

The Spa



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Welcome to the Spa

Few pleasures in life can match an exceptional spa experience. From the moment you arrive at The Spa at Four Seasons Hotel London at Park Lane, you enter a world of discovery and a sheer indulgence of the senses. The 10th floor of the Hotel is home to a spectacular one of a kind rooftop sanctuary that includes a five-star Spa, TEN lounge and a fitness centre.

The unique city spa features nine treatment rooms, each with floor to ceiling windows, bathed in natural light to enjoy the vista or darkened to provide solitude during treatments. The thermal suites offer separate facilities for ladies and men, including a 32-degree cool vitality pool, Eucalyptus steam room and Himalayan Salt Wall sauna for immune boosting benefits with a view - perfect for relaxing before your treatments. The location sets itself apart from anything else in the city with its unrivalled rooftop setting and a panorama that is second to none over the breathtaking London skyline.

Our Luxury Partners

Linda Meredith *Technical Results*

Linda Meredith Skincare has developed a range to cater not only for existing problems, but also those created by the modern lifestyle. Understanding how stress, hormones, pollution and changes to our environment have affected our skin, each product works to powerfully enrich and support the skin, containing its own potent combination of essential oils, vitamins and active ingredients.

The Organic Pharmacy *Natural Results*

The Organic Pharmacy products are holistically designed to heal the body, inside and out, with organic, botanically-based remedies. Its range is free from artificial preservatives, colorants, fragrances and petrochemicals, and combine cutting edge research with the best nature has to offer, to bring together formulas that really work.

Our Luxury Partners

Black Pearl

Sensorial Healing

Black Pearl's 24K Gold collection is a luxurious and innovative range of skincare products, which utilises the powers of one of the most precious metals in the world. The collection's proprietary technology enables very high concentrations and optimal penetration of the purest, softest gold for the skin, proven to slow the ageing process.

Margaret Dabbs London

Remedial Beauty

Margaret Dabbs London offers amazing luxury treatments which combine the best of medical with the best of beauty. This world-renowned beauty brand for feet and hands has earned its position in the top tier of beauty brands worldwide with unrivalled products and treatment results.

Facials

Linda Meredith

Haute Couture Active Preparation & Oxygen Treatment

The skin is prepared prior to further treatments, through deep cleansing, micro-peel resurfacing and hydration in order to achieve the best results.

This medical grade oxygen treatment delivers enhanced efficacy with a unique serum enriched with vitamin A and hyaluronic acid. Oxygen is nature's most powerful healing element and has been used by the medical industry on various skin conditions for many years. These ingredients visibly plump and firm the skin.

For intensive longer lasting results a series of six treatments over two weeks is recommended.

75 minutes

Facials

Haute Couture Active Preparation & V-TOX Oxygen

This facial is ideal for clients who do not wish to undergo an invasive cosmetic procedure. Neuro-peptides and algae derivatives relax the skin by treating fine lines.

For intensive longer lasting results a series of six treatments over two weeks is recommended.

75 minutes

Micro-Current Lift

The muscles in the face and around the eyes are individually lifted and tightened by micro-current stimulation which tightens and tones sagging muscles whilst smoothing the appearance of fine lines and wrinkles. The micro-current increases blood flow and enhances the penetration of active ingredients. Includes a choice of collagen and/or hyaluronic acid infusions.

Eye Lift

Not recommended with Botox use.

Jaw Lift

Eye and Jaw Lift

For intensive, longer lasting results a series of three treatments per week over four weeks is recommended.

30 minutes

30 minutes

60 minutes

Facials

Linda Meredith Enhancements

Infusions

Collagen and hyaluronic acid are the two most important components of the skin. Our body's natural production slows down in our mid-twenties and it is therefore important to replenish it with treatments and homecare products. Oxygen is used to increase the absorption rate of the ingredients and is the perfect addition for the face, neck and chest with lasting results.

Collagen

Evens skin tone, calms, tackles fine lines and wrinkles, promotes skin renewal and hydrates.

Hyaluronic Acid

Plumps skin, rich in anti-oxidants, tackles fine lines and wrinkles, lifts and tightens.

Recommended as an addition to the Linda Meredith Oxygen or the V-TOX Oxygen facials.

