



**THE SPA**





*Within the sanctuary of The Spa discover an experience unlike any other. Escape to an exclusive world of superlative treatments and exquisite service within its stylish, contemporary surrounds.*

*The Spa provides discerning guests with an outstanding range of medical cosmetics, beauty treatments and all-natural skincare products unparalleled in Kuwait, all specially crafted to provide the ultimate holistic, sensory experience.*

*Relax in unrivalled tranquility, unwind in the whirlpool, sauna, hammam and the unique quartz room, or simply enjoy the sophisticated serenity of the indoor pool. Rejuvenate in luxury at The Spa at Four Seasons Kuwait at Burj Alshaya.*

# The Spa private collection

*The Spa at Four Seasons offers an outstanding range of luxurious, award-winning brands from global leaders in beauty and wellbeing; each brand has been carefully selected for providing unparalleled results. Choose from all-natural products; brands famed for delivering visible results, and high performance, high tech treatments that are all, in themselves, exceptional beauty experiences.*



At the cutting-edge of modern beauty therapy, leading contemporary brand **MCCM** cosmetics combines advanced skincare technology with a specially developed product line, designed to achieve discernible results. Innovation is at the heart of **MCCM's** safe and effective treatments, which ultimately bring a visibly new radiance to all skin-types.

Sodashi

Award-winning Australian brand **Sodashi**, celebrated globally for its all-natural products, brings a holistic approach to beauty using only the purest ingredients. Harnessing the best of nature's gentle healing properties, **Sodashi's** purest botanical extracts are blended to deliver glowing results that not only transcend skincare, but nurture, mind, body, spirit and emotions.



Truly unique, luxury French brand **Biologique Recherche** is the best-kept beauty secret of famed French women. With four decades of research, it's highly customized beauty care line offers powerful and effective skincare. Regarded as the pinnacle of perfection, **Biologique Recherche** takes luxury skincare to new heights.





# MCCM cosmetics

*Evaluates all aspects of the skin, from inside out, combining highly concentrated active ingredients with latest scientific advancements and high technology equipment to create effective and visible results.*

## FACIALS

### **MCCM Purifying Facial**

90 Minutes

MCCM Purifying Facial features biological sebum regulator with purifying action that will allow to balance the sebum production, detoxifying the skin, maintaining the pore closed and eliminating the blackheads and whiteheads. This facial is suited for oily skin and acne. This skin care experience will balance the skin texture and promote cell renewal.

### **MCCM Collagen Facelift**

90 Minutes

This facial uses high tech device to increase the penetration and action of strong active ingredients to establish collagen and tone your skin. This exclusive treatment features an enriching Nano - fiber mask to hydrate and invigorate the skin, fighting premature aging, giving a revitalizing and lifting effect recommended for skin lifting effect and wrinkles reduction.

### **MCCM 24DNA Platinum Facial**

90 Minutes

Luxury treatment that uses the efficacy of platinum to produce an instant glow effect by reflecting the light in the same way as the youthful skin. This facial is designed to boost nutrient receptivity and protect the skin. This powerful hydrating and revitalizing treatment restores the smooth appearance of your skin making it more attractive. Recommended for devitalized and dry skin.

### **MCCM Multi-Active Whitening Facial**

90 Minutes

This facial has been created to promote lightening and glow effect. Combining a unique blend of strong antioxidants to enhance a multi active exfoliation, and using the technology of transdermic mesotherapy is the perfect facial to obtain glow and skin rejuvenation. This advance cosmetic treatment will be completed with a special calming and soothing alginates mask, specially designed to bring the special touch of this advanced cosmetic treatment. Skin is left looking light, revitalize and bright

## BODY TREATMENTS

### **Electric Lymphatic Detox-Drainage**

60 Minutes

This Innovative detox treatment, combats the accumulation of toxins, stimulates regeneration and purification, giving a true sensation of a lightweight body.

The electrical drainage activates the lymphatic system, improving the natural function in the body, busting the metabolism and cellular reaction, to reduce volume, eliminate water retention and cellulite. With multiple techniques this treatment combine high-tech approach, manual massage performed with carbon micro-filament glove, this treatment offers a deep detoxification and is recommended for lymphatic drainage, cellulite and fat loss, and improved circulation.

### **MCCM Anti Cellulite**

90 Minutes

Effective treatment with a high concentration of active ingredients, helps to reduce the nodules of fat, while improving the metabolism and circulation.

