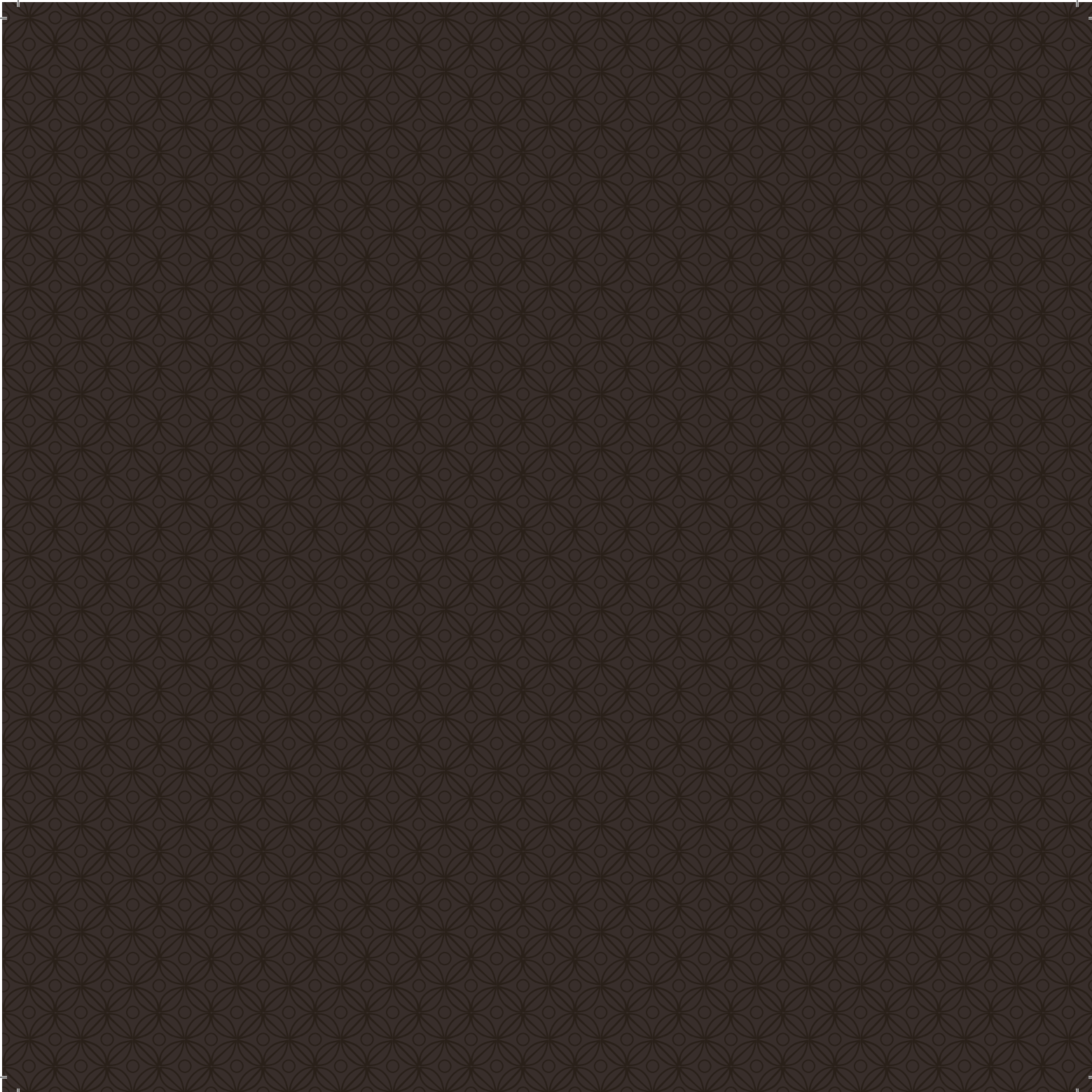
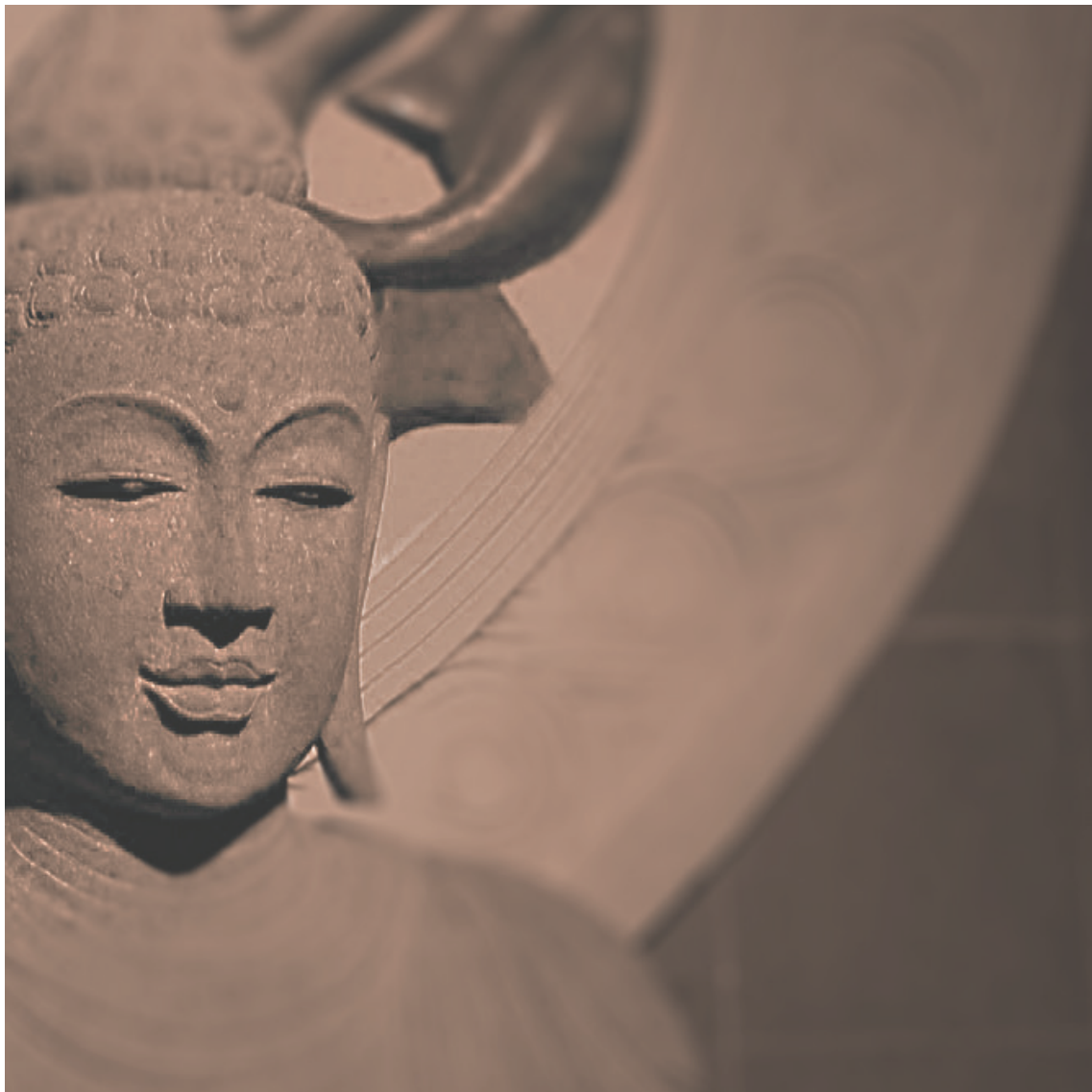


