

# NAGOMI

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SPA

## TREATMENTS MENU





## NAGOMI (和) WHICH REPRESENTS CALM, SERENITY & PEACE

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 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, we refine 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. 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 revitalising products.

### SEASONAL FACIAL TREATMENT

Mon - Thurs 60 min € 190 / Fri - Sun 60 min € 200

This surprising seasonal facial treatment will help your skin regain its lustre and resilience for the autumn-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 which is tailored to your skin's condition is applied.

Nourishing | Revitalising | Seasonal

Perfect for anyone seeking to refresh and rebalance their skin with targeted hydration and care throughout seasonal changes.

### SENSITIVE FACIAL TREATMENT

Mon - Thurs 60 min € 180 / Fri - Sun 60 min € 190

This facial is suitable for sensitive and very sensitive skin. All products used in the treatment are hypo-allergenic, without fragrances and 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 which is tailored to your skin's condition is applied. Your highly skilled therapist will provide advice for the continuity of the treatment at home for lasting long-term effects.

Calming | Soothing | Restorative

Ideal for delicate, sensitive, or reactive skin, including those needing gentle care.

### SEASONAL RADIANCE EXPRESS FACIAL

Mon - Thurs 60 min € 95 / Fri - Sun 60 min € 105

This impactful skin care experience is designed to deliver instant radiance. It includes a deep cleanse, exfoliation, peel-off mask, anti-oxidant serum and nourishing cream. The treatment incorporates a face massage that combines Kobido lifting and firming techniques for a bright, glowing and vibrant complexion. This treatment is a perfect add-on to any treatment to complete your Nagomi Spa experience.

Radiance | Brighting | Lifting

Perfect for those seeking an instant glow and visible lift in just 30 minutes—ideal before an event or as a radiant boost to any spa experience.

### KOBIDO FACIAL MASSAGE

Mon - Thurs 30 min € 85 / Fri - Sun 30 min € 95

An energising Japanese facial massage that lifts, sculpts, and stimulates circulation for a radiant, youthful glow. Rooted in ancient techniques once reserved for Japanese royalty, Kobido combines fast, rhythmic movements with deep tissue stimulation to awaken facial muscles and boost collagen production.

Sculpting | Energising | Lifting

Perfect for those wanting a natural facelift effect and an energising glow through time-honoured Japanese facial sculpting techniques.

# PERFORMANCE FACIAL TREATMENTS | BY SOTHYS

## HYDRA 3HA FACIAL

Mon - Thurs 90 min € 265 / Fri - Sun 90 min € 280

This intensively hydrating treatment was 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.

Hydrating | Plumping | Rejuvenating

Ideal for city dwellers, frequent travellers, and those in colder climates, this treatment helps counteract the dehydrating effects of environmental stressors.

## REJUVENATING INTENSIVE TREATMENT

Mon - Thurs 90 min € 265 / Fri - Sun 90 min € 280

If you are looking to treat and prevent signs of ageing such as wrinkles and pulpy skin, this ultra-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 revitalising facial massage. Results are seen within one treatment, suitable for dry to very dry skin.

Nourishing | Firming | Rejuvenating

Ideal for dry to very dry skin, mature skin showing signs of aging, and anyone experiencing seasonal or hormonal dryness.