Facials

The Organic Pharmacy

Rose Crystal Anti-Pollution Facial

This luxurious treatment begins with the deep inhalation of jasmine infused oil, followed by a deep cleanse, exfoliation and triple mask application. The lymphatic system is stimulated using rose crystals whilst an acupressure massage lifts and firms the skin.

60 minutes

90 minutes

Immune Boost Facial

Suitable for all skin types, this facial boosts the immune system from the inside out and the outside in. Begin with a Himalayan Salt inhalation infused with eucalyptus and peppermint to purify the airways. Deep cleansing and fruit acid exfoliation to brighten and nourish the skin with a lymphatic drainage massage with Jade & Rose quartz crystals to calm and balance.

60 minutes

90 minutes

Four Seasons Signature Rose Diamond Anti-Age and Lifting Facial

The power of diamonds and cosmeceuticals are combined to hydrate, firm and brighten the skin. A deep exfoliation using diamond dust and enzyme peel is followed by an intense lifting massage leaving you feeling instantly refreshed and rejuvenated.

90 minutes

Gene Therapy Anti-Free Radical Facial

The complexion is infused with powerful gene modulating actives including grape stem cells, plant peptides, hibiscus growth factor, retinol and hyaluronic acid, followed by an age-defying facial massage to eliminate puffiness, lift, re-energise, and tone the skin.

90 minutes

Facials

Black Pearl

24K Golden Luminescence

This anti-ageing journey delivers powerful rejuvenation and healing benefits derived from a high concentration of 24 carat gold and nanotechnology. Absolute luminosity is brought to your skin with the softest, purest and finest 24 carat gold, combined with potent anti-oxidants in a citrine stone ritual for the face.

24K Golden Express

This glow on the go treatment cleanses and exfoliates the skin for express results to the eyes, face and neck.

60 minutes

90 minutes

30 minutes

Facials

Black Pearl Enhancements

24K Pectin Masks: Face, Eyes and Décolleté

This mask, highly concentrated with 24 carat gold, collagen, hyaluronic acid and minerals, benefits the skin through rapid hydration resulting in lifted and energised skin. The 24 carat gold enhancements can be an addition to any treatment through an infusion of powerful serum.

Hair Mask

The intensive mask infuses keratin deep into hair fibers to restore and nourish damaged hair.

Body Treatments

The Organic Pharmacy

Green Coffee Cellulite

This duo massage treatment with green coffee and chili oil heats the body and targets problem areas such as hips, thighs, waist and tummy. Cooling body sculpting gel is massaged into the skin to reduce bloating, stimulate circulation and drain the body of toxins.

For fast acting results a series of two treatments each week over a four week period is recommended.

60 minutes

Detoxifying Eucalyptus and Seaweed Wrap

An intense full-body scrub, with a stimulating and detoxifying blend of salt, eucalyptus, seaweed and lemon. A cocooning wrap of detoxifying extracts with rare, re-mineralizing fossil mud leaves the skin deeply cleansed and stimulated. A relaxing face and head acupressure-massage eases muscle tension and induces a deep sense of calm.

For intensive detox results, a series of two treatments each week over a four week period is recommended. For enhanced results, combine with the Green Coffee Cellulite.

90 minutes

Body Treatments

Black Pearl

24K Golden Body Renewal

This full body scrub fragranced with lavender and patchouli harnesses the healing power of mineral salts, sweet almond and jojoba oil. The scrub is followed by the application of 24 carat gold Divine Body Butter providing intense nourishment to the skin.

30 minutes

24K Golden Body Illumination

The above full body scrub prepares the skin for this anti-aging massage helps to release muscle tension and quieten the mind with a fragranced 24 carat gold Body Oil. The massage is followed by an application of 24 carat gold Divine Body Butter providing intense nourishment and an extraordinary anti-ageing treatment to the body, usually reserved only for the face.

90 minutes

120 minutes

Body Treatments

24K Golden Splendour

The ultimate luxury experience for the face and body combined. Following a full body exfoliation, you are cocooned in the power of 24 carat gold with a gold Body Oil massage, Divine Body Butter and Pectin face mask. Rejuvenating minerals, hyaluronic acid, vitamins and 24 carat gold are utilised to minimise signs of ageing for the face and the body.

