

HISTORIC, TIMELESS, ICONIC SPA EXPERIENCE

# THE SPA



  
**FOUR SEASONS**  
HOTEL  
GRESHAM PALACE, BUDAPEST

REJUVENATE, INDULGE AND RELAX WITH US >



# WELCOME

to the serene luxury of the Spa at Four Seasons Hotel Gresham Palace in Budapest, also known as the “City of Spas”. Your personalized wellness journey begins here. A place to escape to for a moment of selfcare and to reconnect with yourself. Reward your body, the sacred vessel of your mind, spirit and soul.

Relax into the skilled hands of our expert therapists who will unlock the secrets found in local land and use it to your benefit through ingredients and indulgent treatments.

OPENING HOURS: 6 am – 10 pm  
TREATMENT HOURS: 10 am – 8 pm

Reservations are not required to access spa facilities.

I'm jetlagged. Can you help?

Of course. How about a relaxing massage?



NEED ANYTHING?  
LET'S CHAT.





PEACEFUL BLISS

DEEP TISSUE  
MUSCLE MASSAGE

30/60/90 minutes

A powerful massage that combines pressure point work and firm, long strokes using the hands, elbows and forearms, this treatment releases muscle tension and alleviates fatigue. This massage uses dynamic blends of essential oils to suit individual needs.

AROMATIC  
SWEDISH MASSAGE

50/60/90 minutes

Relaxes the body, stimulates the nervous system and improves circulation. Soothing Swedish massage techniques are used with long, smooth strokes creating an all-over “feel good” result. Aromatherapy oils are applied with different types of pressure: light or medium.

THERAPEUTIC MASSAGE

75/90 minutes

This firm and invigorating massage is tailored to your needs. Classic therapeutic techniques are used to release deep-seated muscular tensions while improving flexibility. The fragrant signature blend of essential oils with Frankincense, Bergamot and Calendula adds a long lasting soothing sensation and leaves the skin deeply nourished.

REFRESHING  
FOOT MASSAGE

30 minutes

This refreshing treatment incorporates pressure points and classic massage techniques to promote a sense of relaxation throughout the whole body.

REFRESHING  
BACK AND HEAD MASSAGE

30 minutes

An intense massage focusing on the back, shoulder, and neck area finished by a soothing acupressure head massage that eases stress, revives fatigued muscles and rejuvenates the body. Ideal after exercising or travelling.

GOLDEN DEEP  
TISSUE MASSAGE

30/60 minutes

Indulge your body in sensorial 24K gold. This magnificent massage uses age-defying 24K Devine Body Butter in a customised tension releasing massage. Velvety and illuminating the 24K body butter delivers the golden rebirth of your skin.





# MELT YOUR STRESS AWAY IN THE CITY OF SPAS

Exclusively created by Four Seasons Hotel Gresham Palace  
for the Budapest Bucket List

## TOUCH OF THE EARTH\*

90/120 minutes

This treatment consists of authentic Hungarian ingredients only: lavender, grape seed oil, salt, and Hungarian Moor Mud by Omorovicza. Our team of experts hand-selected these ingredients to create a bespoke pampering treatment that will leave you relaxed and glowing.

Us, Hungarians, believe that the secret to staying young can be found within the land itself. It is said the earth’s crust is the thinnest here than anywhere else in the world. If fact, Budapest has more thermal water spring than any other city. Rich in minerals, these springs have a stimulating and toning effect on the skin. Aside from local ingredients, we have also mastered an ancient and traditional face massage technique, offering something you have never experienced before, allowing you to feel the effects days after the treatment.

\*We highly recommend the ‘Taste Traditional’ menu at KOLLÁZS – Brasserie & Bar for the ultimate local experience. Ask one of our spa receptionists to secure a table reservation for you on the same day as your spa package.