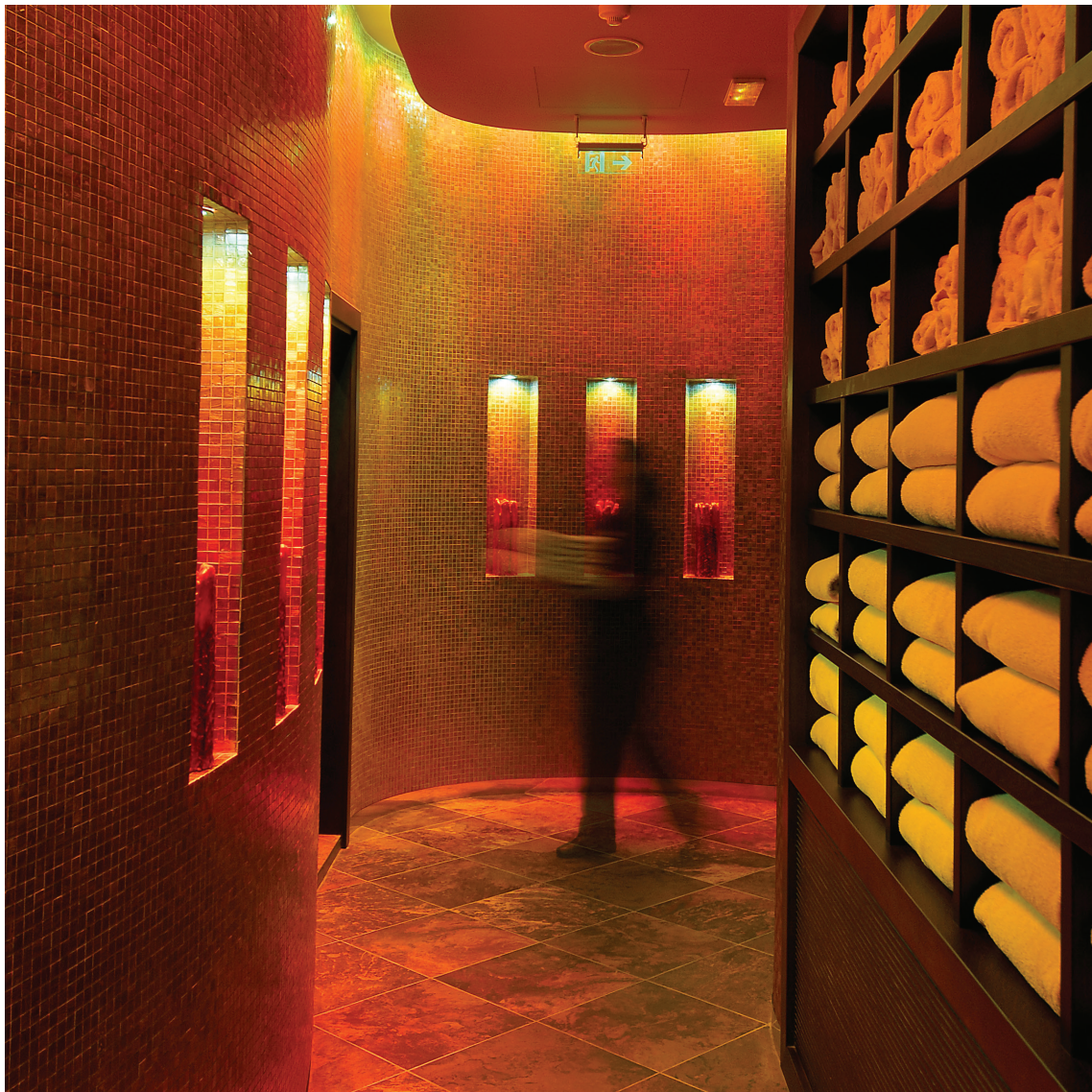


FOUR SEASONS SPA











FOUR SEASONS SPA

PRICE LIST

From the moment you walk through our door
as our honoured guest our aim is to take you on a journey of tranquillity
whilst increasing the well-being of your body, soul and mind.

