

WELLNESS *MENU*

TREATMENTS BY

NURISS
By Dr AJ Sturnham

NOBU HOTEL
LONDON PORTMAN SQUARE

WELCOME TO NURISS AT NOBU PORTMAN SQUARE

Where longevity and wellness meet refined aesthetics.

Founded by Dr Anita Sturnham, Nuriss was created with a clear vision: to redefine aesthetic medicine through integrity, precision and long-term thinking. With over two decades of clinical experience in dermatology and aesthetic medicine, Dr Anita has built a reputation for subtle, intelligent results rooted in medical science rather than trends.

Nuriss began as a doctor-led clinic in Marylebone, grounded in the belief that true confidence comes from optimised skin health and overall vitality. From the outset, the focus has been longevity rather than corrective, supporting from within, restoring balance and enhancing natural features through evidence-based treatments delivered with expertise.

Today, Nuriss brings that same philosophy into an elevated wellness environment at Nobu Portman Square.

The partnership is a natural alignment.

Both brands value precision, discretion and exceptional standards.

Both prioritise unique experience with customers at the forefront.

At Nuriss, treatments span regenerative injectables, advanced skin therapies, circadian rhythm–focused massage and facials, IV therapy, longevity protocols, weight optimisation and tailored skin maintainance - all delivered by an expert medical and wellness team.

Whether in Marylebone or at Nobu, the ethos remains the same:to help you realise the best version of yourself through advanced, science-led care delivered with precision and integrity.

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CONSULTATIONS AND REVIEWS

NOBU SKIN CONSULTATION - Experience a personalised skin consultation, where our experts are dedicated to helping you achieve your skin health goals. In just 30 minutes, you will receive a comprehensive assessment of your skin type and concerns, tailored recommendations, and a customised plan to address issues such as acne, ageing, pigmentation, and sensitivity. Our approach combines the latest in skincare science with luxurious treatment options, ensuring you leave feeling informed, empowered, and ready to enhance your skin health.

30 MINUTES £150 | REDEEMABLE AGAINST TREATMENTS

WEIGHT MANAGEMENT CONSULTATION - Take the first step towards a healthier, more balanced you. During this personalised consultation, our expert will assess your lifestyle, nutrition, and health goals to create a tailored plan that supports sustainable weight management. Receive practical guidance, actionable strategies, and professional support to help you achieve your wellness objectives and feel confident in your journey.

90 MINUTES £300

NURISS LABS CONSULTATION - Take a proactive approach to your health with a personalised consultation at Nuriss Labs. Our team of nutritionists and functional medicine doctors specialise in hormones, gut health, and weight management. During your 90-minute session, we use advanced blood panels and functional medicine tests to uncover the underlying causes of your symptoms, allowing you to target the root of your health concerns rather than just the symptoms. You will leave with a tailored, actionable plan designed to optimise your wellbeing, energy, and overall health.

90 MINUTES £300

PEPTIDE LONGEVITY THERAPY CONSULTATION - Discover the benefits of advanced peptide therapy with a personalised consultation designed to optimise your health and wellbeing. During this session, our expert will assess your goals, lifestyle, and health concerns to determine the most suitable peptide protocols for you. Receive professional guidance, tailored recommendations, and a bespoke plan to support energy, recovery, metabolism, hormone balance, and overall vitality.

60 MINUTES £150

WEIGHT MANAGEMENT REVIEW - A focused follow-up to your initial consultation, this 30-minute review allows our expert to assess your progress, address any challenges, and adjust your personalised weight management plan. Receive practical guidance and actionable strategies to help you stay on track, optimise results, and continue confidently on your journey to better health and wellbeing.

30 MINUTES £150

WELLNESS REVIEW - This follow-up session provides an opportunity to review your test results, monitor progress, and refine your personalised plan with our team of nutritionists and functional medicine doctors. In 30 minutes, we will ensure your treatment continues to target the root causes of your symptoms, supporting sustained improvements in hormones, gut health, energy, and overall wellness.