90 minutes:	Scrub + wrap + face massage and body oil application
120 minutes:	Scrub + wrap + face massage and full body massage



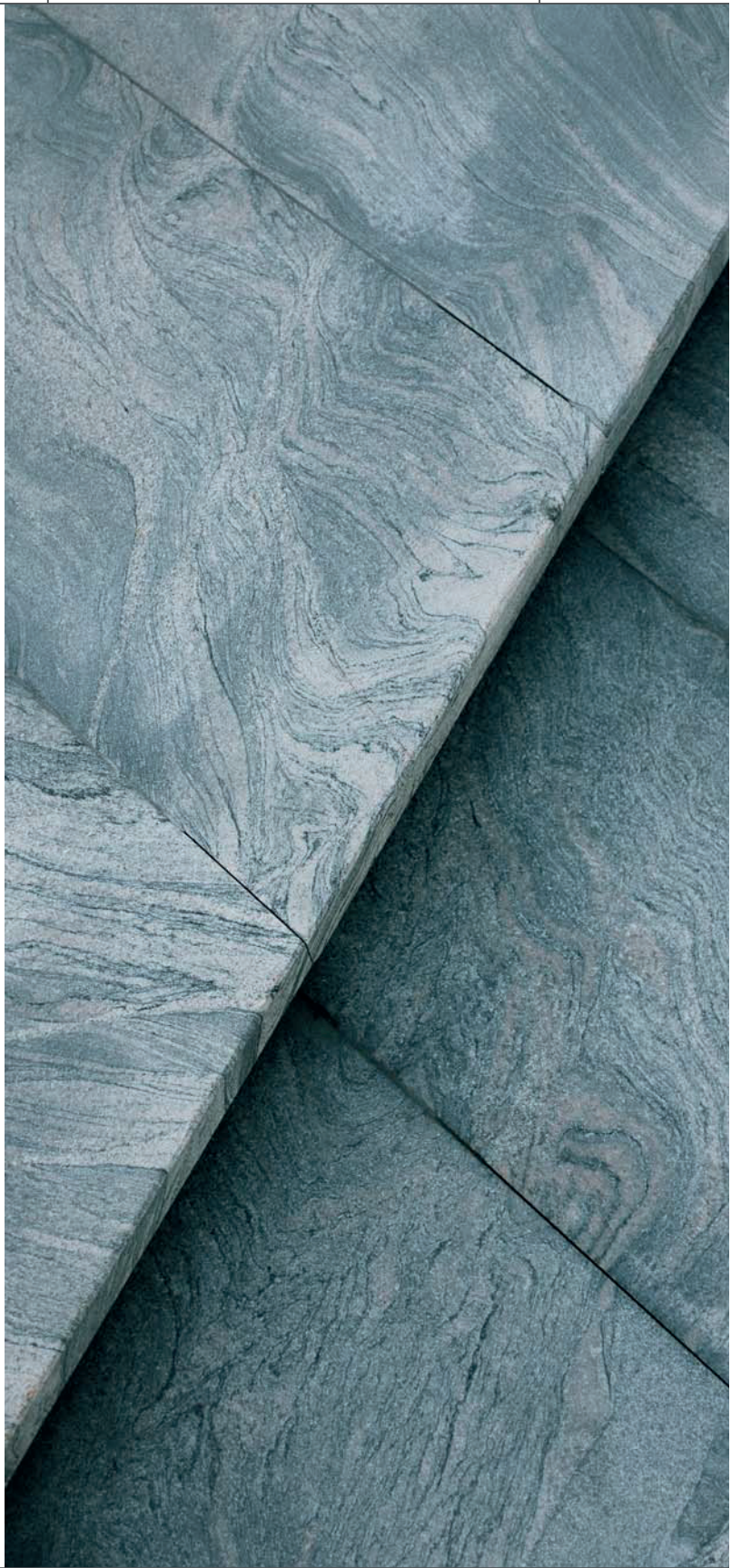


## EMINENCE STONE CROP TREATMENT

120 minutes

The Eminence Stone Crop Signature Body Treatment is a wet or dry body service that reduces stress, smooths, contours skin and promotes healing from head-to-toe using the popular Hungarian succulent, Stone Crop known to address the three Hs—healing, hydration, and hyperpigmentation—which are all important for our skin. With its fresh scent and healing properties, stone crop is the star of this signature body treatment. Including an invigorating exfoliation that gently resurfaces the skin, a cooling restorative body wrap and a deeply hydrating moisturizing treatment for the face and body, it is bound to leave you with visibly refreshed and rejuvenated skin.