More than just an escape, we work with you to create a relationship
that goes beyond pampering.

Please take the time to browse through our treatment menu and
discover a diverse blend of sensuous spa treatments, customised to meet your needs,
designed to stimulate your senses and delivered by our team of highly
qualified international therapists.

For more than 30 years Aromatherapy Associates, a truly British brand,
has been specialising in harnessing the natural healing powers of the finest natural
ingredients, purest extracts and essential oils to include in their products and treatments,
transforming the aromatherapy experience into something highly
effective yet luxurious and exceptional.



Spa Discovery Packages

Allow our expert team to assist you in creating
your own special spa day from the array of spa treatments we have on offer.

Alternatively we have created some Spa Discovery Packages
for you to choose from.

One Day Packages

Glow

€240

Body Polish,
Soothing Back Massage
Essential Rose Facial

Invigorate

€280

Stimulating Jet Shower
Body Detox Floatation Ritual
Aromatherapy Massage - 60 min

Time for Him

€250

Royal Thai Massage - 90 min
Refinery Facial for Men

Time for Two

€350

Aromasul Mud Ritual for Two
Couples Soothing Back Massage
Couples Express Facial

Three Day Packages

Indulgence

€580

Rose Hydrator Wrap
Essential Rose Facial
Indian Ceremony of Indulgence
Ancient Healing Hot Stone Massage
Express Facial

Purity

€540

The Ultimate Detox Reviver
Stimulating Jet Shower
Body Detox Floatation Ritual
Body Refiner
Soothing Back Massage

Five Day Packages

Bliss

€990

Body Bliss Floatation Ritual
Essential Rose Facial
Journey of Reflection
Indian Ceremony of Indulgence
Rose Hydrator Wrap
Express Facial
Aromatic Head & Foot Massage
Uplift your Mood

Equilibrium

€950

The Ultimate Detox Reviver
Stimulating Jet Shower
Body Detox Floatation Ritual
Aromasul Mud Ritual
The Ultimate Aromatherapy Experience - 90 min
Body Refiner
Essential Rose Facial
Indian Ceremony of Indulgence

Face Rejuvenation Package

€650

2 x Aroma Radiance Lift Facials - 90 min
2 x Aroma Radiance Lift Facials - 60 min

Mood for Massage Package

€620

Choose any 6 from the below 60 minute massages:

Traditional Thai Massage
Royal Thai Massage
Ultimate Aromatherapy Experience
Intensive Muscle Release Massage
Reflexology Massage
Full Body Massage

Signature Spa Treatments

Aromasul Mud Ritual - 30 minutes

Specially selected natural muds with detoxifying and healing properties, combined with low humidity and aromatic steam make this a truly unique experience.

The ritual is concluded with a cleansing rain shower to remove the mud and toxins from your body before you apply the provided nourishing cream for your face & body.

