



# PURE REVITALIZING FRESH

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DISCOVER SPA MONT BLANC AT FOUR SEASONS HOTEL DES BERGUES >

[SKIP TO SPA MENU >](#)



# WELCOME TO SPA MONT BLANC

[SKIP TO SPA MENU >](#)

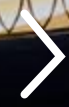
A SPA  
DESIGNED  
TO ENERGISE AND EXHILARATE

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REFLECTING THE  
**PURITY**  
OF SWISS MOUNTAINS AND LAKES

[SKIP TO SPA MENU >](#)



A LUXURIOUS ROOFTOP  
SANCTUARY

SKIP TO SPA MENU >



DEDICATED TO YOUR PERSONAL RENEWAL AND  
REVITALISATION

SPA MONT BLANC

**TREATMENTS**

SALON

FITNESS

HOW TO SPA

CONTACT US

OUR APPROACH IS HIGHLY

**THERAPEUTIC**

AND FOCUSED ON DELIVERING GENUINE RESULTS

DISCOVER OUR TREATMENTS >

SPA MONT BLANC

TREATMENTS

*Spa Rituals*

Premium Facials

Facials

Massages

Treatment Add-Ons

Slimming Treatments

Exclusively for Men

All About Kids

SALON

FITNESS

HOW TO SPA

CONTACT US

# SPA RITUALS

Indulge in our specially designed Spa Mont Blanc rituals, combining a variety of facial and body treatments. Each ritual is crafted to deliver multiple benefits – from muscle relaxation to detoxification.

## Four Seasons In One Massage

50 min CHF 195

Our signature trip to relaxation, this journey takes you through the four seasons of the year, experienced through different aromas, temperatures and levels of pressure.

## Back, Face and Scalp Ritual

BY ESPA

80/110 min (with hot stones) CHF 250/340

Renowned as one of ESPA's "hero" treatments, this deeply relaxing ritual delivers triple results by targeting the back, face and scalp. For additional depth, the treatment may be performed with hot stones.

## Spa Mont Blanc Experience

BY ESPA

80 min CHF 260

Rejuvenating and revitalising, this is a true head-to-toe experience. The ritual includes a foot ritual, full-body massage with warm essential oils and an express facial. Ideal just before an evening event or after a long journey.

## Swiss Detox Ritual

BY ESPA

110 min CHF 350

A powerful combination of a body wrap and massage, including deep manipulation and lymphatic drainage techniques. This ritual will leave you feeling cleansed and revitalised with a sense of well-being.

## Hydrating Rejuvenation Ritual

BY SWISS PERFECTION

95 min CHF 950

Inspired by medical anti-ageing techniques, this highly effective face and body ritual targets wrinkles, loss of hydration and irregular skin texture. The ritual includes a body scrub, back massage and body hydration, followed by a complete hydrating and rejuvenating facial.

## Lifting Ritual

BY SWISS PERFECTION

95 min CHF 1,100

This innovative body and face ritual acts as a natural lift, combining the most rejuvenating body and face treatment to remodel the contour, while also improving skin firmness and texture, and smoothing away wrinkles.



SPA MONT BLANC

## TREATMENTS

Spa Rituals

*Premium Facials*

Facials

Massages

Treatment Add-Ons

Slimming Treatments

Exclusively for Men

All About Kids

SALON

FITNESS

HOW TO SPA

CONTACT US

## PREMIUM FACIALS BY SWISS PERFECTION

Founded in Montreux, Switzerland, Swiss Perfection is renowned for anti-ageing facials, recognising that skin's needs are ever-changing due to seasonal, hormonal and environmental factors. These expertly prescribed facials use the unique anti-ageing Transdermal System machine, and incorporate deep-cleansing, anti-aging massage, treatment masks and personalised aftercare. Using Cellular Active IRISA® technology, each facial helps to achieve a younger, smoother and naturally radiant complexion.

### Cellular Eye Contour

45 min CHF 450

Focusing on the most delicate area of the face, this remarkable treatment promotes a fresh and uplifted appearance. Fine lines and wrinkles are diminished with an infusion of eye-specific masks and brightening serums, helping to enhance your eye area.