Lipids accumulated in the fat cells are released, reducing the appearance of “orange peel” (the visible signs of cellulite), redefining your silhouette, reducing the excess of volume and the localized fat deposits. Focus areas: Thighs, abdomen and arms.

### **MCCM Body Sculpture**

90 Minutes

This Intensive treatment for body sculpture and reduction of volume, uses the efficacy of ultra-sounds waves to promote a non-invasive liposuction effect, reducing the fat deposits in the localized areas by rupture the fat cells. The treatment features stimulation of electric lymphatic drainage to boost the body purification and metabolism to remove effectively the toxins accumulated and the fat cell ruptured, assisting in the redefinition of the silhouette, reducing the excess of volume. Ideal treatment created to combats localized fat.

### **MCCM Derma Shaping**

90 Minutes

Exclusive treatment that combines an innovative massage body roller with products specifically selected to delivering the best results for body tonicity and reinforce the shaping of body contours. This treatment uses an effective body massages along with the roller to improve the absorption of serums and creams with high ingredients that will improve blood activation and body firming, giving a sensation of an intensive training workout. Transdermic mesotherapy is the perfect complement to improve effects in concern area.



# Sodashi

*Luxurious high performance skincare, using the purest botanical extracts.*

## FACIALS

### **Sodashi Samadara Ultimate Age-Defying Facial**

110 Minutes

The Samadara Ultimate Age-Defying Facial uses a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin's natural healing energies. Turn back the hands of time and transform the skin with this intensely hydrating and nourishing treatment to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. A Rose Quartz Crystal facial massage enables the powerful Samadara Ultimate Age-Defying Crème to penetrate deeply into the skin for maximum benefit.

### **Sodashi Marine Mineral Facial**

75 Minutes

This facial utilises the intelligence of marine plants to restore radiance and glow to the complexion. Tailored to each guest's unique skin type, it is the perfect treatment to oxygenate, tone and revitalise the skin.

### **Sodashi Thermal Infusing Facial**

90 Minutes

An intensive boost of nature's most potent vitamins and minerals, this facial incorporates Sodashi's exclusive Thermal Mask to maximise penetration of essential ingredients into the deeper layers of the skin. This indulgent treatment is tailored to individual skin needs: to purify and deeply cleanse, or to nourish, it leaves skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than a facial - its nature's face lift.

### **Sodashi Mankind Facial**

75 Minutes

Begin with a relaxing Sodashi Himalayan salt therapy back massage that will ease stress and reduce tension in the mind and body. Continue with a deep cleansing and exfoliating facial that balances the skin's natural oils and assists in preventing ingrown hairs. Sodashi's soothing mists with woody aromas will de-sensitise your skin and a relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalised.

## BODY TREATMENTS

### **Sodashi Body Balance Salt Glow**

60 Minutes

Bring the body back to balance. This treatment begins with warm soothing oils massaged into the skin, followed by a Himalayan salt and plant essence therapy exfoliation. Designed to relieve stress and fatigue while gently stimulating the body's circulation, this treatment is particularly recommended following periods of travel or strenuous exercise.

### **Sodashi Contouring Marine Body Wrap**

90 Minutes

This treatment begins with an invigorating full body exfoliation with finely ground pumice and volcanic clay, followed by a comforting body wrap using Sodashi's warmed body mask. This mask is rich in carefully selected marine extracts, plant essences and algae used exclusively by Sodashi to stimulate the Lymphatic system and assist in the removal of accumulated toxins. After a refreshing shower, Sodashi's specialised contouring gel and a refreshing lotion are applied, leaving skin feeling and looking toned and lustrous.

### **Sodashi Refining Body Toner**

60 Minutes

This treatment begins with Sodashi's Jojoba body polish to exfoliate and cleanse the whole body. A nurturing full body mask is applied and you will be cocooned in a comforting body wrap, whilst enjoying a scalp massage for total relaxation. Sodashi's Refining Body Mask rich in French Pink Clay and herbal extracts, firms, tones and conditions the skin. This rejuvenating therapy is extremely beneficial in the treatment of renewing scar tissue and stretch marks.

This treatment is safe and effective before, during and after pregnancy.

### **Sodashi Contouring Cure**

This Body Contouring five days program is designed to break down accumulated toxins and aid the treatment of cellulite and fluid retention. Seaweed and Kelp will reactivate microcirculation and support a healthy metabolism while lemongrass restores a firm and toned silhouette.

