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BEGIN
YOUR
JOURNEY

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OUR PHILOSOPHY

Lose yourself in our world, open your eyes to fresh thoughts and experience the purity of nature's curated spa ingredients and rituals. We will indulge your mind and empower your inner self. We believe in treatments uniquely suited to you that create balance leaving you revitalized and restored.





RITUALS

THE NOBU STRETCHING RITUAL

Holistic wellness is our focus. Just as Chef Nobu Matsuhisa begins his day by stretching to awaken his body, mind, and spirit, we begin and end our Nobu Signature treatments with our gentle stretching ritual. We use this time to further our understanding of your unique needs, crafting a personalized experience of renewal, wellness, and inspiration.



NOBU HOTELS SIGNATURE RITUALS

Nobu Nagomi Ritual

105 Minutes
Light to Medium Pressure
|Centering . Nourishing |

Designed to increase relaxation, flexibility and energy flow, our Signature ritual takes you on a journey that awakens the senses. We begin with a relaxing floral foot bath followed by an Asian-inspired fusion of massage, facial cleansing, and body exfoliation. Warm handmade herbal poultices soothe your muscles, purify your body and ground your mind. Customized essential oils hydrate and nourish your skin. This combination of multiple techniques increase relaxation, joint mobility and energy flow.

Nobu Zen

75/105 Minutes
Light to Medium Pressure
| Relaxing . Harmonizing |

The Nobu Zen massage is tailored to your needs by using techniques from across the globe. No two bodies are alike and no one treatment fits all. Our therapists utilize a combination of several massage techniques along with your selection of an aroma oil blend creating a customized treatment that addresses your specific needs. You'll feel the stress and tension melt away.

Japanese Silk

90 Minutes
Light to Medium Pressure
| Relaxing . Nourishing |

Inspired by the traditional Japanese art of caring for the body, this luxurious and energizing body ritual that stimulates circulation and the flow of energy. Your journey begins with a body exfoliation to prepare your skin for a nurturing full body massage with the use of hot stones and concluding with a luxurious scalp massage and hair mask. Find balance, feel revitalized and restored.



MASSAGE

Aromatherapy

60/90 Minutes
Medium Pressure
| Relaxing . Balancing |

Let us whisk you away to a state of relaxation by relieving muscle and joint stiffness in a tailored massage. Allow your senses to relax through the choice of a customized essential oil for complete balance.

Reflexology

30/60 Minutes
Firm Pressure
| Therapeutic . Relieves Tension |

Reflexology is an ancient Chinese technique that focuses on reflex points in the hands and feet. Expert compression helps enhance circulation and create balance from within.

De-stress Express

30 Minutes
Medium Pressure
| Revitalizing . Relaxing |

This massage focuses on the key areas of tension with the combination of hot stones and a customized essential oil chosen for your specific needs.

Deep Muscle

60/90 Minutes
Firm Pressure
| Therapeutic . Relieves Tension |

A therapeutic massage designed to alleviate tension and muscular stress. Specialized techniques concentrate on specific areas of concern to restore and heal overextended muscles.

Mothers & Mothers-To-Be

60 Minutes
Light pressure
| Nourishing . Soothing |

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. A gentle back exfoliation, is followed by a soothing body massage specifically designed to suit your individual concerns. Focus will be on alleviating muscular aches while helping to relax, restore and revitalize. Recommended after first trimester of pregnancy.

Hot Stone

60/90 Minutes
Medium pressure
| Rooted . Renewing |

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones relaxes your muscles soothes aches and pains, helping your body feel rejuvenated and your mind to unwind.

Balinese

60/90 Minutes
Light to Medium Pressure
| Flowing . Meditative |

Gently heated aromatherapy oils are poured onto the center of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.



FACIAL

HydraFacial™

30/60 Minutes

| Deep Cleanse . Brightening . Hydrating |

HydraFacial™ is a breakthrough in aesthetic technology that uses non-laser, non-invasive skin resurfacing. The HydraFacial™ treatment removes dull skin cells and extracts impurities while cleansing, hydrating and moisturizing. It improves the appearance of fine lines, wrinkles, oily or acne-prone skin and hyper-pigmentation. The treatment is soothing, refreshing, non-irritating and immediately effective.

Optimal

60/90 Minutes

| Rebalancing . Hydrating . Revitalizing |

For naturally, beautiful and visibly healthy skin, this facial instantly revives and brightens the complexion while helping to protect against the environmental damage and delay the early, visible signs of aging.

Time Reversal

90 Minutes

| Firming . Restoring . Toning |

Switch gears on the aging process with a unique cocktail of bioidentical supplements that restore the essential elements needed to maintain supple, hydrated, and wrinkle free skin. Micro-current technology tones the skin and replenishing elasticity.

Radiance

90 Minutes

| Defining . Rejuvenating . Brightening |

Recover the beauty and youthful appearance of your skin with a facial that includes powerful active ingredients. Offering results with a triple exfoliation, hydrating mask and ingredients loaded with vitamins and minerals, this treatment will bring back the glow of your skin.

Glow

60 Minutes

| Revitalizing . Brightening . Nourishing |

This antioxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. High concentrations of Vitamin C improve the skin's appearance and stimulates collagen production to renew the its firmness. The active ingredients, combined with the citrus aromas and exclusive massage create sculpted, luminous and nourished skin.