### Cellular Neck and Décolletè

45 min CHF 450

Rejuvenating and reshaping the neck and décolletage area, this specialised treatment targets wrinkles and sagging skin. The décolletage is visibly firmed, smoothed and toned.

### Cellular Antioxidant

60 min CHF 550

Through the power of pure vitamin C, this highly active antioxidant facial stimulates collagen production, restores radiance and increases visible firmness. A course of six treatments is recommended.

### Cellular Hydrating Rejuvenation

60 min CHF 650

Inspired by medical anti-ageing techniques, this unique treatment targets wrinkles, loss of hydration and irregular skin texture. A course of six treatments is recommended.

### Cellular Exclusive Lift Concept

60 min CHF 800

This exclusive facial visibly lifts and improves the skin's firmness, while promoting cellular renewal. The treatment combines the most innovative rejuvenating treatments to remodel the face contour and smooth away wrinkles. A course of six treatments is recommended.

SPA MONT BLANC

**TREATMENTS**

Spa Rituals

Premium Facials

*Facials*

Massages

Treatment Add-Ons

Slimming Treatments

Exclusively for Men

All About Kids

SALON

FITNESS

HOW TO SPA

CONTACT US

# FACIALS

Spa Mont Blanc's facials by Biologique Recherche and ESPA begin with a detailed consultation and in-depth skin analysis. Your facial is then specifically tailored to your needs, creating an experience that is both soothing and effective.

## Skin Radiance Facial

BY ESPA

50 min CHF 175

This revitalising facial treatment helps to refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

## Re-Hydrator Facial

BY ESPA

50 min CHF 175

An intensive, regenerating facial for dehydrated skin, leaving it supple and nourished.

## VIP O<sub>2</sub> Oxygenating Facial

50 min CHF 225

This luxurious oxygenating and balancing ritual features a perfect combination of micro-exfoliation, oxygenation and bio-energy massages. Oxygenates the epidermis, relaxes and leaves you glowing with health from the first day of treatment. Recommended for after the sun exposure and sensitive skin.

## Ultimate Life Stage Facial

BY ESPA

80 min CHF 265

This deluxe facial includes cleansing, exfoliation, extraction where necessary, a massage, mask and intensive serum. Your skin feels smooth and regenerated.

## Restructuring and Soothing Facial

BY BIOLOGIQUE RECHERCHE

80 min CHF 305

Including active ingredients, this intensive treatment firms, tones and revitalises your skin, working to smooth wrinkles and fine lines.



SPA MONT BLANC

## TREATMENTS

Spa Rituals

Premium Facials

Facials

*Massages*

Treatment Add-Ons

Slimming Treatments

Exclusively for Men

All About Kids

SALON

FITNESS

HOW TO SPA

CONTACT US

# MASSAGES

At Spa Mont Blanc, our massages have been thoughtfully created to maximise your relaxation and well-being. Each journey begins with a welcoming foot ritual, a sensory aroma test and a brief consultation to ensure that we completely meet your needs.

## Re-Energising Massage

50/80 min CHF 175/245

Feel your energy awaken with this full-body, deep tissue massage, featuring ancient therapeutic techniques, acupressure point stimulation and light stretching.

## Invigorating Swiss Massage

80 min CHF 245

This detoxifying, deep-pressure massage leaves your body feeling completely invigorated. Refreshing techniques include warm-up friction sequences and meridian stimulation.

## Alpine Aroma Reviver

50/80 min CHF 190/265

Feel a sense of cocooning with this aromatherapy massage that use a blend of oils chosen through a personal consultation. With a focus on long, nurturing strokes, the treatment is fully customised and unique to your needs.

## Four Hands Massage

50/80 min CHF 415/600

Reach the ultimate relaxation in this synchronised massage featuring two expert therapists. You are guaranteed quick results in pain relief and tension removal.

## Pre- and Post-Natal Massage

50 min CHF 215

Performed exclusively in the second and third trimesters of pregnancy, this deeply nourishing body massage is designed to target areas prone to stress and tension. A course of six treatments is recommended. This massage is also ideal immediately after pregnancy.

