostics and therapy. The therapist's hands and fingers can trace every deviation in your skin, muscles and body temperature. This allows us to find irregularities and determine immediately which treatment will benefit you the most.

## BAMBOO MASSAGE

60 min. € 115

The bamboo massage is used as a powerful preventive therapy against modern-day stress. Apart from relieving you of stress and tension, bamboo massage is also known to improve the texture of your skin. The silica from bamboo extract helps your body absorb essential minerals such as potassium, calcium and magnesium.



# BODY TREATMENTS BY SOTHYS

## HANAKASUMI

60 min. € 125

Embark on an enchanting sensorial journey filled with floral notes of Cherry Blossom and Lotus Flower to relax the body and nourish your skin. Our signature body treatment incorporates a warm exfoliating cream to soften and smooth the skin. A unique, invigorating foot massage flows into a relaxing full body massage using warmed aromatic shea butter to bring blissful relaxation to your mind body and soul.

## SENSATIONS ORIENTALES

60 min. € 125

With the smell of the warm amber and woody base notes of myrrh, your senses are on a journey to the far Eastern lands. Starting with a pre-exfoliation gel, followed by using exclusive handmade terracotta pumice stones your skin will be removed from dead skin cells and feels extremely smooth. The massage enriched with amber oil (well known to reduce stress and fatigue) and date seed (to nourish the skin) makes this treatment a moment of pure relaxation for body and mind.

## CUSTOMIZED SENSORIAL ESCAPE

60 min. € 125

A couture experience tailored to the needs of your wellbeing. Customized with a selection of botanical essences and a massage to nourish, hydrate or quench your skin. An invigorating sugar and salt scrub to smooth and soften your skin is followed by a relaxing massage to promote overall wellness.



# PACKAGES

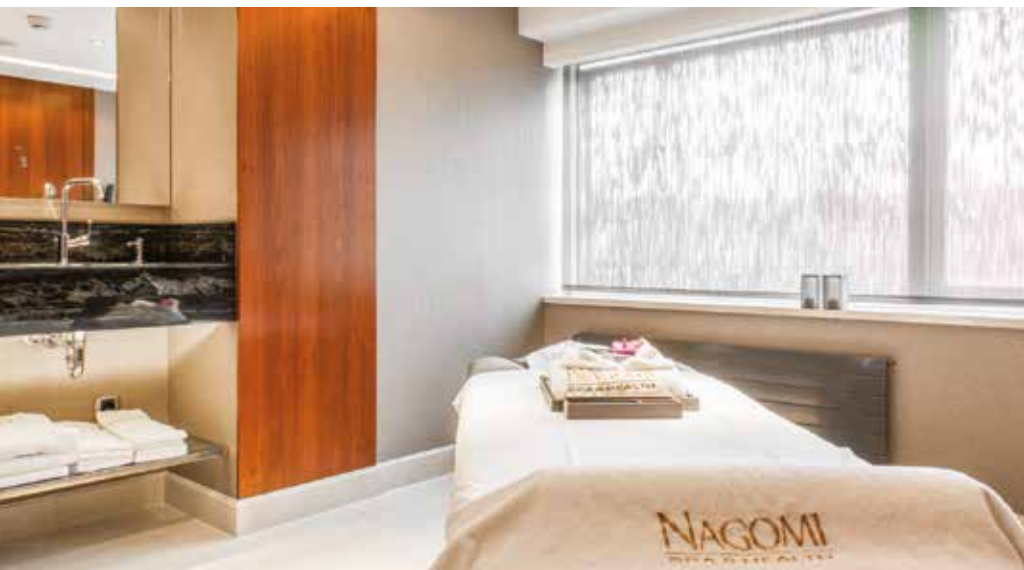
## NAGOMI PACKAGE

€ 230 per person

We understand the importance of finding moments of rest. Nagomi is a Japanese word, meaning 'to calm down', and this is exactly what we invite you to do. Start or end your day of pampering and relaxation with a delicious three-course Bibendum menu at Serre.

### INCLUDING

- Body treatment of choice | 60 min.
- Swedish relaxation massage | 60 min.
- Use of bathrobe and slippers
- Three-course Bibendum menu at Serre, including coffee and tea
- Access to Nagomi Health, with indoor swimming pool, Jacuzzi, gym and saunas



## NAGOMI SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully ask you to switch of your mobile phone and other electronic devices at all times. We also request that you refrain from speaking too loudly.
- Guests who are under the age of 18 cannot use Nagomi Spa's facilities.
- Underwear, either personal or disposable, must be worn during all body treatments.
- Please check in at the reception of Nagomi Spa at least 15 minutes prior to you scheduled appointment. Arriving late will result in a reduction of your treatment time.
- Changing rooms are available at the Spa. When you have a massage or body treatment we kindly ask you to undress, except for underwear. If you prefer disposable underwear, this is also available at the Spa. We will provide you with a soft bathrobe, slippers and towels.
- We require 24-hour cancellation notice. To help us reschedule your appointment. In the event of late cancellation or a no-show, you will be charged for the costs of the treatment.
- Treatments from 45 min. include access to Nagomi Health.
- Bathrobes, slippers and towels are available in Nagomi Spa.



## OUR RECOMMENDATIONS

- Changing rooms are equipped with lockers. However we recommend to leave your valuable items at home.
- We recommend that men shave before facial treatments.
- Avoid shaving or waxing one day prior to body scrubs.
- You may wish to remove spectacles or contact lenses for greater comfort during your treatment.
- Guests who are pregnant, have high blood pressure, or any other serious medical condition are advised to consult their doctors before signing up.



## OASIS OF COMFORT

Our Japanese heritage means we understand the importance of finding moments of space and calm. Nagomi is a Japanese word, meaning 'to calm down', and this is exactly what we invite you to do at Nagomi Spa & Health.

At Nagomi Health, use of the indoor swimming pool, Jacuzzi, sauna and gym is included in all hotel stays. Professional trainers are also on hand to assist in a work out.

Pampering at Nagomi Spa captures the art of Japanese relaxation with authentic facials, bamboo massages, and Shiatsu. For a unique indulgent experience, we recommend our Hanakasumi body treatment. A massage ritual, scented with cherry blossoms and lotus flowers, Hanakasumi is pure relaxation.

### NAGOMI SPA

Sat & Sun: noon - 6.00 pm

[spa@okura.nl](mailto:spa@okura.nl)

+31 (0)20 6787 441

[www.okura.nl/nagomispa](http://www.okura.nl/nagomispa)

### NAGOMI HEALTH

Mon - Fri: 6.30 am - 10.00 pm

Sat & Sun: 8.00 am - 9.00 pm

[health@okura.nl](mailto:health@okura.nl)

+31 (0)20 6788 180

[www.okura.nl/nagomihealth](http://www.okura.nl/nagomihealth)

### MEMBERSHIP

It is possible to become a member of Nagomi Health. Please contact our team for more information.



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