



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.

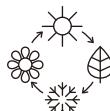
The Shiseido Kitchen Lab approaches beauty concerns from the vantage of "Yakuzen".

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 skin, body & mind



Analyze beauty concerns with Beauty Artscape, which unravels the connections between 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.

## WINTER MENU

Winter is a season when people are concerned about "dry skin," "loss of elasticity," and "wrinkles." Our "BEAUTY YAKUZEN" that incorporates Shiseido' s science and the essence of "Yakuzen" will help you to address the causes of beauty concerns in winter with food and treats.

### Causes of Winter Skin Concerns

Dryness isn't the only cause of dry skin. When exposed to cold, the body tries to prevent a drop in body temperature by reducing blood flow to the skin. As a result, the skin's metabolic functions decrease and its ability to retain moisture is weakened, leading to dryness. An approach that helps maintain body temperature and increases circulation is considered effective in treating winter skin problems.

Shiseido Researcher Fukada (Dietician)



### Winter Yakuzen Tips

Winter BEAUTY YAKUZEN incorporates ingredients known for their benefits on dry skin, supporting winter health, and warming the body. Additionally, ingredients that promote the circulation of energy help support the flow of vital energy and blood. This holistic approach targets underlying factors like reduced body temperature and blood circulation, which contribute to winter skin concerns.

Shiseido Researcher Fukazawa (Yakuzen Cuisine R&D)



## BEAUTY YAKUZEN Meal

- Meat or Seafood -

Meat Meal

Pork & lotus root  
steamed with black beans

Seafood Meal

Seafood Spring Rolls Filled with Herbs



## BEAUTY YAKUZEN

Kid's Meal



Protein is not only a nutrient important for the skin and body, but also serves as a raw material for hormones and immune antibodies. Let's create the foundation for healthy beauty with protein from pork and seafood! This is an incredibly delicious, body-warming meal, perfect for the winter season.



Shiseido Researcher Miyanaga (Food R&D)

\*Fruit may vary depending on seasonal availability.

Seasonal menu for those concerned about dry skin or loss of elasticity

## BEAUTY YAKUZEN Meal - Meat or Seafood -

11:00 - L.O.18:00

Shiseido's exclusive "Yakuzen" meals for your health and beauty.

One main dish and four deli items with soup, rice, and a small cup of tea.

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

### Meat Meal

**Pork & lotus root steamed with black beans**      **¥1,980**

This "Yakuzen" menu offering is made by steaming lotus roots and pork in fermented black beans and ginger, which are great for dry winter skin. It also contains body-warming ingredients like Kujo leeks and ginger, making it a great dish for winter.

Contains: Soy, Wheat, Sesame, Pork, Eggs, Alcohol (heat-treated)



+ rice (large serving) + ¥150

+ drink + ¥350

### Seafood Meal

**Seafood Spring Rolls Filled with Herbs**      **¥1,980**

Crispy deep-fried spring rolls filled with seasonal, extravagant seafood. The refreshing and aromatic herbal duo of dill and perilla leaves takes it to another level, making this a dish that will help your body prepare for winter.

Contains: Wheat, Shrimp, Squid, Eggs



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

### DELI

DELI 1

#### Lily bulbs, ginkgo & Japanese wild parsley savory flan

Western-style steamed egg pudding made with seasonal ingredients. In "Yakuzen", lily bulbs and ginkgo are said to have a moisturizing effect on the body.

Contains: Eggs

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

#### Roasted Spiced Taro & Potatoes

Taro and potatoes roasted in the oven with spices. A "Yakuzen" dish recommended for those with fatigued digestive systems.

Contains: None

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

#### Grilled Maitake & Onion Miso Soup

A 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

#### Cauliflower mash

A smooth Japanese-style thick soup made with mashed cauliflower, which is said to be good for winter.

Contains: Soy

SOUP 3

#### Tomato Miso Potage

A red potage made with lycopene-rich tomatoes and topped with Job's tears.

Contains: Wheat, Soy

SOUP 4

#### White wood ear mushroom & egg soup

A "Yakuzen" dish soup made with a base of chicken stock, eggs, tofu, as well as white wood ear mushrooms, which are said to moisturize the skin.

Contains: Soy, Eggs

### RICE



#### Half-milled rice

The basis of "Yakuzen" is to consume ingredients in its whole form. This dish is made of 50%-milled rice so it is easy to eat.

### Kids menu

## BEAUTY YAKUZEN Kid's Meal

¥1,100

Shiseido's exclusive "Yakuzen" meal for kids that promote health and beauty, including one main dish and three deli items.

Pumpkin wrapped with sliced pork / three types of deli / soup and rice / seasonal fruit

Three types of deli: Salad of broccoli, julienned daikon radish & egg; Jujube & goji berry râpée; and Roasted spiced taro & potatoes

Contains: Wheat, Soy, 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.

## 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 & spiced curry with perilla, Japanese wild parsley, dill, and mint.

Made with an original blend of spices that warms the body, this flour-free, light 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





## What Shiseido Researchers Are Thinking Now

"Yakuzen" and science—the Eastern wisdom passed down since ancient times and the latest in Western science.

You may think these two do not mix, like oil and water. But actually, there have been more and more reports scientifically proving the effects of ingredients shown in "Yakuzen". Both are important for enriching your life. We would be delighted if our research could serve as a bridge between the two.

Shiseido Researcher Ayako Fukazawa  
(Research on traditional Chinese  
medicine & intestinal bacteria)



## 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



## Citrus & black bean chocolate cake

It contains kumquats and black beans, which are said to invigorate the body in winter. Research has also shown that cacao has the effect of improving blood flow.

Contains: Eggs, Milk, Orange, Chocolate

¥770



Black beans contain anthocyanin that has antioxidant properties and are recommended for those who are concerned about dark circles and dull skin. The rich chocolate spreads in your mouth with just one bite and is the perfect pairing with coffee.



Shiseido Researcher Ebihara  
(Cosmetics Formulation Development)



### 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



## DRINK



## 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

¥770

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



## Fermented Lemon Squash

¥660

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



## Apple Juice

¥550

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



## 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

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