



NOBU

SPA





SIGNATURE NOBU SPA JOURNEYS

Indulge in our signature rituals that renew the body, rejuvenate the mind and improve the overall feeling of wellbeing. All inclusive of light healthy snacks with selections from salad greens, sandwiches and accompaniments.

HARMONY

2.5 hours | Php 6,999
Muscle Release Massage
Foot reflexology

NOBU SPA TRILOGY

2.5 hours | Php 7,999
Barako Coffee Body Scrub
Juan's Hilot Pride
Head and Shoulder Massage

COUPLE'S INDULGENCE

1.5 hours | Php 9,999
Renewal Massage
Express Relief Facial



SENSE OF PLACE

Philippine ancient healing techniques, traditions and ingredients handed down through generations.

JUAN'S HILOT PRIDE

1 hour | Php 2,950

1.5 Hours | Php 3,950

A Filipino traditional treatment which is an eclectic mix of indigenous healing knowledge and practices in the Philippines using heated banana leaves and coconut oil as diagnostic tools, to locate the knots in the body. This treatment starts with moderate pressure using mostly thumb, knuckles and palms.
Emerge with renewed wellbeing.

NOBU RAKUEN

1 hour | Php 2,950

1.5 Hours | Php 3,950

Bask in the pleasure of Asian inspired massage fused with the relaxing essence of warm oils and heated bamboo that soothes away stress, rejuvenates and energizes leading to "paradise found".

TROPICAL BODY GLOW

1 hour Php 1,950

An incredibly luxurious blend of nature's richest best ingredients that provides moisture to the skin, slows down the aging process, provides detoxification, reduction of antibacterial infections, all the while repairing damaged skin cells.

Body Scrub Selections:

Barako Coffee Scrub

Mango Passion Polish

Chocolate Body Glow

DAGDAGAY FOOT REFLEXOLOGY

1 hour Php 2,950 | 1.5 Hours Php 3,950

A century-old technique concentrating on acupressure points of the foot and legs aiming to rebalance, renew and harmonize the function of the entire body.



THERAPEUTIC TOUCH

Indulge your senses and recharge your body and mind with massage treatments inspired by many healing traditions that opens your energy channels and renews your spirit, leaving you refreshed and energized.

RENEWAL

1 hour | Php 2,950
1.5 Hours | Php 3,950

Swedish massage techniques and acupressure movements using relaxing blended essential oils that will take your body to an ultimate journey of renewal.

MUSCLE RELEASE

1 hour | Php 3,200
1.5 Hours | Php 4,200

A more localized yet deeply restorative massage that works into rigid tight tender muscles. Kneading techniques with the use of thumb, knuckles and forearm focusing mostly on the back muscles and shoulder, to achieve a deeply relaxing remedial therapy, eases muscles and restores the body's energy and vitality.

HEALING STONE THERAPY

1 hour | Php 3,200
1.5 Hours | Php 4,200

The combination of deep penetrating heat from basalt stones and soothing massage techniques will balance your spirit and transport you to a state of bliss.

ASHI TSUBO FOOT RITUAL

45 minutes | Php 2,500

A primordial technique concentrating on acupressure points of the foot and legs which aims to rebalance renew and harmonize the function of the entire body. A specialized trigger point foot massage that uses mostly thumb, knuckles and squeezing techniques for an overall feeling of wellbeing.

ASIAN FUSION TREATMENTS

A selection of the most popular and traditional Asian wellness techniques that restores the body's natural energy and encourages mind tranquility.

JAPANESE SHIATSU

1 hour | Php 2,950

1.5 Hours | Php 3,950

Shiatsu means "finger pressure". The techniques used in shiatsu include stretching, holding, and leaning body weight which include the fingers, thumbs, feet and palms; assisted stretching and joint manipulation and mobilization.

These techniques improve internal functions, promote and maintain health.

