





spa

FOUR
SEASONS
TORONTO

60 Yorkville Avenue M4W 0A4
416 963 6006

Updated April 2017



Now Here's The Rub!

This is just not any massage - and this is not just any spa. This is about you...and we understand that. All of our massages are performed with aromatherapy oils from head to toe – not just a lingering scent on your shoulders and feet (unscented is available for those who prefer that). All of our massages are identically priced for the same length of time – so no need to worry about asking for more pressure and being charged extra for it. And because we use a natural botanical blend of seven vegan oils for every massage, you are provided with a deeply hydrating treatment with excellent anti-aging benefits. Prices and policies subject to change without notice.

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Now Here's The Rub!

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STRESS-RELIEVING NECK AND BACK MASSAGE

30 min \$130 | 45min \$160

Short on time and need to feel released from tension in your back, neck and shoulders? After a long day of travel or stressful business meetings, this is a perfect way to unwind and ensure a peaceful night's sleep.

MOM-TO-BE MASSAGE

60 min \$190 | 90 min \$275

For women in their second or third trimester, this gentle relief massage enhances comfort, improves circulation and promotes relaxation.

ASIAN FUSION MASSAGE

60 min \$190 | 90 min \$275

Enjoy a mixture of Asia including Thai pressure point, specific prolonged stretching and Balinese and Malaysian techniques such as cupping, stroking and tapotement, to relieve stress and restore your energy balance. Uses medium to deep pressure.

Ask your therapist about adding one or two of our enhancements to your treatment. These add no extra time but give you added benefits.

DEEP TISSUE MASSAGE

60 min \$190 | 90 min \$275

Using a special blend of peppermint, eucalyptus and rosemary, this deep tissue massage will naturally release your muscle tension. Incorporates mainly forearm and elbows and some light stretching to ease tension from your body.

RELAXING AROMATHERAPY MASSAGE

60 min \$190 | 90 min \$275

Ideal for the first-time spa visitor or for someone looking for pure relaxation, this ancient healing therapy combines the nurturing powers of touch with blends of aromatic essential oils with natural fragrances that respond to each individual's needs. The massage combines light to medium pressure and long gliding strokes to reduce tension, soothe sore muscles and increase circulation.



Now Here's The Rub!

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HEALING BAMBOO MASSAGE

60 min \$190 | 90 min \$275

Our deepest and most natural massage is known for its unique healing properties. Using smooth pieces of different-sized bamboo, this deep pressure massage reduces stress, relieves tension in the muscles and tendons and stimulates the flow of blood and lymph, naturally healing the body and mind. The natural element (wood) of the bamboo allows you to experience invigorating/relaxing energy from this massage.

TWO HOURS IS JUST RIGHT

120 min \$390

You know how it just seems like the massage started and all of the sudden it is over. Now you can enjoy a full two hour massage. Choose either aromatherapy or deep tissue. Only performed by a select number of therapists so book early.

Ask your therapist about adding one or two of our enhancements to your treatment. These add no extra time but give you added benefits.

MASSAGES FOR TWO

60 min \$190 per person | 90 min \$275 per person

Take time to reconnect with a loved one, best friend or family member on side-by-side massage tables, set within one of our exquisite suites for two. Two therapists work in unison to provide an unforgettable shared experience.



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Are You Sure You Haven't Had Some Work Done?

After a visit to our spa, your friends and family will definitely be asking! Four Seasons Toronto facials are an exquisitely pampering experience with skin-care products exclusive to our spa in all of Toronto. From ingredients sourced from the mineral-rich waters of Hungary to private organic farms from different regions of the world, our facials offer something for everyone and every skin type. And all of our facials are identically priced for the same length of time. All facials include a complimentary analysis of your skin followed by cleansing, toning and exfoliation before light extractions (if necessary and unless otherwise indicated) are performed. Maintaining authentic skin care traditions of Europe, all facials are performed with soothing hot towels instead of steamers. Prices and policies subject to change without notice.