Purity

60 Minutes

| Detoxifying . Restoring . Calming |

A perfect antidote to counteract the damage caused to your skin by a fast-paced and modern lifestyle. This deep cleansing facial includes an enzymatic detoxification, steam and a gentle yet meticulous extraction.

Oxygen

60 Minutes

| Purifying . Brightening . Balancing |

A blast of pure oxygen infuses the skin and releases molecules into the epidermal layer re-energizing natural cellular functions and eliminating toxins. This facial treatment targets congested skin from daily exposure to free-radicals.

Refresh

30 Minutes

| Renewing . Hydrating . Calming |

Revitalizing facial treatment without exfoliation, perfect for all skin types and for those looking to restore a glowing youthful appearance in record time. Ideal for a special evening or an introduction to skincare.

ENHANCEMENTS

Peel

Double Mask

Eye & Lip Treatment

Eye Mask

WAXING

Arm

Underarm

Lip

Chin

Full Leg

Half Leg

Bikini

Brazilian/Brazilian Plus





SALON SERVICES

NAILS

Signature Manicure

Signature Pedicure

Essential Manicure

Essential Pedicure

Gel Manicure

Polish Change & Paraffin

HAIR

Wash & Blow Dry


Wash & Cut

Highlights

Balayage

Gloss

Full Color & Touch-up



BODY

South Beach Revival

90 Minutes

| Detoxifying . Nourishing . Relaxing |

This treatment restores the equilibrium, and brings deep relaxation to body and spirit. A body exfoliation is followed by a Marine Algae or Mud wrap and a gentle scalp massage. The treatment concludes with a tailor-made aromatherapy massage, leaving you with a sense of well-being, cleansed and revitalized.

Tranquility

90 Minutes

| Restorative . Nourishing . Balancing |

It is said that the profound state of relaxation is when everything stands still. Allow the aromas of rose, vanilla and citrus to take you away into a renewed well-being. Your time in tranquility will begin with a body exfoliation, followed by a hydrating bath and concludes with a hydrating body wrap and a scalp and foot massage.

Citrus Drench

60 Minutes

| Revitalizing . Firming . Energizing |

Pamper your skin with an infusion of citric energy thanks to this treatment that uses highly concentrated vitamin C emulsions to protect your skin from dryness and premature aging. Your skin will be intensely hydrated and will reveal extraordinary firmness.

Forever 25

60 Minutes

| Detoxifying . Invigorating . Purifying |

Who says you need to be 25 to feel 25? You will see immediate results with a combination of active ingredients and targeted massage movements to break down cellulite, leaving your skin supple and transformed.

Detox

60 Minutes

| Purifying . Hydrating . Replenishing |

Experience a muscle-warming, remineralizing and purifying body wrap that will create energy flow with the therapeutic aspects of thermal water and a purifying mud. This body wrap will improve your energy levels and soothe tired muscles, while leaving your skin hydrated and replenished.

Ocean Glow

30 Minutes

| Hydrating . Invigorating . Detoxifying |

This skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

In The Buff

30 Minutes

| Refreshing . Calming . Renewing |

A refreshing exfoliation made with natural ingredients such as spearmint and apricot kernels. This body scrub will preserve your Miami Beach tan.



FOR HIM

Hero

90 Minutes

A full body massage experience that delivers triple results by targeting three key areas - the back, scalp and face.

Includes: Back exfoliation, back massage, scalp massage and a mini-facial.

Modern Dapper

60 Minutes

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage you to experience this personalized facial that combines a relaxing shoulder, neck, face and scalp massage with solutions tailored to your skin's needs.

Includes: Double cleanse, exfoliation, steam and extraction, face massage, mask, scalp massage.

Tailored Express

30 Minutes

This massage focuses on the key areas of tension using an oil chosen for your specific needs.

SALON

Men's Manicure

Men's Pedicure

Wash and Cut

Mustache, Beard and Brow Trim



SPA EDEN ROC EXPERIENCE

Spend the day

Enjoy our amenities with the “spend the day” pass exclusive to our hotel guests. Relax and rejuvenate at your own pace in our aqua-therapy facilities which include a jacuzzi, cold plunge pool, sauna, steam room and rain shower. Robe, sandals and private lockers are provided.

Age requirement

Spa guests must be 18 years or older to experience spa treatments and access to the facilities. Please inquire with a Spa representative for details on select services for guests ages 8-17.

What to bring and what to leave behind

Robe and sandals are provided along with all amenities for hair and body care. Please bring swimwear for the various features available.

When to arrive

We suggest that for most services you arrive one hour prior to your treatment to enjoy the facilities and truly allow yourself to relax prior to your treatment. Your treatment will end at the scheduled time to accommodate the next guest’s appointment. Maximize your day with us by participating in a wellness class and enjoying all of our amenities.

Cancellation policy

If you must reschedule or cancel your appointment, please notify the Spa 24 hours before your scheduled appointment to avoid a 100% cancellation fee. Cancellations by voicemail will not be honored.

Payment and service charges

For your convenience a service charge of 20% will be added to your bill. Leaving any additional gratuities above 20% at your discretion.

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