

SHIBUI SPA



PHILOSOPHY

Shibui Spa is a space to unwind, cleanse body and mind, and heal. Our philosophy is one of balance—balance between the traditional and the modern and between nature and city.

The Japanese word “shibui” has no exact translation into English, but it refers to a beauty that is low-key and grounded, not opulent, yet rich. The same may be said of the Shibui experience. It is luxurious and uncomplicated. There is a stillness to it. This, to us, is essential. For it is only in this stillness that a certain quality of holistic health can become apparent.

To enter Shibui is to be embraced by wood, water, and stone—much of it with a storied past—and our treatments are rooted in the same simplicity and reverence for nature. The products we use are plant-based and, whenever possible, organic. Our practitioners, who are experts in ancient as well as contemporary healing techniques, approach their craft as art—with devotion, dedication, and compassion.

SPA PROGRAM

POOL & LOUNGE

The spa houses a lantern-lit swimming pool and lounge under the roof of a 250-year old wood and bamboo farmhouse that has been reconstructed in the hotel by Japanese craftsmen, some of whom are “Living National Treasures” of Japan.

TREATMENT ROOMS

There are five separate treatment rooms. Shibui has a shiatsu room; a traditional Japanese bathing room with a large tub for bathing rituals and a tatami mat floor for massage; a wet room that includes a shower for wraps and scrubs; and treatment rooms where massages and facial treatments are offered.



FACIALS

ELEMENTAL HARMONIZER

Bring balance to your skin with our signature facial featuring Elemental Herbology's naturally-active, botanical and mineral-infused collection. Whether looking to resolve congestion, soothe sensitive skin or restore hydration in dry, lackluster skin, this treatment is customized to address your present concerns. A blend of essential fatty acids, vitamins, and marine extracts, combined with a host of cell-plumping, anti-aging actives, boost circulation and stimulate natural tonicity.



This treatment incorporates deep cleansing, exfoliation with a natural enzyme peel, a custom mask, and deeply relaxing facial massage to draw out impurities and restore equilibrium, resulting in a clear and radiant complexion. Free of synthetic fragrances, colors, and parabens.

60 or 90 minutes
\$200 / \$280

FACIALS

OXYGEN AWAKENING

Infuse every pore with a blast of pure Oxygen. City dwellers, frequent travelers, and smokers will benefit greatly from the light-as-air formula, which rapidly penetrates the skin and releases pure oxygen molecules into the epidermal layer. These molecules re-energize natural cellular functions and eliminate toxins residing within the pores. This facial includes a stimulating, oxygen-boosting glycolic peel, a facial massage and finishing mask to further decongest the skin while transporting you to a state of relaxation. Suitable for all skin types, yet ideal for those showing signs of skin congestion from exposure to pollutants, stress or hormonal shifts.

60 or 90 minutes

\$225 / \$300

VITAMIN C+C

Restore your skin's firmness with Vitamin C, the most natural form of repair and prevention for visible signs of ageing and sun-damage. This anti-oxidant facial includes a customized cleanse and gentle exfoliation, followed by a reparative serum containing high concentrations of Vitamin C, formulated to stimulate collagen production and renew skin's firmness. Next, a sculpting massage and rich C+C Ascorbic Acid mask penetrate the skin with essential vitamins and nutrients to guarantee that your skin emerges nourished. An ideal choice for those with sensitive skin, concerns with ageing, hydration, and hyper-pigmentation.

60 or 90 minutes

\$225 / \$300

FACIALS

LA ALTERNATIVA

Our non-invasive, wrinkle-relaxing facial features Natura Bisse's exclusive Inhibit line, which offers an advanced alternative to most injectable treatments. Targeted active ingredients dramatically reduce expression lines and deep wrinkles using a unique formulation of Octamioxyl, the most effective inhibitor of facial contractions, and a Lipofiller complex. This facial incorporates a stimulating glycolic peel to renew the skin and a micronized algae mask to seal a host of serum and cream into the dermis.

90 minutes

\$395

DIAMOND MULTISENSORIAL LIFTING

A distinct concept in skincare created as a global anti-aging treatment for the most demanding complexions. Sophisticated ingredients, infused with marine DNA, penetrate to the deepest layers, providing long-lasting hydration and a regenerative effect. Diamond Multisensorial Lifting reinforces the skin's natural system of defense, improving elasticity and luminosity while simultaneously soothing and calming the skin. Designed for those looking for the ultimate in luxury skincare with radiant results.

90 minutes

\$425

MASSAGES

ELEMENTAL WELL-BEING

almond oil / peach kernel / himalayan salt / dry brush

***wood:** rejuvenating and immuno-boosting*

***fire:** stimulates and invigorates the mind*

***earth:** balances body and mind, aids sleeplessness*

***metal:** detoxifies and tonifies*

***water:** soothes and relieves stress*

Firmly rooted in the Five Element theory of traditional Chinese & Japanese medicine, Wood, Fire, Earth, Metal and Water are used to help diagnose conflicting symptoms within your body & mind.