Hungarian Signature Hydrating Stone Crop  
Facial and Body Treatment





# INDULGE IN ULTIMATE PAMPERING

We offer luxury skin-care services exclusively from Omorovicza and Biologique Recherche.

## OMOROVICZA FACIALS

QUEEN FACIAL

55 minutes

Experience a relaxing treatment that is all about timeless beauty and slow skincare. During this ritual, warm rose quartz stones elevate a gentle scrub and relaxing back massage. A hydrating gold mask lifts your skin and spirit after cleansing and mild exfolation. As a finishing touch, we will pamper you with an arm treatment and a gentle drainage massage for full relaxation.

GENTLEMEN’S FACIAL

60/75/90 minutes

A thorough exfoliation stimulates circulation preparing the skin for the application of the Mineral-rich Hungarian Moor Mud that draws out impurities for deep cleansing while providing essential nutrients to the skin (including a detoxifying and stimulating back treatment).

ILLUMINATING FACIAL

75 minutes

A brilliant facial designed to leave complexion rejuvenated and glowing! This treatment is designed to stimulate collagen production while a unique plumping massage activates encapsulated hyaluronic acid to reduce the appearance of fine lines and wrinkles.

PÁVA DEEP CLEANING  
AND PORE REFINING FACIAL

75/90 minutes

This revitalizing facial detoxifies the skin and reduces pore size. Mineral-rich Hungarian Moor Mud mask draws out impurities while providing essential nutrients to the skin. A Hungarian facial massage stimulates collagen and elastin production (including a detoxifying and stimulating back treatment).

GOLD PLUMPING FACIAL

90 minutes

A plumping treatment designed to boost collagen production, even skin tone and lighten pigmentation. Omorovicza gold serum heals accumulated microdamage while a stimulating massage reduces the appearance of fine lines.

BLUE DIAMOND FACIAL

90 minutes

A trio of revolutionary ingredients working to restore the energy of skin cells, to nourish the tissues and to increase elasticity and smoothness. Diamond peptides promote DNA repair while other active ingredients accelerate the oxygenation and promote the synthesis of collagen and elastin. Chilled Derm-A-Globes are used to sooth redness and tone to the deepest layers of the skin.





## BIOLOGIQUE RECHERCHE FACIALS

### VIPO2

*45 minutes*

A regenerating and revitalizing treatment for the epidermis that works on all Skin Instants®. It restores the natural balance of your skin, leaving your face, neck and chest smooth and glowing.

### SOIN RESTRUCTURANT ET LISSANT

*75 minutes*

A reconditioning treatment for the epidermis with an immediate re-plumping effect designed for all Skin Instants®. It has a draining action on your skin, leaving your face, neck and chest smooth and toned.

### SOIN CRYO 3R

*90 minutes*

A combination treatment using cryo sticks with a decongesting and regenerating action for mature and devitalized Skin Instants®. Ideal for bags, it leaves the skin on your face, neck and chest plumped.





REFRESH, RESET, RENEW.

HUNGARIAN  
MOOR MUD THERAPY

120 minutes

Capturing the essential nature of the mineral-rich Hungarian Moor Mud, this treatment is designed to allow you to experience its curative properties and transforming effects. Thermal mud is applied to the face and body to detoxify and draw out impurities from deep within the cells, leaving you with a feeling of lightness and balance. This complete treatment finishes with a full body, head and face massage that incorporates classic Hungarian techniques to leave the skin lifted and radiant.

Wrap + Facial + Full body & face massage

RESTORATIVE  
BODY THERAPY

120 minutes

This authentic remedial experience begins with a detoxifying exfoliation using sea salt and mineral based Hungarian thermal mud scrub. This vigorous buffing encourages cell regeneration and enables the absorption of essential nutrients to the deeper layers of the skin. The massage includes classic therapeutic techniques used to release deep-seated muscular tensions while improving flexibility. The fragrant signature blend of essential oils with Frankincense, Bergamot and Calendula add a long lasting soothing sense and leaves the skin deeply nourished.