150 minutes

Body Treatments

FS Curated Treatment

FS Signature Seasonal Body Exfoliation & Wrap

Specially curated with local ingredients to address each season of the year, enjoy this top to toe journey with dead salt exfoliation and clay wrap infused with essential oils to address the current seasons effects on the skin and body. Summer to refresh, Autumn to renew, Winter to nourish and Spring to revive.

90 minutes

Massages

The Organic Pharmacy

Pre and Post Natal Massage

This treatment is designed for expectant mothers from second trimester through post partum. Using nourishing organic oil blends of calendula, jojoba, rose hip and chamomile, this treatment helps to alleviate muscle tension and fatigue while assisting to ease any discomfort during and after pregnancy. In addition, the gentle skin formulations leave the skin soft and supple whilst the relaxing fragrances help calm the mind.

60 minutes

90 minutes

Massages

Black Pearl

24K Golden Suspensisse

This magnificent massage uses anti-ageing 24 carat gold Massage Oil to stimulate muscle circulation, release tension and deeply hydrate and moisturise the skin. This massage can be personalised with preferred techniques and areas of concern to achieve perfect relaxation and well being.

60 minutes

90 minutes

Massages

Signature Hot Stone Massage

The hot basalt stones deeply warm muscles and stimulate circulation to relieve aches and pains, while your therapist expertly massages to further relax the body and release deep tension.

60 minutes

90 minutes

Signature Four Hands Massage

Two therapists will work together in a synchronised massage designed to relieve tension from every aching muscle.

75 minutes

Massages

Signature Personalised Massage

This massage, tailored to individual needs, targets the areas of concern and works deeper muscle layers, addressing trigger points with light or medium pressure to release stress, ease muscle tension, boosts circulation and improve mobility, as well as muscle and skin tone.

60 minutes

90 minutes

Signature Deep Tissue Massage

This massage, tailored to individual needs, targets the areas of concern and works deeper muscle layers, addressing trigger points with deep pressure to release stress, ease muscle tension, boosts circulation and improve mobility, as well as muscle and skin tone.

60 minutes

90 minutes

Deep Sleep Lavender Pouch Massage

This luxurious treatment begins with a soothing heat experience using The Spa's salt-wall sauna, herbal steam room and cooling vitality pool before the Deep Sleep Lavender Pouch Massage begins. Be pampered with a 60 or 90 minute massage consisting of a warming full body massage using a Four Seasons pouch infused with locally-grown English lavender, dipped in lavender oil to instantly relieve aching muscles and encourage a calmer state of mind and body.

60 minutes

90 minutes

Massage Enhancements

Enhancements

Signature Back Exfoliation with local ingredients

Signature Purifying back mask with local ingredients

Skin Brushing

Four Seasons Signature Aromatherapy Blend: *Spring, Summer, Autumn or Winter*

Hair Mask

Eye Treatment

Face Mask

Men

The Organic Pharmacy: Men's Facial

This deep-cleansing treatment combines natural plant actives with nourishing ingredients to clear pores and smooth the skin. A face-toning massage leaves the skin deeply cleansed, clear and bright.

60 minutes

Black Pearl: 24K Bespoke for Men

The Black Pearl Prestige G-Mask envelops skin with the ultimate natural healing and advanced technology ingredients. The magnetic force of gravity assists with deep exfoliation and pulls nutrients to the skin surface. Highly concentrated serum protects against the environment and the skin emerges re-energised and replenished.

60 minutes

Men

Margaret Dabbs London: Gentleman's Manicure

An exfoliation, cuticle work and massage. Finish off with a natural buff and shine to complete the treatment.

30 minutes

Margaret Dabbs London: Gentleman's Pedicure

An exfoliation, hard skin removal, cuticle work and massage. Finish off with a natural buff and shine to complete the treatment .

45 minutes

Manicures & Pedicures

Margaret Dabbs London

Signature Manicure

Exceptional results using the full range of Margaret Dabbs London Fabulous Hands products, finishing with a wonderful creamy scrub, anti-ageing hand serum and a hand and lower arm massage.

45 minutes

Signature Pedicure

Long lasting results using the full range of Margaret Dabbs London Fabulous Feet products with an exfoliation and foot bath followed by a revitalising and hydrating foot massage.