CHINESE TUI'NA

1 hour | Php 2,950

1.5 Hours | Php 3,950

A traditional Chinese massage that literally means push and pull, using techniques of acupressure and precise hand movement to enhance the flow of "Qi" in the body.

Mild manipulations are exercised to restore body balance.

INDIAN SHIRODHARA

1 hour | Php 2,800

1.5 Hours | Php 3,800

Shirodhara massage is based on the ancient principles of Ayurvedic medicine.

Shiro means head and dhara means to flow. It involves the warm and consistent flow of herbalised oils on the forehead, specifically on the 'third eye'. It is said to be the seat of human consciousness. The oils are allowed to flow over the scalp and through the hair, creating a blissful sensation. This is preceded by an Abhyanga Full body massage.

ABHYANGA INDIAN MASSAGE

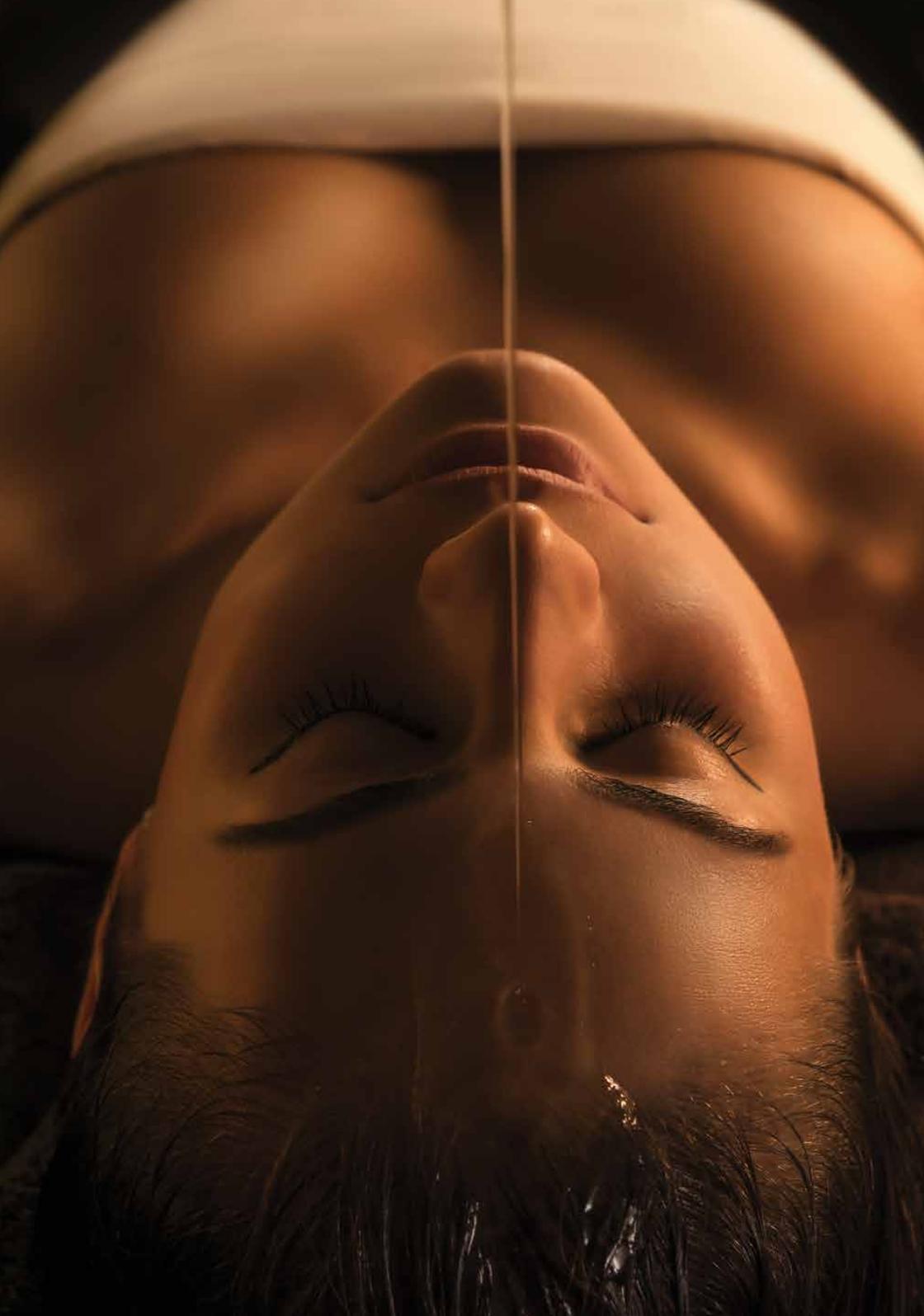
1 hour Php 2,950

Abhyanga is the Ayurvedic term for a warm oil massage.

Abhyanga has been used for thousands of years to maintain health, increase longevity and promote more beneficial sleep patterns.

The practice and experience of this massage nourishes the entire body and decreases the effects of aging. Imparts muscle tone and vigor to the dhatus (tissues) of the body, firmness to the limbs and stimulates the internal organs of the body.

Abhyanga also assists in elimination of impurities from the body.



AGELESS FACIAL

Indulge in a collection of organic and natural plant based products and ingredients exclusively from Dr. Babor of Germany. Using only high quality natural formulas made from only the finest natural ingredients that encourage skin health, harmony, and overall wellness.

VITAMIN COCKTAIL FACIAL

1 hour and 15 minutes | Php 2,950

A vitamin cocktail for your skin. This revitalizing treatment for dry, dull and tired skin; gives your skin an intense boost of vitamin A, C and E. Renews the skin's vitality and brings new life to your skin, giving the complexion an even luminous appearance.

COLLAGEN SKIN BOOST FACIAL

1 hour and 15 minutes | Php 3,200

A rejuvenating facial, which awakens the youthfulness of the skin, using pure collagen extracts to saturate the skin with moisture. The effectively cool firming algae mask and pure collagen concentrate stimulates natural collagen production in the skin, leaving it more elastic and plumping fine lines and leaving the skin with a healthy and instant glow.

