UNWIND

EXPERIENCE OUR TREATMENTS →

Four Seasons Hotel
Atlanta
Unwind in the urban sanctuary of The Spa at Four Seasons Hotel Atlanta. Designed for peace and privacy – with an organic color palette reflecting nature’s beauty – the atmosphere is at once relaxing and rejuvenating.

We invite you to arrive early for your spa treatments and to linger afterwards – giving yourself ample time to enjoy our fitness center and indoor saline swimming pool, as well as the luxurious men’s and women’s change rooms, each with steam room and sauna.

Discover all the revitalizing pleasures of a personal spa retreat, warmed by friendly, nurturing Four Seasons care.
TREATMENTS

Explore our range of massages, body treatments, facials and more – provided by Atlanta’s finest therapists and aestheticians. Unwind in our 10 spacious treatment rooms, all soundproofed to ensure a peaceful retreat.

DISCOVER OUR TREATMENTS ➔
CITRUS SPLASH
Using Atlanta’s own Mama’s Bath & Body Signature Lemon-Lime, this two part body treatment offers an exfoliating scrub followed by a relaxing massage. The 100% pure essential oils in the sugar scrub and body lotion heal, tone and leave a bright complexion.

80 minutes – $240
Available April 1 – September 30

TRIM & TONE
This targeted treatment uses Image Skincare’s Cell-u-Lift body firming products with an exfoliating scrub, lymphatic massage, cupping and warm compresses to detoxify and tone the lower body. Uneven skin is tightened and fluid retention released for summer-ready legs. This treatment concludes with a detox green tea and a take-home treatment kit to prolong benefits.

50 Minutes – $165
Available April 1 – September 3

Prices and treatments are subject to change without notice.
HAPPY HOUR

Monday through Friday evenings from 5:00 pm to 8:00 pm, choose two 25-minute treatments from the following menu and enjoy a glass of Prosecco or sparkling cider.

STRETCHING THERAPY
The therapist will target the most common areas of tightness in the neck and shoulders, hips and legs, or a customized combination to suit the guest’s individual needs.

REFLEXOLOGY MASSAGE
An ancient Eastern massage style, reflexology links pressure points on the feet with the body’s natural functions. The treatment balances energy flow while promoting stress relief and overall well-being.

DE-STRESS MASSAGE
Perfect after a long day of travel, this tension-relieving massage focuses on the most commonly stressed areas of the neck, back and upper shoulders.

HAND AND FOOT PARAFFIN
Warmed paraffin softens dry, chaffed hands and feet to create silky-smooth skin.

 MOROCCANOIL HYDRATING SCALP MASK
Applied to the hair and scalp, this hydrating mask works to restore imbalances, relieve irritation and revitalize hair.

TROPICAL BODY EXFOLIATION
This lavish sugar scrub – mixed with a nourishing tropical blend of coconut, vitamin E and ylang ylang essential oils – polishes and moisturizes the skin.

Prices and treatments are subject to change without notice.
THE MIDTOWN MASSAGE
Created exclusively for Four Seasons Hotel Atlanta, the Midtown Massage is a unique full-body treatment, featuring locally made Mama Lavender Rosemary products. Head to toe, this treatment will relax, align and elongate muscles with long, flowing strokes and gentle stretching. Feet get special attention with a refreshing foot scrub and reflexology, while headaches and shoulder tension are eased with a calming scalp massage. A truly memorable Midtown experience!

80 minutes

AROMATHERAPY
Essential oils and pure botanicals soothe your senses during this relaxing, healing massage. They lift your spirits as they penetrate deep into the muscle tissue, creating the ultimate spa experience.
Choose your favorite handmade scent, all inspired by Atlanta neighborhoods and created locally by Mama Bath and Body.

50 minutes / 80 minutes

CUSTOM
Developed by our tenured team of massage specialists, this completely customized massage is focused on your unique needs. Choose any of the following massage styles, or create your own combination in consultation with your massage therapist:
- Swedish
- Therapeutic
- Deep tissue

50 minutes / 80 minutes

COUPLE’S
For a mutually relaxing and bonding experience, share a full-body massage with your partner. A choice of aromatherapy oil blends is available to enhance your personal experience.

50 minutes / 80 minutes

SPORTS
Excellent for relieving the aches and pains associated with athletic endeavors, this massage combines a variety of compressions and stretches using healing arnica oil to soothe sore muscles, stimulate circulation and increase range of motion.