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Are You Sure You Haven't Had Some Work Done?



THE EUROPEAN CLASSIC

60 min | \$205

Designed to give you a fresh glow, mineral-rich Hungarian moor mud is used to draw out impurities and nourish your skin. The application of the mud mask follows a thorough cleansing, toning and exfoliation using rosemary and pineapple extract which treats sensitive skin and reduces the size of pores. The treatment also includes a specialised Hungarian facial massage and hand massage.

LTB (LIGHTEN, TIGHTEN & BRIGHTEN) PEEL

60 min | \$245

Looking for an extra superboost for your skin? This advanced and preventative treatment uses powerful fruit enzymes, polypeptides and vitamin C to lighten, tighten and brighten the skin. After a thorough cleanse and skin preparation, a deep exfoliating solution is applied and massaged into the skin with microcrystals. Two layered masks then deliver double the effects: an active enzyme mask brightens the skin, followed by a cooling and hydrating gel mask massaged with rose quartz crystals which lift and tone the skin, leaving a plump, dewy glow.youthful bounce and cushion to the skin. You will leave the spa feeling revitalized and refreshed with noticeable brighter and firmer skin.

3-IN-1 SUPER FACIAL

60 min | \$220

Using the latest in technology, experience a facial like no other. Exfoliate, infuse and oxygenate your way to youthful and radiant skin. Get the exfoliation benefits of micro-dermabrasion plus deep facial rejuvenation with the infusion of essential revitalizing nutrients and healing skin natural oxygenation from within. The application of the apple stem cell mask helps to nourish and repair the skin.

OxyGeneo™ treatments are suitable for all skin types except extremely sensitive. Not recommended for people who have recently had botox or injectables or for pregnant or nursing women. Prolonged sun exposure should be avoided for at least 24 hours.

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ILLUMINATING FACIAL

60 min | \$205

Designed to leave your complexion completely rejuvenated and glowing, this facial features a gentle peeling, enriched with copper for an antioxidant collagen stimulating punch. After cleansing, toning and exfoliating, a unique facial massage soothes the senses and accelerates micro-circulation while a mask of rose and peony essences plumps the epidermis to reduce the appearance of fine line and wrinkles. Extractions are not performed in this facial.

MAX STEM CELL PEEL

60 min | \$245

For mature skin, this reparative facial has all the benefits of the LTB Peel but is customized to target fine lines, wrinkles, loss of tone and elasticity. This non-chemical peel provides optimal correction, age prevention and nutrition to the skin leaving your face brightly refreshed and glowing.

Ask your therapist about adding one or two of our enhancements to your treatment. These add no extra time but give you added benefits.

GOLD PLUMPING FACIAL

90 min | \$305

This indulgent treatment begins with a copper-enriched lactic-acid peel to boost collagen production, even skin tone and lighten pigmentation. An anti-inflammatory gold serum then helps to heal accumulated micro-damage and is followed by a unique plumping massage that reduces the depth and appearance of fine lines and wrinkles. Next, a gentle eye contour massage is performed with cooling dermaglobes for brighter, refreshed eyes. Finally, a hydrating gold mask lifts and tightens the skin while a sprinkling of Gold Shimmer Oil repairs the skin, leaving the arms, hands and décolleté dazzling.

ALPHA MALE FACIAL

60 min | \$205

Designed specifically for our male spa-goers who want to look their best at all times, this facial reinforces the skin's natural defense system with a deep cleansing, customized mask and rich moisturizers.

Full Service Body Shop

Is it time to come in for a little tune-up? All of our full-body treatments use natural ingredients to remove toxins, increase circulation and add nutrition to the body's tissues. Dry brushing begins each service and concludes with a nourishing application of organic conditioning body lotion, sealing in moisture and leaving the skin luxuriously refreshed. Prices and policies subject to change without notice.

