THE Spa at Four Seasons Nevis

Four Seasons Resort Nevis has developed this exclusive menu of services in partnership with THÉMAÉ, a French professional spa brand boasting the acclaimed benefits of tea. These treatment rituals blend the antioxidant benefits of tea and spring water with French luxury and modern laboratory technology.

The benefits of Bush tea and homegrown remedies have become a longtime tradition in Nevis. The island shares the same passion for tea with all the customs and ceremonies that surround this incredible plant. As the only Spa in the Caribbean to carry THÉMAÉ, you will enjoy a highly unique, effective and results-driven wellness experience that embraces natural herbs and the healing powers of water and aromatherapy.

Herb Garden

The Spa’s new Herb Garden pays homage to the organic bounty of Nevis that stems from the island’s fertile, volcanic soil. For centuries, Nevisians have honed the art of natural therapies by practicing plant remedies.

The garden features plants to be used in certain spa treatments rituals and tea services for guests before or after their treatments. Guests can relax in the outdoor spa gardens surrounded by aromatic plants and two hydrotherapy pools including a volcanic stone Jacuzzi and a Japanese-inspired cold pool. A burbling fountain fashioned out of an antique sugar copper and native, gingerbread-trimmed massage cottages honor the island’s rich cultural history.
In the Spa garden, you will find medicinal plants growing including lemongrass, basil, rosemary, sage, aloe and other seasonal herbs. As these herbs are used to make Bush teas as well, the concept is deeply connected to the mission of THÉMAÉ PARIS products and treatments that embrace the leaves of 4 Teas as the foundation of their Spa and skincare line.

A quick reference guide to the benefits of these plants is below:

**LEMONGRASS**  
anti-microbial, anti-oxidant, anti-inflammatory, anti-cancer, detoxifying

**ALOE**  
High in Vitamins & Minerals, digestive, detoxifying, cardiovascular, alkalizes the body, boosts the immune system, great for the skin (burns, bug bites - acts as analgesic)

**ROSEMARY**  
Prevent brain aging, improve memory, anti-inflammatory, reduce formation of cancer, migraine help, pain relief, digestive.

**SAGE**  
Rich in antioxidants, help diabetes problem, improving memory, digestive, help with colds and fevers, menopause and menstrual pain.

**BASIL**  
Anti-microbial, inflammatory, cardiovascular, antioxidant, digestive.
Couples Treatments

Spa Under the Stars: Your Own Private Paradise

Spa Under the Stars transforms the Spa at Four Seasons Resort Nevis into an exclusive sanctuary of serenity and romance. Closed to all other guests, one lucky couple will enjoy the Spa’s volcanic-stone whirlpool, Japanese-inspired, cold plunge pool, steam rooms and sala deck in the complete privacy of the Eden-like garden. A refreshing bottle of champagne welcomes guests to their secret paradise, where Nevis’ clear skies set the perfect canvas for undisturbed stargazing – and the opportunity for eye gazing. Couples can also complement their private spa evening with a candle-lit dinner, as well as treatments prior to the closing of the Spa to other guests. One couple per evening can reserve Spa Under the Stars and enjoy the Spa exclusively from 8:00-10:00 p.m.

Duet Caribbean Facial THÉMAÉ

Did you ever notice how Caribbean people boast radiant youth and an ever-healthful glow? It’s not just in the mineral-rich volcanic water! (Indulge in this intensive anti-aging treatment for two, designed to combat wrinkles, loss of elasticity and reduce the appearance of sun damage). After a deep cleanse of the skin, including a detox facial mask with tea leaves, you will enjoy a special anti-fatigue face massage. The treatment is completed with an application of a collagen mask and a therapeutic, circulation-boosting arm and leg massage.

