



S P A

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ONLY STEPS FROM THE VIBRANT STREETS OF LOWER MANHATTAN, THE SPA AT FOUR SEASONS BLENDS HIGH TECHNOLOGY TREATMENTS WITH LUXURIOUS, NATURAL PRODUCTS DESIGNED TO INDULGE THE BODY AND THE MIND.

OUR URBAN-CHIC RETREAT HAS PARTNERED WITH DR. BURGNER SWITZERLAND, THE SWISS EXPERT IN BEAUTY AND REJUVENATION, AND OMOROVICZA, FROM THE INTERNATIONAL SPA CITY OF BUDAPEST, TO CREATE CUSTOMIZED EXPERIENCES FOUND EXCLUSIVELY AT FOUR SEASONS HOTEL NEW YORK DOWNTOWN. IN THIS HAVEN OF BEAUTY AND WELLNESS, RESULTS-DRIVEN SPA THERAPIES FIND HARMONY WITH SCIENCE AND NATURE. UNDERSTATED AND SOPHISTICATED, THE SPA IS A RETREAT IN THE HEART OF DOWNTOWN NEW YORK. FROM SERENE MASSAGES TO OPULENT SKIN CARE, ESCAPE TO A PLACE OF WELL-BEING WITH TREATMENTS THAT REFLECT THE ENERGY OF THE WORLD'S MOST DYNAMIC CITY.

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## MASSAGE

LUXURY SKIN CARE

SKIN CARE

BODY RITUAL

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**FOUR SEASONS**  
HOTEL  
NEW YORK DOWNTOWN

# MASSAGE

**EXECUTIVE RECHARGE** 135

Rushed for time? Take a break from the busy day to unwind and recharge with focused work on the head, neck and shoulders.

*25 min*

**SERENITY MASSAGE** 210 | 295 | 395

Our signature therapy for a deep relaxation. Long rhythmic strokes relieve muscle tension, reduce stress and put the mind at ease.

*50 | 80 | 100 min*

**DEEP TISSUE MASSAGE** 225 | 320

This advanced therapeutic work reduces chronic pain and improves mobility by targeting deep-seated muscle adhesions.

*50 | 80 min*

**AROMATHERAPY** 225 | 320 | 410

Expertly blended essential oils reduce anxiety and promote a sense of calm, allowing the body to return to a state of harmony and balance.

*50 | 80 | 100 min*

**REFLEXOLOGY** 145 | 225

Applied pressure to specific points on the feet or hands removes blockages in the body's energetic meridians, stimulating energy flow and encouraging optimal body function.

*25 | 50 min*

**PEACEFUL PREGNANCY** 225

This intuitive and relaxing therapy restores mothers-to-be to optimum wellness.

*50 min*

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## LUXURY SKIN CARE

*by Dr. Burgener, Switzerland*

### LUXURY GREEN CAVIAR 340

Using an intense dose of green caviar and gold to repair and revamp, this treatment is particularly suited to skin in need of a regenerative boost.

*80 min*

### COLLAGEN FIRMING 340

Stimulating from the inside out, the VitaSkin Ultrasound allows the skin to produce more collagen essential to improve cellular function, leading to a firmer, smoother complexion.

*80 min*

### INTENSE GLOW 340

The skin is left radiant and illuminated through a specialized sequence of massage techniques and glycolic acid treatment.

*80 min*

### SWISS ANTI-AGING JEWEL 270

Combat the signs of aging with this nutrient rich treatment. A deep cleanse, gentle exfoliation and nourishing mask rejuvenate the skin and turn back the hands of time.

*50 min*

### MEN'S SKIN FITNESS 270

Our treatment designed specifically for men leaves the skin feeling refreshed and renewed removing accumulated impurities

*50 min*

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# SKIN CARE

*by Omorovicza, Hungary*

## BLUE DIAMOND

220 | 300

This firming and brightening treatment helps to revitalize dull, lackluster skin and restore a more vibrant complexion.

*50 | 80 min*

## PORE REFINING

220 | 300

A thorough deep cleansing and exfoliation with Hungarian moor mud detoxifies, draws out impurities and reduces pore size.

*50 | 80 min*

## GOLD HYDRALIFTING

220 | 300

Using the power of bio-available gold, this repairing and hydrating treatment strengthens the skin barrier, leaving it nourished and plumped.

*50 | 80 min*



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# BODY RITUAL

REMINERALIZING CRYSTAL DETOX	225	PURIFYING MUD	395
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This full body salt exfoliation, rich in trace elements, purifies, eliminates toxins and restores balance to your skin.

*50 min*

A detoxifying sea salt exfoliation, deep cleansing mud wrap and soothing hot stone massage combine for ultimate bliss.

*100 min*

HYDRATING SWISS MILK	315	LUXURY CHARDONNAY RITUAL	455
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This regal treatment, reminiscent of Cleopatra's favorite beauty ritual, uses Swiss Milk and an active, anti-aging concentrate to leave your skin highly nourished.

*80 min*

Antioxidant-rich grapeseed extract is the basis for this full body, anti-aging, vinotherapie ritual. Your skin is left glowing and rejuvenated after this indulgent experience.

*120 min*

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# NAIL CARE

## SIGNATURE MANICURE

50

Nourishing soak, nail shaping and cuticle care, hydrating massage and polish application.

*45 min*

## GEL MANICURE

75

Long-wear gel polish leaves nails with chip free, high shine color up to two weeks.

*45 min*

## DELUXE PEDICURE

95

Aroma therapeutic soak, invigorating scrub and callus removal. Nail shaping and cuticle care, hot stone massage and polish application.

*60 min*

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## SPA ETIQUETTE

Stress reduction is an important contributor to overall good health and the Spa at Four Seasons New York Downtown aims to help each of our guests attain the highest levels of relaxation. In this tranquil environment we ask that all guests' rights to privacy and quiet are respected. Our services have been designed to ease what ails you, guiding you to optimal comfort and well-being.

## SPA RESERVATIONS AND CANCELLATIONS

For maximum convenience and flexibility, we recommend that you schedule your spa treatments in advance. All appointments can be guaranteed with a credit card or room confirmation number.

Because we reserve your spa appointment time especially for you, we ask that you give us four hours' advance notice should you need to change or cancel your appointment. No-shows and cancellations made fewer than four hours before scheduled time will be charged at full treatment rate.

## CHECK-IN

We suggest that you arrive to the Spa at least 15 minutes prior to your scheduled appointment, providing you with sufficient time to change and make use of the Spa facilities; robes, slippers and a locker will be provided upon your arrival. Feel free to dress down to your comfort level for any Spa service, as our team of professionals is skilled in proper draping techniques to ensure your complete comfort and privacy.

## MEDICAL

Kindly inform us of any special or medical needs that require additional attention. If you are pregnant, or have specific medical conditions, some treatments are not recommended.

## VALUABLES

Please remove any jewelry and other valuables prior to your Spa visit. You can secure them in the safe located in your room.

## GIFT CARDS

Four Seasons Global Gift Cards are available for purchase at the Spa.

## FITNESS

Our fitness facilities are available 24 hours. Please contact our Spa for any inquiries regarding private fitness instruction.



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