SPA MONT BLANC

**TREATMENTS**

Spa Rituals

Premium Facials

Facials

Massages

*Treatment Add-Ons*

Slimming Treatments

Exclusively for Men

All About Kids

SALON

FITNESS

HOW TO SPA

CONTACT US

## TREATMENT ADD-ONS

Complement your experience at Spa Mont Blanc by adding one of the following options, including specialty treatments, an express facial and extended massage.

### Salt and Oil Scrub

25 min CHF 80

This exceptional skin-softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. For a lighter application, instead of salt and oil, the treatment may use an exfoliating body polish, rich in spearmint and aloe.

### Clarity Head Massage

30 min CHF 95

This targeted treatment is the ideal add-on to a body massage – bringing extra attention to the upper back, neck, head and forehead. The massage focuses on acupressure points and features vibration techniques. The use of a deeply nourishing and conditioning hair mask is wonderful for relieving head and eye aches.

### Express Facial

BY ESPA

30 min CHF 110

The ideal mini-facial to enhance another treatment. The experience includes a cleansing, mini massage and the application of appropriate ESPA product to leave your skin glowing.

### Cellular Eye Contour

BY SWISS PERFECTION

20 min CHF 250

Focusing on the most delicate area of the face, this remarkable treatment promotes a fresh and uplifted appearance. Fine lines and wrinkles are diminished with an infusion of eye-specific masks and brightening serums, helping to enhance your eye area.

### Cellular Neck And Décolletè

BY SWISS PERFECTION

20 min CHF 250

Rejuvenating and reshaping the neck and décolletage area, this specialised treatment targets wrinkles and sagging skin. The décolletage is visibly firmed, smoothed and toned.

SPA MONT BLANC

**TREATMENTS**

Spa Rituals

Premium Facials

Facials

Massages

Treatment Add-Ons

*Slimming Treatments*

Exclusively for Men

All About Kids

SALON

FITNESS

HOW TO SPA

CONTACT US

# SLIMMING TREATMENTS

Designed to smooth and tone the body's contours, these remarkably effective treatments enhance the appearance of firmness and definition. Ask us about the best age-defying options.

## Detoxifying Hip and Thigh Massage

BY ESPA

50 min CHF 225

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. A course of six treatments is recommended.

## Anti-C Slimming Treatment with Massage Glove

BY BIOLOGIQUE RECHERCHE

50 min CHF 250

Addressing localised adipose fat and visible signs of cellulite, this complete treatment targets lipolytic areas to improve firmness and micro-circulation. A course of six treatments is recommended.

## Lifting Body Treatment

BY BIOLOGIQUE RECHERCHE

65 min CHF 300

Indispensable for totally re-sculpting the body, this remarkable treatment exfoliates, firms and tones the epidermis. A course of six treatments is recommended.

## Slimming and Oxygenating Body Treatment

BY BIOLOGIQUE RECHERCHE

80 min CHF 395

This treatment features an energising massage and a wrap. Its thermal effect releases marine active ingredients that remineralise and purify the body, filling you with a sense of comfort and well-being. The treatment also tones and detoxifies the epidermis. A course of six treatments is recommended.

## Anti-Cellulite Wrap

BY SWISS PERFECTION

110 min CHF 700

This intensive anti-cellulite treatment targets cellulite and loss of tone, creating a profound sensation of lightness and well-being. The body is defined, firmed and toned. A course of six treatments is recommended.

SPA MONT BLANC

**TREATMENTS**

Spa Rituals

Premium Facials

Facials

Massages

Treatment Add-Ons

Slimming Treatments

*Exclusively for Men*

All About Kids

SALON

FITNESS

HOW TO SPA

CONTACT US

# EXCLUSIVELY FOR MEN

An ideal retreat for men who wish to look their finest and feel at the top of their game, Spa Mont Blanc offers treatments that are specifically customised to men's needs. For additional men's aesthetic services, such as nails and hair removal, please contact the spa reception.

## Gentlemen's Manicure & Pedicure

45 min CHF 95/110

Our expert manicures and pedicures include nail shaping, cuticle treatment, buffing and softening the skin with a hydrating massage

## Purifying Skin Facial

BY ESPA

50 min CHF 175

Designed especially for active men, this deep-cleansing facial rejuvenates and purifies, promoting a healthy skin appearance.