For One

€ 55

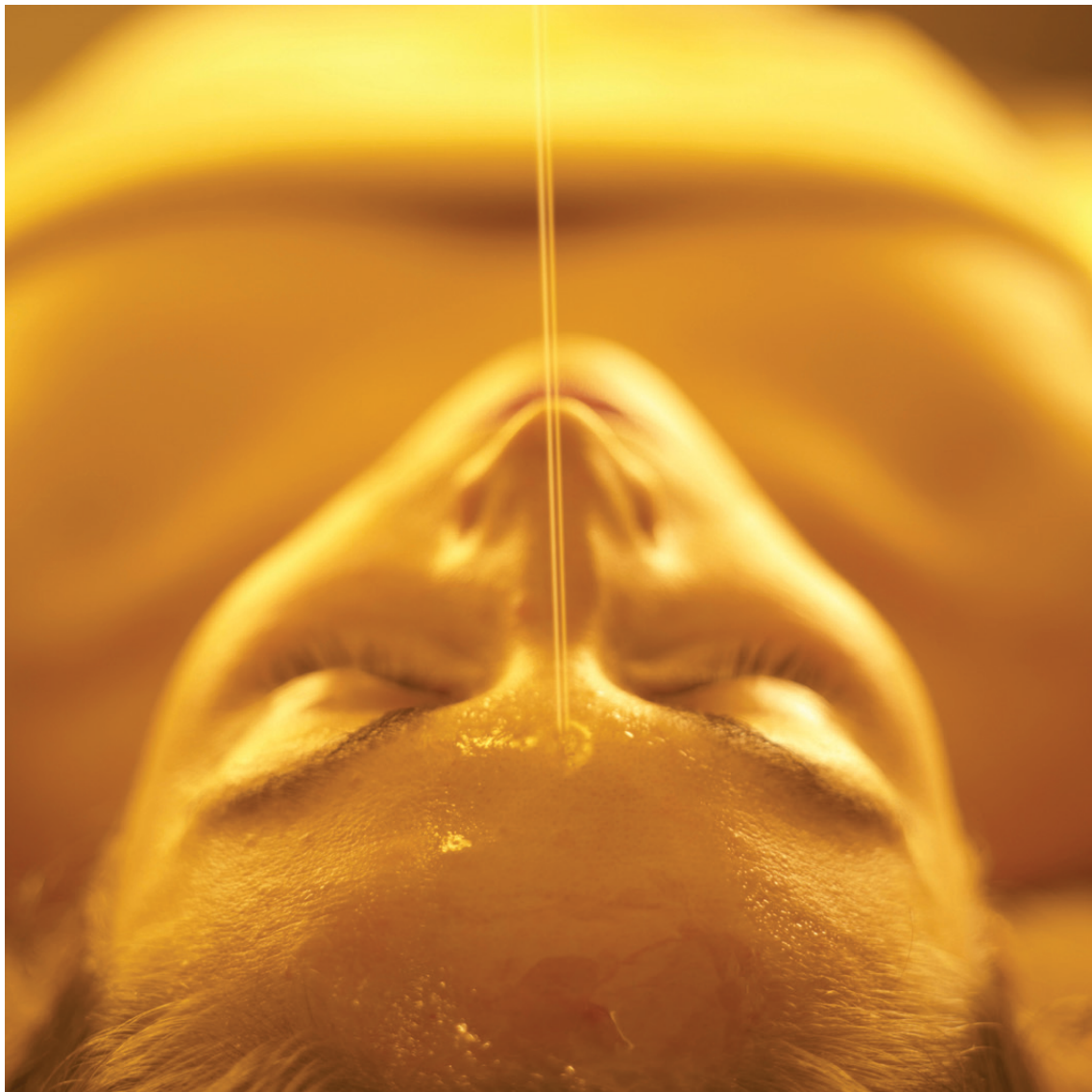
For Two

€ 90

Indian Ceremony of Indulgence - 90 minutes

€180

Allow yourself to indulge in this Indian Ceremony that will take you on a journey of your senses. A warming Indian spice foot scrub during a warm foot bath will soak away tension before the journey continues with a deep rhythmic massage to relieve deep seated tension from the tips of your hair to the tips of your toes. The treatment is concluded with the Shirodhara warm oil flow to the head and an indulgent scalp massage to leave you grounded and all your senses singing with delight.





Body Bliss Flotation Ritual - 60 minutes

€140

A ritual of pure indulgence, polish & smooth your skin with a blend of coconut, exotic spices and kukui nut oil before being cocooned in the warmth of the warm water flotation bed. Drench yourself in the nourishing and exotic blend of sumptuous textures and aromas and let your thoughts drift away during a blissful scalp massage with warm Moroccan Argan oil.

Body Detox Flotation Ritual - 60 minutes

€140

The power of aromatherapy is combined with the riches of the ocean. A warm seaweed body mask blended with a synergy of detoxifying essential oils is applied to the body before you are cocooned in the warmth of the warm water flotation bed. Let the active ingredients work whilst you indulge in a soothing scalp massage.

Journey of Reflection - 75 minutes

€200

Experience the sublime sensory delight of a synchronised massage with two intuitive therapists working at the same time in harmony and unison, the one a mirror of the other, a perfect journey of reflection resulting in the ultimate massage experience.

Massage

Ancient Healing Hot Stone Massage - 75 minutes

€165

Calling upon ancient traditions and techniques, the Hot Stone massage will restore balance and energy through the placement of stones on your chakras whilst the deeply soothing massage to the body and face will relieve tension in your muscles and have you drifting into a blissful state of relaxation.

The Ultimate Aromatherapy Experience AA

Starting with a consultation and aroma test to choose the oil most suitable for you, this massage ritual is drawn from a fusion of eastern and western techniques and works from your head to your toes, helping to release tension held in every part of your body leaving you feeling deeply relaxed and recharged. It may be taken as a 60 minute or 90 minute massage ritual. In the longer treatment extra attention is given to the facial massage.

60 minutes

€120

90 minutes

€180

Intensive Muscle Release AA - 60 minutes

€120

An intensive full body massage that works deep into stiff, tight aching muscles to instantly release pain and tension. Deeply restorative essential oils known for their beneficial effects on the circulation disperse the build-up of lactic acid that causes stiffness and pain.



Deep Tissue Massage - 60 minutes €120

This deep tissue massage is ideal for those who prefer a stronger massage which concentrates on areas of muscle stiffness and deep tension. Your masseur will customise the massage according to your specific needs.

Full Body Massage - 60 minutes €110

A relaxing massage which releases tension using a fusion of different techniques individualised to your needs to leave you feeling relaxed, supple and soothed.

Ayurvedic Head Massage - 45 minutes € 80

Indian head massage has been practiced for over 4,000 years. Relieving tension from your back, shoulders, neck, head & face, the treatment is concluded with warm oil drizzled on your forehead before trickling through the hair during a mind melting head massage.

Reflexology Foot Massage - 60 minutes €115

Using ancient Chinese techniques, reflexology works on the principle that all our organs are represented in the feet. By working on these points with acupressure, the therapist can help to rebalance the system and give harmony to the body and mind.

Royal Thai Massage

This unique Thai massage was traditionally reserved for Thai Royalty and Aristocracy and uses an invigorating blend of aromatic herbal oils to release tension from the body by applying both Thai stretching and deep manual massage to bring tranquillity and balance.

60 minutes €120

90 minutes €170

Traditional Thai Massage

Performed on the floor on a raised mattress, this unique massage uses an ancient system of techniques to manipulate, loosen and stretch the body, releasing blocked energy, increasing your flexibility and inducing a peaceful mind.

