



A self-care sanctuary in Amsterdam

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In a city as engrossing as Amsterdam, it's easy to overfill our days. So what happens when we let it all go and surrender to a moment of self-care? Spread across four floors of a monumental building on Spui, House of Rituals is a shopping and well-being experience in the heart of the city. We visited to understand how their innovative treatments and extraordinary products for the body and mind, make it the perfect sanctuary to recharge from hectic daily life.

Advertorial

Unwind in the middle of the city



[Image from Merel Leerdam | The Fully Bookers

Whether you're laden with shopping bags or hopping between meetings, the accessible treatment packages at [House of Rituals](#) - starting from 20 minutes - mean anyone can duck in and escape the city hubbub for a moment. Set your intention for the day with some morning meditation in the Mind Oasis on the 3rd floor, or revive your body with an invigorating massage in the Body Spa on the 2nd.

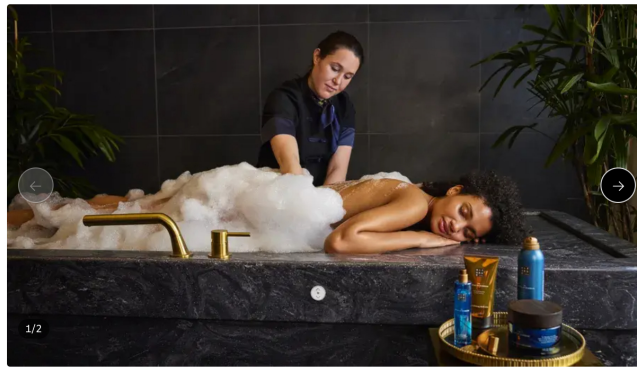
Allow yourself to be taken care of



Enter into a universe of ultimate relaxation as you explore the luxurious treatment packages on offer in the Body Spa. From facials and scrubs to mani-pedis and massages, each appointment is tailored to the guest's specific needs. All you need to do is surrender to total pampering. For the ultimate release, book an invigorating 60-minute foam massage, leaving your skin feeling silky soft and purified. Duo massages and facials are available to

book with a friend.

Switch off with a massage



Physical well-being starts with taking care of your mind. And in the Mind Oasis - a refuge for deep relaxation and stress release - technological innovations meet ancient meditation techniques. Boost your personal wellbeing with a brain massage as audio sounds and haptic vibrations envelop you in a private cocoon of calm. Or float on a warm waterbed for complete relaxation of the body and mind. The 20-minute hydro massage helps relieve muscle pain and physical stress, leaving you fully rested and recharged.

Bring tranquillity home



Across the lower floors, browse the Rituals premium collection and exclusive ranges only available in the flagship store. Encounter dazzling displays of beauty and body essentials alongside plush home furnishings and lifestyle innovations. From sumptuous 400-thread count cotton sheets and soft bath towels to handcrafted kimonos, you'll find everything you need to create a luxurious bedroom and bathroom at home. Expert assistance is on hand if you want to personalise a bespoke fragrance or customise your own candle scent. You can also embroider or engrave products (for free!) - for an added unique touch.

Nourish your body



Image from Chantal Arnts

All that deep relaxation will undoubtedly work up an appetite. On the ground floor, Restobar Rouhi serves delightful Asian-influenced cuisine to wake up your taste buds - think bento boxes, steamed buns, or signature snacks with contemporary twists. The sumptuous interiors spill onto a lively terrace on the historic Spui. Cocktail in hand, this window onto the thrumming world beyond is a serene gateway back into the rhythm of everyday life.

[House of Rituals](#) | Spui 10, 1012 PP Amsterdam
Open daily 10:00 - 19:00 (Monday, 11:00-19:00, Thursday, 10:00 - 21:00)

[Rouhi Restobar](#) | Spui 10, 1012 PP Amsterdam
Open Tuesday-Saturday 10:00 - 22:00 (Sunday, 10:00 - 17:00)

All of the above can be experienced under one roof at House of Rituals. View the complete range of available packages [here](#).



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