

NOBU HOTEL
BARCELONA



NOBU SPA

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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

NOBU ZEN

Relax · Balance · Rejuvenate

75 min - 195.00€

105 min - 235.00€

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 - 215.00€

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 - 205.00€

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 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 - 225.00€

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

50 min - 155.00€

80 min - 195.00€

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

50 min - 135.00€

80 min - 175.00€

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

50 min - 125.00€

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.

**Enhance your massage or reflexology with the Kloris CBD oil for an additional 25€*

FACE

NATURA BISSÉ DIAMOND COCOON

Liberate · Fortify · Shield

50 min - 160.00€

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 - 165.00€

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 levels of the skin. A revitalizing face mask leaves your skin firm and glowing.

NOBU LIFT REFLEX BY NATURA BISSÉ

Sculpt · Revive · Glow

60 min - 185.00€

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.

EXPRESS

Express Personalized Massage

30 min - 75.00€

Express Lifting Facial

30 min - 85.00€

Express Reflexology

30 min - 65.00€

**Enhance your massage or reflexology with the Kloris CBD oil for an additional 25€*

ENHANCEMENTS

Available to add to treatments 50 minutes or longer

Natura Bissé Perfect Eye Booster

25.00€

Natura Bissé Perfect Hydrating Booster

25.00€

Natura Bissé Perfect Oxygen Booster

25.00€

Natura Bissé Perfect Tolerance Booster

25.00€

Reflexology

15 min - 25.00€

Balinese Head Massage

15 min - 25.00€

Personalized Massage

15 min - 25.00€

Essential beauty services including pedicures, manicures, waxing and hair styling are available on request and are subject to availability. Pre-booking is required, and prices are dependent on the treatment chosen.

SPA ETIQUETTE

Spa Experience

For the best experience possible, please 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 guest at the hotel).

Your treatment time will not be extended if you are late, as it would interfere with the treatment of the following 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 16 years of age or over to access the spa.

To enjoy the treatments the guest between 16-18 years must be accompanied by adult.

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.