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Full Service Body Shop

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THE SCRUB BAR

60 min | \$205

THE SNOWBIRD RUBY RED GRAPEFRUIT SCRUB

Canadians are famous for flocking to the south when winter comes – giving them the affectionate name, ‘Snowbirds’. Why wait for winter when you can experience the scents of Florida year round? This gentle foaming body scrub buffs away dry skin cells leaving your body smooth, silky and radiant. The freshness of ruby red grapefruit essential oils combined with ground walnut shells produces a rich and luxurious lather for the perfect exfoliating treatment, nourishing the skin. Absolutely delicious!

NATURAL HONEY AND MILK GENTLE SCRUB

While known for her skin care regimen, even this would make Cleopatra jealous! Rich emollient oils meet the warm, inviting aromas of honey in this deeply hydrating scrub. A blend of rice and lotus plants provides a unique body buff treatment while the active oil complex leaves skin soothed, toned, and rejuvenated while.



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Full Service Body Shop

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WRAP IT UP!

75 min | \$220

WARMED LAVENDER HONEY WRAP WITH ALOE AND ARNICA

Infused with French lavender and a touch of honey, this anti-inflammatory, restorative body wrap heals and hydrates. Aloe and Arnica assists in rejuvenating and regenerating the skin keeping it moisturized and protected all day.

NATURAL KAOLIN CLAY WITH GREEN TEA WRAP

This refreshing body mask uses green tea to fight free radicals and protect delicate skin cells against the harsh environment. Kaolin Clay is one of the oldest ingredients used in skin care as it draws out impurities and removes toxins, clearing skin of excess dirt, oil and pollution.

TWO IS ALWAYS BETTER THAN ONE

2 hours | \$395

Especially when you combine the benefits of a scrub and wrap together. The scrub helps remove dull, dead skin cells which naturally build up on the body. In turn, this allows for maximum absorption of the wrap's natural and essential nutrients. Create your own experience by selecting any scrub and body wrap.

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Have you heard of our Ancient Chinese Secret?

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Have you heard of our Ancient Chinese Secret?

TRADITIONAL CHINESE MEDICINE (TCM)

90 min initial assessment | 60 min subsequent sessions \$190

TCM is a holistic ancient medicine which helps to balance body and mind to assist in maintaining a natural healthy lifestyle. The first appointment is 90min in length - which is made up of a 30min in-depth assessment of your current state of health followed by 60min of a specifically-selected treatment using techniques such as cupping, gua sha, acupuncture and energy work. All subsequent sessions are 60min in length, dedicated to achieving your well-being. Please be aware that cupping and gua sha, while very therapeutic, WILL result in bruising that will last for days.

TCM IS ALSO AVAILABLE IN SERIES OF 4 – 60 MIN SESSIONS TO ASSIST WITH TREATING THE FOLLOWING AREAS:

- Sleep & Dream Management
- Fatigue Fighter Combo
- Weight Balance
- Smoking Cessation
- Pain, Anxiety & Stress Relief
- Women's Health

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Let us (Re)treat You Right!

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Let us (Re)treat You Right!

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THE CULTURAL MOSAIC OF CANADA

approx 2.5 hours | \$455

Canada is the world's second largest country and encourages newcomers to keep their cultural identity. Toronto is the largest city in Canada and one of the most ethnically diverse in North America. We present you with one retreat which blends just a few of these many cultures. After a welcoming foot bath ritual, reenergize with an Indian Head Massage which awakes and balances the body's chakras. Our specialised Asian fusion massage, incorporates Thai, Malaysian and Balinese techniques to release stress. At the end, get a complete renewal of the face with the Classic European Facial, leaving you looking like a million dollars (or rupiahs or baths).