50 minutes / 80 minutes

MASSAGES CONTINUED
GEORGIA PINES
Intoxicating evergreen notes blend with smooth river rocks – lightly heated and placed on the body – to forge a connection with the earth’s energy. Warmth and pressure from the stones melt away stress, leaving the entire body grounded and deeply relaxed. Purifying oils of balsam, fir, pine and juniper massaged into the skin cleanse and rebalance the body.
50 minutes / 80 minutes

MOTHER-TO-BE
A therapeutic massage for mom that focuses on the special needs of her changing body. Benefits of prenatal massage include relief from headaches, sinus congestion, backaches, leg cramps, swollen ankles, sciatic pain and sleep issues.
50 minutes / 80 minutes
This treatment is available in the second or third trimester.

DETOX
This powerful therapeutic massage uses a dry body exfoliation and a combination of rosemary, grapefruit and juniper essential oils to encourage the release and elimination of accumulated toxins and tension throughout the body.
50 minutes

DE-STRESS
For the time-pressed individual, this tension-relieving massage focuses on the most commonly stiff areas of the neck and back. Perfect after a long day of travel.
25 minutes

REFLEXOLOGY
This ancient form of healing allows you to relax into a deep state of calm. The application of pressure to points on the feet restores the flow of energy throughout the body, leaving you feeling centered and revitalized.
25 minutes

Prices and treatments are subject to change without notice.
BODY TREATMENTS

Featuring premium ingredients and expert techniques, our body treatments offer a great way to treat yourself – or someone special – to some blissful relaxation time.

PEACH CLARIFYING BUFF
This gentle hydrating scrub, containing sugar cane and shea butter, cleanses the skin’s surface of toxins, leaving it feeling soft, smooth and toned.
50 minutes

POMEGRANATE POLISH
This gentle full-body polish smooths the skin, using pomegranate extract, and a sugar and shea butter exfoliating scrub blended with emollient tropical oils and natural vitamin E. These powerful antioxidants are absorbed into the skin, helping to slow cellular ageing. Afterwards, a pomegranate body butter massage leaves the skin deeply hydrated.
50 minutes

THE MOROCCAN RITUAL
Your journey begins with the detoxifying and invigorating benefits of a full-body dry brush exfoliation. Next, Moroccanoil® Intense Hydrating Treatment is applied using a relaxing and deeply therapeutic hot stone massage, then Moroccanoil Body Buff is used to gently exfoliate and soften the feet and hands. The journey concludes with Moroccanoil’s version of a shirodharra scalp treatment and Intense Hydrating Mask.
80 minutes

Prices and treatments are subject to change without notice.
FOUR SEASONS SIGNATURE TREATMENT
This one-of-a-kind signature treatment will take you on a journey through the four seasons. The refreshing prelude, winter, gives a cooling scrub to the back, hands and feet. This leads into spring and a warming, floral body wrap. Then enjoy a summer reflexology treatment before your journey concludes with a deeply relaxing herbal scalp treatment.

80 minutes

PIEDMONT PARK POLISH
Get deliciously glowing, supple skin with a relaxing polish that’s as peaceful as a stroll through the park. Our Piedmont Park Polish starts with a refreshing, full-body citrus grass scrub that gently exfoliates the skin. The light citrus is mixed with a hint of cream, and blended with organic alfalfa root for added exfoliation. After a warm shower, a delicate moisturizer infused with honeysuckle and blood oranges hydrates the skin, leaving you silky smooth and looking radiant. This treatment features paraben, sulfate and gluten-free products made from natural, vegan ingredients.

50 minutes

Prices and treatments are subject to change without notice.
FACIALS

IMAGE CUSTOMIZED FACIAL
This deep-cleansing facial helps exfoliate and balance the skin. Good for all skin types, it is customized based on your specific needs, using Image Skincare products. Benefits include deep exfoliation, relief of pore congestion, help with inflammation and hyperpigmentation, skin renewal and rejuvenation.

50 minutes

THE AGELESS MAX LIFT FACIAL
Our most dramatic, results-driven skin care treatment. Hyaluronic acid and apple stem-cell technology regenerate the skin, stimulate collagen and elastin production, minimize fine lines and wrinkles, and improve elasticity. NuFace microcurrent technology (gentle electrical stimulation) further tightens muscles and provides visible lifting, while red and infrared light therapy from advanced LEDs reduces the appearance of wrinkles and smoothes skin’s texture. To finish, under eyes and lips are treated for a noticeably brighter, more youthful complexion.

80 minutes

O2 LIFT FACIAL
Gentle and invigorating, this cutting-edge facial will visibly brighten skin in just one treatment. Infusing plant-derived stem cells, peptides and a high concentration of enzymatic botanicals with an effervescent oxygenating masque, fresh, healthy skin is revealed from under layers of older skin cells.

50 minutes

MEN'S HIGH-PERFORMANCE FACIAL
This ultimate grooming facial is designed specifically for the skin care needs of men. Dehydrated and damaged skin is revitalized. Natural enzymes and antioxidants battle signs of ageing and leave the skin renewed and rejuvenated.