30 MINUTES £150

REVIEW - A 30-minute personalised review to evaluate your progress following any consultation or treatment. Our expert will assess results, answer questions, and make recommendations to ensure your plan remains effective, helping you maintain long-term health, vitality, and confidence.

30 MINUTES £150

DECREE FACIAL TREATMENTS

Decree's professional facials go beyond surface beauty. Founded by Dr. AJ Sturnham, each treatment is the result of an obsession with skin longevity and rigorous dermatological expertise, harmonised with intuitive ritual. Rooted in the rhythms of your body and the natural circadian clock, every Decree product and protocol is designed to respect your skin's needs from sunrise to nightfall.

DECREE SIGNATURE FACIAL - Immerse your skin in the philosophy of precision, balance and refined science with the Decree Signature Facial. Designed by Dr Anita Sturnham and powered by the intelligent formulations of her Decree skincare range, this luxurious, high-performance treatment is meticulously crafted to restore harmony and elevate skin health. Every facial begins with an in-depth skin analysis, so your therapist understands exactly what your skin needs before the treatment is shaped around you.

The facial continues with a gentle yet effective cleanse, followed by exfoliation with our Airbrushing Acid. Guided by your skin analysis, bespoke elements allow you and your therapist to tailor the experience, incorporating optional steam and extraction to ease congestion and refine skin texture, or dedicating additional time to advanced lifting modalities for those seeking a more sculpted result.

Decree's professional skincare works in synergy with advanced microcurrent to gently sculpt and contour, encouraging a more rejuvenated appearance. LED Light Therapy then works at a cellular level to calm inflammation and boost collagen production. Targeted Decree products, selected for your skin's specific needs, complete the ritual, leaving the skin lifted, luminous and nourished.

90 MINUTES £230

AM REVITALISING EXPRESS FACIAL - A targeted, doctor-designed treatment that boosts circulation, revitalises the complexion and enhances natural radiance. Beginning with a focused skin analysis to ensure every step suits your skin, this facial features stimulating massage, lymphatic drainage and toning techniques, leaving the skin awakened, energised and perfectly prepared for the day ahead.

FOCUS: Energising, radiant, uplifting | 30 MINUTES £100

AM REVITALISING FACIAL - The AM Revitalising Facial is a treatment designed by Dr Anita Sturnham to invigorate the skin and restore vitality. It begins with an in-depth skin analysis, allowing your therapist to tailor the treatment to your skin's needs on the day. Incorporating Decree's AM focused regimen, the facial combines stimulating massage, lymphatic drainage and toning to support energy flow, while ultra-cooled tools enhance the experience, leaving the skin refreshed and radiant.

FOCUS: Energising, radiant, uplifting | 60 MINUTES £160

AM REVITALISING FACIAL WITH STEAM & EXTRACTION -

The AM Revitalising Facial is a treatment designed by Dr Anita Sturnham to invigorate the skin and restore vitality. It begins with an in-depth skin analysis, allowing your therapist to tailor the treatment to your skin's needs on the day. Incorporating Decree's AM focused regimen, the facial combines stimulating massage, lymphatic drainage and toning to support energy flow. A gentle steam and extraction step helps soften and release congested skin, promoting clarity and refined texture, while ultra-cooled tools enhance the experience, leaving the skin refreshed and radiant.

FOCUS: Energising, radiant, uplifting | 75 MINUTES £185

PM RESTORATIVE EXPRESS FACIAL - A targeted, doctor-designed calming treatment that nurtures, firms and soothes the skin. Beginning with a focused skin analysis to ensure your skin receives exactly what it needs, warm cleansing and restorative massage techniques ease tension and promote balance, leaving the complexion harmonised, conditioned and beautifully settled for the night ahead.

FOCUS: Soothing, nourishing, harmonising | 30 MINUTES £100

PM RESTORATIVE FACIAL - Designed by Dr Anita Sturnham and tailored to Decree's PM skincare principles, this facial offers a deeply calming and restorative experience. The treatment begins with an in-depth skin analysis so every step can be adapted to your skin, followed by a warm cleansing process and gentle massage techniques that de-stress the skin and promote balance. This facial is designed to deeply nurture, firm and soothe, providing a harmonising effect on the skin.

