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*Modern hydrotherapy meets Asian spirituality at the Spa on the 6th floor*

*To start your Spa Journey or for the full treatment menu call the Spa on (852) 3196 8900*

*Here is a selection of some of our most popular treatments.*

*For a complete treatment menu, please contact the Spa.*

## Pure Indulgence

Inspire and delight your senses with this indulgent yet purely organic signature treatment. Jojoba pearls gently polish the skin before the body is immersed in organic buttermilk. Deliciously scented mango butter, honey and sweet orange oil are generously applied and then slowly and gently massaged onto the body. You are then cocooned in this richness whilst enjoying the luxury of a nourishing hair and scalp treatment. Aroma-infused compresses, a splash of orange blossom water and an organic smoothie complete this luscious experience.

*Treatment time: 2 hours*

*HK\$1900*

## Oriental Infusion

Surrounded by the fragrance and the spirit of the orient, this exotic Asian ritual commences with a herbal foot soak whilst sipping an elixir tonic. A simple diagnosis determines the balance of Yin & Yang and your personalised journey begins. A blend of traditional herbs exfoliates the skin and boosts vital energy flow before linens saturated in Chinese herbal infusions embalm your body. To further enhance detoxification and muscle ease, you will relax in a personal aromatic steam room. An acupuncture back, foot and head massage leaves you balanced and invigorated.

*Treatment time: 2 hours*

*HK\$1900*

## Aromatic Caress

A journey into the luxuriating world of aroma - a sanctuary of well-being. This experience for all senses begins with an aromatic neck and shoulder massage. A silky facial peel and regenerating lotus mask nourish your skin while a comforting aroma foot treatment soothes tired feet. Body and soul enjoy the unique effect of an exotic peeling and a truly relaxing aroma massage.

*Treatment time: 2 hours*

*HK\$2200*

*“Too much of a good thing is wonderful.”*

*Mae West*

*\* All treatment prices subject to 10% service charge*

*"For fast acting relief, try slowing down."*

Lily Tomlin

## Four Seasons Fusion Massage

A fusion of powerful massage practices from around the world featuring our signature blend of vanilla, ylang ylang, cedarwood and mandarin to caress the soul and awaken the spirit to a new sensuality.

*Treatment time: 1 hour / 1 hour 30 minutes*

*HK\$950 / HK\$1350*

## Lomi Lomi Massage

An exotic massage experience using long, rhythmical movements that leaves you with an open heart and a flowing body. This revitalising massage uses warm oils and is applied with rhythmic grace using forearms, palms and elbows.

*Treatment time: 1 hour 30 minutes*

*HK\$1450*

## Jade Stone Therapy

Based on the ancient Chinese practice of gua sha and using alternating hot and cold jade stones, this elaborate full body massage helps to relieve stiff muscles and release toxins. Symbolising the virtues of health, wisdom and prosperity, jade contains vital elements essential to the human body. When heated, these healing stones produce negative ions which strengthen the body's immune system, increase vitality and enhance endurance.

*Treatment time: 1 hour 30 minutes*

*HK\$1888*

## Chakra Hot Oil Massage

The sensuous flow of hot chakra oils with graceful effleurage leads the mind to a meditative state. Seven pure essences enlighten the seven chakras. This spiritual journey encourages self-healing and ultimate relaxation.

*Treatment time: 1 hour*

*HK\$1050*

## Oriental Head Ritual

Appealing to the sixth sense - intuition - this head and shoulder massage arouses the crown chakra, the epicentre of thought, action and life.

*Treatment time: 45 minutes*

*HK\$700*

*“A heart in love with beauty  
never grows old.”*

Turkish Proverb

## Caviar Deluxe Facial

Uniting the exotic lotus flower, a symbol of purity and eternal life in Asian tradition, with rich caviar, this facial is the ultimate in pampering and anti-aging. A highly advanced East meets West treatment concept that caresses the face, neck, décolleté and bust, and leaves the skin firm and radiant.

