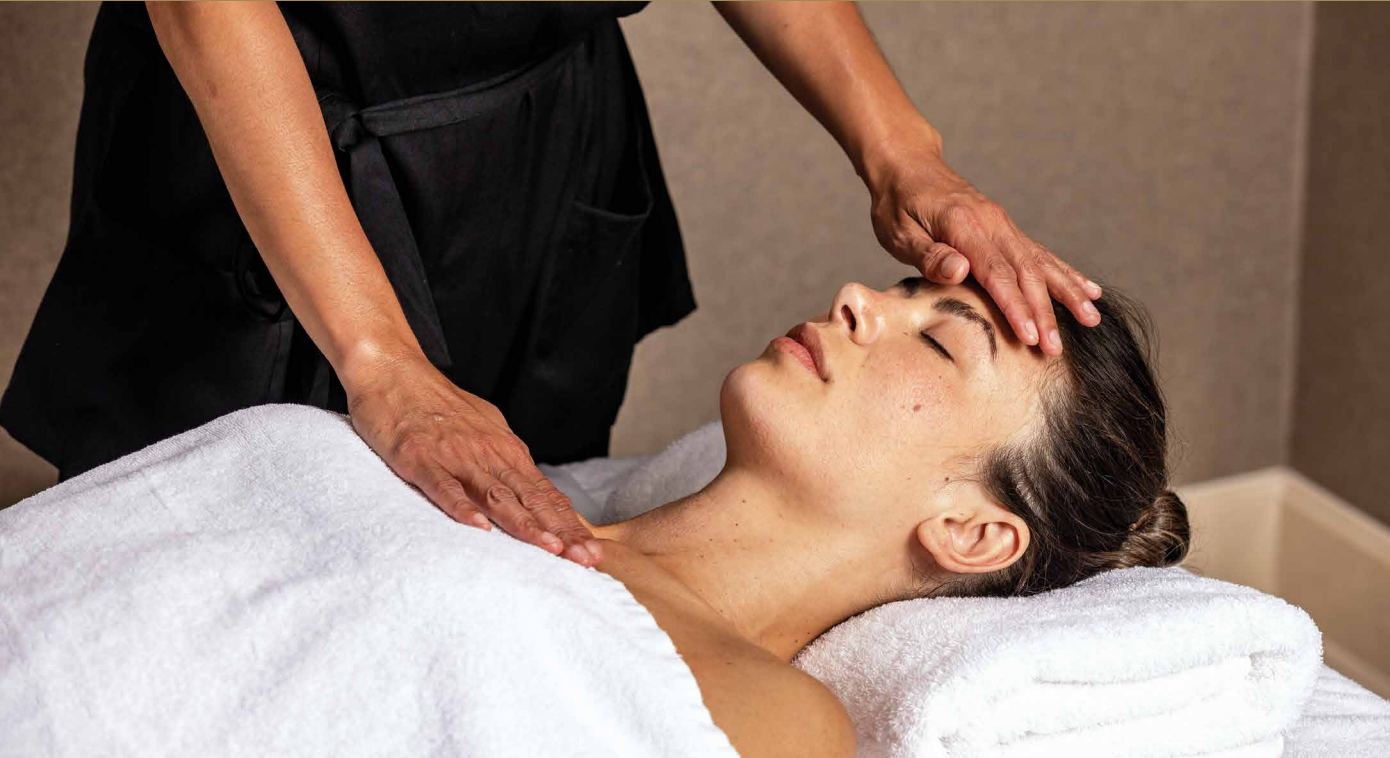


# NAGOMI SPA





## NAGOMI (和) WHICH REPRESENTS CALM, SERENITY & PEACE

By virtue of our Japanese heritage, we treasure the importance of Nagomi (和) which represents calm, serenity and peace. This is the journey we invite you on.

Nagomi Spa is the oasis created with our utmost care and attention for your indulgence in soothing moments of comfort. The Nagomi Spa Treatments team is committed to providing the highest quality of treatments and service, pampering your body to induce your ultimate relaxation so that you can recharge and re-energize.

At Nagomi Spa Treatments, we refined therapies and treatments with different origins from across the globe by pairing them with the sublime products from Sothys French cosmetology to create the most elating, uplifting and rejuvenating spa experience. Our signature treatments make all the stress and strains of daily life fade away with the help of products chosen to enhance your natural glow.