Scrub + Full Body Massage

CLASSIC HUNGARIAN  
BODY WRAP

90 minutes

More than an ordinary wrap treatment, this unique body experience begins with a sea salt exfoliation. A mineral-rich Hungarian Moor Mud is then applied to the entire body to detoxify, re-balance and provide the skin with essential nutrients. While cocooned in this mineralizing wrap a unique firming facial massage exercises muscles for instant lifting. The finishing touch is the application of a signature fragrant blend of essential oils leaving the skin hydrated, soft and smooth.

Scrub + Wrap + Face Massage + Body Oil Application

CONTOURING  
BODY TREATMENT

75 minutes

This re-sculpting treatment begins with a detoxifying exfoliation using sea salt and the mineral based Hungarian thermal mud. A Vitamin C rich contouring serum is massaged into the freshly buffed skin on targeted areas to stimulate the synthesis of collagen to restore elasticity. An invigorating massage is performed to accelerate the body's micro-circulation leaving the skin appear visibly smoother.

OMOROVICZA  
GOLD RITUAL

90 minutes

A luxurious body treatment to repair and soften skin. This treatment showcases the proven anti-inflammatory properties of gold, it helps to heal the micro-damage inflicted daily and to revitalise the skin. This treatment involves an invigorating exfoliation with a gold sugar scrub and a soothing massage with a fragrant oil enriched with gold particles. Guaranteed to leave the body soothed, hydrated and radiant.



WORK HARD, SPA HARDER

NAIL SERVICES

ESSENTIAL MANICURE30 minutes

Try our essential manicure that begins with a thorough cleansing and cuticle maintenance. Nails will be expertly shaped and buffed before being hydrated.

ESSENTIAL PEDICURE45 minutes

This signature pedicure begins with a relaxing soak. Feet are groomed and buffed then hydrated. The nails are filed to perfection.

SPA MANICURE45 minute

Enjoy our spa manicure, beginning with a thorough nail clean-up and exfoliation, then continues with a rejuvenating hand massage and expert nail detailing.

SPA PEDICURE60 minutes

The ultimate indulgence treatment that includes cleaning, thorough exfoliation, nail shaping and buffing. As a final step, your feet receive a relaxing massage with essential oils and hydrating lotion.

NAIL POLISH APPLICATION15 minutes  
(single service)

ADD ONSeach 15 minutes

GEL APPLICATION

GEL REMOVAL

NAIL POLISH APPLICATION

BEAUTY SERVICES ON REQUEST





# WHAT YOU NEED TO KNOW

## CANCELLATION POLICY

In case you need to cancel or reschedule your appointment, please inform us at least 4 hours ahead to avoid cancellation fees. In case of cancellation within 4 hours, the full price of the treatment will be charged.

## GENERAL INFORMATION

We kindly request that you arrive at least 15 minutes prior to your appointment to fill in the health questionnaire and prepare for your treatment, however you are welcome to arrive earlier to enjoy our facilities, including our pool, steam room, sauna, jacuzzi and relaxation lounge. Prices and treatments are subject to change without notice.

## AGE LIMIT

Parental presence and parental consent form is required prior to treatments between the age of 12 and 18 years of age. Facial treatments are provided for guests over 16 years old. We do not perform treatments on minors under 12 years of age.

## BOOKING APPOINTMENTS

It is advisable to book one day in advance to ensure that your chosen day and time is available. For hotel guests a confirmation card including reservations details is sent to the room the previous evening.