#### **Day One: Body Balance Salt Glow**

60 Minutes

#### **Day Two: Sodashi Contouring Body Wrap**

90 Minutes

#### **Day Three: Dry Body Brushing and Tension Relief body massage using Toxicleanse**

90 Minutes

#### **Day Four: Thermal facial (detox mineral mask)**

90 Minutes

#### **Day Five: Contouring Body Wrap**

90 Minutes

# Biologique Recherche

*Expertise in exceptional customized beauty care, using products highly concentrated in marine, botanical and biological ingredients. The treatments themselves and their timings can be customized according to your Skin Instants® and needs.*

Skin Instants®: A person has not one but several skins. Our skin's condition changes several times a single day as well as during the course of our lifetimes. Everyone has different "Skin Instant" which can evolve during the course of one day.

## FACIAL TREATMENTS CUSTOM MADE

### **Restructuring and Soothing Facial**

60/90 Minutes

A reconditioning treatment for the epidermis with an immediate re-plumping effect designed for all Skin Instants®. It has a draining action on your skin, leaving your face, neck and chest smooth and toned.

### **Exfoliating and Regenerating Facial**

60/90 Minutes

An exfoliating and regenerating treatment for keratinized Skin Instants® and skin with an irregular micro-profile. It gives your skin a uniform tone, leaving your face, neck and chest smooth and glowing.

### **Rejuvenating and Anti-Aging Facial**

60/90 Minutes

This age-defying treatment targets the décolleté, neck and face to restore elasticity, stimulate circulation and re-sculpt the facial structure, leaving spectacularly visible results. As a result the skin is rejuvenated and left glowing with health.

### **Brightening and Pigmentation Correcting Facial**

60/90 Minutes

A complexion-evening treatment to prevent and reduce the appearance of dark spots, designed for all Skin Instants®. It gives your skin a uniform tone, leaving your face, neck and chest even and brighter.

## BODY TREATMENTS

### **De-Congestion Heavy Legs Treatment**

60/90 Minutes

A treatment with a draining and decongesting action. It stimulates the circulation and helps legs to feel relief. This treatment reinforces the dermis, helps to improve blood circulation and prevents the heavy legs feeling. The thermal effect in this therapy provides a sensation of freshness and lightness.

### **Balancing and Draining Body Treatment**

60/90 Minutes

A treatment that begins with deep massages of the stomach and body, guaranteed to restore your balance and well-being. Recommended for slimming, this effective treatment improves the returning blood flow, regenerating tissues, eliminating toxins and fats responsible for localized weight gain. Ideal for combating tissue engorgement and water retention

### **Purifying and Detoxifying Body Treatment**

60/90 Minutes

A purifying and detoxifying treatment with algae. This treatment features energizing massages and a effective body wrap. The thermal effect releases marine active ingredients that re-mineralize and purify the body and fill you with a wonderful sense of well-being and comfort. It help to improve micro-circulation, tones and detoxifies the epidermis.

### **Firming and Toning Body Treatment**

60/90 Minutes

A firming and toning treatment that leaves you with a refined skin texture and re-sculpted body. This treatment features an exfoliating session followed by a bio-reflex massage using a moisturizing and dermo-protecting complex, followed by the application of a serum or a firming oil that prevents from slackening. It tones the epidermis and refines the skin's texture.





# Signature suites

*Each of our Signature Suites is a luxurious haven of unparalleled relaxation. Indulge in a range of sensuous sybaritic rituals inspired by ancient healing therapies, and find true serenity in the twinkling surrounds of your own private sanctuary.*

*The Hammam and Psammotherapy Suites each offer unique treatments in an oasis of tranquility.*

## Hamмам by Maroc Maroc

*Discover Moroccan traditional beauty secrets that will revitalize and purify.*

### Traditional Hammam

60 Minutes

Your Traditional Hammam treatment is a 60 minute ritual that includes a black soap application to deeply cleanse and purify, followed by a full body exfoliation with both a kessa glove and Miel d'Ambre. The treatment also includes an exfoliation for the face to then conclude the experience you will receive a traditional stretching ritual leaving you feeling completely revitalised.

### Signature Hammam

90 Minutes

Your Signature Hammam treatment consists of a 90 minute ritual that includes a black soap application to deeply cleanse and purify, followed by a full body exfoliation with both a kessa glove and Miel d'Ambre. The treatment also includes an exfoliation for the face followed by a scalp massage, hair washing ritual and application of hair mask. To conclude your signature experience a traditional stretching ritual will leave you feeling cleansed from top to toe.