50 minutes

TEEN FACIAL
Specifically formatted for the special needs of teen skin, this facial promotes a clear, healthy and glowing complexion without extractions. Products from Image Skincare’s Ormedic line are used.

25 minutes

FACIALS CONTINUED >
ADVANCED RESURFACING FACIAL
Ideal for ageing skin, hyperpigmentation and skin suffering from the effects of travel, this anti-ageing peel will rejuvenate and plump the skin.

50 minutes

ANTI-STRESS TRAVEL FACIAL
Short on time and looking for a quick fix? Keep your skin calm, hydrated and protected from stress and harsh weather conditions. This treatment resurfaces the skin with enzymes and lactic acid while botanical stem cells and peptides revitalise and hydrate.

25 minutes

NUFACE QUICK LIFT
This treatment uses microcurrent technology to gently and effectively stimulate your skin, strengthening muscles, and lifting and toning the overall appearance of the face. Great as an add-on to any facial treatment.

25 minutes

CUSTOM PEEL
A resurfacing treatment to hydrate, lighten, and exfoliate skin to improve overall appearance without harsh side effects. After a consultation, your aesthetician will select a peel to target your specific skin concerns and goals. We have a peel to match all skin types.

50 minutes

SIGNATURE HYDRAFACIAL™
Experience an advanced medical hydrafacial technology that achieves instant hydration and lasting results, with no discomfort or downtime. A light peel and vortex extractions are followed by a deep infusion of hyaluronic acid and antioxidants. Immediately reduces the look of fines lines, hyperpigmentation and congested pores on the face and neck.

50 minutes

HYDRAFACIAL™ AGE STOPS HERE
This deluxe HydraFacial experience incorporates lymphatic drainage and LED light therapy, expertly combined with multi-peptide Dermabuilder for reduction of fine lines and wrinkles, and Britenol for hyperpigmentation/age spots. Skin looks brighter, fuller and noticeably younger.

80 Minutes

Prices and treatments are subject to change without notice.
WAXING SERVICES

SERVICES

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<thead>
<tr>
<th>Service</th>
<th>Time</th>
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<td>Half Leg</td>
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<tr>
<td>Full Leg</td>
<td>60 minutes</td>
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<tr>
<td>Bikini</td>
<td>30 minutes</td>
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HAND & FOOT TREATMENTS

FOUR SEASONS SIGNATURE MANICURE/ PEDICURE
These traditional services include exfoliation, cleansing, massage, nail shaping, buffing and polishing.
MANICURE: 25 minutes
PEDICURE: 50 minutes

PEACHES AND CREAM
This delicious treatment begins with a creamy, peach-infused soak, followed by a frothy hydrating mask. Then, after a massage with jasmine and fuji apple oils, your hands and feet are treated to a warm whipped topping to hydrate and nourish – and it’s all fat free! May we suggest a peach or cream nail color?
MANICURE: 25 minutes
PEDICURE: 50 minutes

MOROCCANOIL MANICURE AND PEDICURE
The Moroccanoil Manicure and Pedicure are the ultimate in hydration for dry and tired hands and feet. The treatment features Body Buff, a unique and luxurious orange peel scrub that gently exfoliates your hands, arms, feet and legs, preparing them for the rich, hydrating effects of Moroccanoil’s honey-lavender Intense Hydrating Treatment. The service concludes with your choice of either a citrus enriched hand cream or a signature scented body soufflé to leave your hands and feet soft and supple.
MANICURE: 45 minutes
PEDICURE: 50 minutes

RESCUE MANICURE AND PEDICURE
Designed specifically for the perfectly-groomed man, this custom treatment buffs rough, dry feet and hands, and finishes with a layer of moisture, leaving you looking and feeling excellent. Included are a natural buff, cuticle trimming, massage and a matte clear polish designed specifically for you.
MANICURE: 25 minutes
PEDICURE: 50 minutes

HOT STONE PEDICURE
Warmed basalt stones are used to massage the feet and legs, giving you a relaxing and soothing experience. A foot soak with added essential oils ensures you feel centered and revitalized.
75 minutes

EXPRESS PEDICURE
A quick fix when you don’t have time for our Signature Pedicure, this treatment includes nail shaping, basic foot filing, cuticle care, moisturizer, and the long-lasting polish of your choice or a buff to a natural gloss.
25 minutes
**JUNIOR VIP TREATMENT**
Recommended for the junior spa set, this pint-size treatment for kids includes exfoliation, nail shaping and polishing.

*25 minutes*

**PARAFFIN HAND AND FOOT TREATMENT**
Warmed paraffin softens dry, chapped hands and feet to ensure silky smooth skin. This is a perfect addition to any service that includes our hand and foot rituals.

