



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.

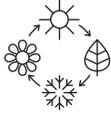
The Shiseido Kitchen Lab approaches beauty concerns
from the vantage of "Yakuzen".

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.

SPRING MENU

Spring is a season when people are concerned about a decline in skin transparency, dullness, and spots. Our BEAUTY YAKUZEN which incorporates Shiseido's science and the essence of Yakuzen will help you to address the causes of beauty concerns in spring with food and treats.

Causes of Spring Skin Concerns

In spring, stronger sunlight increases concerns about UV ray damage. While UV rays contribute to spots and dullness, seasonal changes in temperature and pressure can also affect the autonomic nervous system. This disruption can increase melanin production and decrease collagen, leading to reduced skin elasticity and transparency, resulting in spots and a dull complexion.

Shiseido Researcher Fukada
(Dietician)



Spring Yakuzen Tips

In spring, environmental changes can significantly impact our autonomic nervous system through accumulated stress. Our spring Yakuzen features stress-relieving "sokan" ingredients and energy-flow promoting "riqi" components.

Shiseido Researcher Fukazawa
(Yakuzen Cuisine R&D)



BEAUTY YAKUZEN Meal

- Meat or Seafood -

Meat Meal

Five-Spice Chicken Karaage
with Okara Crust



Seafood Meal

Shrimp Cream Croquette

BEAUTY YAKUZEN

Kid's Meal



Potatoes are rich in vitamin C!
Vitamin C is expected to help prevent sun damage and lighten existing melanin pigmentation. What's more, the vitamin C in potatoes has a unique characteristic - it's protected by starch, making it resistant to being broken down even when heated!



Shiseido Researcher Miyanaga (Food R&D)

Monthly Menu for Spring for Those Concerned about Spots or Decreased Skin Transparency.

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

Five-Spice Chicken Karaage with Okara Crust ¥1,980

Juicy fried chicken breast marinated in salt koji. Seasoned with warming five-spice and ginger, and layered with aromatic Japanese sansho pepper and dill to promote circulation. Served with grated daikon radish mixed with dill.

Contains: Wheat, Soy, Chicken



Seafood Meal

Shrimp Cream Croquettes ¥1,980

Shrimp cream croquettes combining the rich umami of shrimp with the natural sweetness of potatoes. A cream sauce rich with white wine aroma, accented with thyme and dill to promote circulation.

Contains: Eggs, Milk, Wheat, Shrimp, Alcohol (heat-treated)



+ 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 **Clam and Green Onion Omelet**
The savory flavor of clams, known for their calming properties, is combined with the aroma of green onions that aid circulation, all gently sealed with egg. Finished with a delicate chrysanthemum sauce.
Contains: Eggs, Wheat, Soy

DELI 3 **Râpée with Jujube & Goji Berries**
Carottes râpée containing jujube and goji berries, combined with other nourishing ingredients such as honey, ginger, and dried citrus peel.
Contains: Orange

DELI 2 **Genovese Pesto-Tossed Spring Vegetables**
Spring vegetables, including bamboo shoots, asparagus, and nanohana, tossed in a Genovese basil sauce, with lemon and white wine vinegar added to support digestion.
Contains: Eggs

DELI 4 **Seasonal Salad**
Seasonal salad of fresh vegetables and fruit with quinoa, served with a salt-koji dressing.
Contains: None

SOUP

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

SOUP 1 **Miso Soup with Spring Onions & Snow Fungus**
Miso soup made with fresh spring onion and snow fungus, known for their hydrating properties, providing a natural sweetness and a gentle flavor.
Contains: Soy

SOUP 3 **Spring Cabbage & Snow Fungus Soup**
Rich soup layered with the sweetness of spring cabbage, the moisture of snow fungus, and chicken and ginger—ingredients said to replenish energy and blood.
Contains: Wheat, Sesame, Soy, Chicken, Pork

SOUP 2 **Miso Soup with Nameko Mushrooms & Japanese Yam**
Fiber-rich miso soup offering the moisturizing properties of nameko mushrooms, the nourishing benefits of Japanese mountain yam, and the circulation-promoting effects of green onions.
Contains: Soy, Japanese Yam

SOUP 4 **Clam & Celery Soup**
Nourishing soup layering the rich flavor of clams with circulation-promoting celery and the umami of dried shrimp, helping to balance the body.
Contains: Shrimp, Sesame, Chicken, Pork

RICE

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 four deli items.

Hamburger with tomato sauce/ four types of deli / soup and rice / seasonal fruit
Four types of deli: Spring cabbage coleslaw, Jujube & goji berry râpée, soft-boiled egg, fried potatoes and Roasted spiced taro & potatoes

Contains: Beef, Pork, Eggs, Milk, Wheat, 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



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.

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)

Limited Time

Berry Cheese Mousse Adorned with MIRAI KARAKUSA

Smooth cheese mousse is gently coated in fine chocolate and topped with sweet-tart berries.

When cut, the vibrant red exterior reveals a striking contrast with the pure white interior, creating a refined and memorable impression.

This is a limited-time dessert created to celebrate the opening of the Shiseido Art & Heritage Passage “Origin Zone.”

Contains: Milk, Wheat, Eggs, Geratin, Pistachio

¥1,200





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)

SWEETS

08:00 - L.O.18:00

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 tranquility 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

¥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