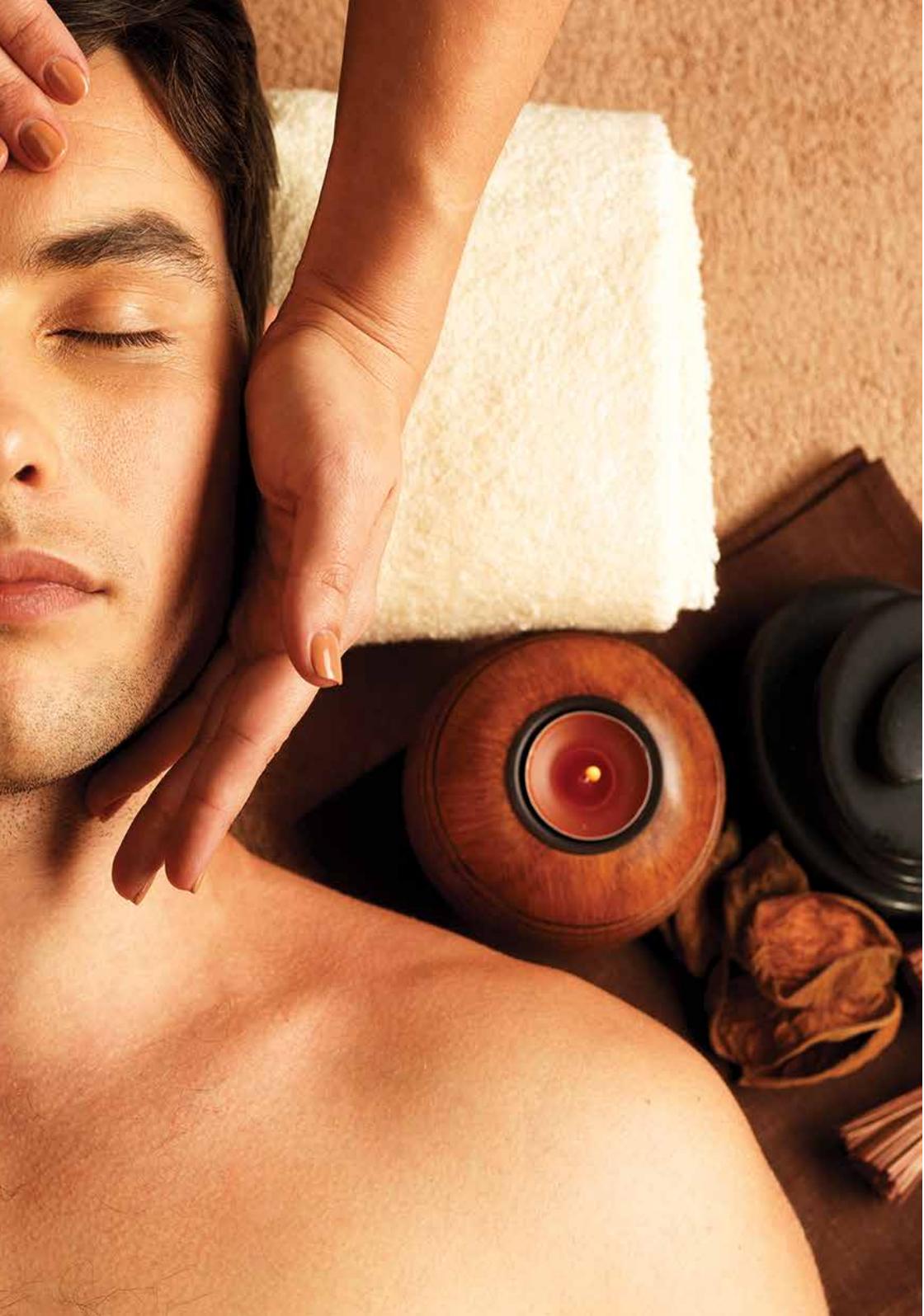
DOCTOR BABOR LIFTING CELLULAR BTX

NOBU SPA SIGNATURE FACIAL

1 hour and 30 minutes | Php 3,500

An intensive skin firming and nourishing facial in one go. Plant Botox peptides and BTX polysaccharide reduces skin lines, crow's feet, expression lines, and evens out wrinkles with anti-double chin effect. Result: The skin and whole face contour appears firm, hydrated and perfectly nourished with a natural glow.





GENTLEMEN'S TONIC

Dr. Babor for Men products is perfect for all skin types.

An invigorating and energizing treatment formulated with ginseng, taurine and hops which regenerate and refresh tired dull -looking skin. Emerge as a new you.

THE BUSINESSMAN FACIAL

45 minutes | Php 1,950

A firming algae peel-off mask helps fade expression marks and increases the skin's density by boosting collagen synthesis, while a scalp massage eases stress and tension; giving the complexion a fresh and powerfully energized appearance.