*All treatments include complimentary use of the wellness facility, that comprises a steam room, sauna, indoor pool, hot tub, ice fountain, bucket hydrotherapy shower and tea lounge.*

## FACIALS | BY SOTHYS

Sothys products are used in all facial treatments at Nagomi Spa Treatments. Sothys has been setting the highest standards globally for more than 80 years among the most renowned luxury spas and salons and represents the ultimate and most refined range of facial and body cleansing, brightening, protective and revitalizing products.

### RADIANCE EXPRESS FACIAL

30 min € 85 (add-on only)

This impactful skin care experience is designed to deliver instant radiance. It includes a deep cleanse, exfoliation, peel-off mask, anti-oxidant serum and nourishing cream. The treatment incorporates a face massage that combines Kobido lifting and firming techniques for a bright, glowy and vibrant look.

### SEASONAL FACIAL TREATMENT

60 min € 160

This antioxidant seasonal facial treatment will help your skin regain its radiance and resilience for the autumn and winter seasons, while hydrating and nourishing it for spring and summer. The treatment consists of a deep clean, an indulging massage of the face, neck and décolleté, followed by a mask application. To finalise, a nourishing cream is applied suited to your skin's needs, suitable for all skin types.

### SENSITIVE FACIAL

60 min € 160

This facial is suitable for mildly to very sensitive skin. All products used in the treatment are hypoallergenic and fragrance free. The treatment consists of a deep clean, an indulging massage of the face, neck and décolleté and a matching mask which is applied with porcelain spoons. To finalise, a nourishing cream is applied suited to your skin's needs. Your highly skilled therapist will provide advice for the continuity of the treatment at home for lasting long-term effects.

## INTENSIVE FACIALS | BY SOTHYS

### HYDRA 4HA

90 min € 235

This intensively hydrating treatment is designed to nourish your skin and provide it with a sensation of absolute hydration. This unique treatment creates a hyaluronic-injectable look-alike effect. Your skin will feel smoother and the superficial wrinkles will fade. Results are seen within one treatment, suitable for all skin types.

### REJUVENATING INTENSIVE TREATMENT

90 min € 235

If you are looking to treat and prevent signs of ageing, this intensive and deeply nourishing treatment combines ultra-targeted products with expert application methods. Experience a professional youth inducing and preserving treatment with 2 serums and 3 masks applied in combination with a revitalising facial massage. Results are seen within one treatment, suitable for dry to very dry skin.

### DETOX-ENERGY TREATMENT

90 min € 235

This anti-pollution treatment uses a unique combination of products and techniques, designed to give your skin a natural boost of energy while nourishing your skin with the nutrients and protection to defend itself from the harmful effects of environmental stress. Results are seen within one treatment, suitable for normal and oily skin.



## BODY TREATMENTS | BY SOTHYS

Our exquisitely indulgent and relaxing offering of body treatments are available in sessions of 60 and 90 minutes, for your enjoyment, comfort and rejuvenation while permitting all carefully crafted steps of these rituals to be performed carefully for maximum results, ensuring you leave the stresses of urban life behind you.

### HANAKASUMI

60 min € 160 / 90 min € 220

Embark on an enchanting sensorial journey filled with floral notes of cherry blossom and lotus flower to relax the body and nourish your skin. Our signature body treatment incorporates a warm exfoliating cream which softens and smoothens the skin. A unique, invigorating foot massage flows into a relaxing massage using warm aromatic shea butter to bring blissful relaxation to your mind, body and soul.

### JOURNEY TO THE FAR EAST

60 min € 160 / 90 min € 220

With the smell of the warm amber and woody base notes of myrrh, your senses are invited on a journey to the far Eastern lands. This treatment starts with a pre-exfoliation gel, followed by exclusive handmade terracotta pumice stones applied to your skin which remove dead skin cells and promote extreme smoothness. The massage enriched with amber oil (well known to reduce stress and fatigue) and date seed (to nourish the skin) makes this treatment a moment of pure relaxation for body and mind.



