




THE SPA AT FOUR SEASONS RESORT PALM BEACH


*The Spa at Four Seasons Resort Palm Beach is designed to mirror your own vision of tranquility, wellness and rejuvenation. Drawing on the area's tropical beauty and rich natural resources, we've created an intimate retreat that defines the modern spa experience – individual, highly personalized and supremely pampering. From Specialty Treatments to Traditional Massage, Ayurvedic Treatments to Aromatherapy, the Spa at Four Seasons Resort Palm Beach offers a service designed to enhance the body's natural healing and renewal process.*

*From our lobby, serenity is just steps away. The spa is located on the lower level, accessed by the main building elevators or from the pool deck. To enhance your spa experience, plan to arrive at least 20 minutes in advance to allow time to utilize steam, sauna, and whirlpool to loosen muscles and release stress. Please remember, the treatments you select are reserved especially for you. Should you need to cancel, please allow four hours advance notice.*

#### SPA GUIDE SYMBOLS:

 Available Oceanside

 Relaxing

 Not recommended for expectant mothers

 Available as couples

 Detoxifying



## *Specialty Treatments*

### **Palm Beach Massage** )x\*\*

Specially created by Four Seasons, this treatment combines a variety of massage techniques, moist heat and organic essential oils to relieve stress. Swedish, Sports, Deep Tissue and Reflexology techniques are all part of this treatment, which also includes a face massage and scalp treatment.

### **LaStone Therapy** )x

Basalt stones from the Arizona desert are the trade secret behind LaStone Therapy. Influenced by Native American culture, cool marble stones and warmed basalt stones promote balance, harmony, and complete relaxation.

### **Raindrop Therapy** )x▲

Take pleasure in experiencing this unique treatment that involves the dripping of nine organic essential oils along the spine and feet. A gentle massage works them into your skin for an intensive and detoxifying treatment.

### **Four Seasons Signature Treatment** )x\*\*

A unique experience evoking the change of seasons, this treatment combines four diverse techniques, including a peppermint scrub (Winter), warm herbal wrap (Spring), massage medley (Summer), and soothing scalp treatment (Fall) to re-energize and refresh.



# Massages

## Swedish Body Massage

This classic full body massage provides an antidote to stress and muscular tension and increases the body's circulation, leaving you relaxed and renewed.

## Deep Tissue Massage

This deep and therapeutic treatment is designed for anyone who requires a more intense massage. Our staff will customize your treatment to reduce stress and help release constricted muscles.

## Sports Massage

An exceptional treatment for the physically active, this massage is designed to prevent sore muscles that can result from intense exercise or overexertion. Recommended before or after any athletic activity.

# Customized Aromatherapy

## Massage

Our experienced staff can pair any massage technique with specially created aromatherapy oils to fulfill your needs. Choose from one of the following:

### Revitalizing

*Lemon, Geranium, Rosemary, and Peppermint*

### Calming

*Peppermint, Geranium, Lavender, and Eucalyptus*

### Detoxifying

*Rosemary, Clove, Eucalyptus, Lemon, and Cinnamon*

### Relaxing

*Sandalwood, Florida Key Lime, and Vanilla*

## Neck and Back Massage

For those with limited time, but in need of a quick fix, this massage concentrates on the two most common areas that hold tension and stress.

## Reflexology

This luxurious foot treatment draws on ancient principles to relieve stress through the application of pressure.

## After Sun Massage

Our secret recipe for soothing your skin after a day in the sun. This special blend of plant essence and Vitamin E comforts skin that has been exposed to Florida's tropical environment.

## Revitalizing Massage

A perfect massage to make jet lag a distant memory. Deep tissue, Swedish, Aromatherapy and a special polar lotion are combined to relieve aches and pains while invigorating and energizing the entire body.

## Maternity Massage

Designed to nurture the expectant mother-to-be. Our therapists are specifically trained in pregnancy massage techniques to relax and relieve the unique stresses experienced during pregnancy. Not available during the first trimester.

## Ocean View Massage

In the privacy of our oceanside cabana, let our experienced massage therapists work their magic from head to toe while you relax and listen to the Atlantic Ocean.

## Couples Massage

Togetherness is taken to a new level when you and a loved one experience a massage for two in our specially designed treatment room. You pick the massage, we'll tailor it for two.



# Ayurvedic Treatments

Ayurveda is a 5,000-year-old East Indian health tradition that addresses the mind, body and spirit to assist you in achieving balance. With a combination of herbs and oils designed especially for you, these treatments will leave you feeling calmed and centered.

## Shiro Dhara 》x▲

This traditional technique is quite powerful in its ability to relieve emotional and physical tension by working on the third eye (the center of the forehead). The upper torso is massaged, while the treatment continues with the luxurious oil flow onto the third eye, the window to the soul.