60 minutes

€120

90 minutes

€170

120 minutes

€200



Body Treatments

Body Polish AA - 45 minutes

€ 80

A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

Body Refiner AA - 60 minutes

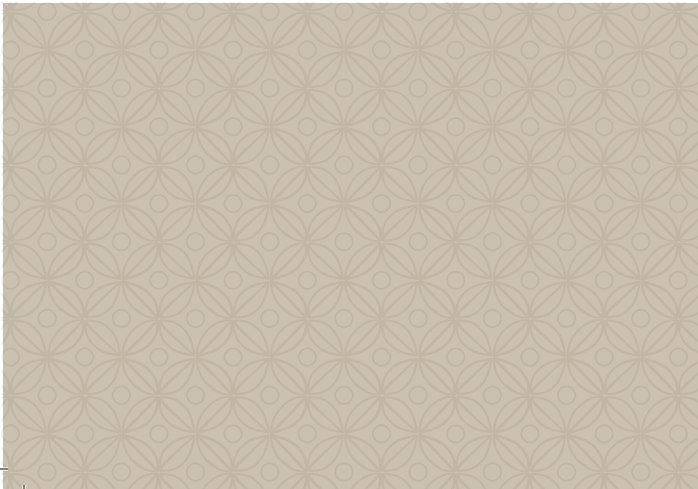
€140

A toning and slimming treatment to refine the body contours and eliminate excess fluids, your treatment starts with body brushing to wake up your skin followed by a deep tissue detox massage targeting stubborn areas of cellulite. You'll be wrapped in freshwater mud to firm and tone the skin, while foot reflex pressure massage encourages the release and elimination of toxins. The result a slimmer silhouette and smoother skin.

Rose Hydrator AA - 60 minutes

€120

The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap whilst you drift off during an Ayurvedic scalp massage.



Summer Skin Cooler AA - 60 minutes

€120

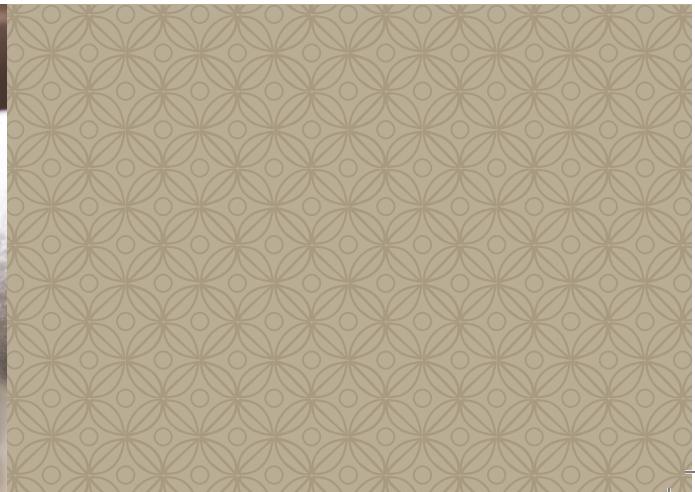
Soothe and re-hydrate over-exposed skin with this cooling, refreshing treatment.

An intensive layering of hydrating rose gel, soothing lavender oil and nourishing body cream rich in shea butter deeply nourish your body. A hydrating mask is applied to the face and while the active extracts get to work an Ayurvedic scalp massage releases tension in the head for an all-over relaxing, restorative treatment. Your skin is left feeling cool, soothed and moisturised.

Intense Nourishment AA - 90 minutes

€150

An intensive salt and coffee body exfoliation stimulates the circulation and reveals a brighter looking skin. Hands and feet are given special attention with applications of rich vitamin E oil to cuticles and heels and a freshwater mud mask to truly soften and condition the skin. Your body is layered with a blend of highly nourishing plant oils and protected with velvety moisturising body butter. Finally a scalp massage dissolves tension and stress so that mind and body are nourished and rejuvenated.



Wellness Rituals

The Ultimate Detox Reviver AA - 120 minutes

€200

The ultimate trilogy of body brushing, exfoliation and mud mask stimulate lymph, remove dead skins cells and re-mineralise the skin. The perfect therapy when you are dieting, feeling sluggish and lacking energy, this invigorating treatment will leave you truly revitalised and your skin will appear bright, smooth and silky.

Sleep Deeply AA - 120 minutes

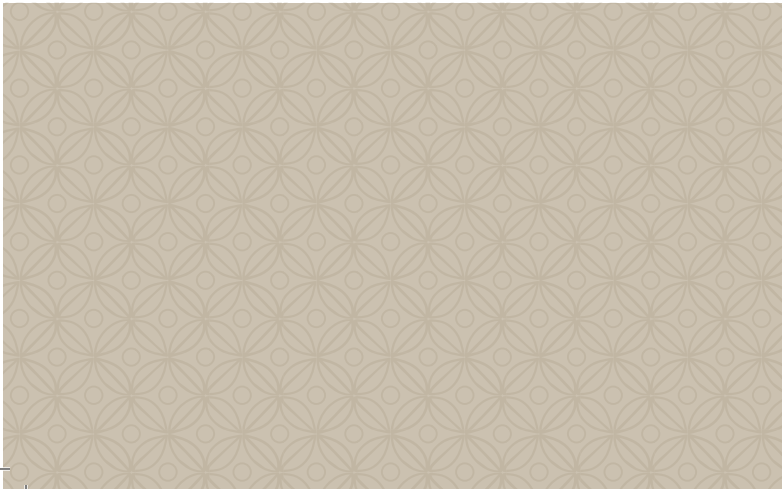
€200

This head to toe ritual uses carefully applied massage techniques to induce a serious state of relaxation. This deeply sedating full body, face & scalp massage works on all aspects of physical, mental and emotional stress, helping to balance the nervous system and ease an overactive mind.