## Executive Full-Body Revitaliser

80 min CHF 270

This full-body massage begins with a purifying back scrub followed by a targeted tension massage that allows you to relax, recover and feel ready for another day.

## Cellular Men Facial

BY SWISS PERFECTION

60 min CHF 550

A deep-cleansing, purifying face treatment – specifically for men's skin – designed to soothe, purify and eliminate fatigue, while promoting a calm, fresh and youthful appearance. This medically tested anti-ageing treatment includes a high concentration of collagen for incredible results.

SPA MONT BLANC

**TREATMENTS**

Spa Rituals

Premium Facials

Facials

Massages

Treatment Add-Ons

Slimming Treatments

Exclusively for Men

*All About Kids*

SALON

FITNESS

HOW TO SPA

CONTACT US

# ALL ABOUT KIDS

At Spa Mont Blanc, children have the opportunity to relax and feel fully pampered. Discover the range of fun and delicious options!\*

## Mini Mani and Pedi

50 min CHF 135

Kids get to choose from a chocolate- or strawberry-themed manicure and pedicure

## Strawberry Vanilla Massage and Scrub

50 min CHF 175

The perfect relaxing treatment for any child! They pick their favourite scent – strawberry or vanilla – then lie back and enjoy.

## Princess Facial

50 min CHF 175

Girls learn how to take care of their skin, using quality ingredients that renew balance and bring a healthy glow.

## Spa Experience with Mum and Dad

Come with your family and enjoy a unique experience in our exclusive Deluxe Suite.

\*Age restrictions may apply.



SPA MONT BLANC

TREATMENTS

**SALON**

*Hair Studio by Four Seasons*

Aesthetic Services

FITNESS

HOW TO SPA

CONTACT US

# HAIR STUDIO BY FOUR SEASONS

Our celebrated stylists offer Geneva's finest hair care services in a private, intimate setting above the city. With a chic, sophisticated approach, the team combines in-depth knowledge with innovative techniques. More than simply a hair studio, this is a complete lifestyle concept.

## For Women

Hair Extensions

Blow Dry

Haircut & Blow Dry

Highlights

Colour & Blow Dry

Gloss Shine Treatment

Shampoo & Treatment

## For Men

Haircut & Style

Haircut & Colour

Beard Shaping

Shampoo

## For Children

**UNDER 10 YEARS OLD**

Girl's Haircut & Blow Dry

Boy's Haircut



SPA MONT BLANC

TREATMENTS

**SALON**

Hair Studio by Four Seasons

*Aesthetic Services*

FITNESS

HOW TO SPA

CONTACT US

## AESTHETIC SERVICES

Ensuring the ultimate level of personal grooming – for both women and men – Spa Mont Blanc offers a variety of professional nail care and hair removal services, provided in settings of privacy and comfort.

### Nail Care

Spa Manicure .....	CHF135
Spa Pedicure .....	CHF160
Spa Manicure/Pedicure .....	CHF255

### Hair Removal

Full Leg Wax .....	CHF 100
Half Leg Wax .....	CHF 65
Under Arm Wax .....	CHF 45
Arm Wax .....	CHF 45
Upper Lip Wax .....	CHF 20
Chin Wax .....	CHF 20

Eyebrow Wax .....	CHF 20
Back Wax .....	CHF 100
Classic Bikini Wax .....	CHF 50
Brazillian Bikini Wax .....	CHF 75
Complete Bikini Wax .....	CHF 100
Eye Brow Tint .....	CHF 45
Eye Lash Tint .....	CHF 50
Eye Brow and Lash Tint .....	CHF 85
Eye Brow Design with Tweezer .....	CHF 40

SPA MONT BLANC

TREATMENTS

SALON


**FITNESS**

HOW TO SPA

CONTACT US

FOR A LONGER, HEALTHIER AND  
HAPPIER LIFE

DISCOVER FITNESS >

A photograph of a modern spa interior. The space is characterized by a large, multi-paned glass skylight that allows natural light to illuminate the area. Below the skylight, a swimming pool with blue mosaic tiles is visible. The walls are made of light-colored stone or marble, and there are some plants and architectural details like a staircase railing. The overall atmosphere is clean, bright, and luxurious.

