



Shiseido Kitchen Lab

English Menu

A new dining experience of beauty and health
for the skin, body, and mind
BEAUTY YAKUZEN

Shiseido Kitchen Lab leverages Shiseido's
cutting edge scientific study of the connections between
skin, body, and mind to analyze the causes of the beauty issues
that arise each season.

It provides a new dining experience of beauty and health
for the skin, body, and mind.

Shiseido has turned its attention to the cooking style, "Yakuzen",
that is based on the idea
that foods provide similar benefits to medicines.

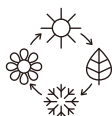
The Shiseido Kitchen Lab approaches beauty concerns
from the vantage of Yakuzen.

Come experience the new culinary experience of BEAUTY YAKUZEN
and look forward to the new you.

BEAUTY YAKUZEN - 3 Points

1

Changes with
each season



Addressing seasonal
beauty concerns

2

Shiseido's science for
the skin, body & mind



Analyze beauty concerns with
Beauty Artscape, which unravels
the connections between the skin, body, and mind

3

Integrating
the essence of YAKUZEN



Balance your body
with natural seasonal foods

YAKUZEN is an ancient Asian diet that balances the body by incorporating natural food ingredients to address the seasonal changes the body faces.

BEAUTY YAKUZEN is a menu offering that combines the concept of Yakuzen with Shiseido's proprietary science of the skin, body, and mind to address the various seasonal beauty concerns. It is a delectable, novel culinary experience that will satisfy your soul and pique your curiosity.

AUTUMN MENU

Autumn is a season when dryness is easily felt, with increased concern about flaky skin and fine lines caused by dryness.

Our BEAUTY YAKUZEN which incorporates Shiseido's science and the essence of Yakuzen will help you to address the causes of beauty concerns in autumn with food and treats.

Causes of Autumn Skin Concerns

Autumn brings cooler temperatures and lower humidity, often leading to dryness. UV damage from summer and dry air can weaken the skin's barrier. Consuming seasonal foods that replenish moisture is key. Foods rich in vitamin B6, high-quality protein, and omega-3 fatty acids are also recommended to support mental and skin health. Care for your well-being and enjoy the outdoors this autumn season.

Shiseido Researcher Fukada
(Registered Dietitian)



Autumn Yakuzen Tips

As the weather cools, dryness becomes a concern. Autumn marks the transition from "yang" to "yin," symbolized by falling leaves and shorter days. Yakuzen for this season emphasizes "nourishing and moisturizing" ingredients to hydrate the skin and intestines. Incorporating "qi-regulating" foods supports qi and blood circulation, promoting a joyful and balanced mindset.

Shiseido Researcher Fukazawa
(Yakuzen Cuisine R&D)



BEAUTY YAKUZEN Meal

BEAUTY YAKUZEN Parfait

Seasonal Sweets

BEAUTY YAKUZEN Meal

- Meat or Seafood -



Seafood Meal

Spiced Tatsuta-style Fried Mackerel

Meat Meal

Roast Pork with Plum Miso



Drinking warm tea before meals activates stomach function for better digestion. The spices in our pre-meal tea aid with digestion and improve blood circulation, which helps with skin cell turnover and repair.



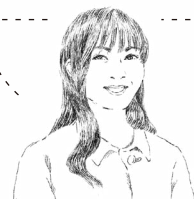
Shiseido Researcher Tomizaki
(Safety & Analytics Research)

BEAUTY YAKUZEN

Kid's Meal



Autumn's seasonal foods are packed with nutrients vital for neurotransmitter production. Pumpkin is rich in vitamin B6, crucial for happiness hormones, while salmon is full of high-quality protein and omega-3 fatty acids that enhance brain function and mental stability. Eating these foods revitalizes the mind and body, helping you enjoy the beautiful autumn season even more.



Shiseido Researcher Fukada
(Registered Dietitian)

*Fruit may vary depending on seasonal availability.

Seasonal Menu for Dryness-Related Flakiness and Fine Lines

BEAUTY YAKUZEN Meal - Meat or Seafood -

11:00 - L.O.18:00

Shiseido's exclusive Yakuzen meals for health and beauty include one main dish, four deli items, along with soup, rice, and a small cup of tea.

*Please choose either "Meat" or "Seafood" for your main dish.

Meat Meal

Roast Pork with Plum Miso ¥1,980

Roast pork marinated in a plum miso sauce—made with plums, known for their fatigue-reducing effects, and miso, said to promote the production of happiness hormones. Served with herb-infused grated daikon.

Contains: Wheat, Pork, Sesame

Seafood Meal

Spiced Tatsuta-style Fried Mackerel ¥1,980

Rich in DHA and EPA, mackerel aids with deficiencies in qi and blood. Lightly spiced and tatsuta-style fried to juicy perfection. Served with herb-infused grated daikon, shiso leaves, and sudachi citrus.