Blissful Moments with Caribbean Comfort Massage THÉMAÉ

This ceremony begins with a gentle yet effective bamboo, shea butter and apricot oil scrub followed by an intensely relaxing full body massage. (Combining deep and enveloping sweeping movements similar to the rhythms of the ocean that surrounds you, this soothing treatment aids relaxation and helps overcome physical and emotional tension). A truly magical moment...awakens all of the senses!
Island Ceremony **THÉMAÉ**  

(Just as the fresh mountain-to-sea island air leaves you feeling relaxed and recharged, so will this all over treatment ritual for two). We combine facial hydration with a full body massage. After a welcome ritual featuring the essence of orange blossom, a deep massage is applied to your back and scalp, followed by our pampering and skin-rejuvenating facial. This ceremony is completed with a therapeutic facial mask and a soothing leg and foot massage. *Leave feeling the glow of the islands inside and out.*

**Nevis, your way…**

Choose your preferred massage in our Massage Section and experience it together within our exquisite couple’s room.

**Couples Massage Lesson**

Learn how to pamper your partner in this interactive session with one of our expert therapists. You can learn the gentle art and techniques of massage that you can take away with you to continue the benefits of your couple’s spa experience at home. The spiritual bonding with your partner will linger long after your visit to the Spa at Four Seasons Resort Nevis.
Caribbean Vibe Ceremonies

West Indies Escape **THÉMAÉ**

If you have journeyed the islands to relax, this ceremony will lull you into ultimate relaxation. We begin with a full body exfoliation with bamboo, shea butter and apricot oil. The bamboo is known for enhancing circulation and for its anti-inflammatory and antioxidant effects, while the shea butter and oil hydrates. Next, you are treated to an express massage and petite facial to conclude your ultimate escape.

Island Ceremony **THÉMAÉ**

*(Just as the Nevis breezes and mountain air leave you feeling relaxed and recharged, so will this treatment be).* We combine facial hydration with a full body massage. After a welcome ritual featuring the essence of orange blossom, a deep massage is applied to your back and scalp and followed by our pampering and skin-rejuvenating facial. This ceremony is completed with a therapeutic facial mask and a soothing leg and foot massage. Leave feeling the glow of the islands inside and out.

Jasmine Tea Detoxifying Wrap **THÉMAÉ**

Are you ready to let the stress of the outside world slip away? This detoxifying treatment starts with a zesty mix of 3 Teas blended in a mint body wrap. The detox journey follows with a foot and scalp massage featuring the herbal scents of basil, lavender and sandalwood. The treatment comes full circle and is completed with a jasmine butter full back rub to relieve any remaining tension.
The Masquerade **THÉMAÉ**

Beat the signs of aging and look and feel more rested and youthful with the perfect escape for dehydrated skin. This facial features accentuated movements that provide visibly younger looking skin. Each phase of this treatment is performed with sophisticated massage techniques, hi-tech THEMAE product and traditional tools to help firm skin naturally. *(Walk away feeling revived, refreshed and vibrant)*.

**Land of Beautiful Waters** **THÉMAÉ**

We unleash the powers of natural spring waters combined with fresh herbs, botanicals and the very best of science and technology to bring you this intensive anti-aging treatment. This age defying facial with our exclusive firm phyto-collagen mask will combat wrinkles, deeply cleanse the skin and reduce the visible signs of aging.

**Radiance Bliss** **THÉMAÉ**

This is our classic, deep cleansing facial. This ritual perfectly combines intense purification with a deep massage. The movements of this facial are precise to deliver specific benefits. The skin is deeply cleansed, exfoliated and steamed to prepare for a detoxifying mask enriched with the 4 Teas and lupine flower. The skin is left oxygenated and purified.

**Calypso King Facial** **THÉMAÉ**

Stressed and fatigued gentlemen's skin will welcome this detoxifying treatment combining the necessities of deep cleansing and moisturizing. The treatment includes a natural bamboo peel, black head removal and a marine mask. It is a facial fit for a king.