FOCUS: Soothing, nourishing, harmonising | 60 MINUTES £160

PM RESTORATIVE FACIAL WITH STEAM & EXTRACTION -

Designed by Dr Anita Sturnham and tailored to Decree's PM skincare principles, this facial offers a deeply calming and restorative experience. The treatment begins with an in-depth skin analysis so every step can be adapted to your skin, followed by a warm cleansing process and gentle massage techniques that de-stress the skin and promote balance. A gentle steam and extraction step helps soften and release congested skin, promoting clarity and refined texture. This facial is designed to deeply nurture, firm and soothe, providing a harmonising effect on the skin.

FOCUS: Soothing, nourishing, harmonising | 75 MINUTES £185

SOS REVITALISING EYE TREATMENT - A targeted brightening and de-puffing eye treatment, designed by Dr Anita Sturnham to enhance any in-spa treatment. Following an analysis of the eye area to focus on your specific concerns, the Decree SOS Revitalising Eye Balm and cooling massage techniques smooth fine lines, boost hydration and leave the eye contour refreshed, lifted and visibly awakened.

FOCUS: Brighten, Lift, Revive | 15 MINUTES £45 (ADD-ON)

SOS REVITALISING EYE TREATMENT - A high-performance, doctor-designed eye treatment created to instantly brighten, de-puff and re-energise tired eyes. It begins with an in-depth analysis of the delicate eye contour, so the treatment can be focused on what your eyes need most. Powered by advanced peptides, exosomes and glycogen technology, this targeted ritual smooths fine lines, boosts hydration and restores a lifted, refreshed appearance. Gentle LED therapy enhances rejuvenation around the eye area, supporting collagen stimulation, calming inflammation and improving brightness. The treatment finishes with a cooling rose quartz massage and the new SOS Revitalising Eye Balm for immediate and long-term revitalisation

FOCUS: Brighten, Lift, Revive | 45 MINUTES £135 (ADD-ON)

HYDRAFACIAL PROTOCOL

DECREE HYDRAFACIAL - A multi-step treatment that cleanses, exfoliates, and hydrates the skin, using patented technology to deliver instant results for a radiant complexion.

60 MINUTES £200

BESPOKE HYDRAFACIAL - Our bespoke Hydrafacial treatment combines the advanced Decree Hydrafacial protocol with additional personalised unique needs. This customised approach includes the application of a gentle Vitamin C or PHA peel, delivering an instant luminous glow. To further enhance the experience, we incorporate therapeutic LED therapy, optimising results and radiant skin. Discover the perfect blend of hydration and rejuvenation with our Bespoke Hydrafacial.

60 MINUTES £300

KOREAN GLOW HYDRAFACIAL - Our signature Korean Glow Hydrafacial is an exclusive 7 step Hydrafacial combined with our Hydrating Peel for the ultimate skin reviving treatment that leaves you glassy skinned and glowing.

60 MINUTES £300

MICRONEEDLING PROTOCOL

MICRONEEDLING PROTOCOL FULL FACE - Experience skin rejuvenation with our personalised microneedling treatment, designed to enhance skin texture and stimulate collagen production. During this session, our trained specialists use fine sterilised needles to create micro-injuries in the skin, promoting natural healing and absorption of nourishing serums. This treatment is ideal for reducing fine lines, acne scars, and overall skin rejuvenation. With minimal downtime, clients can achieve a radiant and youthful appearance, making microneedling a perfect addition to your skincare routine.

60 MINUTES £300

MICRONEEDLING PROTOCOL FULL FACE AND NECK - Experience skin rejuvenation with our personalised microneedling treatment, designed to enhance skin texture and stimulate collagen production. During this session, our trained specialists use fine sterilised needles to create micro-injuries in the skin, promoting natural healing and absorption of nourishing serums. This treatment is ideal for reducing fine lines, acne scars, and overall skin rejuvenation. With minimal downtime, clients can achieve a radiant and youthful appearance, making microneedling a perfect addition to your skincare routine.