Using only the highest grade, first extraction plant oils, we draw upon Eastern and Western massage techniques and tailor them to your specific needs. These natural oil infusions are a modern-day interpretation of the ancient theory, and when intentionally applied through body work, a powerful and holistic approach to restoring individual balance is achieved.



Your quest for equilibrium begins with a plunge in a private, mineral-infused soak in our traditional Japanese ofuro tub. Next, a dry body brushing encourages skin cell regeneration and stimulates lymphatic flow prior to a fully customized 60-minute massage with your choice of element-inspired oil.

60 or 90 minutes (dry brushing and massage)

\$235 / \$315

75 or 105 minutes (bath, dry brushing and massage)

\$280 / \$360

MASSAGES

DRUNKEN LOTUS

white lotus / sake / jojoba / cucumber seed

***cucumber seed:** refreshes, tightens and softens skin*

***jojoba oil:** moisturizes, rich in vitamin E and natural antioxidants*

***sake:** increases circulation, eliminates toxins and moisturizes dry skin*

***white lotus:** quiets the mind and opens crown chakra*

Shibui's signature massage uses customized strokes and hot, sake-soaked towels to release tired muscles, as jojoba, cucumber and essential oils nourish your skin and quiet your mind. Ideal for jet-lag, dehydration, or after a night of over-indulging.

60 or 90 minutes

\$220 / \$300

HEALING BIRCH

birch / shea / peppermint / helichrysum

***birch:** reduces inflammation and relieves chronic pain*

***shea butter:** softens dry, tough skin and restores elasticity*

***peppermint:** clears the mind and enhances concentration*

***helichrysum:** increases circulation, promotes production of new cells, uplifts the spirit*

Everything you'll need to recover from chronic stress and sore muscles. Our healing massage targets areas of repetitive contraction, stimulating circulation and movement from within the body. Herbal packs penetrate heat deep into muscle tissue, as our homemade balm of shea butter, jojoba, helichrysum and birch oils reduce inflammation and support tissue growth. Perfect post-workout, a long flight or a stressful day.

60 or 90 minutes

\$200 / \$280



TRADITIONAL JAPANESE SHIATSU

Performed in traditional manner on tatami floor, Shiatsu blends acupressure-point therapy with stretching of the meridians to stimulate the flow of energy throughout your body. Unlike other massages, no oil is applied, and you remain fully clothed during the treatment. Firm-to-deep, rhythmic pressure is applied to your entire body using the thumbs, palms, knees, forearms, elbows, and feet. This massage induces deep relaxation and brings the body back into balance.

60 or 90 minutes

\$200 / \$280

MASSAGES

OMAKASE

to entrust / protect

Place your trust in one of our dedicated massage therapists by allowing them to create a personalized bodywork session for you. Our Omakase ritual is designed for different lengths of time—60, 90 or 120 minutes—with a combination of therapies and oils available to heal and release deeply-rooted stress patterns, pain or energetic blockage. Your session may incorporate modalities such as Lymphatic Drainage, Reiki, Ashiatsu, Myofascial release, or Thai massage, resulting in a peaceful and safe exchange between you and your therapist.

60, 90 or 120 minutes

\$220 / \$300 / \$400

SAMUNPRAI THAI POULTICE

ginger / lemongrass / kaffir lime oil / camphor

thai ginger: improves circulation, warms and strengthens the body

lemongrass: stimulates circulation and digestion, helps concentration and mental fatigue

kaffir lime leaf oil: purifying antioxidant, calming, relieves anxiety

dried camphor: relieves muscle pain, strengthens and tonifies skin

Samunprai, or “ginger herb,” is a powerful treatment dating back to 14th century Thailand. This holistic ritual incorporates medicinal heat and four massage modalities to relieve muscular, joint and back pain. Royal Thai Massage, similar to acupuncture, releases blocked energy, while our poultice, made of indigo fabric and filled with healing herbs such as yaa nang, ginger and lemongrass, is steamed and kneaded on the body, allowing the herbs and oils to penetrate and act as potent detoxifiers while increasing lymphatic drainage. Finally, Thai stretches and deep breath work, or Savitri, energize and balance the body and mind. Recommended for athletes, circulatory and digestive concerns, and the overly-stressed.

90 minutes

\$325

MASSAGES

TRADITIONAL CHINESE REFLEXOLOGY

Our classic, healing foot treatment begins with a ginger cleansing ritual to open the energetic channels of the feet. We then massage bee propolis onto each foot, following the tenets of Chinese reflexology. Revitalizes tired feet, cleanses the body of toxins, and stimulates the production of endorphins.