## DETOX-ENERGY TREATMENT

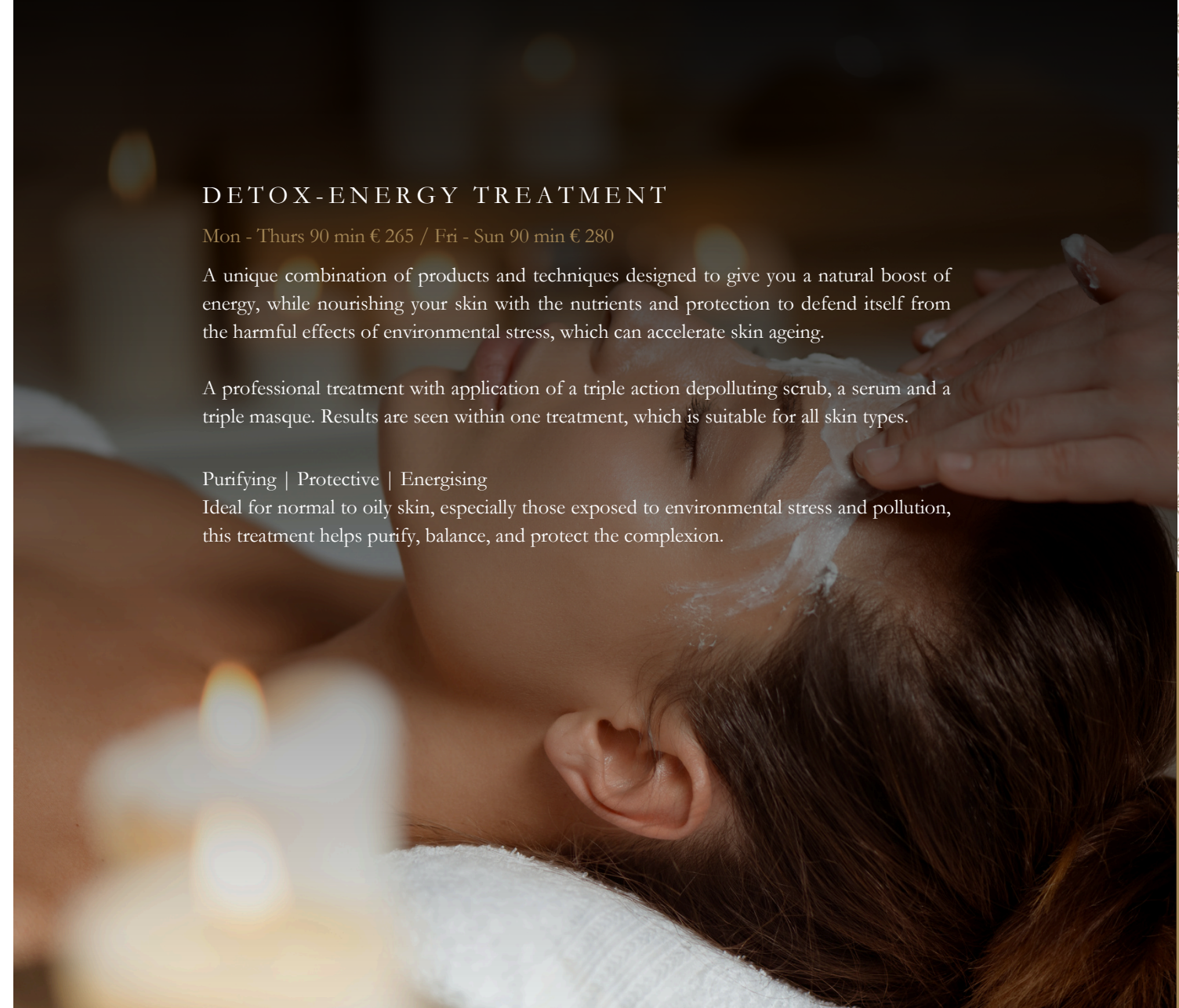
Mon - Thurs 90 min € 265 / Fri - Sun 90 min € 280

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 can accelerate skin ageing.

A professional treatment with 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.

Purifying | Protective | Energising

Ideal for normal to oily skin, especially those exposed to environmental stress and pollution, this treatment helps purify, balance, and protect the complexion.







## SIGNATURE BODY TREATMENTS | BY SOTHYS

Our exquisitely indulgent and relaxing offering of body treatments are 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 of urban life behind you.

### HANAKASUMI

Mon - Thurs 60 min € 175 / 90 min. € 245 / Fri - Sun 60 min € 195 / 90 min. € 260

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 warm aromatic shea butter to bring blissful relaxation to your mind, body and soul.

Soften | Soothe | Restore

### JOURNEY TO THE FAR EAST

Mon - Thurs 60 min € 175 / 90 min. € 245 / Fri - Sun 60 min € 195 / 90 min. € 260

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 on 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.

Nourish | Ground | Restore





## MASSAGE TREATMENTS

### SWEDISH RELAXATION

Mon - Thurs 60 min € 155 / 90 min. € 220 / Fri - Sun 60 min € 160 / 90 min. € 225

A calming full-body massage using flowing, rhythmic strokes to gently release muscular tension and soothe the nervous system. Ideal for those seeking stillness and serenity, this deeply relaxing treatment restores natural balance and encourages a sense of inner ease.