## MASSAGE TREATMENTS

### SWEDISH RELAXATION

60 min € 145 / 90 min € 200

One of the best known western massage techniques, the Swedish massage uses light to medium pressure and applies slow strokes along the muscles and tissues to provide a sense of warmth, serenity and overall relaxation.

### DEEP TISSUE MASSAGE

60 min € 155 / 90 min € 215

The deep tissue technique uses firm pressure and slow strokes to reach deeper layers of your muscles and connective tissues. Beyond relaxation, this massage promotes the release of deeply held levels of tension.

### AROMATHERAPY

60 min € 150 / 90 min € 205

The sensorially elating effects of this bespoke massage are enhanced by the use of natural essential oils, extracted from plants and flowers. Your therapist will choose a bespoke aroma which best suits your needs and preferences from a selection of relaxing, energising and harmonising aromas. When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the limbic system. This treatment is not recommended during pregnancy or breastfeeding.

## HOT STONES MASSAGE

90 min € 205

This relaxing body massage uses hot stones to stimulate your blood flow and release muscle tension. The heat is diffused evenly throughout your body leaving you with a deep sense of relaxation.

## SHIATSU THERAPY

60 min € 155 / 90 min € 215

Shiatsu is a Japanese form of bodywork. Pressure is applied to all parts of the body along your meridians using palms, fingers and elbows. This technique stimulates the natural healing powers of your body.

## BAMBOO MASSAGE

60 min € 145 / 90 min € 200

Bamboo sticks are used for this firm massage, being held and maneuvered by the therapist and rolled over your muscles with the same pattern of strokes which are used by hands in a deep tissue massage treatment. The muscles are then kneaded, which assists in the release of tension and easing of knots.

## PRENATAL MASSAGE

60 min € 145

This nurturing and gentle experience is exclusively designed for mothers-to-be. Reconnect your body and mind with an emphasis on addressing issues such as back pain and tired legs. This massage has been expertly crafted to relax the nervous system and promote restful sleep, providing much-needed relief during this transformative phase of life. Your comfort and safety is paramount throughout the session, using pillows to support both your body and baby.

*Please note that this treatment is only available after the twelfth week of pregnancy.*

## IN-ROOM MASSAGE (ON REQUEST & UPON AVAILABILITY)

The Nagomi Spa Treatments team is ready to accommodate treatments for hotel guests in the comfort of your own room. During the time that Nagomi Spa Treatments is closed, we will bring everything required to you for your relaxing experience. In-room massages are available on special request for individuals and couples.

*From 09h00 - 22h00*

### SWEDISH RELAXATION

60 min €145 / 90 min €200

### DEEP TISSUE MASSAGE

60 min €155 / 90 min €215

*From 22h00 - 09h00*

### SWEDISH RELAXATION

60 min € 240 / 90 min € 320

### DEEP TISSUE MASSAGE

60 min € 260 / 90 min € 350



## SEASONS OF NAGOMI

Introducing 'Seasons of Nagomi', at Nagomi Spa Treatments. Treatments which embrace the changing of the seasons and incorporate traditional Japanese elements. Relax and rejuvenate with carefully curated ingredients and techniques, all while connecting with the rich heritage of Japan. Experience the beauty of the seasons and the harmony of nature at Nagomi.

### WINTER

30 min € 75

#### 'ZEN HARMONY' | KOBIDO

This traditional Japanese facial massage technique has been practiced for centuries. This luxurious treatment combines massage, acupressure, and facial manipulation to rejuvenate the skin and promote overall wellness. The technique helps increase circulation, reduce puffiness, and improve the overall appearance of the skin. Must be booked together with a 60 min treatment of your choice.

### AUTUMN

60 min € 145

#### 'REIKI HARMONY'

This Japanese-inspired experience offers Reiki healing session to enhance any existing spa treatment. Reiki is a gentle form of energy healing rooted in Japanese wellness traditions that promotes balance and relaxation. During the session, the practitioner will use a series of hand placements on or near the body to channel positive energy and bring harmony to the mind, body, and spirit.

### SPRING

60 min € 150

#### 'ZEN FLOW' | JAPANESE YUZU LYMPHATIC DRAINAGE

This detoxifying treatment is a holistic light touch massage which improves the efficiency of your lymphatic system. This gentle treatment helps to remove toxins and excess fluid from the body's tissues resulting in reduced fluid retention. Combined with healing properties of Japanese yuzu essential oil, this treatment aims to promote the overall vitality and well-being of your lymphatic system, offering a rejuvenating and detoxifying experience.