MEN'S TIME OUT FACIAL

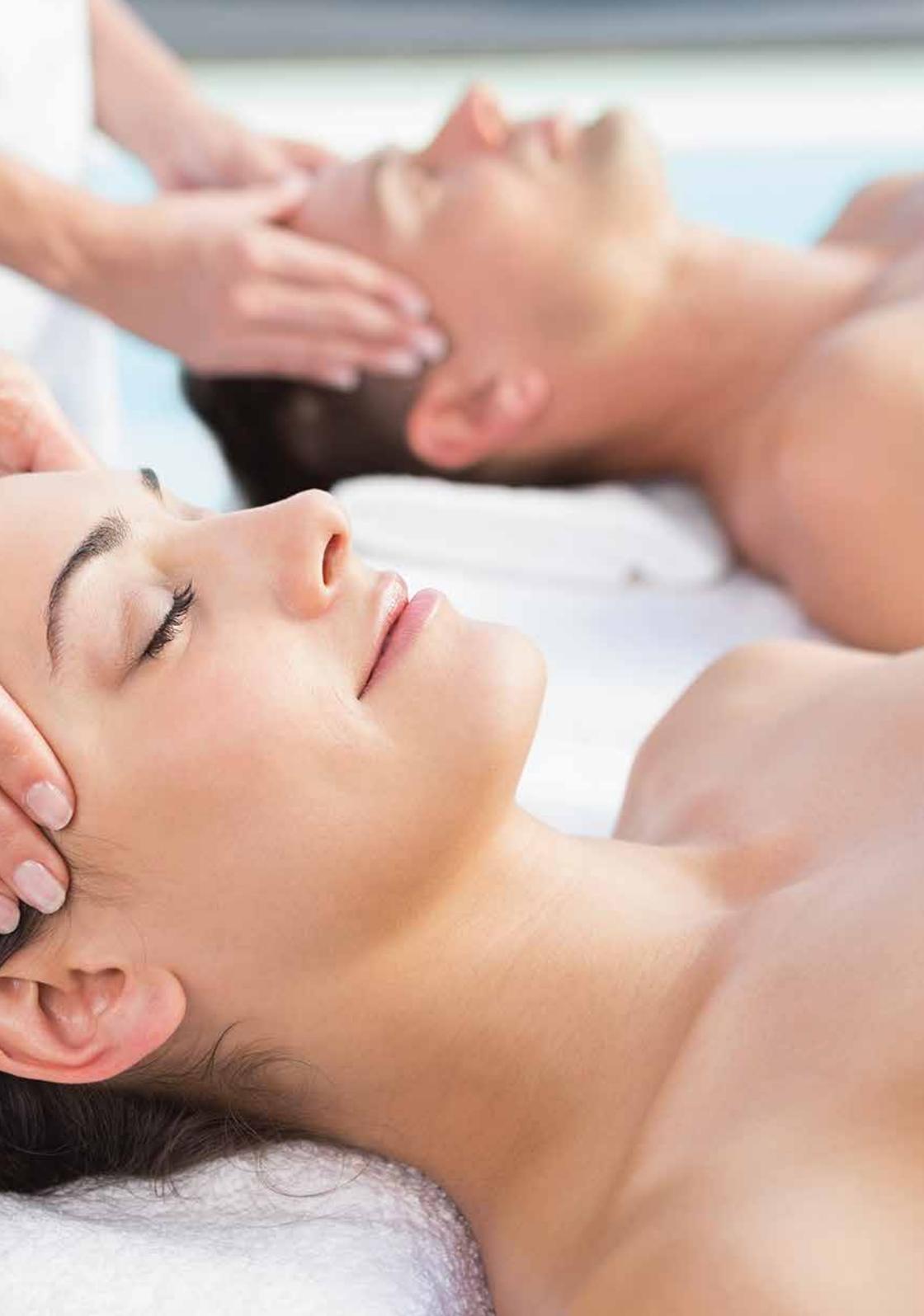
1 hour 15 minutes Php 3, 200

A relaxing treatment for the face that calms and de-stresses the skin. This facial cleanses, purifies and balances the skin. The special cleansing products prepare the skin for a relaxing pressure point massage and a refreshing intensive balancing mask.