### Indulgent Hammam

120 Minutes

Your Indulgent Hammam treatment consists of a 60 minute ritual that includes a black soap application to deeply cleanse and purify, followed by a full body exfoliation with both a kessa glove and Miel d'Ambre. The treatment also includes an exfoliation for the face followed by a scalp massage, hair washing ritual and application of hair mask. Complete your indulgent Hammam experience by continuing your journey in to a traditionally scented cabin where a 60 minute ceremonial massage will be performed using a combination of techniques which is complimented by the Ougent d'Argan to melt away muscular tension.



# Psammotherapy Suite

*Luxuriate in the wondrous benefits afforded by our unique warm bed of fine alpha-quartz sand, inspired by the healing properties of ancient Greek 'psammo therapy'. As the bed is gently heated, tensions melt away and the fine sand flows around and envelops the body alleviating muscle and bone ache, promoting total comfort.*

## Diamond Ritual

3 hours and 30 minutes

Begin this journey with a unique treatment that harnesses the extraordinary healing properties of Himalayan Salt Stones. A gentle massage combined with 'psammo therapy' brings the body to state of complete relaxation. The Samadara age-defining facial is then combined with a Diamond Mask treatment, where the healing and anti-aging powers of this precious gem produce a smoother skin, eradicating signs of stress and fatigue.

## Pure Gold Ritual

3 hours 30 minutes

This purifying treatment starts with a gentle, full-body exfoliation, followed by an algae body treatment – one of the most effective natural marine products; it purifies the body and eliminates toxins. Afterwards, experience the outstanding anti-aging facial and our unique 24-karat nano gold mask, recommended to hydrate and calm the skin, let the rich mineral ingredients work their magic.

## Duet Delight

4 hours

Relish the supreme extravagance of two therapists working on your body simultaneously. Enjoy a gentle exfoliation ritual and body treatment customized just for you. After selecting from a range of essential oils to match every mood, lay back and delight in an ancient four-handed aromatherapy massage that will transform the body. This treatment is complemented by an anti-aging facial and a relaxing foot therapy offering rejuvenation from top-to-toe.

# Wedding packages

*This once-in-a-lifetime experience pampers the bride and groom with half-day rituals that prepare body, mind and soul for the greatest journey of their lives.*

## **For the Bride**

5 hours

Prepare and purify the body in our delightful hammam. Revel in a relaxing scalp massage and hair ritual, followed by our ceremonial massage, to revitalize the bride before enjoying a revitalizing lunch in our private suite, prepared by the Executive Chef. After lunch, a unique firming and toning treatment will produce a beautifully sculpted body. Our double-lift facial treatment will tone, smooth and induce an amazing glow.

## **For the Groom**

4 hours

An extraordinary spa experience blending a series of rituals to prepare the groom for his new life. His journey begins with our Signature hammam treatment customized specially for men, designed to cleanse and nourish the skin. A rhythmic scalp massage and a soothing hair washing ritual will ensure complete relaxation, meanwhile skin is refreshed with a unique nourishing balm. Our 4-handed aromatherapy massage is the ultimate hedonistic luxury. Afterwards, enjoy a lunch prepared exclusively by our Executive Chef in our private suite. Our heavenly journey continues with a special facial for men, designed to cleanse, exfoliate and balance the skin, leaving the groom completely relaxed and reinvigorated.





# Young Audience

*Our spa offers specially created therapies and facials for young adults designed to deliver maximum results, skin will be cleansed and refreshed by our relaxing massages and facials. Visit us with your best friend or a member of the family.*

## **Total Relaxation - Back and Shoulders Massage**

45 minutes

A perfect way to unwind and relax; rhythmic strokes will soothe tension in your back, neck and shoulders; the body feels lighter and has greater flexibility.

## **Balancing Blend Therapy**

45 minutes

Using ancient Thai massage techniques this treatment will relax neck and shoulders, hips or legs and rebalance the body. The massage is performed without oil or lotions.