60 minutes

\$200

LITTLE BEAN

adzuki bean / shea / rosehip / geranium / neroli

***adzuki bean:** rich in minerals and vitamins, leaves skin aglow and silky*

***shea butter:** prevents stretch marks, protects skin and boosts immune system*

***rosehip:** rehydrates tissues and replenishes skin's moisture level*

***geranium:** hormone balancing, uplifting and relaxing*

Our pre and post natal massage is a customized massage using our homemade balm of shea butter, rosehip, jojoba and baby-safe essential oils to relieve tension and aches from your changing body. A gentle mask of ground Adzuki bean and Kaolin clay is applied to the belly to firm and tone the skin as it stretches, while feet are dotingly massaged. Best received from 3-months onwards.

60 or 90 minutes

\$200 / \$280

BODY TREATMENTS

BAMBOO GLOW

bamboo sap / gingergrass / sea algae / yuzu

bamboo sap: hydrates skin and promotes cell regeneration

gingergrass: stimulates circulation and warms the body

sea algae: firms, heals and increases skin elasticity

yuzu: soothes dry, chapped skin, rich in antioxidants & Vitamin C

Soften, firm, and hydrate your skin with our body treatment inspired by the textures and fragrances of Japan. A vigorous bamboo and gingergrass scrub is followed by a private shower with yuzu sea algae wash. Next, sip a sparkling cucumber cordial while soaking in a hinoki mint mineral bath in our ofuro tub. Once fully relaxed, your body is treated to a 60-minute, moisture-binding massage infused with bergamot, vetiver, and wild, Japanese lime.

120 minutes

\$400



BODY TREATMENTS

Seasonal Beauty

Like our wardrobes, our skin's needs shift from season to season. These signature body treatments capture the essence of the season by using ingredients that balance your skin as the climate changes from one month to the next.

SPRING & SUMMER

orange flower / papaya / pomegranate

***orange flower:** balances sebum production, antiseptic and calming*

***papaya:** stimulates cell renewal, gently exfoliates*

***pomegranate:** powerful antioxidant, stimulates circulation and aqua-drainage*

Warm weather demands radiant skin. This refreshing body treatment begins with a full-body polish of orange flower, papaya, sugar and salt. Once new skin is revealed, you are gently cocooned in a cooling mask of cucumber and aloe vera. As the mask sets, your mind is relaxed with a soothing scalp massage. Following a private rain shower, your skin is treated to a 60-minute massage of jasmine, frangipani and tuberose infused pomegranate oil. The results will leave you glowing.

120 minutes

\$400

FALL & WINTER

himalayan salt / mango butter / australian clay / peppermint / may chang

***himalayan salt:** rich in minerals to support cell metabolism*

***mango butter:** powerful humectant soothes, nourishes and protects skin*

***australian clay:** rich in essential minerals, draws out and eliminates impurities*

***peppermint:** uplifting, cooling and invigorating*

***may chang:** warms and invigorates circulation*

Our cold weather ritual is designed to warm your body and bring your skin back to a nourished state, starting with a circulation-boosting body scrub of rich mango and shea butter, Himalayan salts and Ho Leaf. Once fresh skin is revealed, a thermal clay infused with botanical winter oils is applied and wrapped. As it sets, your scalp is treated to a luxurious massage. The treatment is completed with a 60-minute massage of sweet almond oil infused with May Chang, peppermint and thyme.

120 minutes

\$400

BATHS

If there are but few things that can be called uniquely Japanese living culture, Japanese-style bathing is certainly one of them.

In Japan, clean and dirty are absolute and irreconcilable notions. Thus the Japanese logic of cleanliness dictates two parts to the bathing ritual: first washing and then soaking. Body washing involves soaping, scrubbing, and rinsing body dirt away. Soaking consists of doing nothing except sitting quietly and enjoying the moment.

Any time is a fine time to enjoy a bath: on rising in the morning, before retiring at night, or whenever the inspiration enters your mind.

—Leonard Koren, *How to Take a Japanese Bath*



SEASONAL BATHS

spring / cherry blossom & rhassoul clay, a blend of florals and earthy warmth, ease the senses and nourish the skin with hydrating omegas and rice bran. Silk extract provides a delicate scent and milky texture.

summer / lavender, harvested at the peak of summer, is used as a nervous system calmateive and for skin afflictions due to its cooling, soothing and healing properties.

fall / arnica blossom and essential pine oils help relieve joints and muscles while improving circulation. The whole body benefits from its revitalizing and warming effects.

winter / juniper, an evergreen shrub, releases toxins while relieving tension and stress. It is also used to form “magic wreaths” which the Romans used to ward off evil spirits.