### SUMMER

60 min € 150

#### 'ZEN BALANCE' | JAPANESE HINOKI MADEROTHERAPY

Experience the healing power of hinoki essential oil and nature with our Japanese Hinoki Maderotherapy treatment. Hinoki wood is a prized material in Japan, revered for its natural antibacterial properties and soothing, grounding scent. Using both hinoki essential oil and wooden tools our therapists use deep rhythmic strokes to help improve circulation and even skin texture.

*Please kindly note that availability for these specialized treatments requires prior confirmation.*

# NAGOMI SPA ETIQUETTE

## PEACEFULNESS

To preserve the tranquil environment of the Spa, we respectfully ask you to switch off your mobile phone and other electronic devices at all times. We also request you to refrain from speaking loudly.

## ARRIVAL TIME

Please check in at the reception of Nagomi Spa Treatments at least 15 minutes prior to your scheduled appointment in order to allow sufficient time to change into your spa attire and complete a consultation form. Arriving late will result in a reduction of your treatment time in respect for the next guest's treatment time slot.

## RESCHEDULING OR CANCELLING YOUR APPOINTMENT

To assist you in rescheduling your appointment, we require a 24-hour cancellation notice. In case of a late cancellation or a no-show, you will be charged for the full costs of the treatment.

## YOUR EXPERIENCE

- 🌸 Based on availability, we will make every effort to accommodate special requests.
- 🌸 Please make your therapist gender preferences known when booking your appointment.
- 🌸 Nagomi Spa Treatments has at your disposal bathrobes, slippers and disposable underwear.
- 🌸 It is mandatory within Nagomi Spa to wear underwear.

# OUR RECOMMENDATIONS

## MEDICAL AND WELLBEING

- 🌸 Please inform us of any medical or special needs such as high blood pressure, allergies, pregnancy or any physical conditions or ailments that require our attention before the start of your treatments.
- 🌸 We recommend that you consult your doctor before booking a treatment. For your safety and wellbeing, we advise against immediate sun exposure following skin care therapies. We also advise against shaving before or after treatments which include exfoliation.
- 🌸 You may want to remove your spectacles or contact lenses for maximum comfort during your treatments.
- 🌸 We invite you to discuss with our staff any special needs or questions about your treatments on your arrival. This will help us to best prepare to meet your needs and to make your Spa experience truly exceptional.

Also, please communicate with your therapist regarding room temperature, pressure, and technique to ensure your overall comfort.

## VALUABLES

Lockers are available for your personal belongings. We advise leaving valuables at home or your hotel room as we cannot take responsibility for misplaced or lost items.

# YOUR OASIS OF COMFORT

We invite you to entrust your mind, body and senses in our experienced and caring hands and to allow us to guide you through a journey of self-discovery and unique sensorial experiences. Pampering at Nagomi Spa Treatments captures the true art of Japanese relaxation with authentic facials, bamboo and Shiatsu massages, along with unique body treatments offered for your indulgence.

For an exquisitely indulgent experience, we recommend our Hanakasumi body treatment. The Hanakasumi is a massage ritual scented with cherry blossoms and lotus flowers which represents pure relaxation while truly revitalizing the skin of your entire body through expert scrubbing techniques.

When scheduling your session with Nagomi Spa, you will receive complimentary access to Nagomi Health's swimming pool, jacuzzi and sauna which you may enjoy before or after your treatment.

We look forward to treating you soon at your favorite oasis of comfort.

NAGOMI



# NAGOMI

SPA TREATMENTS

## OPENING HOURS

Tuesday to Saturday: 09h00 - 21h00

Sunday: 09h00 - 20h00

Public holidays: 10h00 - 17h00



*Hotel Okura*  
AMSTERDAM

[spa.staff@okura.nl](mailto:spa.staff@okura.nl)

Ferdinand Bolstraat 333, 1072 LH Amsterdam  
The Netherlands • T +31 (0)20 6787 111 • [www.okura.nl](http://www.okura.nl)