SPA MONT BLANC

TREATMENTS

SALON

**FITNESS**

HOW TO SPA

CONTACT US

## FITNESS CLUB

Sharing the rooftop with Spa Mont Blanc, Club des Bergues offers state-of-the-art fitness facilities and services. The club enjoys the spa's luxurious changing rooms, including relaxation areas and an innovative journey of heat experiences. The club's goal is to enhance your overall physical condition, helping you lead a longer, healthier and happier life.

### Fitness Studio

Ideal for cardio and strength training, Club des Bergues provides 24-hour fitness facilities, including the latest workout equipment from Technogym and Matrix. The rooftop indoor swimming pool adds motivation with beautiful views over Geneva.

### Personal Training

Club des Bergues offers personal training and body styling appointments, intended to enhance both your energy level and your physical appearance.

### Outdoor Activities

To inspire a well-rounded fitness programme, guests may join a variety of complimentary outdoor activities including jogging, cycling, lake swimming, mini-triathlons, yoga and Pilates. Please enquire about the schedule.

### Izumi Restaurant

Our rooftop restaurant, Izumi offers a Japanese-fusion concept of healthy and innovative Nikkei cuisine, including sashimi or tiradito. The terrace offers a 360-degree view of Geneva, the lake and the surrounding mountains. It's an elevated experience to enhance your time at Spa Mont Blanc.

SPA MONT BLANC

TREATMENTS

SALON

**FITNESS**

HOW TO SPA

CONTACT US

AN ELEVATED

EXPERIENCE

*Learn more about IZUMI on [fourseasons.com](https://fourseasons.com) ›*

A photograph of the Spa Mont Blanc interior. The room features a large, multi-tiered crystal chandelier hanging from the ceiling. Below it, a circular pool area is visible. The walls are lined with bookshelves filled with books, and there are two grey armchairs with a small round table between them. A fireplace is visible on the right wall.

SPA MONT BLANC

TREATMENTS

SALON

FITNESS

**HOW TO SPA**

CONTACT US

## HOW TO SPA

Spa Mont Blanc is designed to provide a peaceful and harmonious setting. To ensure a relaxing environment for all our guests, we request that you kindly speak in a quiet voice and that you switch off your mobile phone and other devices.

### Spa Reservations

We suggest booking your treatment well in advance to ensure the availability of your preferred time and service. For reservations, please call +41 (0) 22 908 7700.

### Spa Arrival

We recommend that you arrive at least 30 minutes before your treatment. During this time, we suggest spending 5 to 15 minutes enjoying the heat experiences in the changing room, helping to prepare your body and relax your muscles. Please note that late arrivals will not receive an extension of the treatment.

### Cancellation Policy

If you need to cancel or change your treatment, please let us know 24 hours prior to your scheduled time. Without proper notification or in case of non-arrival, the full treatment fee will be charged.

### Health Information

Please let us know if you have any special health concerns when you complete the questionnaire on arrival at Spa Mont Blanc.

### Swimming Pool and Fitness Centre

Access to these facilities is reserved for registered hotel guests only.

### Gift Certificates

To give the Spa Mont Blanc experience to someone you care about, simply purchase a gift certificate or a Four Seasons Gift Card. Please ask at our reception desk for more details, or visit our website: [fourseasons.com/geneva/spa](https://fourseasons.com/geneva/spa).

### Age Policy

For massage, guests must be at least 16 years old. For facials, guests must be at least 14. To use the spa facilities, guests must be at least 12.

SPA MONT BLANC

TREATMENTS

SALON

FITNESS

HOW TO SPA

**CONTACT US**

## Reservations

Phone +41 (0) 22 908 7700

Email [spa.gen@fourseasons.com](mailto:spa.gen@fourseasons.com)

Web [fourseasons.com/geneva/spa](http://fourseasons.com/geneva/spa)

## Hours

Spa Facilities 6:30am to 10:00pm

Spa Treatments 9:00am to 9:00pm

Hair Salon 10:00am to 7:00pm

Fitness Centre 24 hrs

SPA MONT BLANC / FOUR SEASONS HOTEL DES BERGUES, 33, QUAI DES BERGUES, 1201 GENÈVE, SWITZERLAND