Uplift Your Mood AA - 120 minutes

€200

This is a complete experience that works on all the senses to boost your emotional wellbeing, whilst treating the body to some nurturing hands-on therapy. This treatment begins with a gentle olive grain exfoliation to legs and feet, followed by a full body massage. The treatment is concluded with a warm freshwater mud mask to the face for instant radiance whilst you indulge in a deeply nourishing scalp massage.



Pregnancy Treatments

Ultimate Rose Pregnancy Massage AA - 60 minutes

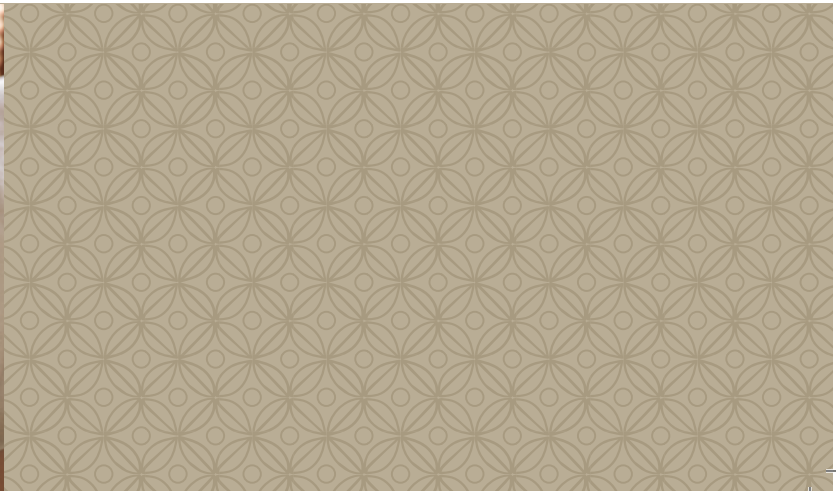
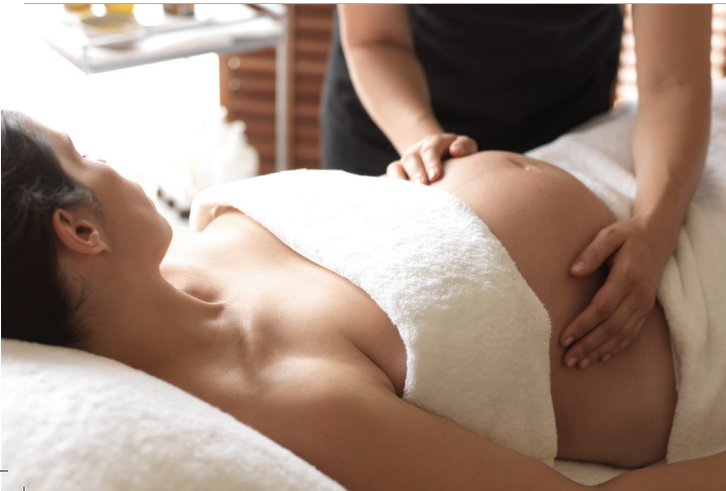
€120

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you. Safely formulated oil blends are used to nourish and care for your expanding skin. Paying particular attention to the upper back, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, completes this top to toe nurturing treatment.

Ultimate Rose Pregnancy Nourisher AA - 60 minutes

€120

Take a moment to nourish your body and soul with a deeply comforting, restorative treatment. Richly moisturising oils and creams are layered onto freshly exfoliated skin before being gently wrapped and left to deeply penetrate with the body's own heat. The essential oils work simultaneously on the physical, mental and emotional aspects of wellbeing. Your skin feels radiant, soft and smooth and your spirits bright.



Facial Treatments

Rose Infinity Facial AA - 90 minutes

€150

The Rose Infinity facial harnesses the most advanced natural ingredients to reveal younger looking skin and a radiant complexion. A specialised lifting massage using cold stones giving long lasting results that noticeably lift, tone and firm the skin, leaving you with a flawless, healthy and younger looking complexion.

Age Repair Facial AA - 90 minutes

€150

Your skin is prepared by cleansing and exfoliating before being massaged with oils renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity and your scalp is massaged to release stress and tension.

Deep Cleanse Facial AA - 90 minutes

€150

A purifying treatment for oily and combination skin, this treatment refreshes and balances, leaving the complexion super clean and fresh. Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows using drainage techniques to improve circulation and help eliminate toxins whilst special pressure points ease tension and stress. A deep cleansing mask is then applied to draw out dirt and harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage and hand and arm massage for complete care.

The Essential Rose Facial AA - 60 minutes

€115

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions.

Your skin is thoroughly cleansed, exfoliated and toned followed by a traditional aromatherapy pressure point massage combined with lymphatic drainage to release facial tension and congestion.

Then while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.



Skin Solutions Facial AA - 60 minutes

€115

Refine and freshen oily and combination skin with this balancing facial. Skin is cleansed, exfoliated and then a deep cleansing mask is used to re-mineralise the skin leaving it looking clean, refreshed and revitalised. A facial massage using traditional aromatherapy massage pressure points eases tension and helps tone the muscles. A scalp massage using an inhalation of essential oils and an arm and hand massage complete this relaxing facial.

