

## NAGOMI SPA

By virtue of our Japanese heritage, we treasure the importance of **Nagomi** (和) which represents calm, serenity and peace. This is the journey we invite you on.

Nagomi Spa is the oasis created with our utmost care and attention for your indulgence in soothing moments of comfort. The Nagomi Spa Treatments team is committed to providing the highest quality of treatments and service, pampering your body to induce your ultimate relaxation so that you can recharge and re-energize.

At Nagomi Spa Treatments, we refined therapies and treatments with different origins from across the globe by pairing them with the sublime products from Sothys French cosmetology to create the most elating, uplifting and rejuvenating spa experience. Our signature treatments make all the stress and strains of daily life fade away with the help of products chosen to enhance your natural glow.

### FACIALS | BY SOTHYS

**Sothys products are used in all facial treatments at Nagomi Spa Treatments. Sothys has been setting the highest standards globally for more than 80 years among the most renowned luxury spas and salons and represents the ultimate and most refined range of facial and body cleansing, brightening, protective and revitalizing products.**

#### SEASONAL FACIAL TREATMENT

60 min € 160

This surprising seasonal facial treatment will help your skin regain its luster and resilience for the autumn and winter seasons, while hydrating and nourishing it for spring and summer. The treatment consists of a thorough cleaning of the face, a short massage of the face, neck and décolleté and a matching mask. To finalize, a nourishing cream is applied, which is tailored to your skin's condition.

#### SPECIAL SPA FACIAL SENSIBLE

60 min € 160

This facial is suitable for mildly to very sensitive skin. All products used in the treatment are hypoallergenic, without fragrances or dyes. The treatment consists of cleaning the face, a short massage of the face, neck and décolleté and a matching mask which is applied with porcelain spoons. To finalize, a nourishing cream is applied, which is tailored to your skin's condition. Your highly skilled therapist will provide advice for the continuity of the treatment at home for lasting long-term effects.

### INTENSIVE FACIAL TREATMENTS | BY SOTHYS

#### HYDRA 3HA

90 min. € 235

This intensively hydrating treatment is designed to nourish your skin with well-being and provide it with a sensation of absolute hydration delivered by the triple hyaluronic acid. This unique treatment creates a hyaluronic-injectable look-alike effect. Your skin will feel smoother and the superficial wrinkles will fade. Results are seen within one treatment, which is suitable for all skin types.

## YOUTH INTENSIVE TREATMENT

90 min. € 235

If you are looking to treat and prevent signs of aging such as wrinkles and pulpy skin, this sophisticated treatment combines ultra-targeted products with expert application methods. Experience a professional youth inducing and preserving treatment with no less than 2 serums and 3 masques applied in combination with a facial massage. Results are seen within one treatment, which is suitable for all skin types.

## DETOX-ENERGY TREATMENT

90 min. € 235

A unique combination of products and techniques, designed to give you a natural boost of energy while nourishing your skin with the nutrients and protection to defend itself from the harmful effects of environmental stress, which is known to accelerate skin aging. This professional treatment includes application of a triple action depolluting scrub, a serum and a triple masque. Results are seen within one treatment, which is suitable for all skin types.

## BODY TREATMENTS | BY SOTHYS

**Our exquisitely indulgent and relaxing offering of body treatments is available in sessions of 60 and 90 minutes, for your enjoyment, comfort and rejuvenation while permitting all carefully crafted steps of these rituals to be performed carefully for maximum results, ensuring you leave the stresses and ailments of urban life behind you.**

### HANAKASUMI

60 min € 160 / 90 min. € 220

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 which softens and smoothes the skin. A unique, invigorating foot massage flows into a relaxing full body massage using warm aromatic shea butter to bring blissful relaxation to your mind, body and soul.

### SENSATIONS ORIENTALES

60 min € 160 / 90 min. € 220

With the smell of the warm amber and woody base notes of myrrh, your senses are invited on a journey to the far Eastern lands. This treatment starts with a pre-exfoliation gel, followed by exclusive handmade terracotta pumice stones applied to your skin which remove dead skin cells and promote extreme smoothness. 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.