Contains: Wheat, Sesame, Mackerel



+ rice (large serving) + ¥150

+ drink + ¥350

Please select from coffee (hot/iced), latte (hot/iced), black tea (hot/iced), apple juice, or Satsuma mandarin juice

DELI

DELI 1

Black Vinegar Kinpira Stir-fry with Lotus Root and Burdock

Kinpira stir-fry featuring lotus root and burdock to aid with digestion, flavored with black vinegar. Enjoy the crunchy texture of this seasonal dish made with root vegetables. Contains: Wheat

DELI 3

Jujube & Goji Berry Râpée

A marinated salad made with Yakuzen ingredients especially beneficial for the body, such as carrots, honey and ginger, with a refreshing dressing made from orange peel and dried tangerine peel. Contains: Orange

DELI 2

Shira-ae with Hijiki Seaweed and Walnuts

Sesame-flavored shira-ae with hijiki seaweed and walnuts, good for kidney and skin health. Walnuts add texture, while sansho pepper provides a subtle aroma. Contains: Wheat, Walnuts, Soy, Sesame

DELI 4

Circulation-Boosting Vegetable and Fruit Salad

Salad with seasonal leafy greens, fruit, quinoa, and herbs like mustard greens. Served with shio-koji dressing. Contains: None

SOUP



During the summer menu period, we offer four different soups on a weekly rotation.

SOUP 1

Cauliflower Potage

Japanese-style potage made by puréeing cauliflower, known to support gut health, and blending it with white miso and soy milk for a creamy, mellow finish. Contains: Soy, Wheat

SOUP 3

Grilled Maitake & Onion Miso Soup

Miso soup made with maitake mushrooms and onions, rich in niacin and water-soluble B vitamins, cooked in sesame oil for added flavor. Contains: Wheat, Sesame, Soy

SOUP 2

Bok Choy Potage

Japanese-style potage made with seasonal bok choy, which offers a balanced nutritional profile that may help prevent conditions like osteoporosis. Contains: Soy, Wheat

SOUP 4

Grilled Maitake & Onion Miso Soup

Miso soup made with nameko mushrooms and nagaimo (Chinese yams), which may help with fatigue recovery and protect the stomach lining. Contains: Wheat, Soy, Chinese yam

Seasonal Menu for Kids

BEAUTY YAKUZEN Kid's Meal ¥1,100

Shiseido's exclusive Yakuzen meal for kids includes ingredients to promote health and beauty and comes with one main dish and four deli items.

Salmon and tofu burger, four types of deli items, soup and rice, and seasonal fruit

Deli items: Shira-ae with Hijiki Seaweed and Walnuts (without Sansho Pepper), jujube & goji berry râpée, boiled egg, french fries

Contains: Salmon, Soy, Wheat, Eggs, Orange

(For allergen information about the soup, please refer to the soup details above)

+ drink + ¥250

Please select from apple juice or Satsuma mandarin juice

The Kid's Meal is available for children up to elementary school age.

RICE



Half-Milled Rice

The foundation of Yakuzen is to consume ingredients in their whole form. This 50%-milled rice is easier to digest.

Ginseng Chicken Soup with Ginger

11:00 - L.O.18:00

A soup made by slowly simmering chicken with plenty of Yakuzen ingredients such as ginseng, ginger, leeks, and jujubes, that will warm your body up and help you cope with seasonal fatigue. It is also good for when you have a loss of appetite or want to soothe your stomach.

Contains: Chicken, Chestnuts, Pine nuts

¥1,430



+ rice (small serving)	+ ¥260
+ rice (medium serving)	+ ¥280
+ rice (large serving)	+ ¥380
+ drink	+ ¥350
Please select from coffee (hot/iced), latte (hot/iced), black tea (hot/iced), apple juice, or Satsuma mandarin juice	



Yakuzen Curry

— with Four Herbs and Pork

11:00 - L.O.18:00

A special vinegar & spice curry with perilla, Japanese wild parsley, dill, and mint. Made with an original blend of spices that warms the body, this light, flour-free dish has an herbal mix that will boost your circulation of vital energy.

Contains: Milk, Almonds, Sesame, Pork

¥1,540



+ 4 kinds of herbs (large serving)	+ ¥350
(Perilla, Japanese wild parsley, dill, mint)	
+ rice (large serving)	+ ¥150
+ drink	+ ¥350
Please select from coffee (hot/iced), latte (hot/iced), black tea (hot/iced), apple juice, or Satsuma mandarin juice	



Seasonal Parfait

Made with Yakuzen ingredients that deliver the colors, moisture and happiness of autumn.

BEAUTY YAKUZEN Parfait

🕒 14:00 - L.O.18:00

Refreshing Apple and Autumn Leaves Hydrating Parfait

With the beautiful autumn colors of red, yellow, brown, and orange, and the image of autumn leaves swaying in the breeze, this parfait expresses the bountiful autumn landscape. This special parfait is infused with Yakuzen ingredients that hydrate the skin and support the circulation of qi and blood. Enjoy happiness and rejuvenate your body and mind with this special Yakuzen parfait during a pleasant autumn moment.

Contains: Milk, Eggs, Apples, Almonds

¥2,750

The combination of skin-moisturizing apples, carrots, snow fungus and other ingredients, along with blood circulation-boosting adzuki beans and dark chocolate, plus qi-circulation-supporting herbal syrup, helps combat dryness in the skin, hair, and nails from within. Enjoy this autumn parfait focused on skin beauty.