Soothing Facial AA - 60 minutes

€115

This treatment is particularly for those suffering from redness or irritation.

A truly soothing and calming facial suitable for irritated or inflamed skin, it will help to reduce redness, nourish, soothe, and restore the skin's natural balance and radiance.



Men's Facial Treatments

The Refinery Essential Men's Facial AA - 60 minutes

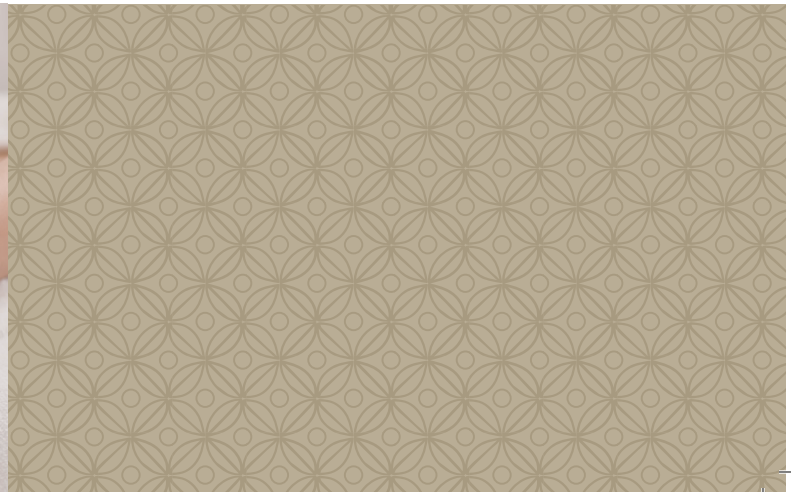
€115

A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

The Refinery Ultimate Face & Body Treatment AA - 90 minutes

€150

The ultimate, all-inclusive cleansing and rejuvenating treatment including a back exfoliation and a stress relieving back massage, bringing relief to an overactive mind and tired or aching muscles. A deep cleansing facial using the finest essential oils is also performed to rebalance, clarify and hydrate the skin, leaving it bright, thoroughly clean and refreshed.



Aroma Radiance Lift Facial Treatments

Rose Infinity Lift Facial AA - 90 minutes

€200

Achieve instant, long lasting results that noticeably lift tone and firm the skin, leaving you with a flawless, healthy and younger looking complexion. The power of the Rose Infinity Collection is accelerated by stimulating micro-currents to not only deliver active ingredients deeper into the skin but also give a non-surgical face lift that will tighten, restructure and focus on your key areas of concern while also paying attention to the forehead, mouth and eye area to drastically reduce fine lines and wrinkles.



The Refinery Power Lift Men's Facial AA - 90 minutes

€200

This treatment is for men concerned with fine lines and wrinkles. A results-driven facial that will tighten, firm, reduce fine lines & wrinkles whilst nourishing the skin with the finest botanical blends and therapeutic essential oils. Utilising the latest, non-invasive electrical impulses to aid the absorption of the active ingredients and stimulate the skin, this facial will leave skin toned, hydrated and firm.

Ultimate Aroma Radiance Facial AA - 90 minutes

€200

This treatment will reduce fine lines and wrinkles and leave skin visibly plump, lifted, clear and radiant. Regenerating rose essential oils and your chosen skin booster are applied utilising gentle micro-currents to deliver active ingredients deep into the layers of the skin. While your skin indulges in our award-winning Overnight Repair Mask, a deeply relaxing shoulder and décolleté massage is performed so you are left calm, comfortable and rejuvenated.

Aroma Lift Facial AA - 60 minutes

€170

This treatment lifts and tones facial muscles, smooths fine lines, re-plumps the skin and results in a radiant complexion. Focusing on reducing fine lines, wrinkles and boosting skin luminosity, the Aroma Lift Facial combines an exfoliating enzyme peel, the application of regenerating rose products and skin boosters along with gentle electric micro current stimulation to re-educate facial muscles, leaving skin plump, nourished and radiant.

Aroma Clear Facial AA - 60 minutes

€170

A deeply cleansing and brightening facial using gentle, anti-bacterial high frequency currents to help reduce blemishes and purify the pores, leaving skin clear, clean and bright. Our Deep Cleanse Face Mask is also applied while you indulge in a relaxing scalp massage followed by the application of our specially formulated Bioelectric Gel to rehydrate the skin.

Express Spa Treatments

Soothing Back Massage - 30 minutes

€75

This soothing back, shoulder & head massage will relieve stress and leave you feeling deeply relaxed.

Deep Tension Back Massage - 30 minutes

€80

Focusing primarily on the back, shoulders and neck area, this deep back massage will help to relieve tension and stiff aching muscles.

Aromatic Head & Foot Massage - 30 minutes

€75

Whilst deep tension is relieved in your back from the warmth of a heated mask, submit to an aromatic and indulgent head, neck & shoulder massage with a nourishing hair mask followed by a soothing foot massage, releasing built up stress from the tips of your hair to the tips of your toes.

Leg & Foot Reviver AA - 30 minutes

€75

Relieve & nourish tired & aching feet with this wonderfully relaxing treatment. Feet and lower legs are brushed, soaked, exfoliated with a scrub of ground olive pits and refreshed with hot towels before specific gels and oils are massaged into the skin either to relieve swollen legs & ankles or to deeply moisturise dry rough skin. Cuticles and heels are deeply nourished with natural plant oils to conclude this deeply reviving treatment.

