

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.

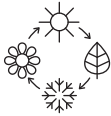
Shiseido has turned its attention to the cooking style, "Yakuzen",
that is based on the idea
that foods provide similar benefits to medicines.

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.

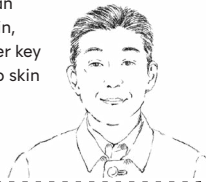
SUMMER MENU

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

Pork Simmered with Grated
Daikon Radish

Seafood Meal

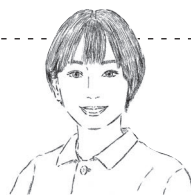
Tatsuta-age of Seasonal Bonito

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)

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

Seafood Meal

Pork Simmered with Grated Daikon Radish ¥1,980

Combines pork loin, known to aid in fatigue recovery, with daikon radish to settle the stomach and honey for hydration, slow-cooked to create a juicy, savory masterpiece. Served with balsamic sauce and chrysanthemum petals.

Contains: Wheat, Soy, Pork



Tatsuta-age of Seasonal Bonito ¥1,980

Seasonal bonito, known to replenish vital energy and blood, is prepared tatsuta-age style with a hint of ginger. Served with aromatic celery to promote qi circulation, a special okra sauce to prevent summer fatigue, and chrysanthemum petals.

Contains: Wheat, Sesame, 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

Jade-Simmered Winter Melon

Featuring seasonal winter melon and edamame, known to cool summer heat and ease swelling, this delicate dish is thick-glazed with a rich broth infused with savory dried shrimp.

Contains: Wheat, Shrimp, 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

Stir-fried Mung Bean Vermicelli and Crab with Fish Sauce

Mung bean vermicelli, known to help expel excess moisture from the body, savory crab, and white fungus are stir-fried with fish sauce, then garnished with pink pepper for a flavorful finish.

Contains: Crab, Sesame, Cashew nuts, Soy, Chicken, Pork

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

Wakame, White Fungus, and Egg Soup

Blends mineral-rich wakame and white fungus, renowned for its skin-beautifying benefits, gently enveloped in a fluffy, whisked egg within a rich paitan soup.

Contains: Eggs, Wheat, Sesame, Soy, Chicken, Pork

SOUP 3

Grated Yam and Job's Tears Miso Soup

Combines Chinese yam, crafted to soothe the stomach in summer, with Job's tears known to ease swelling, creating a deeply comforting miso soup that warms the body.

Contains: Soy, Japanese Yam

SOUP 2

Eggplant and Bacon Consommé Soup

Features seasonal eggplant, known to dispel trapped body heat, and is infused with the smoky richness of bacon and the natural sweetness of onions.

Contains: Milk, Wheat, Soy, Chicken, Pork

SOUP 4

Taro Potage

Concentrates the distinct, rich sweetness of taro, known to settle the stomach, blended with creamy soy milk and a subtle hint of white miso as a secret ingredient.

Contains: Soy

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)

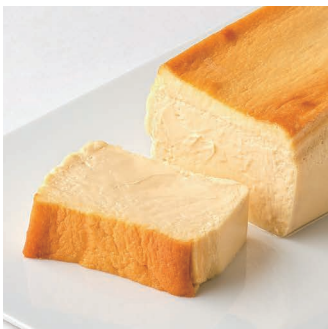


Carrot Cake

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

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



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