90 MINUTES £350

INJECTABLE TREATMENTS

Price per syringe administered by a clinician. Please inquire for pricing and availability of our Doctor services.

POLYNUCLEOTIDE EYES - Nourish and rejuvenate your skin with advanced polynucleotides, designed to promote healing and cellular regeneration, enhancing the skin's natural glow and elasticity.

45 MINUTES £600

POLYNUCLEOTIDE FACE - Nourish and rejuvenate your skin with advanced polynucleotides, designed to promote healing and cellular regeneration, enhancing the skin's natural glow and elasticity.

45 MINUTES £600

POLYNUCLEOTIDE FACE AND NECK - Nourish and rejuvenate your skin with advanced polynucleotides, designed to promote healing and cellular regeneration, enhancing the skin's natural glow and elasticity.

60 MINUTES £1200

PROFHILO FACE - Elevate your skin health with Profhilo, an injectable moisture boosting treatment that hydrates and revitalises skin from within, promoting skin elasticity, and firmness while reducing the appearance of fine lines and wrinkles.

45 MINUTES £350

PROFHILO FACE AND NECK - Elevate your skin health with Profhilo, an injectable moisture boosting treatment that hydrates and revitalises skin from within, promoting skin elasticity, and firmness while reducing the appearance of fine lines and wrinkles.

60 MINUTES £700

PROFHILO STRUCTURA FACE - Profhilo Structura is an innovative extension of the Profhilo range. It has been designed to target skin laxity and enhance contour, this injectable therapy combines the benefits of hyaluronic acid with unique properties designed to promote deep hydration and volumisation within the deep fatty layers of your skin. This is ideal for patients seeking a comprehensive approach to facial rejuvenation, Profhilo Structura delivers natural, long-lasting results.

45 MINUTES £500

PROFHILO STRUCTURA FACE AND NECK - Profhilo Structura is an innovative extension of the Profhilo range. It has been designed to target skin laxity and enhance contour, this injectable therapy combines the benefits of hyaluronic acid with unique properties designed to promote deep hydration and volumisation within the deep fatty layers of your skin. This is ideal for patients seeking a comprehensive approach to facial rejuvenation, Profhilo Structura delivers natural, long-lasting results.

60 MINUTES £1000

PROFHILO BODY - Rejuvenate and hydrate skin across body areas with Profhilo Body, an advanced bioremodelling injectable that delivers high and low molecular weight hyaluronic acid to deeply hydrate, stimulate collagen and elastin production, and improve skin texture and firmness. Ideal for areas experiencing laxity or dullness, this treatment enhances overall skin quality and radiance for a more youthful, revitalised appearance. *Price per syringe. Price may vary between clinician. By Appointment only.*

60 MINUTES £450

RADIESSE - A sophisticated collagen-stimulating injectable that not only replaces lost volume but also encourages your body's own collagen and elastin production for long-lasting rejuvenation. Radiesse is ideal for enhancing facial contours, smoothing fine lines and wrinkles, and improving skin texture and elasticity. Its biostimulatory action delivers both immediate and progressive results, leaving skin firmer and more youthful. *Price per syringe. Price may vary between clinician. By Appointment only.*

60 MINUTES £500

SCULPTRA - Sculptra is an innovative biostimulating treatment that works deep within the skin to restore structural support and encourage natural collagen production over time. Rather than simply filling lines, Sculptra enhances skin quality, elasticity and volume gradually, creating a smoother, more youthful appearance that can last up to two years with optimal treatment. *Price per syringe. Price may vary between clinician. By Appointment only.*

60 MINUTES £500

LIP FILLER - Enhance the shape, definition and volume of your lips with expertly administered hyaluronic acid lip fillers. This tailored treatment adds subtle fullness while maintaining natural movement and balance, creating a more defined and harmonious smile with results that can be customised to your aesthetic goals. *Price per syringe. Price may vary between clinician. By Appointment only.*