**Signature Facial**

Allow your esthetician to create a custom experience, tailored to benefit your skin type and target areas of concern. Our Signature Facial addresses every skin concern.
Massages

Relaxing Massages

**East meets west inspired Massage** THÉMAÉ  
50min | 80min

East meets West in this massage designed to free the body from all its tensions by working the muscles and skin with agile, graceful strokes and gentle, comforting movements. The kneading, treading and smoothing movements will leave you feeling tranquil and calm. *(This massage works the body with parallel movements, resulting in a feeling of well-being, a rested mind and a relaxed body).*

**Tropical Hot Stone**  
80min

This medium pressure massage combines the elements of fire, water and earth, bringing profound relief to tight muscles and a stressed and weary spirit. The heat of the stone allows the therapist to work deeply in the muscles bringing you to a complete state of relaxation and stress relief.

**Swedish Massage**  
50min | 80min

This classic full body massage uses light to medium pressure including circular strokes to achieve increased circulation and all over relaxation. This treatment is recommended for first-time spa-goers or spa-goers who do not receive massages very often.
Massage with Tradition

Four Seasons Nevis Naturally Massage  
50min | 80min

Enjoy this uniquely designed head to toe customized treatment, which utilizes aromatherapy to alleviate your body and mind and elevate you to a heightened sense of well-being.

Aromatic herbs, harvested in our Herb Garden in the SPA, such as: mint, rosemary, eucalyptus, lemongrass, aloe and more are used. These herbs have been carefully chosen for their specific properties and benefits to heal, rejuvenate, harmonize and relax the body and mind. After a foot ritual, your body will benefit from the full body massage using traditional ancient techniques like deep flowing, massage movements, gentle stretching and acupressure points finishing with the scalp massage. This massage provides the senses of awakening, relaxation and balance to your energy centers.

World Tour Experience THÉMAÉ  
50min | 80min

(This spectacular treatment draws on three cultures to deliver an intensely relaxing and calming experience). This treatment tour is specifically designed to release all fatigue from the body as well as gently eliminate daily stresses and tensions in your body. In order to re-balance energies, movements are precise and sustained, focusing on the tense parts of the body. The therapist focuses on back tensions using a Chinese technique, which is followed by a progressive massage of the abdomen using the Malay method. The treatment culminates with the elimination of “body heat” achieved by stimulating the foot’s reflex zones of the feet utilizing an Indian technique. (Have a worldly experience without having to leave paradise).

Caribbean Fusion Massage  
50min | 80min

This Signature treatment is perfect for revitalizing the mind, drifting away in the warmth of lemongrass and coconut milk mix. Relax and indulge yourself with this full body massage that includes long flowing gentle strokes combined with the gliding of warm basalt stone.

Four Hands Massage  
50min | 80min

Experience the ultimate in relaxation with two therapists performing this four handed massage. Our skilled therapists work simultaneously in a rhythmic fashion. Prepare yourself for deep relaxation and double pampering.
Sport Massage

Quick Recovery Massage

Whether you have spent the day out on the golf course, deep sea fishing, on the tennis courts or engaging in extreme watersports, this massage will deliver relief. The treatment is designed to ease musculoskeletal pain, while facilitating movements to improve function.

Regenerating Back Massage THÉMAÉ

Invigorate the body with deep muscular techniques from sustained pressure and kneading to light Thai stretching. This targeting massage focuses on the tired back and legs to release tension and leave you feeling calm and serene.

Deep Tissue Massage

This technique incorporates mainly forearms, elbows and some light stretching to ease tension from your body. The pressure is medium to deep.

Mothers-To-Be Massage

Mama Mia

This massage has been designed for expectant mothers and uses light to moderate pressure combined with gentle stretching. The Mama Mia Massage has been found to reduce stress, decrease swelling in the arms and legs, and relieve aches and pains in muscles and joints. This therapy is recommended for women in their second or third trimesters only, with a focus on the comfort of the mother-to-be.
Nature’s Get Away

Our stimulating and natural body treatment removes impurities, dead cells and revitalizes your skin, revealing a radiant glow. Enjoy the gentle outer coconut exfoliation, followed by our local “pickle pear” wrap and warm ginger oil.