## MASSAGE TREATMENTS

### SWEDISH RELAXATION

60 min € 145 / 90 min. € 200

One of the best known western massage techniques, the Swedish massage uses light to medium pressure and applies slow strokes along the muscles and tissues to provide a sense of warmth, serenity and overall relaxation.

### DEEP TISSUE MASSAGE

60 min € 155 / 90 min. € 215

The deep tissue technique uses firm pressure and slow strokes to reach deeper layers of your muscles and connective tissues. Beyond

relaxation, this massage promotes the release of deeply held levels of tension.

## **AROMATHERAPY**

60 min € 150 / 90 min. € 205

The sensorially elating effects of this bespoke massage are enhanced by the use of natural essential oils, extracted from plants and flowers. Your therapist will choose a bespoke aroma which best suits your needs and preferences from a selection of relaxing, energizing and harmonizing aromas. When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, the emotional center of the brain releasing pleasant emotions.

## **HOT STONES MASSAGE**

90 min. € 205

This relaxing body massage uses hot stones to stimulate your blood flow and release muscle tension. The heat is diffused evenly through your body. Slowly, your muscles and tissues supply and provide a sense of wellbeing, warmth and overall relaxation.

## **SHIATSU THERAPY**

60 min € 155/ 90 min. € 215

Shiatsu is a Japanese form of bodywork administered by fingers, palms and elbows. Pressure is applied to all parts of the body along your meridians. This technique stimulates the natural healing powers of your body.

## **BAMBOO MASSAGE**

60 min € 145 / 90 min. € 200

Bamboo stacks are used for this firm massage, being held and maneuvered by the therapist and rolled over your muscles with the same pattern of strokes which are used by hands in a deep tissue massage treatment. The muscles are then kneaded, which assists in the release of tension and easing of knots.

## **PREGNANCY MASSAGE**

60 min € 145

This therapy is specially designed for the expectant mother's needs. During this signature, gentle and soothing experience which will help alleviate some of the most common discomforts experienced by pregnant women, your therapist will take special care to ensure your comfort and safety throughout the prenatal massage session, using pillows to support your body and baby. **Please note that this treatment is only available after the twelfth week of pregnancy.**

## **"Seasons of Nagomi"**

Introducing "Seasons of Nagomi", at Nagomi Spa Treatments. Treatments which embrace the changing of the seasons and incorporate traditional Japanese elements. Relax and rejuvenate with carefully curated ingredients and techniques, all while connecting with the rich heritage of Japan. Experience the beauty of the seasons and the harmony of nature at Nagomi.

## **WINTER**

30 min € 75

“Zen Harmony” | Kobido

This traditional Japanese facial massage technique has been practiced for centuries. This luxurious treatment combines massage, acupressure, and facial manipulation to rejuvenate the skin and promote overall wellness. The technique helps increase circulation, reduce puffiness, and improve the overall appearance of the skin.

## **SPRING**

"Zen Flow" | Japanese Yuzu Lymphatic Drainage

60 min € 150

This rejuvenating treatment combines the gentle, therapeutic touch of lymphatic drainage massage with the healing properties of Japanese yuzu essential oil, known for its uplifting and invigorating effects on the mind and body.

## **SUMMER**

"Zen Balance" | Japanese Hinoki Maderatherapy

60 min € 150

Experience the healing power of hinoki essential oil and nature with our Japanese Hinoki Maderatherapy treatment. Hinoki wood is a prized material in Japan, revered for its natural antibacterial properties and soothing, grounding scent. Our therapists will use both hinoki essential oil and wooden tools to create a deeply relaxing and therapeutic experience.