## **Aroma Massage**

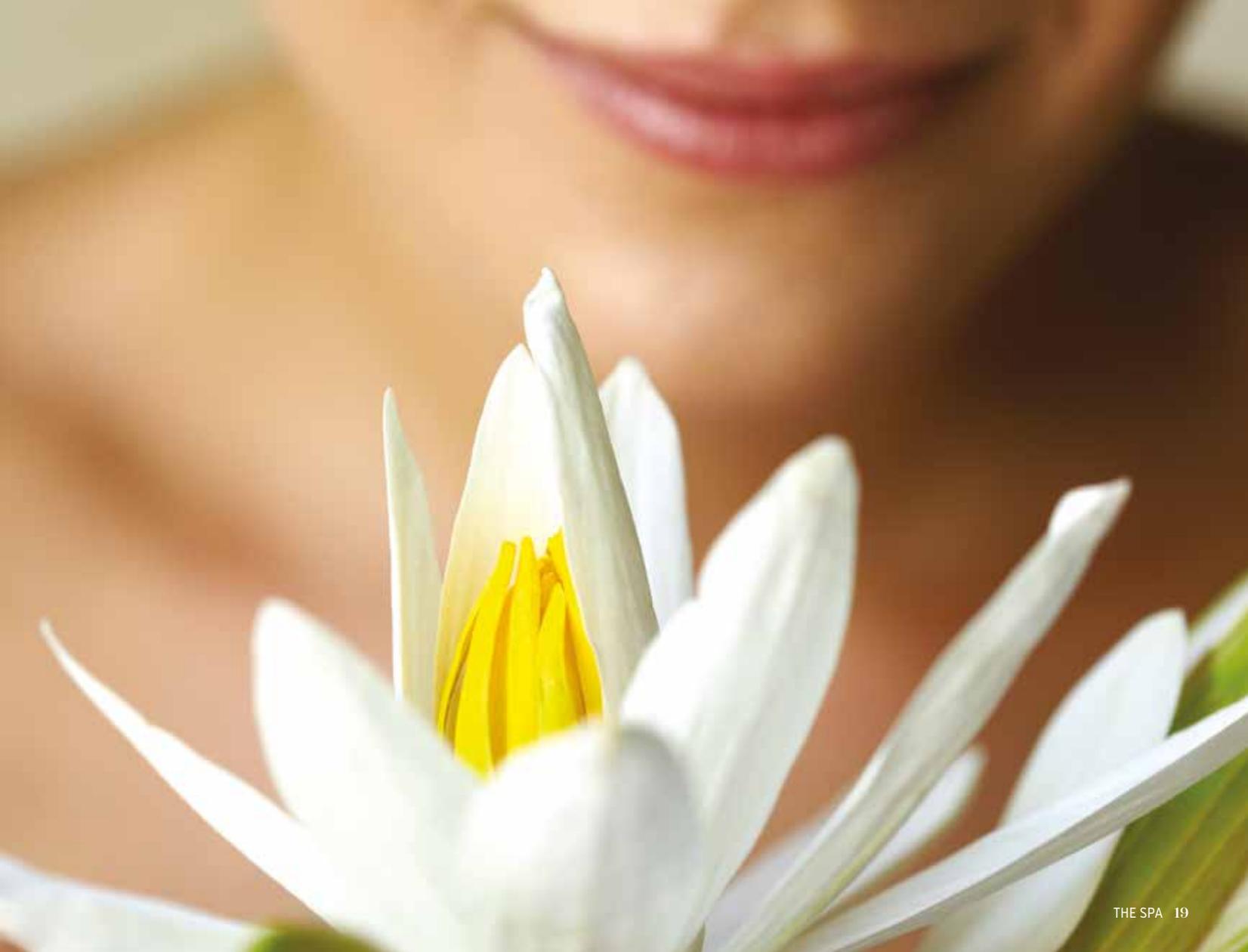
60/90 minutes

Ideal for the first - time spa visitor. This full body massage allows you to specifically choose from blends of aromatic essential oils. The massage combines light to medium pressure to reduce tension.

## **Calming Facial**

30 minutes

This express facial treatment first boosts the complexion with Sodashi's unique exfoliation therapy and the application of a light aromatic mist and calming gel mask. The treatment is completed with application of nutrient-rich moisturisers for the face, neck, eyes and lips.



# Massage offerings

## Sodashi Signature Massage

60 Minutes

Combining the healing power of touch with Sodashi's unique techniques, this deeply relaxing massage uses smooth, stroking movements with light to medium pressure to encourage an increase in lymphatic circulation and balance the energy meridians in the body.

## Deep Tissue Massage

60/90 Minutes

This massage uses elbows and forearms for a deeper and more penetrative treatment as well as a variety of techniques aimed to promote recovery of injured and strained muscles, increasing flexibility and limb motion.

## Hot Stones Massage

90 Minutes

This medium pressure massage uses heated stone therapy to bring profound relief, by warming and soothing aching muscles, inducing a state of deep wellbeing. You can choose between our selection of volcanic stones or Himalayan salt stones.