60 minutes

Manicures & Pedicures

Enhancements

French Polish Fingers or Toes

20 minutes

Colour Polish Fingers or Toes

15 minutes

Nail Shape and Polish

30 minutes

Spa Packages

Sky Suite

Enjoy the ultimate spa experience in the private Sky Suite. This indulgent escape allows you to relax and unwind in an exclusive spa setting with your own private double steam shower, separate dressing room and relaxation area to provide the utmost luxury for you and a special someone. This suite provides stunning views of Hyde Park and the breathtaking London skyline. To be enjoyed for one hour before your treatments start.

Duration - 1 hour

Spa & Champagne Tea

Welcome drink on arrival.

Enjoy 1 hour relaxation as you flow between the vitality pool, salt wall sauna, eucalyptus steam room and fireplace relax area where you will be picked up by your spa therapist for an indulgent 2 hour spa treatment with a personalised combination of exfoliation, facial and massage.

Optional upgrade to exclusive sky suite for friends or couples with a glass of Prosecco and a treat

Duration - 3 hours (4 hours including optional sky suite upgrade)

Four Seasons Seasonal Package

Start your journey by relaxing and unwinding in the Heat Experience Area with a eucalyptus steam room, Himalayan Salt Wall sauna and cooling vitality pool.

Follow with a seasonal salt exfoliation, massage and clay wrap fragranced with essential oils to address the current seasons effects on the skin and body:

Summer - refresh,

Autumn - renew

Winter - nourish

Spring - revive

Duration - 3 hours (4 hours including optional sky suite upgrade)

Continue your seasonal spa journey at home with the choice of a FS Signature Seasonal reed diffuser or candle.

Spa Packages

Exclusive Couples Sky Suite Experience

The Sky Suite provides stunning 180 degree views of Hyde Park and the breathtaking London skyline. Relax and unwind with your own private double steam shower and relaxation area.

Each couple will enjoy a welcome drink on arrival followed by 1 hour relaxation and private steam room, with a glass of Prosecco and a treat.

Enjoy a 2 hour spa treatment with a personalised combination of facial, massage and exfoliation.

Duration - 3 hours

Couples Rasul & Massage Experience

Set in the private Sky Suite, this luxurious couples Rasul treatment begins with a face and body exfoliation to remove dead skin cells followed by a mineral-rich face and body mud mask to purify and cleanse the skin, all applied at your leisure in a double steam room. Enjoy a glass of Prosecco and a treat before relaxing with an indulgent 60 minute massage of choice and emerge with silky soft skin and feeling truly pampered.

Duration - 2 hours

Bespoke Celebration Package

Create your own bespoke spa package for your personal celebration with our Spa Director and enjoy the choice of our Signature Four Seasons Candle or Diffuser to take home and continue your spa experience.

Spa Etiquette

Bookings

Please visit fourseasons.com/london/spa, email spa.lon@fourseasons.com. We highly recommend booking your treatment in advance to ensure your preferred time and services are available.

Spa Arrival

For the ultimate experience please allow yourself 60 minutes prior to your scheduled appointment to enjoy the luxurious spa facilities and prepare the mind and body for the treatment to follow. Please understand that late arrivals will not receive an extension of scheduled treatment time.

Age Requirement

The spa is available for guests aged 16 and over only.

Cancellation Policy

You are respectfully advised that the full treatment cost will be incurred if less than 24 hours notice is given to reschedule or cancel your reservation. Your booking is confirmed with a secure online credit card booking requirement which will be emailed for you to complete. Payment will be processed upon checkout after the service. If you would like to pay for your guest, please inform spa reception for credit card details and payment policy.

Health Conditions

Please advise us of any health conditions, allergies or injuries when making your spa reservation.

Pregnancy

Please allow The Spa receptionist to guide you in selecting treatments that are most suitable for you during this special time. Body treatments may be booked after the first 12 weeks of pregnancy.

Spa Etiquette

Spa Etiquette

Our Spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity. Use of mobile phones is not permitted.

Loss or Damage

We regret that we cannot be responsible for any loss or damage of personal articles.

Gift Certificates

The perfect gift for spa enthusiasts, gift certificates can be purchased from The Spa reception or online at fourseasons.com/london/spa. Gift certificates are non-refundable and non-transferable.

Spa Packages

For more information please contact The Spa reception.

Product Purchases

To continue your spa regime at home, all products used in our treatments are available for purchase on departure.

Spa Membership

For further information on our spa membership options, please enquire at The Spa reception.



FOUR SEASONS

HOTEL

LONDON AT PARK LANE