## The Indus Valley Massage 》x▲

This treatment combines a full body oil massage with the Shiro Dhara treatment. This is profoundly relaxing,

rejuvenating and meditative. An excellent treatment for stress, insomnia and respiratory problems.

## Tan Lepa 》x▲

This luxurious treatment begins by having warm oils rhythmically applied up and down the body's energy meridians, followed by a flow of oil over the energy channels and chakras of the upper torso. While the entire body is covered with a medicinal herbal mask, you will relax in this wrap to let the Lepa penetrate into the tissues of the body.

## Mukhralepa 》x▲

This holistic facial combines several Ayurvedic balancing techniques and the Shiro Dhara treatment to cleanse, detoxify and nourish the skin promoting beauty, peace and relaxation.



## *Body Treatments*

### **Neydharting Moor Mud Wrap** )x▲

Over 1,000 natural herbal, mineral, and essential compounds make up this rich mud, recognized worldwide for its anti-cellulite and anti-inflammatory benefits. A Moor supplement drink completes this treatment.

### **Seaweed Wrap** )x▲

Warm, silken marine algae detoxifies, tones, and hydrates your entire body. An aromatherapy oil application completes this treatment. Not recommended for people allergic to iodine or shellfish.

### **Herbal And Clay Wrap** )x▲

Herbs and minerals in a clay base provide a cleansing and nourishing treatment for the entire body. An aromatherapy oil application completes this treatment.

### **Sea Salt and Grapefruit Buff** )▲

A combination of sea salts and a grapefruit mixture work to cleanse, exfoliate and invigorate the skin, leaving you feeling refreshed.

## *Facials*

### **Four Layer Facial** )▲

Our ultimate facial features two seaweed treatments, a moisturizing layer and a mineral mask designed to relax, restore and re-energize both your skin and spirit. Appropriate for all skin types, this facial will nourish, rehydrate and balance the skin. Includes an anti-aging hand treatment.

### **Oxygen Facial** )▲

A therapeutic skin treatment that uses highly concentrated molecular oxygen, vitamins, and nutrients to strengthen skin, remove toxins, and promote the generation of new skin cells.

### S.O.S. Facial 》▲

This ultra-effective treatment for skin suffering from acne will refine and oxygenate the skin, leaving a radiant complexion.

### Stone Therapy Facial 》▲

A warm stone massage technique that heals and relaxes, while increasing circulation, bringing the mind, body, and spirit to its deepest level of relaxation.

### After Sun Facial 》▲

Restore moisture to dehydrated skin with a powerful cocktail of Soya Lipids, Vitamin E and Aloe Vera. This will leave your skin instantly moist and refreshed.

### Neydharting Moor Mud Facial 》▲

This 100% natural treatment deeply purifies skin and pores, rejuvenating the complexion and increasing blood circulation. Perfect for all skin

types, this facial leaves skin looking and feeling soft, firm and radiant. Recommended with Moor Mud Body Wrap.

### Seaweed Facial 》▲

If the elements have left your face dry and chapped, let us soothe your skin with our mineral-rich seaweed algae facial. Designed specifically for skin that has been overexposed to harsh elements.

### European Facial 》▲

This classic facial, appropriate for all skin types, includes cleansing, exfoliation, steam, massage and a conditioning mask to leave skin renewed.

### Gentleman's Facial 》▲

This facial is specifically designed for men and includes cleansing, exfoliation, massage and a rejuvenating mask.

### Back Facial 》▲

This special treatment includes cleansing, exfoliation, extraction, and a mask for the back.

### Beauty Flash 》▲

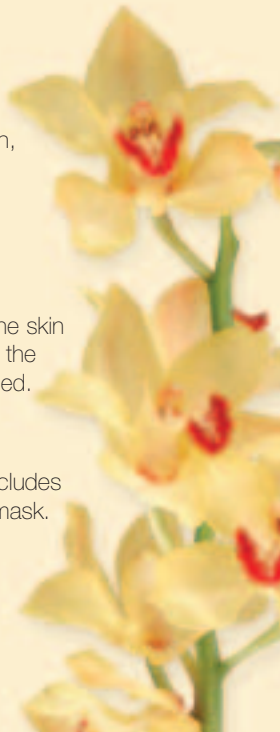
This refreshing skin treatment includes a light cleansing of the skin and a mask to help those "on the go" feel revitalized and refreshed.

### Teen Facial 》▲

Perfect for young skin, this includes cleansing, exfoliation, and a mask.

### Oxygen Blast 》▲

Add an oxygen blast to any facial to help regenerate skin cell growth.





**FOUR SEASONS RESORT**  
*Palm Beach*

*2800 South Ocean Boulevard • Palm Beach, Florida 33480 • Tel: 561.582.2800 • Fax: 561.547.1374 • [www.fourseasons.com/palmbeach](http://www.fourseasons.com/palmbeach)*