INCLUDES:

Foot Bath, Indian Head Massage, Asian Fusion Massage 60min, Classic European Facial 60min

EXOTIC MOROCCAN OIL RITUAL

approx 2.5 hours | \$455

Be revitalized, refreshed and relaxed with this luxurious journey that is inspired by a traditional Moroccan Hammam. Your ritual begins with a foot bath, followed by the detoxifying and invigorating benefits of a full body dry brush exfoliation. Once the skin is cleansed and revitalized, an intensely hydrating treatment is applied with a relaxing massage. Feet and hands are gently exfoliated and softened with a special body buff. The journey concludes with a specialised hydrating scalp mask being massaged into your hair before spending personal time in our steam room.

INCLUDES:

Foot Bath, Full Body Dry Brushing, Hydrating Massage 90min, Hand and Foot Scrub, Hydrating Scalp Massage Treatment



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Let us (Re)treat You Right!

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HEAD TO TOE

60 min | \$360

Enjoy the extravagance of two therapists working on your body simultaneously. Rebalance body and face while experiencing the therapeutic benefits of a reflexology foot treatment while receiving our exclusive firming facial. Two sets of skilled hands provide you with naturally amazing results.

INCLUDES: **Natural Advanced Firming Facial, Reflexology Foot Therapy**

REJUVENATING RETREAT

approx. 3.5 hours | \$475

Float on a cloud after a half day at the spa feeling completely relaxed and rejuvenated from head to toe. Enjoy the benefits of our Healing Bamboo Massage followed by our 3-in-1 Super Facial (with stem cell collagen mask) which will leave your skin looking completely refreshed. Finish your day with a Deluxe Pedicure which features wonderful Moroccan oil products.

INCLUDES: **Foot Bath, Healing Bamboo Massage 60 min, 3-in-1 Super Facial with stem cell collagen mask 60 min, Deluxe Pedicure 75 min**

SIGNATURE 'WE ARE YORKVILLE' TREATMENT

approx. 3.25 hours | \$505

Yorkville has always been our home so we pay homage to its sixties days as a free-spirited center for artists, poets and people seeking to express themselves by offering a soothing and hydrating treatment. After a welcoming foot ritual, enjoy a dry body brushing and ground hemp seed scrub, revealing freshened skin. To nourish the skin, the body is enveloped in natural aloe, arnica and warmed honey. Complete the experience with a patchouli-scented hemp oil massage, bringing peace and calmness to the mind.

INCLUDES: **Foot Bath, Full Body Dry Brushing, Hemp Seed Scrub, Warmed Honey Wrap, Patchouli Hemp Oil Massage 60 min**



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Nail & Hair Bar

You've never looked so polished! Enjoy the absolutely best in nail and hair care while sipping on wine or champagne with some of the best views of Toronto.
Prices and policies subject to change without notice.

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Nail & Hair Bar

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EXPRESS NAIL SERVICES

In a rush or just in between your regular nail service? This will be perfect for you.

EXPRESS MANICURE

25 min | \$40

INCLUDES: Includes nail shaping, cuticle work and polish application (Shellac application is not available with this service).