Golden Ceremony THÉMAÉ

This Ceremony starts by a body scrub, is completed with an express massage and ends with the application of the THEMAE Shimmering Dry Oil to illuminate the skin! This is a perfect treat before an oceanfront dinner and evening in the tropics.

Brown Sugar Delight

Achieve smooth hydrated and radiant skin as we refresh your body with a gentle and exfoliating Brown Sugar scrub. This treatment is topped off with comforting Cinnamon scented oil.
To enhance your Spa experience with added benefits, spa guests can choose from this supplemental menu of Blissful Moments. These 25-minute mini treatments can be added to any facial, massage or body service for the ultimate in mind and body benefits.

**Foot Reflexology**

This is an original relaxation technique that will revitalize tired legs and feet, improve circulation and enhance joint mobility.

**Back-to-Basics Massage THÉMAÉ**

Allow your body to completely unwind by adding a regenerating back massage combining a series of deep muscular techniques for total relaxation.

**Brightening Green Tea Facial THÉMAÉ**

This express facial will quickly refresh and tone the skin with the healing benefits of green tea and its antioxidant properties. This treatment provides a quick route to radiance.

**Bamboo Powder Body Scrub THÉMAÉ**

An aromatic combination of apricot oil, shea butter and bamboo powder will gently alleviate your skin of impurities and leave your body feeling fresh and looking glowing.

**Detoxifying Body Wrap THÉMAÉ**

A special treat combining fresh mint leaves, clay, rice powder and our custom 3 Teas blend that will instantly soften, tone and revitalize your skin.
Waxing

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<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Service</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Brow, lip, chin or cheeks</td>
<td>25min</td>
<td>Full arm</td>
<td>30min</td>
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<tr>
<td>Brazilian</td>
<td>45min</td>
<td>Underarm</td>
<td>20min</td>
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<tr>
<td>Bikini</td>
<td>30min</td>
<td>Half leg</td>
<td>45min</td>
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<tr>
<td>Modified Bikini</td>
<td>45min</td>
<td>Full leg</td>
<td>60min</td>
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<tr>
<td>Half Face</td>
<td>45min</td>
<td>Full Back</td>
<td>60min</td>
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<td>Full Face</td>
<td>60min</td>
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Salon

**Classic Manicure and Pedicure**

This classic treatment includes a relaxing massage along with nail shaping, cuticle care and polish.

**THÉMAÉ Luxury Pedicure**

Slip your feet into a delicately perfumed silky milk bath of sweet almond oil to soften the skin and relax the mind. Your feet and legs are then exfoliated with our Himalayan sea salt, tea, apricot and macadamia scrub followed by an Indian inspired foot massage using a Kansu Bowl to balance the feet and body. This foot retreat is finished with a rich hydration of borage oils and an expert polish application.

**THÉMAÉ Luxury Manicure**

Begin with an organic soothing 4 teas and aloe soak, followed by a gentle rice powder scrub to exfoliate and improve circulation.
A massage with antioxidant Siberian pine and bamboo enriched cream to combat aging and dehydration offers a perfect end to this results oriented yet luxurious treatment.
**Lemongrass Mani and Pedicure**

This signature treatment is perfect for revitalizing and detoxifying the skin. Starting with a gentle lemongrass and sand scrub from our herb garden, followed by a nice massage with a warm basalt stone. This amazing treatment is going to leave you with very rejuvenated skin.

