

The Spa at Four Seasons Hotel and Residences at The Surf Club



Massage

The Surf Club

60/90/120 Minutes • \$160/\$230/\$300

Personalized to your needs with your preferred pressure and oil blend.

Heat Fusion

60/90/120 Minutes • \$170/\$250/\$330

Heated stones and herbal compresses combined with your choice of warm oil.

Hot Stone

60/90/120 Minutes • \$170/\$250/\$330

Warm basalt stones combined with therapist hands soothe tired, tense muscles.

Deep Tissue

60/90/120 Minutes • \$180/\$270/\$350

A powerful massage using pressure points and long, firm movements with elbows and forearms to alleviate deep tension and muscular stress.

Calming Restorative

60/90/120 Minutes • \$180/\$270/\$350

Aromatic slow movement massage to allow the mind and body to be still and deeply restful.

Reflexology

60 Minutes • \$180

Traditional Chinese practice linking reflex points on the feet to promote healing and boost of energy and 'Chi' within the body.

Body

Post-Sun Soother

60 Minutes • \$150

Cool and soothe sun-drenched skin in an aloe and cucumber wrap before an application of refreshing cold stones further activates the mask. Complete with a watermelon body tonic to leave the skin feeling cool, calm and refreshed.

Sun Salutation

90 Minutes • \$180

Tropical body scrub followed by a cooling aloe and cucumber body mask. An acupuncture scalp massage is performed during the wrap process and the treatment is completed with a layer of hydrating oils.

Body Scrub

45 Minutes • \$100

Shed tired skin cells with a tropical super foods scrub before an application of a cooling cucumber and watermelon infusion or a botanical body oil with frangipani and jasmine to leave skin shimmering, silky, and radiant.

Body Wrap

90 Minutes • \$180

Reduce fluid retention and invigorate circulation with the application of warm nutrient-rich compresses before being cocooned in a thermal blanket to encourage perspiration. An application of circulation-boosting serum will leave a purified and revived body and mind. Perfect after a long-haul flight.

Susanne Kaufmann Facials

Custom Deep Cleansing Facial

60/90 • \$160/\$240

Clarify skin to a deep clean with steam, mild peeling, cleansing and extractions if desired, to leave behind skin that feels clear and fresh.

Anti-Aging Facial

60/90/120 Minutes • \$180/\$260/\$310

Prevent the signs of aging with this luxurious facial experience concentrated with powerful ingredients to energize skin rejuvenation and minimize fine lines and wrinkles.

Advanced Anti-Aging Facial

90 Minutes • \$280

A complex and effective treatment against aging. Repair skin, visibly reduce hyperpigmentation, diminish wrinkles and refine the complexion. Massage with a Jade Stone roller offers complete rejuvenation.

Gentlemen

Men's Custom Facial

60/90/120 Minutes • \$160/\$270/\$320

Offering deep cleansing, removal of impurities and recovery from skin's daily stresses, this facial will keep skin healthy and hydrated against elements.



FOUR SEASONS

HOTEL AND RESIDENCES

THE SURF CLUB, SURFSIDE, FLORIDA