60 MINUTES £350

TEAR TROUGH FILLER - Address under-eye hollows and shadows with targeted tear trough filler, designed to rejuvenate tired eyes and soften the appearance of dark circles. Using hyaluronic acid strategically, this treatment adds gentle support beneath the eye area, resulting in a fresher, more rested look. *Price per syringe. Price may vary between clinician. By Appointment only.*

60 MINUTES £600

FACE OR NECK FILLER - A personalised dermal filler treatment for the face or neck, designed to restore youthful volume, smooth lines, and enhance natural contours. Using premium hyaluronic acid, this injectable solution replenishes lost structure and supports a refreshed, lifted appearance tailored to your individual aesthetic goals. *Price per syringe. Price may vary between clinician. By Appointment only.*

60 MINUTES £500

BOTOX 1 AREA - Wrinkle relaxing injections are performed to soften and relax fine lines in areas of concern, After careful consultation with your clinician, the appropriate dose and location of the injections is agreed. The treatment is quick and results last approximately 10- 12 weeks. We offer a complimentary top up at 2 weeks, to perfect the result.

45 MINUTES £300

BOTOX 2 AREA - Wrinkle relaxing injections are performed to soften and relax fine lines in areas of concern, After careful consultation with your clinician, the appropriate dose and location of the injections is agreed. The treatment is quick and results last approximately 10- 12 weeks. We offer a complimentary top up at 2 weeks, to perfect the result.

45 MINUTES £350

BOTOX 3 AREA - Wrinkle relaxing injections are performed to soften and relax fine lines in areas of concern, After careful consultation with your clinician, the appropriate dose and location of the injections is agreed. The treatment is quick and results last approximately 10- 12 weeks. We offer a complimentary top up at 2 weeks, to perfect the result.

60 MINUTES £400

BOTOX NECK - Wrinkle relaxing injections relax the muscles in the neck, which can reduce the appearance of wrinkles, fine lines, and platysmal bands. This can make the neck look smoother and more youthful. Results are usually visible within 2–3 weeks and last for about 3–4 months.

60 MINUTES £500

BOTOX HYPERHIDROSIS - Wrinkle relaxing injections are used to treat hyperhidrosis (excess sweating) of the underarms.This treatment usually works well and the effect lasts approximately 2-6 months, although some patients may continue to benefit for 12 months. The treatment can be repeated.

60 MINUTES £400

EXOSOMES REJUVENATION PROTOCOL

EXOSOMES REJUVENATION FULL FACE - This innovative treatment enhances your skin's natural healing processes, resulting in a revitalised appearance, rejuvenation, exosome therapy stimulates collagen synthesis, enhanced skin elasticity, and improved overall skin tone. This treatment effectively addresses concerns like fine lines, wrinkles, hyperpigmentation and skin laxity.

60 MINUTES £580

EXOSOME REJUVENATION FULL FACE AND NECK - This innovative treatment enhances your skin's natural healing processes, resulting in a revitalised appearance, rejuvenation, exosome therapy stimulates collagen synthesis, enhanced skin elasticity, and improved overall skin tone. This treatment effectively addresses concerns like fine lines, wrinkles, hyperpigmentation and skin laxity.

90 MINUTES £700

DECREE PROFESSIONAL MASSAGE THERAPY

30 MINUTE DECREE MASSAGE - Back of the Body Focus: A restorative introduction to the Decree Massage, ideal for targeted tension relief and deep relaxation in a shorter timeframe. This treatment focuses on the back of the body, helping to ease muscular tightness, encourage circulation, and quiet the mind. Perfect for those needing a reset, stress relief, or maintenance between longer treatments.

30 MINUTES £110

60 MINUTE DECREE MASSAGE - Full Body Relaxation: This comprehensive massage treats the legs, arms, neck, shoulders, and scalp, offering full-body relaxation and balance. Slow, flowing movements work to relieve muscular tension, stimulate blood and lymph flow, and restore a sense of overall wellbeing. Ideal for regular self-care, stress management, and whole-body relaxation.

