



FOUR SEASONS  
HOTEL  
WESTLAKE VILLAGE, CALIFORNIA

## Be well. Stay well.

### 1. Massage Treatments

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#### *Tranquility*

50 MINUTES \$160 · 80 MINUTES \$230

#### *Custom-Blended Aromatherapy*

50 MINUTES \$170 · 80 MINUTES \$240

#### *Advanced Therapeutic*

50 MINUTES \$175 · 80 MINUTES \$240

#### *Sports*

50 MINUTES \$175 · 80 MINUTES \$240

#### *Couples*

50 MINUTES \$330 · 80 MINUTES \$470

#### *Maternity*

50 MINUTES \$160 · 80 MINUTES \$230

#### *Thai*

80 MINUTES \$260

#### *Shiatsu*

50 MINUTES \$180 · 80 MINUTES \$240

#### *Reflexology*

25 MINUTES \$110 · 50 MINUTES \$155

#### *Syncrossage*

50 MINUTES \$330

#### *Reiki*

50 MINUTES \$155 · 80 MINUTES \$225

#### *Executive Escape*

25 MINUTES \$110

### 2. Mind and Body Treatments

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#### *Return to Balance*

100 MINUTES \$345

#### *Lavender Milk and Honey Cocoon*

100 MINUTES \$335

#### *California Dream*

80 MINUTES \$280

#### *Ginger Lime Sugar Glow*

50 MINUTES \$170

#### *Organic Body Polish*

50 MINUTES \$170

Complementary and  
Alternative Medicine

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#### *Acupuncture*

50 MINUTES \$175 · 80 MINUTES \$260

#### *Acupressure*

50 MINUTES \$175 · 80 MINUTES \$260

#### *Medical Hypnotherapy*

50 MINUTES \$175 · 80 MINUTES \$260

#### *Energy Healing*

50 MINUTES \$175 · 80 MINUTES \$260

#### Waxing

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Chin<sup>1</sup> \$45

Half Arm \$60

Bikini Line \$80

Lip<sup>1</sup> \$40

Full Arm \$85

Chest \$95

Brow Shape<sup>1</sup> \$50

Half Leg \$65

Back \$115

Underarm \$45

Full Leg/Feet \$125

Face \$105

<sup>1</sup>Service must be booked in conjunction with a facial treatment.

### 3. Facial Treatments

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#### **Royal Transformation Experience**

110 MINUTES \$1,500

SERIES OF 10 \$10,500

SERIES OF 6 \$6,750

SERIES OF 3 \$3,600

#### **Four Seasons Signature Facial**

50 MINUTES \$185 · 80 MINUTES \$265

#### **Perfect Radiance Facial**

50 MINUTES \$180 · 80MINUTES \$260

#### **Swift Lift Firming Facial**

50 MINUTES \$180 · 80MINUTES \$260

#### **Hydration Booster**

50 MINUTES \$180 · 80 MINUTES \$260

#### **Custom Organic Facial**

50 MINUTES \$170 · 80 MINUTES \$250

#### **The Cure**

80 MINUTES \$280

#### **Diamond Brightening**

80 MINUTES \$325

#### **DNA Growth Factor Exfoliating Facial**

50 MINUTES \$185

#### **Men's Facial**

50 MINUTES \$165

#### Facial Enhancements

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#### **Knesko hydration Masks**

Eye \$45                      Neck \$55

Face \$55                      Decolletage \$65

#### **In-Skin Technology Enhancements**

1. Air Massage \$75
2. Microdermabrasion \$75
3. Oxygen \$85
4. LED Therapy \$75
5. Radio Frequency \$75
6. Electroporation \$75

#### **Perfect Sense Paraffin Hand**

**Rejuvenation** \$45

**Glycolic Peel** \$50

### 4. Dermatology Treatments

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#### **Skin Evaluation & Cosmetic Consultation**

\$150

#### **Skin Cancer Screening & Prevention**

FROM \$150

#### **Cosmetic Laser Treatment**

\$350 PER TREATMENT

#### **Radiesse**

\$300 (0.3cc) · \$800 (1.3cc)

#### **Sculptra**

\$900 PER VIAL

#### **Voluma**

\$1,200 ONE VIAL · \$2,000 TWO VIALS

#### **Botox/Dysport/Xeomin**

\$550 FOR FIRST AREA

\$150 FOR EACH ADDITIONAL

#### **Juvederm/Restylane/Belotero**

\$600 PER TREATMENT

#### **KYBELLA (Deoxycholic Acid)**

CALL FOR PRICING

#### **Sclerotherapy**

\$250 PER TREATMENT

#### **Fractional Erbium Laser Treatment**

\$700 PER TREATMENT FULL FACE,

NECK OR CHEST

#### **Fractional CO2**

\$4,500 PER TREATMENT, FULL FACE

#### **Radiofrequency Skin Tightening with ThermiRF**

\$2,600 FOR NECK/CHIN OR UNDERARM

\$4,500 FOR ABDOMEN/FLANKS

### 5. Yamaguchi Salon

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#### Nails

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#### **Hayaku Manicure and Pedicure**