Gentle | Balancing | Serene

### DEEP TISSUE MASSAGE

Mon - Thurs 60 min € 170 / 90 min. € 230 / Fri - Sun 60 min € 175 / 90 min. € 235

A powerful, focused massage targeting deeper layers of muscle and fascia to relieve tension. With precise, intentional pressure, this treatment realigns the body's structure, improves mobility, and reconnects you with your physical strength and stability.

Focused | Releasing | Realigning

### AROMATHERAPY

Mon - Thurs 60 min € 165 / 90 min. € 225 / Fri - Sun 60 min € 170 / 90 min. € 230

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 or harmonizing aromas.

Aromatic | Relaxing | Soothing



## HOT STONE MASSAGE

Mon - Thurs 90 min. € 225 / Fri - Sun 90 min. € 230

This relaxing body massage uses hot stones to stimulate your blood flow and release muscle tension. The heat is diffused evenly throughout your body leaving you with a deep sense of relaxation. The warm, rhythmic movement of the stones soothes the nervous system and reconnects body and mind in a state of tranquil harmony."

Warming | Tranquil | Anchored

## SHIATSU THERAPY

Mon - Thurs 60 min € 170 / 90 min. € 235 / Fri - Sun 60 min € 180 / 90 min. € 250

A calming, Japanese-inspired energy therapy that promotes deep relaxation and inner balance. Gentle hand placements help restore harmony to the mind, body, and spirit—ideal as a standalone ritual or to enhance any spa treatment.

Grounding | Restorative | Balancing

## JAPANESE YUZU LYMPHATIC DRAINAGE

Mon - Thurs 60 min € 170 / 90 min. € 230 / Fri - Sun 60 min € 175 / 90 min. € 235

A gentle, rhythmic massage that stimulates the lymphatic system to encourage detoxification and reduce water retention. Infused with the bright, citrusy aroma of Japanese yuzu, this refreshing treatment improves circulation, restores internal balance, and leaves you feeling light, clear, and revitalised.

Purifying | Refreshing | Revitalising

## PRENATAL MASSAGE

Mon - Thurs 60 min € 165 / Fri - Sun 60 min € 170

This nurturing and gentle experience is exclusively designed for mothers-to-be. Reconnect your body and mind with an emphasis on addressing issues such as back pain and tired legs. This massage has been expertly crafted to relax the nervous system and promote restful sleep, providing much-needed relief during this transformative phase of life. Your comfort and safety is paramount throughout the session, using pillows to support both your body and baby.

Please note: Suitable from the second trimester (12 weeks) onwards.

## TREATMENT COURSES

The following treatments offer the most beneficial results when performed regularly over a consistent period of time. Please consult your therapist after your first treatment for what course they would recommend for you. A special rate will be applied when taking on a course of treatments. Our friendly Nagomi hosts will have more information regarding the rates.

### REJUVINATING FACIAL COURSE

Choose 3, 6, or 9 sessions - one treatment per month for ongoing skin rejuvenation.

### LYMPHATIC DRAINAGE COURSE

6 sessions - one treatment per week designed to promote detox, reduce swelling and water retention.

### SHIATSU MASSAGE COURSE\*

Choose 3, 6, or 9 sessions - one treatment per week focused on targeted areas for enhanced balance and meridian alignment.

\*Shiatsu must be confirmed on therapist availability, so please send us an online booking enquiry about a treatment course.

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

€350 per hour

The Nagomi Spa team is ready to accommodate treatments for Hotel guests in the comfort of your own room. During the time that Nagomi Spa 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 at least 15 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 CANCELLING 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 has at your disposal bathrobes, slippers and disposable underwear.
- ☯ It is mandatory within Nagomi Spa to wear underwear.
- ☯ For everyone's comfort and relaxation, please ensure your phone switched off or on silent

# 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 captures the true art of Japanese relaxation with authentic facials and Shiatsu massage, 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 revitalising 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 favourite Oasis of Comfort,

NAGOMI

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## OPENING HOURS

Monday: 10h00 - 18h00

Tuesday to Saturday: 09h00 - 21h00

Sunday: 09h00 - 20h00

Public holidays: 10h00 - 18h00



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