## IN-ROOM AND AFTER HOUR TREATMENTS

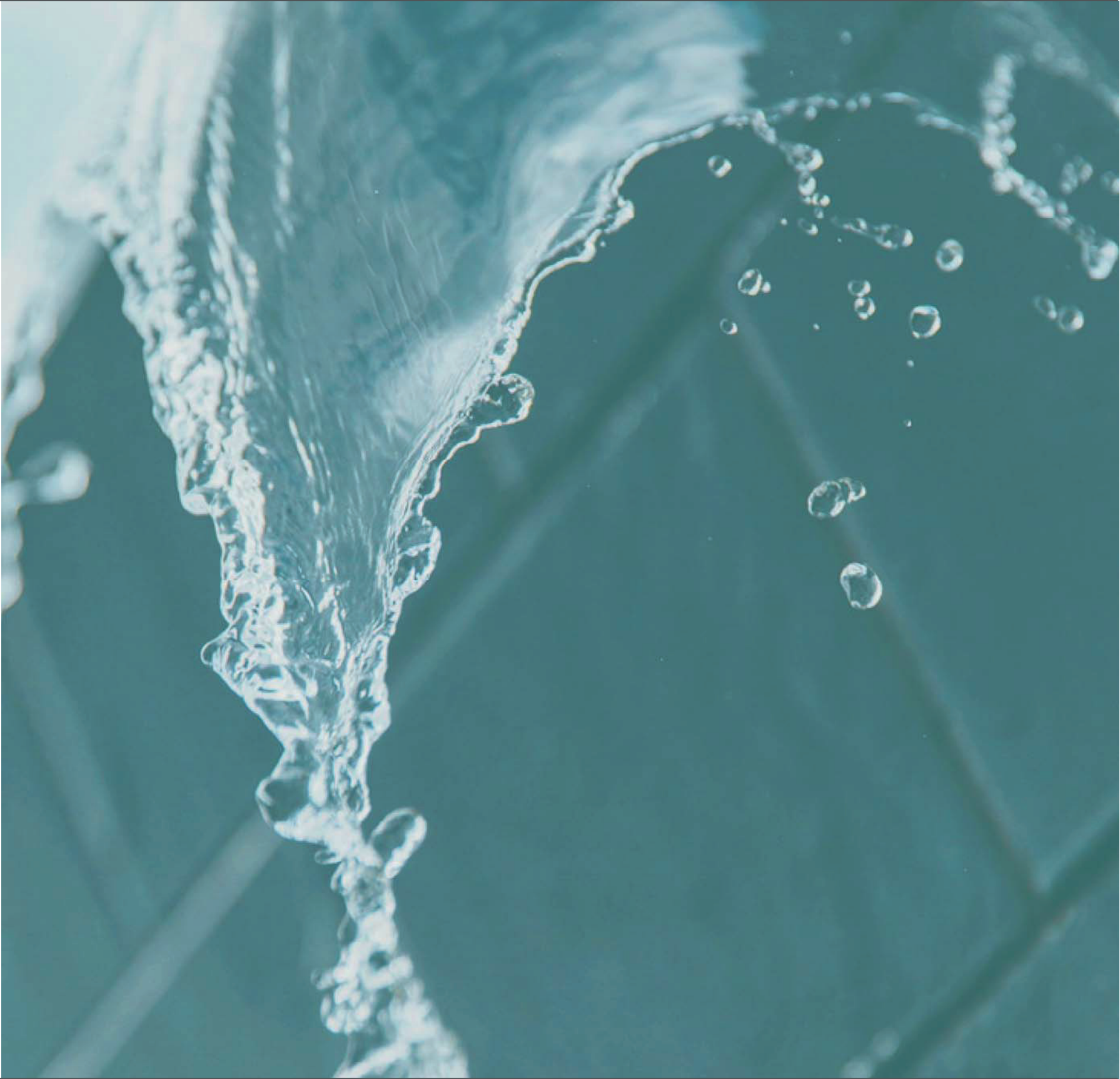
In Room treatments are available upon request and they carry an additional charge of 50% per treatment. Surcharge will apply for treatments after 9 pm.

## HEALTH CONSIDERATION

While booking your treatment, please notify our spa receptionist of any health concerns or if you are pregnant. The health questionnaire must be filled out before all treatments.

## MOBILE PHONES

The spa offers each guest the chance to relax in a tranquil environment. For the comfort of others, we would appreciate that you turn off your mobile phone whilst using the spa.





# YOUR ESCAPE AWAITS

For more information about our treatments or to book an appointment contact us by dialling 5500 from your guest room, by visiting us on the 5th floor, or via the Four Seasons App.

Book your spa treatment online:  
<https://www.fourseasons.com/budapest/spa/>

Gift vouchers may be purchased at the spa reception. Ideal as presents, they remain valid for twelve months. Gift vouchers are non-refundable and must be presented at the time of redemption.

The Spa at Four Seasons Hotel  
Gresham Palace Budapest  
1051 Budapest, Széchenyi István tér 5-6.

# CHAT WITH US

[Fourseasons.com/Budapest](https://www.fourseasons.com/Budapest)