30 minutes

\$95 (*private soak*) / \$120 (*for two*)

YEAR-ROUND BATHS

white lotus milk / cleanse, soften and moisturize your skin in a white lotus-infused milk bath. The delicate scent of lotus blossom calms your mind and spirit.

elemental detox / mineral-rich Himalayan salt and essential oil blend of grapefruit, rosemary and juniper berry invigorate circulation, reduce fluid retention and shift toxins, leaving you purified and energized.

hinoki mint / a therapeutic blend of hinoki cypress, cedar, mint, sage and lemon result in a citrus-mossy scented, mineral-rich bath.

sake soak / recover from traveler's fatigue or stress with the cleansing and moisturizing affect of a hot sake bath. A New Year's tradition in Japan, to bathe in sake is said to help clear evil spirits and give way to new beginnings.

30 minutes

\$95 (private soak) / \$120 (for two)

ADD-ON SERVICES

Add-on services may be booked to enhance any full-length treatment, and cannot be booked independently.

FACE AND SCALP MASSAGE

Acupressure and drainage techniques relieve headaches and facial tension in the face and scalp using an illuminating, antioxidant-rich oil serum.

NECK AND SHOULDER MASSAGE

A blend of Swedish and deep tissue massage work to release accumulated stress in the neck and shoulder areas, assisting in pain relief and added mobility.

FOOT REVIVER

Our deeply therapeutic foot and lower leg massage uses medicated oils to soothe tired muscles and relieve aches and pains on stressed feet.

30 minutes
\$100

EXPRESS BODY SCRUB

A brisk yet thorough scrub-down using your preference of warming ginger, lime & bamboo sap or refreshing orange flower, papaya, sugar and salt scrub. This dry scrub takes place in our wet room and includes a private rain shower. The perfect complement to any bath or massage.

30 minutes
\$115

AESTHETIC CARE

WAXING

Brow Shaping	\$60
Upper Lip	\$25
Chin	\$25
Face	\$75
Half Leg	\$50
Full Leg	\$100
Half Arm	\$40
Full Arm	\$60
Bikini	\$50
Brazilian	\$75
Underarm	\$30
Back	\$70
Back Plus	\$100
Eyelash Extension	\$400
Eyelash Refill	\$150

SALON SERVICES

To schedule beauty services such as hair styling, make-up, and nails in the comfort of your own room, please contact a Spa Concierge with twenty-four hours notice and they will gladly assist you in accommodating your request with local beauty professionals.

FITNESS STUDIO

Designed and staffed by Dan Harvey, Robert DeNiro's personal trainer for the last 30 years, the fitness studio at The Greenwich Hotel serves as an exclusive gym for hotel guests. Personal training sessions are available upon request and customized to each guest's needs.

PRIVATE TRAINER

Continue your fit lifestyle away from home with our highly skilled trainers.

60 minutes

\$175

PRIVATE YOGA

OR PILATES SESSION

Our skilled and dynamic group of teachers customize each session to support what your body and mind need most. For yoga and pilates beginners or for those looking to maintain an established practice while traveling—bend, sweat and breathe your way to greater balance, vitality and strength.

60 minutes

\$175 / \$200 (*for two*)



SHIBUI

OPENING HOURS

6am to 10pm

TREATMENT HOURS

9am to 9pm

APPOINTMENTS

We recommend booking your treatment at least 24 hours in advance. You will receive a reminder email or phone call one to two days prior to your service as confirmation.

ARRIVAL TIME

We recommend arriving at least 30 minutes before your treatment begins to enjoy Shibui's facilities.

Please note that treatments must end on time, regardless of their start time. If you arrive late, we will not be able to complete the full service, and treatment fees cannot be prorated.

CANCELLATION POLICY

If you need to cancel or reschedule, please notify us at least twenty-four hours before your appointment to avoid being charged for the service in full.

GRATUITY

For your convenience, a 20% gratuity will be automatically added to each service.

CHILD SUPERVISION

For their safety, and for the consideration of other guests, children under the age of 16 must remain accompanied by an adult while in the spa, locker room, and pool areas. As an additional precaution, no children under the age of 16 are permitted in the fitness studio.

HEALTH CONSIDERATIONS

When making an appointment, please let us know if you are pregnant or have any health

concerns, such as high blood pressure, heart conditions, or allergies. We will tailor your treatment accordingly.

MOBILE PHONES

As a courtesy to other guests, please turn off your cell phones or other electronic mobile devices prior to your arrival. If you expect to receive any communications whilst in treatment, please advise a spa concierge and they will be received on your behalf.

SPA ATTIRE

As part of the Shibui experience you will be provided with a Japanese robe and spa slippers, located inside your locker. We recommend that you bring a swimsuit for use of the pool, however, should you have forgotten yours, swimsuits are available for purchase. We recommend removing all undergarments prior to body treatments and massages, or undressing to your comfort level.

APPOINTMENTS

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