This indulgent beauty ceremony includes a luxury eye, lip, hand and foot treatment.

*Treatment time: 2 hours*

*HK\$2600*

## Diamond Luxury Lift

This revolutionary facial treatment provides spectacular visible results using a selection of powerful active ingredients. The treatment starts with an intensive glyco peel to exfoliate and clarify the skin, followed by the application of an energising nectar. An invigorating Diamond Sensory Massage, combining various techniques to restore muscle tone, and a cryo-firming mask with an infusion of marine DNA provide an immediate lifting effect that leaves the skin feeling smooth and supple. To finish, an application of velvety Diamond Touch minimises the appearance of fine lines.

*Treatment time: 1 hour 30 minutes*

*HK\$3000*

## Multi-C Antioxidant Facial

This powerful antioxidant treatment begins with a facial scrub and application of a high concentration pure Vitamin C complex to restore firmness and elasticity by stimulating the production of collagen. An energising massage with Vitamin C cream follows, which combats free radicals and repairs damaged skin. A revitalising algae mask completes the facial to reveal fresh luminous skin.

*Treatment time: 1 hour 15 minutes*

*HK\$1300*

## Chi Yin Organic Facial

A thorough herbal cleanse, lemon-orange steam, exfoliation and deep cleansing, detoxifying lymph drainage and a customised refining mask create a soothing yet purifying facial.

*Treatment time: 1 hour 15 minutes*

*HK\$1150*

*"There is no stress in the world,  
only people thinking stressful thoughts."*

Dr. Wayne Dyer

## Champagne & Pearl Pedicure

This decadent spa experience in your private spa suite begins with a champagne foot bath and shiatsu neck and shoulder massage. Whilst sipping a glass of fine champagne, your therapist will tend to you from knee to toe. A jojoba pearl gommage, intensive masque plus extended foot massage enhance this opulent pedicure.

*Treatment time: 1 hour 15 minutes*

**HK\$850**

## Chakra Glow

Under healing Chi waters your body is scrubbed with course sea salts and powerful citrus essential oils. An application of lime grapefruit body milk completes this scrub.

*Treatment time: 45 minutes*

**HK\$800**

## Flootation

Surrender to complete relaxation whilst floating in the silent tranquility of a private mineral salt-bath. Be mesmerised by the ever changing colours of the room with transition into a deep state of mental and physical awareness.

*Treatment time: 30 minutes*

**HK\$400**

## Luxurious Silk Body Treatment

The body is pampered with an exotic peel of marine salts and lotus extract. A subsequent full body massage transports the mind into a state of complete relaxation. To conclude, a lotus silk mask enchants the senses. Softly shimmering, velvety-soft skin reflects the luxuriant relaxation imparted by this treatment.

*Treatment time: 1 hour 30 minutes*

**HK\$1800**

## Four Seasons Polish

A blend of vanilla, ylang ylang and cedarwood delights the senses while gently polishing away dry dull skin. A honey vanilla body milk completes this nourishing body polish.

*Treatment time: 45 minutes*

**HK\$650**

*"The noblest of the elements is water."*

Pindar, 476 B.C.

## Vitality Lounges

Heated mother of pearl recliners, amethyst crystal steam room, vitality pools, saunas, cool mist showers, and ice fountains. Reflecting the ancient tradition of wellness through water, the Vitality Lounges elevate the experience of a simple soak to a new level. Separate facilities for men and women are open to Hotel guests and those enjoying treatments at the Spa on the 6th floor.

## Aqua Suite & Crystal Suite

These luxurious suites, with floor to ceiling windows and stunning harbour views, provide a secluded haven where you can escape to for hours. Designed to function as private spas, they may be reserved for single or double occupancy and can be enjoyed for an additional hour before or after your treatments.



FOUR SEASONS HOTEL

*Hong Kong*