60 MINUTES £220

90 MINUTE DECREE MASSAGE - Deep Rest & Muscle Relief: Our most indulgent and therapeutic option, allowing time for deeper work, enhanced muscle release, and extended relaxation. This treatment follows the full-body format while offering additional focus on areas of tension and imbalance. The extended time supports greater muscular relief, improved circulation, and a profound sense of calm —leaving the body restored and the mind deeply relaxed.

90 MINUTES £270

LYMPHASTIM PROTOCOL

30 MINUTE LYMPHASTIM - Experience the rejuvenating benefits of Lymphastim, a specialized treatment designed to stimulate your lymphatic system, reduce fluid retention, and promote detoxification. Using gentle, rhythmic compression, Lymphastim helps improve circulation, alleviate swelling, and support overall wellness. Ideal for post-surgical recovery, fatigue reduction, or anyone looking to boost their body's natural detox pathways, this therapy leaves you feeling lighter, refreshed, and revitalised.

30 MINUTES £150

60 MINUTE LYMPHASTIM - Experience the rejuvenating benefits of Lymphastim, a specialized treatment designed to stimulate your lymphatic system, reduce fluid retention, and promote detoxification. Using gentle, rhythmic compression, Lymphastim helps improve circulation, alleviate swelling, and support overall wellness. Ideal for post-surgical recovery, fatigue reduction, or anyone looking to boost their body's natural detox pathways, this therapy leaves you feeling lighter, refreshed, and revitalised.

60 MINUTES £200

DERMALUX LED THERAPY

DERMALUX LED THERAPY - A relaxing, non-invasive treatment that uses clinically proven LED light to energise the skin at a cellular level. Dermalux stimulates collagen production, accelerates skin repair, and reduces inflammation, leaving the skin calmer, smoother, and more radiant. Suitable for all skin types, it can be tailored to target acne, pigmentation, sensitivity, or signs of ageing, perfect as a standalone treatment or to enhance other facial therapies.

30 MINUTES £60

SKIN PEEL PROTOCOL

SUPERFICIAL STRENGTH PEEL - This results-driven peel penetrates deeper into the skin to target pigmentation, fine lines, acne scarring, and uneven tone. By accelerating cell renewal, it reveals fresher, clearer skin and stimulates collagen production for improved firmness and clarity. Some visible peeling and downtime may occur as new skin is revealed.

45 MINUTES £200

MEDIUM STRENGTH PEEL - A gentle yet effective resurfacing treatment designed to brighten and refresh the complexion. This superficial peel works on the outermost layers of the skin to improve tone, enhance radiance, and smooth texture with minimal downtime. Ideal for dullness, mild congestion, and uneven skin tone, leaving the skin instantly revitalised and glowing.

45 MINUTES £250

DEEP STRENGTH PEEL - Our most intensive resurfacing treatment, the deep chemical peel works within the lower layers of the skin to dramatically improve skin texture, deep wrinkles, scarring, and advanced pigmentation. This powerful treatment delivers transformative results by stimulating significant collagen renewal and skin regeneration. Downtime is required, but the outcome is long-lasting, smoother, firmer, and rejuvenated skin.

45 MINUTES £300

HOLISTIC THERAPY

THE SCULPT - A deeply lifting and sculpting facial using buccal massage, lymphatic drainage, and Gua Sha. Perfect for clients who want visible facial contouring, tension relief, and radiance – without needles.

90 MINUTES £325

THE MINI SCULPT - An express version of The Sculpt – ideal pre-event or for regular maintenance. Targets puffiness, tension, and dullness.

45 MINUTES £175

FACIAL ACUPUNCTURE - A holistic facial using ultra-fine needles to boost collagen, brighten skin, and rebalance energy. Includes facial massage and may include Gua Sha or face cupping. Consultation required.

90 MINUTES £295

ENERGY BALANCING FACIAL - A restorative treatment for clients needing stress relief and skin rejuvenation. Combines breathwork, sound healing, massage, and lymphatic techniques.

60 MINUTES £225

REVITAL'EYES - A focused eye treatment using massage and acupressure to de-puff, lift and brighten. Ideal for tired, heavy or puffy eyes.