Shiseido Researcher Fukazawa
(Yakuzen Cuisine R&D)





Seasonal Muffins

Apple Muffin

A moist yet light-textured muffin made with apples, believed to provide hydration to the skin, and enhanced with the rich aroma of cinnamon. Topped with quinoa puffs and pumpkin seeds.
Contains: Wheat, Eggs, Milk, Apples

¥450



Seasonal Chocolate

Fig Chocolate Cake

Gluten-free chocolate cake. Steaming it creates a smooth and rich texture that melts in your mouth. The flavor and texture of figs, which hydrate the body, add a delightful accent.
Contains: Eggs, Milk

¥770



Carrot Cake

A "Yakuzen" dessert that combines carrots and ginseng, as well as plenty of nuts and spices that help to take care of your body.

Contains: Walnuts, Wheat, Eggs, Milk, Soy, Apple

¥660



Free-Range Egg Pudding

A rich and nutritious pudding accentuated with rose petals, which are said to balance the mind and body in Yakuzen.

Contains: Eggs, Milk

¥550



Milk Ice Cream with Herb-Infused Syrup

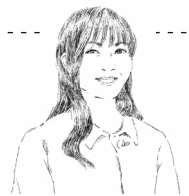
Milk ice cream lavishly drizzled with an herb-infused syrup. Enjoy the rich aroma of fresh lavender soaked in honey and ginger.

Contains: Milk

¥660

In the West, the saying "an apple a day keeps the doctor away" highlights apples as a nutrient-rich fruit essential for health. They are high in potassium, which helps remove excess sodium, and contain soluble fiber and polyphenols with strong antioxidant properties.

Figs are rich in fructose and citric acid, which are believed to help with fatigue recovery and provide relaxation effects. Additionally, they are abundant in soluble dietary fiber, which not only aids in relieving constipation but also helps suppress the absorption of sugars and cholesterol.



Shiseido Researcher Fukada
(Registered Dietitian)

DRINK



Yakuzen Tea : COOL

Hot

¥770

A blend of mellow roasted green tea scented with refreshing lemongrass and peppermint. A refreshing way to cool off.



Yakuzen Tea : RELAX

Hot

¥770

A soothing blend with a base of green rooibos and pearl barley tea, topped with the scent of chamomile and lavender. Enjoy a moment of tranquillity with the sweetness of liquorice.



Yakuzen Tea : WARM

Hot

¥770

A black tea-based blend with a light aroma of ginger and cinnamon, that gives you just the right peppery kick in the aftertaste. Perfect for when you want to warm up.



Yakuzen Chai

Hot

¥770

A rich, aromatic chai made with a blend of black tea—perfect for milk tea—and plenty of spices with Yakuzen benefits, rounded off with some honey for the added moisture.

Contains: Milk





Spiced Coffee

Hot

¥660

Enjoy this refined flavor profile with the addition of the highly fragrant cardamom. As cardamom is said to have the effect of aiding digestion in Yakuzen, this drink is best paired with meals.



Japanese Black Tea from Kumamoto Prefecture

Hot

Iced

¥550

Uses high-quality tea leaves grown in the highlands of Kumamoto. A mild-tasting Japanese black tea with a refreshing aroma. This iced tea is brewed using cold water.



Roasted Brown Rice Green Tea with Uji Matcha

Hot

¥550

Roasted brown rice green tea made with leaves picked from first tea harvest of the season. The mellow and elegant aroma is perfect for when you want to take a break.



Rooibos Tea

Hot

¥550

A mild yet non-astringent mineral-rich tea that will boost your body's energy. (caffeine-free)



Coffee

Hot

Iced

¥550

Lightly roasted speciality coffee carefully selected by our baristas.



Latte

Hot

Iced

¥660

Offers a deep flavor rounded off by milk; made with special espresso roast. Contains: Milk



Organic Ginger Ale

A refined drink for adults, offering a refreshing kick of organic ginger.

¥770



Fermented Lemon Squash

The fermentation power of salted rice malt and lemon creates a refreshing dance on your taste buds.

¥660



Apple Juice

A glass of unfiltered apple juice that lets you enjoy the flavor of whole apples. Apples is said to be good for the skin and intestines. Contains: Apple

¥550



Satsuma Mandarin Juice

¥550

100% domestic Satsuma mandarin juice. Refreshes the body by boosting its energy.



Sparkling Water

¥550

A carbonated natural mineral water made from 100% melted snow from Higashikawa town, Hokkaido.



Beer Small 330ml

¥770

A refreshing all malt beer with a mild bitterness that is slightly sweet.

Glass of Wine

White

Red

¥770

A carefully selected natural wine made from the blessings of nature, allowing you to enjoy a rich flavor and aroma.

DRINK

08:00 - L.O.18:30

*All prices include tax.



Shiseido Kitchen Lab



Website



Instagram



Website



Instagram



Shiseido Beauty Diagnosis Lab



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Shiseido Art & Science Lab



Beauty Retreat Theater