## Four-Handed Aromatherapy Massage

60/90 Minutes

Enjoy the experience of two therapists working on your body simultaneously. This full body massage allows you to specifically choose from blends aromatic essential oils with fragrances that respond to your individual needs.

## Sodashi Tension Relief Massage

60/90 Minutes

This treatment is designed to release tension from the body at a much deeper level. Using methods practiced in deep tissue and Swedish massage, as well as lymphatic drainage and acupressure techniques, this Sodashi full body massage has been created to melt away tension, stimulate circulation and remove accumulated toxins.

## Thai Therapy

90/120 Minutes

Enjoy this ancient form of massage practiced for over 2500 years. Performed on a large mat, it uses traditional Thai massage techniques that gently relax and release tension in muscles, promoting relief through enhanced circulation.

## Pregnancy

60/90 Minutes

This full-body massage has been designed for expectant mothers, it uses light to medium pressure to relax tense muscles and ease sore areas while improving circulation and mobility. This treatment is recommended only after the first trimester.

**Mothers-to-be should consult with their physicians before undergoing any form of body treatment.**

## Reflexology Foot Therapy

60 Minutes

Feet hold the secret to our wellbeing. This therapeutic treatment begins with the cleansing and exfoliation of the feet and lower legs, followed by a pressure-point foot massage using a combination of hot stones and traditional acupressure methods for maximum benefit. Reflexology treatments by skilled hands leave the entire body rejuvenated from improved circulation.

A close-up photograph of a man with dark, wavy hair lying on a massage table. He is wearing a white towel over his eyes and has his hands clasped under his chin. A person's hands are visible, performing a massage on his neck and shoulder. The background is softly blurred, showing warm lighting and a spa-like environment.

## GREAT ADDITIONS

### **Samadara Ultimate Age-Defying Eye Treatment**

45 Minutes

During a relaxing facial massage, tiny rose quartz crystals are used around your eyes to restore tone, remove tension from the eye area and reduce fine lines. This treatment includes Age-Defying cream and a mineral-rich eye mask, the mask gently warms the skin to enhance the absorption of plant extracts into the deeper layers of the skin. Anti-aging techniques will give the eye area a refreshed and youthful feel.

### **24-karat Gold Mask**

30 Minutes

Instantly repair and firm your skin with a 24-karat nano gold-infused treatment for face, neck and upper chest. A glittering hydrating mask harnesses mineral-rich nutrients to reduce the appearance of fine lines and wrinkles while reducing inflammation, redness and puffiness.

### **Head-to-Toe Treatment**

15 Minutes

This treatment begins with Sodashi's soothing warm and aromatic foot compresses to relax and refresh aching feet. A luxurious and moisture-rich Sodashi Scalp Mud is then massaged over the scalp to release pressure and tension. This mask treatment is left to deeply nourish the scalp and leave the hair feeling silky and shiny.

### **Diamond Mask**

30 Minutes

Dramatically restore youthful radiance to your skin with a luxurious diamond-infused face, neck and upper chest treatment. This indulgent facial combines the healing and anti-aging powers of precious gems resulting in the reduction of fine lines and giving the face a refreshed and stress-free glow.

## *Caring For Our Guests*

Your personal needs are important to us. Prior to your Four Seasons' Spa experience we cordially request that you inform a member of our Spa team of any special needs or specific medical conditions, such as pregnancy or product sensitivity.

## *Spa Etiquette*

Our spa is a sanctuary of tranquility and relaxation for our guests at all times. In consideration to others, we kindly request that voices are kept low and mobile phone calls are concluded prior to the treatment. We recommend all electronic devices are switched off, or are on silent mode prior to entering the locker room and treatment areas.

Mobile phones and any electronic or battery-operated gadgets are strictly prohibited in the steam room, whirlpool and sauna.

### **Reservations**

We encourage guests to schedule spa appointments in advance to ensure treatment and technician preferences are available. Same-day reservations and walk-in appointments are always welcome, based upon availability.

### **Cancellation Policy**

We value your business and appreciate your cooperation with the spa cancellation policy. In case you wish to cancel or reschedule your spa appointment, kindly provide us at least 4 hours' notice. If you are unable to let us know in advance, a 100% cancellation fee will be applied.

### **Late Arrival**

Arriving late for a scheduled spa treatment may require the Spa to shorten the service duration, charges will still be applied in full.

### **Arrival and Check-In Procedures**

For all massage, body, and facial services we require that you arrive at least 30 minutes prior to your scheduled appointment time. In order to enjoy our facilities such as the steam room, sauna, indoor pool, whirlpool and relaxation lounges.