*10 minutes*

**SHELLAC NAIL POLISH APPLICATION**
Available for any manicure or pedicure.

Manicure: *45 minutes*

Pedicure: *75 minutes*

**SHELLAC NAIL POLISH REMOVAL**
*15 minutes*

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DE-STRESS MASSAGE
For the time-pressed individual, this tension-relieving massage focuses on the most commonly stiff areas of the neck and back. Perfect after a long day of travel.

25 minutes

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MOROCCANOIL
HYDRATING SCALP MASK
Applied to the hair and scalp, this hydrating mask works to restore imbalances, relieve irritation and revitalize hair.

25 minutes

FOUR SEASONS
SIGNATURE MANICURE
This traditional service for hands includes exfoliation, cleansing, massage, nail shaping, buffing and polishing.

25 minutes

Prices and treatments are subject to change without notice.
TREATMENT PACKAGES

EXPRESS REST
- 25-minute De-Stress Massage
- 25-minute Anti-Stress Facial
- 25-minute Express Pedicure
90 minutes

RITUAL FOR TWO
- 50-minute Couple's Aromatherapy Massage
- 50-minute Image Customized Facial or
- 50-minute Pomegranate Polish
- Champagne Toast
120 minutes

THE GEORGIAN PEACH
- 80-minute Midtown Massage
- 50-minute O2 Lift Facial
- 50-minute Hot Stone Pedicure
- Spa Lunch
210 minutes

MOROCCAN RETREAT
- 80-minute Moroccan Ritual Massage
- 45-minute Moroccanoil Manicure
- 50-minute Moroccanoil Pedicure
- Spa Lunch
210 minutes

DAY OF RENEWAL
- 50-minute Image Customized Facial
- 50-minute Custom Massage
- 25-minute Four Seasons Signature Manicure
- 50-minute Four Seasons Signature Pedicure
- Spa Lunch
210 minutes

ESSENTIAL MAN
- 50-minute Deep Tissue Massage
- 50-minute High-Performance Facial
- 50-minute Rescue Pedicure
180 minutes

A FOUR SEASONS EXPERIENCE
- 80-minute Four Seasons Signature Treatment
- 80-minute Ageless Max Lift Facial
- 50-minute Four Seasons Signature Pedicure
- 30-minute Four Seasons Signature Manicure
- Spa Lunch
270 minutes

Prices and treatments are subject to change without notice.
Package Prices include gratuity
HOW TO SPA

We offer these suggestions to help you make the most of your Four Seasons spa experience.

HOURS OF SPA SERVICES
Monday to Friday 10:00 am to 8:00 pm
Saturday 9:00 am to 8:00 pm
Sunday 9:00 am to 7:00 pm

SPA RESERVATIONS
We suggest making reservations as early in advance as possible to ensure you receive the treatment you desire at the time preferred.

ARRIVAL
Please arrive at least 15 minutes prior to your first scheduled appointment to ensure an unhurried spa experience. Unfortunately, late arrivals will not receive an extension of scheduled treatments.

CANCELLATIONS
As a courtesy to other guests desiring treatments, we request four hours’ notice if you must cancel, or if you wish to change your treatment. Without proper notification, The Spa reserves the right to charge 50 percent of the value of the services scheduled.

AGE POLICY
Massage, facial and body treatments are available to guests ages 18 and older. If a guest from 12 to 17 years of age wishes to receive a massage, facial or body treatment, a parent or guardian must be present. Nail services are available to all ages, with written parental consent for guests under the age of 16.

WARDROBE
Maintaining your sense of comfort is extremely important. We will provide you with a robe, slippers and a locker for your personal belongings. We suggest that undergarments not be worn for massages, body scrubs and wraps so that you can enjoy the full benefits of your treatment. All Four Seasons therapists are highly skilled professionals whose draping procedures ensure your complete comfort and privacy.

HEALTH CONCERNS
Please advise your therapist if you have any health concerns or questions about which treatments are best for you. Heat treatments are not recommended for pregnant women or guests with heart conditions or sensitivity to heat.

JEWELRY
Please secure jewelry and other valuables in your guest room safe prior to your spa treatment.

CELL PHONES
In consideration of other guests, we ask that all cellular phones and pagers be turned off while at The Spa.

GRATUITIES
In appreciation of outstanding service, gratuities may be given at your discretion.

GIFT CARDS
Ask your spa consultant about Four Seasons gift cards, available in any denomination.
Feel free to ask any questions about our treatments, and we’ll be happy to help you custom-design your perfect Four Seasons spa experience.

fourseasons.com/atlanta/spa

FOUR SEASONS HOTEL ATLANTA
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