



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.

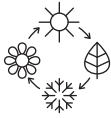
The Shiseido Kitchen Lab approaches beauty concerns
from the vantage of "Yakuzen".

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.

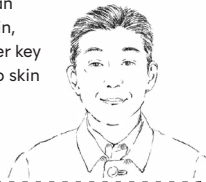
SUMMER MENU

Summer can bring issues like fatigue, swelling, and skin concerns such as sunburn and visible pores. Our summer BEAUTY YAKUZEN menu addresses these issues through scientifically-crafted dishes and sweets that blend together Shiseido's expertise with traditional medicinal cuisine.

Causes of Summer Skin Concerns

In summer, hot weather and strong sun exposure can damage our skin. The heat makes our skin produce more oil and sweat, leading to sticky skin and visible pores, while using air conditioning can dry out our skin. UV exposure can cause various skin problems like sunburn, dark spots, and freckles. It can also affect tiny blood vessels in our skin, making it harder for our body to deliver key nutrients and moisture needed to keep skin healthy.

Shiseido Researcher Ueda
(Food Information Development)



Summer Yakuzen Tips

For Japan's humid summer, our yakuzen menu features cooling, refreshing ingredients beneficial for the body's surface and upper regions, plus water-regulating ingredients to balance moisture distribution. To counter the effects of temperature shifts between outdoor and air-conditioned spaces, we recommend "qi-regulating" ingredients like aromatic herbs that help promote circulation.

Shiseido Researcher Fukazawa
(Yakuzen Cuisine R&D)



BEAUTY YAKUZEN Meal

- Meat or Seafood -



Meat Meal

Turmeric Chicken with Tomato Sauce

Seafood Meal

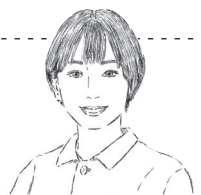
Seasonal Horse Mackerel Nanban-zuke with Black Vinegar

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 Miyana (Food R&D)

Seasonal Menu for Sunburn and Visible Pores

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

Turmeric Chicken with Tomato Sauce

¥1,980

Combines chicken, known to replenish inner vitality, with a vibrant blend of multiple spices that boost your natural circulation. Containing tomatoes that dispel trapped heat and moisture, this energy-packed dish is finished with a refreshing aroma of fresh mint to lighten and refresh.

Contains: Chicken, Milk



Seafood Meal

Seasonal Horse Mackerel Nanban-zuke with Black Vinegar

¥1,980

Seasonal horse mackerel, known to replenish inner vitality, is marinated nanban-style in black vinegar, which is rich in D-amino acids. Accented with fresh condiments like shiso and myoga ginger to promote healthy circulation and ease fluid retention, this flavorful dish is exceptionally gentle on the stomach.

Contains: Wheat, Soy



+ 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

Summer Vegetable Ratatouille with Salt-Koji

Provençal-style stew of eggplant, zucchini, and bell peppers. Contains salt-koji known for its restorative benefits.

Contains: None

DELI
2

Cucumber and Tuna Tossed with Umeboshi Paste

Cooling cucumber paired with sour umeboshi paste, which curbs excessive sweating, as well as tuna, which replenishes blood and boosts energy.

Contains: Sesame

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
4

Seasonal Salad

Seasonal salad of fresh vegetables and fruit with quinoa, served with a salt-koji dressing.

Contains: None

SOUP



We offer four different soups on a weekly rotation.

SOUP
1

Moroheiya and Mozuku Miso Soup

Packed with vitamins and minerals dissolved from moroheiya and mozuku seaweed, offering a comforting, silky texture that delivers deep hydration.

Contains: Soy

SOUP
2

Corn and Edamame Consommé Soup

Concentrates the rich nutrition and natural sweetness of seasonal corn and edamame, crafted to help dispel trapped summer heat.

Contains: Soy, Chicken, Milk, Wheat

SOUP
3

Eggplant and Fried Tofu Miso Soup

Features the gentle, comforting flavors of seasonal eggplant and fried tofu. Designed to cool you down from the inside out and recharge your vital energy.

Contains: Soy

SOUP
4

Tomato and Chinese Yam Paitan Soup

Blends the hydrating power of tomato with the rich nutrition of Chinese yam to nourish your body, cooling you down while building inner vitality.

Contains: Wheat, Soy, Chicken, Pork, Japanese Yam

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.

TEA

Aperitif Tea

Combines rich spice ingredients and warmth to soothe the stomach and support digestion.

Kids menu

BEAUTY YAKUZEN Kid's Meal

¥1,100

Shiseido's exclusive "Yakuzen" meal for kids that promote health and beauty.

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

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 & spice 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	



Limited Time

BEAUTY YAKUZEN

Summer Conditioning

Colorful Summer Vegetable Keema

~ with Sansho Pepper, Almonds, and Onsen Egg ~



¥1,850

Keema curry developed to support beauty and health from the inside out. Please enjoy the changing flavors and textures with the crunchy almonds and aromatic sansho pepper served on the side.



■ 3 Pillars of the Recipe ■

1. Five-Color Summer Vegetables & Wakame Seaweed

<Antioxidants × Minerals> Specially recommended for the summer season when the skin and body tend to lose balance.

2. Pork & Onsen Egg

<High-Quality Protein × Vitamins> Maintains the summer energy and healthy skin from within.

3. Original Curry Roux

<Carefully Selected Spices × Body Warming> Mildly spiced to gently warm the stomach and support the body's natural circulation during summer.

Contains: Pork, Egg, Wheat, Soy, Almond (On the side)



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)

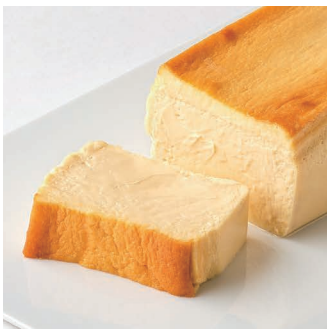


Carrot Cake

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



Baked Soy Milk Cheesecake

A rich, creamy cheesecake that blends the deep flavor of cream cheese with the smooth, mellow taste of soy milk, offering a silky-smooth texture and a well-balanced flavor.

Contains: Eggs, Milk, Soy

¥770



Chocolate Terrine

A rich chocolate terrine subtly accented with five spice, offering an elegant, mature flavor. Served with roasted pistachios.

Contains: Eggs, Milk, Pistachios

¥770



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

¥660



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

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

¥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.



Satsuma Mandarin Juice

¥550

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



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



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 & Heritage Passage



Shiseido Art & Science Lab



Beauty Retreat Theater