EXPRESS PEDICURE

25 min | \$40

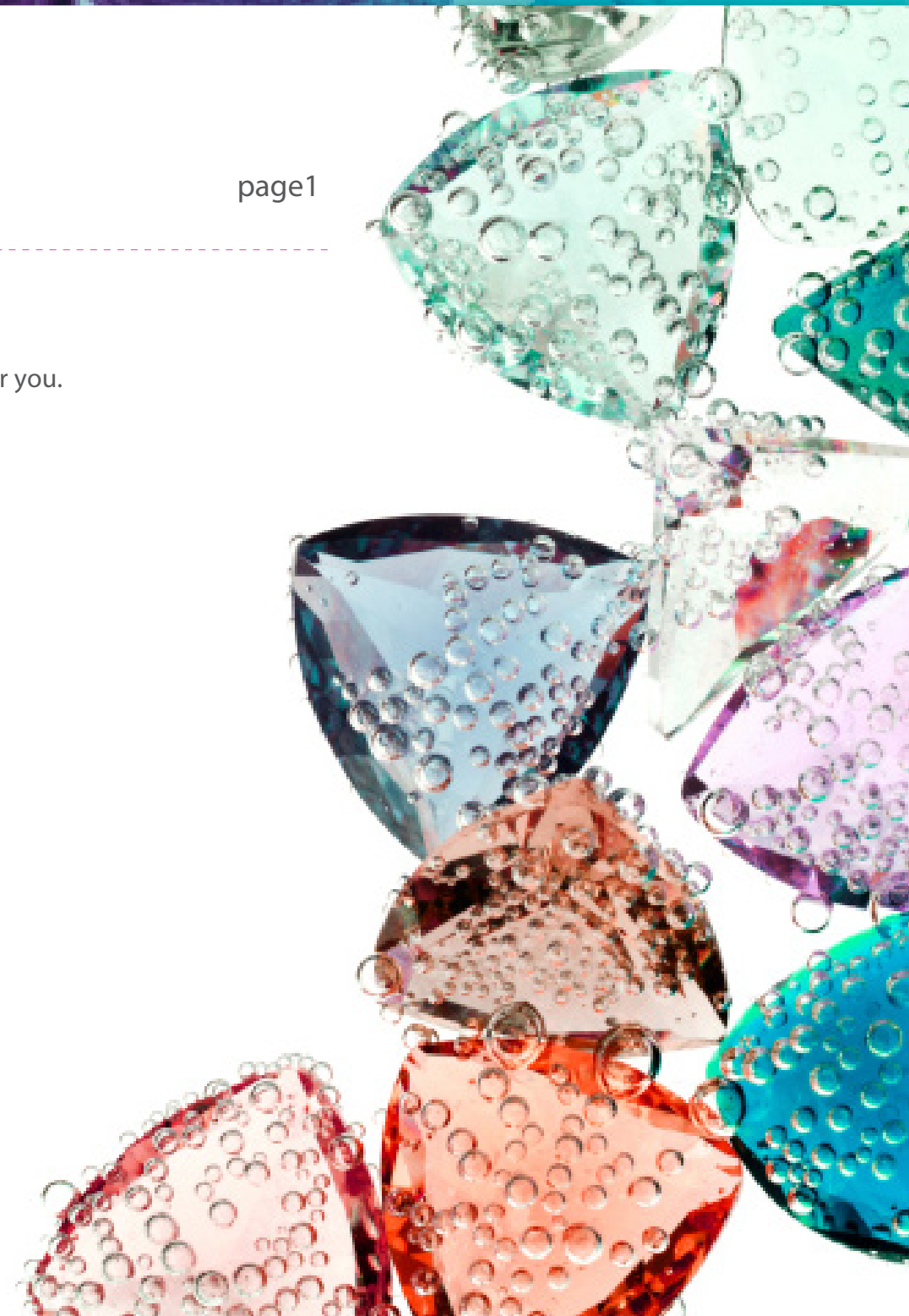
Perfect for between pedicures or when pressed for time.

INCLUDES: Includes nail shaping, cuticle work, light moisturizing and polish application. (Please note that this does not include callus abrasion. Shellac application is not available with this service).

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Nail & Hair Bar

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MANICURES

Manicure	35 min \$50
Shellac Manicure	35 min \$70
Deluxe Manicure	50 min \$70
Luxury Gold Manicure	55 min \$95
Sports Manicure	25 min \$40

Mani Pedi Combo	\$135
French	add \$10
Shellac polish	add \$20
Shellac removal & buff	up to 15min \$20
Polish change	10min \$25
Paraffin add-on	\$20

PEDICURES

Pedicure	50 min \$85
Shellac Pedicure	60 min \$105
Deluxe Pedicure	65 min \$110
Luxury Gold Pedicure	80 min \$135
Sports Pedicure	35 min \$60

HAIR SERVICES

Our stylists are the best in the city offering everything from basic wash, blow and go to colour and styling.