WRAP THERAPY

1 hour and 30 minutes | Php 3,500

A powerful detoxifying, energizing treatment using volcanic fango mud; flushes impurities out of the skin tissue and detoxifies the skin cells. The treatment begins with a full body exfoliation to stimulate your lymphatic and circulatory system. Pure warm volcanic clay is then generously applied to your body, which encourages the removal of toxins. Finally the body is moisturized leaving the skin beautifully soft and supple:
Salt Sugar Peeling Scrub infused with Argan Oil
Volcanic Warm Mud



EXPRESS LANE

Focusing on the heart of the matter in the nick-of-time
40 Minutes | Php 1,950

FOR YOUR EYES ONLY

A cooling revitalizing eye treatment instantly reduces all signs of fatigue: puffiness, dark circles and fine lines. Active ingredients of cucumber, green tea and chamomile, moisturize and soothe the delicate eye area, followed by a unique mineral mist and algae peel off mask to refresh and restore vitality and clarity to your eyes.

EXPRESS RELIEF FACIAL

A soothing facial, specially designed to treat sensitive and sunburned skin. This treatment provides instant relief for skin irritations and redness. An intensively soothing mask calms the skin and reduces feeling of tightness and itching. Your skin is left calmed and relaxed.

SALT AND SUGAR PEELING SCRUB WITH ARGAN OIL

A moisturizing salt and sugar re-mineralizing full body exfoliation with nature's best gift of Argan Oil, removes dead surface skin cells effectively while leaving the body softened and smoothed.

HEAD AND SHOULDER MASSAGE

A deeply relaxing massage for those who suffer from tension related head, neck, and back and shoulder strain. Concludes with a soothing final stretch.

SALON LUXE

Pamper yourself to a relaxing hand soak, cuticle care and nail shaping with a comforting hand massage and finish with your own choice of polish.

MANICURE

Manicure | Php 650
Deluxe Manicure (with Hand Mask) | Php 700
French Manicure | Php 675
Change Polish | Php 350
Cleaning | Php 400

PEDICURE

Pedicure | Php 750
Deluxe Pedicure (with Foot Mask) | Php 950
French Pedicure | Php 750
Change Polish | Php 450
Cleaning | Php 500

GEL NAILS

Gel Manicure | Php 1,200
Gel French Manicure | Php 1,450
Gel Pedicure | Php 1,350
Gel French Pedicure | Php 1,550

NAIL EXTENSION

Extension Full Set - Short | Php 2, 000
Extension Full Set - Long | Php 2, 200
Extension Full Set - Extra Long | Php 2, 400

GEL REMOVAL

Soft Gel | Php 80 (per Nail) | Php 600 (Full Set)
Hard Gel | Php 100 (per Nail) | Php 850 (Full Set)

Prices are in Philippine Peso, inclusive of government tax and service charge.





THE NOBU SPA GENERAL INFORMATION

Lockers

As lockers are limited, they will be issued on a first come, first served basis. Should a locker be unavailable, you may place your clothing in baskets provided which will be kept by our spa attendants during your visit.

Smoking & Gambling

Smoking and gambling are strictly prohibited in the spa.

Alcohol Influence

Guests who are or have been under the influence of alcohol are not permitted to use any spa or resort facilities.

Physical Limitations

All guests are responsible for their own health conditions. Guests who are pregnant or suffering from any medical condition should not use any of the facilities without prior professional medical consultation or permission from their doctors.

Guest Conduct

Guests shall behave in a respectful and courteous manner at all times. No guest, while on the premise, shall engage in rude behavior or use offensive language.

Use of Equipment

Proper use of the equipment is the responsibility of all guests.

Dress Code

Appropriate outfits should be worn in respective areas of the spa and resort.

Operation Hours

Fitness Center 6:00am to 10:00pm

Pool* 6:00am to 8:00pm

Spa** 10:00am to 1:00 am

* Operating hours may vary according to season.
Please check with our staff for the latest schedule.

** Last spa booking is at 11:00pm

FAQs

Registration

All guests must register prior to entering any of the resort facilities.

Reservations

Reservations are recommended and can be made at the reception or by calling (632) 800 8080. Booking is up to 3 weeks in advance. A credit card number is required to confirm your reservation. For group reservations, please contact our spa receptionists.

