

**NOBU HOTEL**  
BARCELONA



NOBU SPA

## NOBU SPA

A wellbeing space inspired by Japan's unique mix of the ultra-modern and age-old tradition, Nobu Spa is an urban sanctuary, offering respite from city life.

With a focus on high performing, organic-based therapies, bespoke treatments to target specific needs and rituals designed to balance mind as well as body, Nobu Spa allows you to create your own individual path to wellness.

Reconnect, reset and rebalance at Nobu Spa.

## NOBU SIGNATURE RITUALS

---

### NOBU ZEN

**Relax · Balance · Rejuvenate**

75 min - 195€

105 min - 235€

No two bodies are alike. No one treatment fits them all. Our multi – talented artisans utilize a combination of several massage techniques along with your own chosen aroma oil blend in a completely customized treatment.

### JAPANESE SILK

**Revitalize · Energize · Restore**

90 min - 215€

Let your energy flow anew with an energizing body ritual inspired by traditional Japanese techniques. A rice scrub leaves skin feeling smooth and improves skin tone while a relaxing hot stone massage uses stretching to instill a sense of inner calm. Find your balance revitalized and restored.

# BODY

---

## **KLORIS CBD SLEEP WELL RITUAL**

**Soothe · Nurture · De-Stress**

90 min - 195€

Experience deep relaxation and achieve a more restful sleep with the KLORIS CBD Sleep Well Ritual. This full-body ritual combines soothing techniques, gentle stretching, and the therapeutic properties of high-quality natural CBD balms and oils. By melting away stress and tension, this ritual prepares your mind and body for a rejuvenating slumber. Complete the experience with a revitalizing facial massage using gua sha, this wellness treatment leaves you feeling calm, refreshed, and ready to enjoy a truly restorative sleep.

## **ALQVIMIA FOR NOBU REBALANCING RITUAL**

**Balance · Renew · Connect**

90 min - 195€

This bespoke ritual by Alqvimia is a true top to toe experience designed to harmonise body, mind and spirit. The treatment begins by enveloping the space in aromas of incense and bergamot which combines with breathwork to unblock the heart chakra, instilling a renewed sense of compassion and connection. The treatment continues with a Dead Sea salt scrub and red clay wrap, followed by a body massage using jojoba oil to unveil silky, hydrated skin. A lifting facial completes the experience leaving body and mind balanced and energized.

# MASSAGE

## **RELEASE**

30 min - 95€

50 min - 125€

80 min - 145€

Release tension and feel restored with Nobu's deep tissue massage. Our therapists use traditional massage and stretching techniques and work pressure points for physical rejuvenation and emotional release.

## **RESTORE**

30 min - 85€

50 min - 115€

80 min - 135€

Drift towards tranquility with a powerful balancing massage using aromatherapy oils to leave your body feeling restored and refreshed, inviting in a sense of lightness and calm.

## **REVIVE**

30 min - 75€

50 min - 105€

80 min - 120€

Focusing on the back and stimulating reflex points on your feet, the Revive massage is the ultimate antidote to a long flight or the stresses of modern life. Reboot and recharge mind and body, and feel your vitality flood back.

## FACE

### **NATURA BISSÉ DIAMOND COCOON**

**Release · Fortify · Shield**

50 min - 135€

Activate the full potential of your skin with this prebiotic, revitalizing, renewing treatment designed to counter the effects of modern pollution and stress. A detoxifying ritual that leaves your skin healthy, luminous, and protected due to its enveloping massage techniques and its highly effective ingredients that purify, fortify, and repair.

### **NATURA BISSÉ 3D COLLAGEN SHOCK**

**Lift · Revitalize · Firm**

50 min - 155€

Designed to lift and sculpt your features, this treatment combines three types of collagen to unveil youthful looking skin. Stimulating massage techniques improve circulation and a triple dose of collagen penetrates different layers of the skin. A revitalizing face mask leaves your skin firm and glowing.

### **NATURA BISSÉ FOR NOBU LIFT REFLEX**

**Sculpt · Revive · Glow**

60 min - 165€

A results-driven treatment made exclusively for Nobu Hotel Barcelona by Natura Bissé, this facial combines powerful anti-aging techniques, reducing fine lines, with aromatherapy, breathwork, scalp massage and reflexology to leave you truly glowing inside and out.

## ENHANCEMENTS

---

### **Natura Bissé Perfect Eye Booster**

25€

---

### **Natura Bissé Perfect Hydrating Booster**

25€

---

### **Natura Bissé Essential Shock Intense Instant-Lift Mask**

30€

---

### **Kloris CBD Body Oil**

25€

---

### **Natura Bissé Nourishing Body Exfoliating Treatment**

45 min - 50€

---

### **Express Reflexology**

15 min - 25€

---

### **Reflexology**

30 min - 45€

---

### **Balinese Head Massage**

15 min - 25€

---

### **Personalized Massage**

15 min - 25€

Essential beauty services including pedicures, manicures, waxing, and hair styling are available upon request and subject to availability.

Pre-booking is required, and prices depend on the treatment chosen.

To make a reservation, [open the link](#)

# SPA ETIQUETTE

## **Spa Experience**

For the best experience possible, we kindly ask you to make your reservation in advance.

We recommend arriving at the Spa 15 minutes before your appointment and dressed in a bathrobe from the room (if you are a hotel guest).

The treatment time will not be extended if you arrive late, as this would interfere with the treatment of the other clients.

## **Cancellation Policy**

Please contact us at least 12 hours in advance if you are unable to make your appointment or wish to change the time. Otherwise, the amount of the booked treatment will be charged at 100%.

## **Spa Etiquette**

The spa is an area of relaxation and tranquillity. Please respect all users right to privacy. We recommend keeping a proper tone of voice and mobiles silent. Smoking is not allowed.

## **Access for Minors**

Please note that guests must be 18 years of age or over to access the spa and to enjoy the treatments.

## **Dress Code**

Bathrobes, towels and slippers are available at the Spa. It is mandatory to wear a swimsuit or a towel.

In the cabins you can enjoy your treatment using the disposable underwear we offer or your own underwear.

## **Health**

Your safety is the most important thing for us, so please inform us before your booking if you have any health problems, allergies or if you are pregnant.

## **Damage and Loss**

The spa is not responsible for forgotten items or damage to personal items.

The spa is not responsible for personal belongings in the lockers.

## **Aftercare**

To continue your Wellness experience at home most products used in our treatments are available for purchase.