HANDS \$45 · FEET \$55

ADD \$10 FOR FRENCH MANICURE

#### **Spa Manicure and Pedicure**

HANDS \$70 · FEET \$80

ADD \$10 FOR FRENCH MANICURE

#### Beauty

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#### **The Geisha Beauty Experience with International Celebrity Artist Billy Yamaguchi** \$600

#### **Makeup Application** FROM \$65

#### **Lessons** FROM \$90

#### **Eyelashes** FROM \$30

#### Bridal

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#### **Bridal Hair** FROM \$150

#### **Bridal Makeup** FROM \$150

### 6. Nutrition and Life Balance

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#### Wellness Kitchens

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#### **Interactive Cooking Class**

#### **Cooking Demonstration**

#### **Lunch and Learn**

Please call for class schedule, availability, and pricing.

#### Nutrition

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#### **Nutrition Consultation**

50 MINUTES \$175 (INITIAL)

25 MINUTES \$95 (FOLLOW-UP)

#### **Metabolism Assessment (RMR)**

50 MINUTES \$150

#### **Metabolism Assessment Duo**

100 MINUTES \$265

#### **Metabolism Assessment Trio**

125 MINUTES \$330

#### **Grocery Store Tour**

120 MINUTES \$330

#### Life Balance

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#### **Life Strategies**

50 MINUTES \$165 (INITIAL)

25 MINUTES \$95 (FOLLOW-UP)

#### **Relationship & Family**

50 MINUTES \$165 (INITIAL)

25 MINUTES \$95 (FOLLOW-UP)

#### **Mindfulness-Based Stress Reduction**

50 MINUTES \$165

#### **Guided Meditation**

50 MINUTES \$150

#### **Somadome**

20 MINUTES \$85 (A LA CARTE)

20 MINUTES \$45 (AS SPA UPGRADE)

### 7. Fitness

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#### **Fitness Consultation**

50 MINUTES \$165

#### **Personal Training**

50 MINUTES \$150 · SERIES OF (12) \$1,590

#### **Guided Hike**

2 HOURS \$300 · 3 HOURS \$400

4 HOURS \$500

#### **Outdoor Road Cycling**

2 HOURS \$300 · 3 HOURS \$400

4 HOURS \$500

#### Fitness Assessments

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#### **Body Composition Analysis (BOD POD)**

25 MINUTES \$95

#### **Target Heart Rate Assessment (VO2)**

50 MINUTES \$250

#### **Posture and Movement Assessment**

50 MINUTES \$165

#### **Jump-Start Pack**

65 MINUTES \$195

#### **Performance Evaluation**

215 MINUTES \$550

## 8. Packages

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### Spa Packages

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#### **Unity**

100 MINUTES \$290 PER PERSON

#### **Balance**

210 MINUTES \$485 PER PERSON

#### **Mother Earth**

210 MINUTES \$495 PER PERSON

#### **Daycation**

HALF DAY \$320 PER PERSON

#### **Westlake's Best**

FULL DAY \$1,200 PER PERSON

#### **Ultimate Indulgence**

FULL DAY \$1,900 PER COUPLE

### Wellness Packages

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#### **Weight Loss Package**

3 DAYS, 2 NIGHTS \$2,300 (EXCLUSIVE OF TAXES AND FEES)

#### **Fit Four All Seasons**

\$250 PER MONTH FOR 4 MONTHS

#### **Taste of Wellness \$299**

1. Detox + Disconnect
2. Relax + Recharge
3. Shape Up + Slim Down

#### **Wellness Your Way**

\$299 PER PERSON PER DAY

## 9. Health and Medical Services

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#### **Comprehensive Physical**

FROM \$2,950

#### **Deluxe Physical \$3,650**

#### **Women's Deluxe Physical \$3,950**

#### **Precision Health and Wellness \$9,700**

#### **The Ultimate Health Package \$4,250**

### On-Site Diagnostic Testing

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Call for pricing

### Dentistry

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Call for pricing

## 10. Annual Memberships

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#### **Spa & Fitness Membership**

MEMBER INITIATION \$500

\$300 PER MONTH

MEMBER + SPOUSE<sup>1</sup> INITIATION \$900

\$500 PER MONTH

#### **Spa & Fitness Elite Membership**

MEMBER INITIATION \$1,200

\$450 PER MONTH

MEMBER + SPOUSE<sup>1</sup> INITIATION \$2,300

\$800 PER MONTH

<sup>1</sup>DOMESTIC PARTNER

#### **Group and Corporate Membership**

Call for pricing



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CALIFORNIA HEALTH  
&  
LONGEVITY INSTITUTE

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[fourseasons.com/westlakevillage/wellness](http://fourseasons.com/westlakevillage/wellness)