45 MINUTES £175

IV THERAPY LOUNGE

DETOX & WEIGHT LOSS IV - A deeply lifting and sculpting facial using buccal massage, lymphatic drainage, and Gua Sha. Perfect for clients who want visible facial contouring, tension relief, and radiance – without needles.

60 MINUTES £275

ANTI-AGEING IV - Replenish your skin and body from the inside out. This revitalising blend combats oxidative stress, promotes collagen production, and leaves you glowing with youthful energy.

60 MINUTES £400

ANTI-INFLAMMATORY IV WITH CURCUMIN – BASIC - Soothe inflammation, ease discomfort, and restore balance with this gentle yet powerful formula. Perfect for overall wellness and daily vitality.

60 MINUTES £250

ANTI-INFLAMMATORY IV WITH CURCUMIN – ADVANCED - For those seeking deep relief, this advanced formula targets chronic inflammation and supports rapid recovery

60 MINUTES £400

ANTI-STRESS IV - Melt away tension and fatigue. Packed with nutrients to calm your nervous system and boost resilience, leaving you refreshed and relaxed.

60 MINUTES £400

ENERGY BOOSTER IV - For those seeking deep relief, this advanced formula targets chronic inflammation and supports rapid recovery

60 MINUTES £400

AIR VITALITY IV - Transform your hair from the inside out. Strengthen strands, nourish follicles, and support vibrant, healthy hair growth.

60 MINUTES £400

HANGOVER RELIEF – BASIC - Gentle recovery for mild fatigue and dehydration, helping you feel like yourself again.

60 MINUTES £300

HANGOVER RELIEF – ADVANCED - For those in need of serious recovery, our Advanced Hangover Relief IV Therapy offers a powerful, tailored solution to rapidly rehydrate, combat nausea, and restore essential nutrients. Designed to help you bounce back faster, this intensive treatment eases headaches, soothes discomfort, and replenishes energy levels, so you can feel revitalised and ready to take on the day.

60 MINUTES £400

HIGH-DOSE VITAMIN C 15G - Strengthen your immunity and protect your cells with a potent antioxidant boost.

60 MINUTES £250

HIGH-DOSE VITAMIN C 25G - Supercharge your immune system and enhance recovery from stress or illness.

60 MINUTES £350

HIGH-DOSE VITAMIN C 50G - Maximum protection and rejuvenation for immunity, energy, and skin radiance.

60 MINUTES £400

IMMUNE BOOST IV - Arm your body against illness. This vitamin-packed infusion revitalises your defences and promotes wellness from within.

60 MINUTES £400

IRON DEFICIENCY IV – BASIC 1 VIAL - Replenish iron levels and restore energy, vitality, and mental clarity.

60 MINUTES £275

IRON DEFICIENCY IV – ADVANCED - A stronger infusion to tackle fatigue, improve strength, and support overall wellness.

60 MINUTES £375

IRON DEFICIENCY IV – BASIC 2 VIAL - Extended support for severe deficiency, helping you feel energised and vibrant.

60 MINUTES £800

JET LAG RECOVERY IV - Refresh your body and mind after travel. This rejuvenating blend restores hydration, energy, and balance.

60 MINUTES £450

KOREAN GLOW IV - Illuminate your skin and boost radiance. Hydration, vitamins, and antioxidants leave you glowing from the inside out.

60 MINUTES £300

MIGRAINE RELIEF IV - Soothe headaches and replenish hydration. Provides quick relief and restores energy for a brighter day.

60 MINUTES £300

MYERS' COCKTAIL IV - The ultimate wellness infusion. A classic blend of vitamins and minerals to boost energy, immunity, and overall vitality.

60 MINUTES £275

NAD+ IV - Unlock cellular energy and anti-ageing benefits. Supports mental clarity, focus, and youthful vitality.

180 MINUTES £1000

DIGESTIVE IV - Calm and nourish your digestive system, improve nutrient absorption, and feel lighter and more comfortable.

60 MINUTES £275

PURE HYDRATION - Deep hydration for your cells, enhancing energy, wellness, and overall vitality.