Stimulating Jet Shower - 20 minutes

€55

An invigorating, deep high pressure water treatment applied with specific sequences over your body to stimulate the lymphatic system, alleviate tension in the muscles and reduce the appearance of cellulite.

Express Facial AA - 30 minutes

€75

This personalised express treatment includes a facial cleanse, massage and mask with products selected by your therapist to suit your skin, leaving it glowing and refreshed.

Instant Eye Repair AA - 30 minutes

€55

Refresh and brighten your eyes with this revitalising eye treatment, the perfect addition to any facial. This treatment uses specialised massage techniques with cold stones to improve micro-circulation and drainage, helping reduce puffiness around the eyes whilst rose wax and shea butter nourish the skin and help it stay hydrated and soft.

Intensely Nourishing Hair Treatment AA - 30 minutes

€55

Enriching hair oil based on pure essential oils combined with coconut oil is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, tension is released and a deep state of relaxation follows. Known for their beneficial effect on the scalp and hair, these richly scented oils encourage circulation and help to promote healthy, conditioned hair.

Hands and Feet

Spa Manicure - 60 minutes €50

A full manicure treatment including nail shaping, exfoliation, cuticle work, hand mask and a soothing & nourishing hand massage followed by an application of nail polish of your choice.

French Manicure - 75 minutes €55

A full manicure treatment including nail shaping, exfoliation, cuticle work, hand mask, a soothing & nourishing hand massage followed by an application of French nail polish.

Men's Manicure - 45 minutes €45

A full manicure treatment including nail shaping, exfoliation, cuticle work, hand mask and a soothing & nourishing hand massage.

Long Lasting Gel Polish Hands or Feet - 60 minutes €40

Nails are prepared by nail shaping, cuticle work and buffing before a long lasting gel polish of your choice is applied. This treatment is concluded with a nourishing cuticle oil to finish.

Gel Polish Removal - 20 minutes €15

Gel Polish is removed using foil wraps and gentle buffing.

Re-shape & Polish Hands or Feet - 20 minutes €20

Re-shape and file of the nails followed by a nail polish of your choice.

Re-shape & French Polish Hands or Feet - 20 minutes €25

Re-shape and file of the nails followed by a French nail polish.

Spa Pedicure - 75 minutes €80

Includes a bubbling spa bath to soothe your tired feet, nail shaping, exfoliation, cuticle work, foot mask and a relaxing foot massage, followed by an application of nail polish of your choice.

French Pedicure - 75 minutes

€85

Includes a bubbling spa bath to soothe your tired feet, nail shaping, exfoliation, cuticle work, foot mask and a relaxing foot massage, followed by an application of French nail polish.

Men's Pedicure - 60 minutes

€60

A spa bath will soften & soothe your feet before nail cutting, exfoliation, cuticle work, foot mask and a soothing and nourishing foot massage.

Spa Essentials

Eye Brow Shape - 15 minutes

€15

Eye Lash & Brow Tint - 30 minutes

€25

Full Leg Wax - 60 minutes

€55

Half Leg Wax - 30 minutes

€40

Arm Wax - 30 minutes

€30

Under Arm Wax - 15 minutes

€20

Upper Lip or Chin Wax - 15 minutes

€20

Bikini Line Wax - 30 minutes

€30

Full Bikini Wax - 45 minutes

€40

SPA ETIQUETTE

In the interests of the comfort, safety and relaxation of our guests we ask that the following guidelines are followed:

Cancellation Policy

Please ensure you inform us of any treatment cancellation 12 hours prior to your scheduled appointment in order to avoid a 50% cancellation fee. Failure to give the required notice and No Shows will incur a 100% charge of the reserved treatment.

Arrival Time

Please arrive 15 minutes before your treatment in order to complete the required health & lifestyle consultation form and to take time to relax in our lounge and enjoy a beverage before your treatment. Out of respect for other client's reservations, we advise you that we are unable to extend your time due to late arrival and that your treatment time will be reduced or amended accordingly without refund.

Health Conditions

Please inform us if you have any injuries, physical ailments or allergies that may contraindicate spa treatments or may require modification in order to ensure your comfort and well-being. During treatments please let your therapist know if you have any concerns or experience any discomfort. Your care is our greatest priority.

Children

We regret that the spa and its facilities are not available to children under the age of 16 years old.

Dress Code

We will provide you with a secure locker, bathrobe, slippers & disposable underwear. Nudity is not permitted and your therapist will use suitable towel draping at all times during treatments

Jewelry & Valuables

Please make sure that your valuables are kept in your locker. The spa cannot be held responsible for the loss or damage of any personal possessions.

Peace & Harmony

Our spa environment is one of tranquillity and relaxation.

Please respect other guest's right to privacy and serenity.

Please ensure that your mobile phone is switched off or on silent and left in your locker and that you conduct all conversations at levels consistent with a relaxing spa environment.

Gift Vouchers

Gift Vouchers are available and make the perfect gift. Our spa reception is at your disposal to assist you.

If you are redeeming a gift voucher please advise us at time of booking and present the voucher on arrival at the spa.

Payment

All treatments may be paid for in cash, credit card or charged to your room.

Gratuities

Service charge is included in our prices, but if you feel you have received exceptional service, it is at your discretion to leave a gratuity as a reflection of your appreciation of the service quality of your therapist.



Opening hours

Summer 9am - 7:30pm

Winter 10am - 7pm

Contact us

Tel: 00357 25 858020 / Ext: 6

spa@fourseasons.com.cy

www.fourseasons.com.cy