Minimum Age

All guests must be 16 years or older to enjoy use of the wet spa facilities,

In-house Guests

Guests with a valid room key card of Nobu Hotel are able to enjoy complimentary use of our facilities.

A maximum of 4 in-house guests per guestroom are entitled to enjoy an exclusive once-a-day use of the wet spa and resort facilities subject to availability.

Should the number of guests per key card exceed the maximum entitlement; a day membership charge will apply.

Please approach our spa receptionists for more information.

Non In-house Guests

Complimentary use of the wellness spa facilities is included when you purchase a full spa treatment or full body massage program on the day of service.

Fire and Safety Precautions

For safety reasons, no glass containers, food or alcoholic beverages are allowed to be brought into the wet spa or fitness areas. As part of our fire and safety precautions, guests will not be allowed admission when the maximum capacity for each respective wellness spa area* has been reached.

*This includes the massage lounge and change facilities.

Change in Appointment

We apologize in advance if your appointment is affected due to any unforeseeable reasons.

Late Arrival

We understand that plans do change; a phone call is always appreciated, should you wish to cancel your appointment. Your arrival time will determine the length of your treatment time, which will end as scheduled so that the next guest may begin promptly. In this case, you will still be charged the full amount for your scheduled treatment.

Cancellation Policy

If you must cancel or reschedule an appointment, please give a 3-hour notice prior to your scheduled appointment time to avoid a 50% charge.

No Show

We understand that plans do change. A no-show will be charged the full treatment price. Day package cancellation requires a 24-hour notice or you will be charged 50% of the treatment price.

ENJOYING YOUR EXPERIENCE AT THE NOBU SPA

Should I make a reservation?

It is advised that you make reservations in advanced, especially if you would like to enjoy multiple bookings during your stay.

Guests without reservations will be accommodated if appointment times for selected treatments are available.

To make your spa reservations prior to your arrival, you may call (632) 691 2751.

From your guest room, press the "Spa" button on your telephone.

How early should I arrive?

We recommend you arrive 30 to 45 minutes prior to your appointment to take full advantage of our wellness spa facilities (showers, pool and locker areas).

Appointments begin promptly at the scheduled time. Should you arrive late, your appointment may be shortened to allow the therapist to be on time for his/her next appointment. Please allow time for unexpected delays due to traffic and weather conditions.

Can I request a male or female therapist?

Yes, you can. However, we cannot guarantee the availability of any particular therapist.

All of our therapists are highly trained to ensure your comfort at all times.

Is there someone to help me decide what treatments are best for me?

Our spa receptionist can assist you in planning a program that best suits your needs.

Should I let someone know about any allergies, ailments or disabilities?

Yes. You should notify our spa receptionist at the time of booking if you are pregnant or suffer from high blood pressure, allergies or other medical conditions.

What should I wear for my treatment?

Most of our spa treatments are enjoyed without clothing and you will be discreetly draped at all times. A robe and slippers will be provided for your convenience and comfort. Undergarments may be worn if preferred.

Do you sell gift certificates?

Yes. Treat your friends and loved ones to a day at The Nobu Spa with our gift certificates. We can have the gift delivered to a guest room upon request and you may even include a personal note.

Should men shave before a facial?

Yes. This will enable the active ingredients to reach the skin and make the experience much more enjoyable. You may arrive with a clean face.

May I bring my valuables?

Most of our treatments require removal of accessories. While the spa does have lockers, it is recommended that you leave all valuables in the safe provided in your guestroom as we are not responsible for any loss or damage to personal items. To best enjoy your visit, we recommend that you do not bring your valuables to the spa.

How can I ensure a fabulous spa experience?

Please feel free to discuss your treatment expectations and preferences with our therapists. Open communication will enable us to customize our services to your greatest satisfaction.

Can I smoke or use my mobile phone?

Smoking and the use of mobile phone phones are not permitted in The Nobu Spa. Public nudity inside the lockers is strictly prohibited.