60 MINUTES £140

IV ADD ONS

IV FLUID ADD-ON - Extra hydration to enhance any treatment and leave you feeling instantly refreshed.

30 MINUTES £100

IV VITAMIN ADD-ON - Personalise your infusion with essential vitamins for maximum benefit.

30 MINUTES £50

IV MEDICATION ADD-ON - Safely combine prescribed medications with your IV treatment for enhanced results.

30 MINUTES £50

INTRAMUSCULAR INJECTIONS

INTRAMUSCULAR B-COMPLEX INJECTION - Energy, focus, and vitality in one shot. Supports metabolism and overall wellbeing.

30 MINUTES £100

INTRAMUSCULAR HAIR INJECTION – Targeted nutrients for stronger, healthier, and more radiant hair.

30 MINUTES £100

INTRAMUSCULAR VITAMIN D INJECTION – ADVANCED – Optimal support for immunity, bone health, and mood.

30 MINUTES £135

OTHER SERVICES

IN ROOM SERVICE – Enjoy the luxury of relaxation in the comfort of your own hotel room. Our In-Room Service allows you to amend your booking so your massage or facial is delivered directly to your room, offering privacy, convenience, and ultimate comfort. Simply request this service when booking or updating your appointment, and our therapist will bring the spa experience to you.

30 MINUTES ADDITIONAL £50

PACKAGES

Buy 3 of the same treatment and save 10%.

Buy 5 of the the same treatment and receive your 6th treatment complimentary

WELLNESS ETIQUETTE

ARRIVING

We recommend that you arrive 30 minutes prior to your scheduled appointment to fill out your personal care guide where we can consider your specific health needs. If you are delayed, please be advised that your treatment time will be limited as a courtesy to the next guest.

CANCELLATION

We understand that sometimes it is necessary to cancel or reschedule. Out of consideration for other guests we kindly request that cancellations or changes to appointments are made at least 24 hours in advance. A full treatment charge will apply to late cancellations and no-shows. Treatment packages are non-refundable. Unused portions of the packages are non-transferable or non-exchangeable for another time.

SCHEDULING AN APPOINTMENT

To schedule an appointment for your treatment, please contact our fitness and wellness reservations team who will be able to guide you. To ensure your preferred time and service is available we recommend you book in advance. All treatments and programmes will need to be guaranteed with a credit card. You may request a specific therapist or gender and we will make every effort to accommodate your preference.

WELLNESS AND FITNESS AREA ETIQUETTE

If you are uncomfortable with anything during your treatment, such as the pressure, music or temperature, please inform your therapist as they will be delighted to offer any necessary adjustments. All guests under the age of 16 must be accompanied by an adult, this includes use of the gym.

Sexual misconduct, intoxication and unruly behaviour causing disturbance to other guests will not be tolerated and rights of admission are reserved. Guests are asked to respect the dignity of employees and not to cause any situations which could result in treatment having to be terminated.

WHAT TO WEAR

Robes and slippers are provided for your comfort. For your treatment, disrobe to the level you are comfortable with. Undergarments are not necessary, but you may wear them during your treatment should you prefer to. You are assured of your privacy at all times.

MEDICAL RESTRICTIONS

If you suffer from any medical conditions or have any injuries or allergies, please inform us when making your booking. Our team will be able to match your needs to a treatment if you are unsure what you would like. Some conditions may mean a treatment is unsuitable for you. If you are pregnant or breast feeding please inform us when making your booking. Please be aware that not all treatments are recommended during pregnancy and especially during the first trimester.

CHILDREN'S POLICY

Access to the Wellness and Fitness areas, including the changing facilities, and gym are restricted to over 16s only, unless accompanied by an adult.

VALUABLES

Nobu Hotel London Portman Square is not responsible for damage to, or loss of, personal belongings. We recommend that valuables are not brought to the Wellness and Fitness areas.

PAYMENT OPTIONS

Nobu Hotel London Portman Square guests may charge purchases to their room. Non-hotel guests may pay with a major credit card. All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

AFTERCARE

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

NOBU HOTEL

LONDON PORTMAN SQUARE