## **AUTUMN**

"Reiki Harmony"

30 min € 75 / 60 min. € 145

This Japanese-inspired experience offers a 30 or 60-minute Reiki healing session to enhance any existing spa treatment. Reiki is a gentle form of energy healing rooted in Japanese wellness traditions that promotes balance and relaxation. During the session, the practitioner will use a series of hand placements on or near the body to channel positive energy and bring harmony to the mind, body, and spirit.

"Please kindly note that availability for these specialized treatments requires prior confirmation."

## **IN-ROOM MASSAGE | ON REQUEST AND UPON AVAILABILITY**

### **SWEDISH RELAXATION**

60 min € 160 / 90 min. € 240

One of the best known western massage techniques, the Swedish massage uses light to medium pressure and applies slow strokes along the muscles and tissues to provide a sense of warmth, serenity and overall relaxation.

### **DEEP TISSUE MASSAGE**

60 min € 170 / 90 min. € 255

The Nagomi Spa Treatments team is ready to accommodate treatments for hotel guests in the comfort of your own room. During the time that Nagomi Spa Treatments is closed, we will bring everything required to you for your relaxing experience. In-room massages are available on special request for individuals and couples.

## **NAGOMI SPA ETIQUETTE**

### **PEACEFULNESS**

To preserve the tranquil environment of the Spa, we respectfully ask you to switch off your mobile phone and other electronic devices at all times. We also request you to refrain from speaking loudly.

### **ARRIVAL TIME**

Please check in at the reception of Nagomi Spa Treatments at least 10 minutes prior to your scheduled appointment in order to allow sufficient time to change into your spa attire and complete a consultation form. Arriving late will result in a reduction of your treatment time in respect for the next guest's treatment time slot.

## **RESCHEDULING OR CANCELING YOUR APPOINTMENT**

● To assist you in rescheduling your appointment, we require a 24-hour cancellation notice. ● In case of a late cancellation or a no-show, you will be charged for the full costs of the treatment.

## **YOUR EXPERIENCE**

- Based on availability, we will make every effort to accommodate special requests. ● Please make your therapist gender preferences known when booking your appointment. ● Guests under 18 years of age must be accompanied by an adult.
- Nagomi Spa Treatments has at your disposal bathrobes, slippers and disposable underwear.

## **OUR RECOMMENDATIONS**

### **MEDICAL AND WELLBEING**

- Please inform us of any medical or special needs such as high blood pressure, allergies, pregnancy or any physical conditions or ailments that require our attention before the start of your treatments.
- We recommend that you consult your doctor before booking a treatment. For your safety and wellbeing, we advise against immediate sun exposure following skin care therapies. We also advise against shaving before or after treatments which include exfoliation.
- You may want to remove your spectacles or contact lenses for maximum comfort during your treatments.
- We invite you to discuss with our staff any special needs or questions about your treatments on your arrival. This will help us to best prepare to meet your needs and to make your Spa experience truly exceptional. Also, please communicate with your therapist regarding room temperature, pressure, and technique to ensure your overall comfort.

## **VALUABLES**

Lockers are available for your personal belongings. We advise leaving valuables at home or your hotel room as we cannot take responsibility for misplaced or lost items.

## **YOUR OASIS OF COMFORT**

We invite you to entrust your mind, body and senses in our experienced and caring hands and to allow us to guide you through a journey of self-discovery and unique sensorial experiences.

Pampering at Nagomi Spa Treatments captures the true art of Japanese relaxation with authentic facials, bamboo and Shiatsu massages, along with unique body treatments offered for your indulgence.

For an exquisitely indulgent experience, we recommend our Hanakasumi body treatment. The Hanakasumi is a massage ritual scented with cherry blossoms and lotus flowers which represents pure relaxation while truly revitalizing the skin of your entire body through expert scrubbing techniques.

When scheduling your session with Nagomi Spa, you will receive complimentary access to Nagomi Health's swimming pool, Jacuzzi and sauna which you may enjoy before or after your treatment.

We look forward to treating you soon at your favorite Oasis of Comfort,

Nagomi