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Enhancements

Want to improve your spa experience even more? No extra time is required but the benefits are amazing. Add one or more of these enhancements to either your massage or facial for \$25 each. Prices and policies subject to change without notice.

Enhancements

FOR MASSAGES AND FACIALS

add \$25

INSTANT ANTI-PUFFY EYE & WRINKLE TREATMENT

Infused with hyaluronic acid, this eye gel mask with extreme decongestive properties instantly helps reduce signs of fatigue. Immediately hydrated, the eye contour area is fresh, visibly smoothed and more rested.

ECO-PARAFFIN

Enjoy a truly healthy and nourishing hand or foot treatment using eco-friendly paraffin. It is a rich blend of jojoba and coconut oils with shea butter, vitamin E and essential oils.

CHOOSE FROM THREE CAPTIVATING SCENTS:

HAPPY, a tropical blend of coconut and pineapple

ESCAPE, a clean, cool peppermint

REVERIE, a dreamy blend of vanilla and lavender

HAIR TREATMENT WITH MOROCCAN OIL

Restore healthy, smooth and strikingly shiny hair. While your scalp massage is being performed, your therapist will apply the oil to your hair. Moroccan oil revives over-processed hair damaged by environmental factors and chemical procedures. For maximum benefits, leave it in your hair after the treatment.

FOR FACIALS ONLY

add \$25

FIRMING STEM CELL COLLAGEN MASK

Enjoy the application of a full face collagen mask made from the stem cells of apples. These stem cells act in a very similar way to human stem cells, nourishing and repairing the skin. The marine collagen promotes elasticity, reducing signs of fatigue and dehydration.



How to Spa

How to Make the Most of Your Spa Experience.

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How to Spa

How to Make the Most of Your Spa Experience. Whether you are coming for an hour or an entire day, we want you to fully enjoy your spa experience. Here are some tips that will assist you:

- 1 We provide you with a locker to change from your clothes into one of our luxurious bathrobes and slippers. Each locker has a digital keypad allowing you to select your own code to lock it.
- 2 Please plan to arrive at least 30 minutes before your first treatment time (5-10min if are having a nail or hair service) so that you can change, use our locker room facilities such as the steam room and complete a health questionnaire. This extra time will allow you to begin to relax before your treatment. (If you are coming from your guest room, please feel free to arrive in your bathrobe).
- 3 Our locker rooms are oversized, with extra lounges, pre-treatment relaxation areas and additional locker facilities. They may be overwhelming on your first visit so please don't hesitate to ask one of our locker attendants for assistance at any time. They are more than happy to assist you. The pre-treatment relaxation area is located away from the change areas (by the steam room). This is where you will meet your therapist before your treatment. If you are having more than one treatment, this will also be where you relax while waiting for your next therapist.
- 4 We recommend that men should not shave less than two hours before their facial.
- 5 Please do not bring valuables to the spa. The spa and hotel are not responsible for lost or stolen articles. Before leaving for the day, please check that you have not left any personal items behind in your locker or the pockets of your bathrobe.
- 6 If you are going to have a facial, you may want to remove your makeup before your treatment to allow your spa therapist more time to pamper and care for your skin. (Eye makeup remover is provided in the women's locker room).
- 7 Our locker rooms are fully stocked with amenities such as hair spray, deodorant, hair gel, shaving cream, disposable razors and q-tips. Our showers feature the finest in organic and natural shampoos, conditioners and body wash. You may wish to bring your face cream and makeup, as they tend to be of a more personal nature.
- 8 The locker rooms are an adult-only facility (16 years and older) except for those aged 12 years and older having a treatment (with a signed parental consent form).
- 9 The spa is a cellphone-free zone. Please respect the relaxation time of others by not talking on your phone. And please place your phones on silent mode.

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