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
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<tbody>
<tr>
<td>Polish change</td>
<td>30min</td>
</tr>
<tr>
<td>French polish hand or feet</td>
<td>60min</td>
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<tr>
<td>Paraffin hand or foot treatment</td>
<td>30min</td>
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<tr>
<td>Remove Gels from hand or foot</td>
<td>20min</td>
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<tr>
<td>Anti Aging Hand treatments</td>
<td>15min</td>
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</tbody>
</table>

**Leonor Greyl**, a pioneer in terms of completely natural ingredients hair care has become a woman’s best friend.

A constant in these products, forever and always, is nature: the ultimate and founding inspiration from whose sources *Leonor Greyl* ceaselessly draws, and from which it distils secret virtues and miraculous ingredients into flagship products. This unique approach that balances passion with high and quality is shared by Four Seasons Resort Nevis.

Each guest is first given a precise diagnosis of their hair type in order to create a truly customized ritual.

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
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<tbody>
<tr>
<td>Express Treatment</td>
<td>15min</td>
</tr>
<tr>
<td>Deep Treatment</td>
<td>45min</td>
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<tr>
<td>Shampoo and Blow Dry</td>
<td>60min</td>
</tr>
<tr>
<td>Short hair</td>
<td>60min</td>
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<tr>
<td>Medium hair</td>
<td>60min</td>
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<tr>
<td>Long hair</td>
<td>60min</td>
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<tr>
<td>Special Occasion Hair</td>
<td>60min</td>
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<tr>
<td>Wedding style/UP-DO</td>
<td>90min</td>
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<tr>
<td>Wedding Make up</td>
<td>90min</td>
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<tr>
<td>Make up application</td>
<td>50min</td>
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<tr>
<td>Braids</td>
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<tr>
<td>Single Braids</td>
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<tr>
<td>Request in advance</td>
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<tr>
<td>Child’s Haircut</td>
<td>30min</td>
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<tr>
<td>(Children 12 and under)</td>
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<tr>
<td>Lady’s</td>
<td></td>
</tr>
<tr>
<td>Trim and shampoo</td>
<td>40min</td>
</tr>
<tr>
<td>Haircut and shampoo</td>
<td>60min</td>
</tr>
<tr>
<td>Gentleman’s</td>
<td></td>
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<tr>
<td>Haircut and shampoo</td>
<td>30min</td>
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<tr>
<td>Hair/Beard Trim</td>
<td>30min</td>
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<tr>
<td>Root Color</td>
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<tr>
<td>All-over color</td>
<td></td>
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<tr>
<td>Partial foil highlight</td>
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Price List

Couples Treatment
Spa Under the Stars: Your Own Private Paradise
2hrs $250/couple
Couples Treatments
50min $350/couple | 80min $470/couple
Couples Massage Lesson
50min $235/couple | 80min $300/couple

Caribbean Vibe Ceremonies
80min $250

Facials
50min $175 | 80min $235
Massages
50min $175 | 80min $235
Four Hands Massage
50min $265 | 80min $320
Body Rituals
50min $150 | 80min $200
Blissful Moments
25 min $95

Waxing
Brow, lip, chin or cheeks 25min $25
Brazilian 45min $80
Bikini 30min $55
Modified Bikini 45min $65
Half Face 45min $50
Full Face 60min $60
Full arm 30min $50
Underarm 20min $35
Half leg 45min $50
Full leg 60min $90
Full Back 60min $80

Salon
Classic Manicure 30min $55
Classic Pedicure 60min $70
Themae Luxury Manicure 30min $65
Themae Luxury Pedicure 60min $85
Lemongrass Manicure 50min $70
Lemongrass Pedicure 60min $85
French Polish hands or feet $15
Polish Change 30min $40
Paraffin hand or foot treatment 30min $25
Gel removal from hands or feet 20min $25
Anti aging hand treatment 15min $20
Hair Services
Express Treatment 15min $50
Deep Treatment 45min $90

Shampoo and Blow Dry
Short hair 60min $70 Request in advance
Medium hair 60min $80 Child’s Haircut 30min $35
Long hair 60min $90 (Children 12 and under)

Special Occasion Hair 60min $100 Lady’s
Wedding style/UP-DO 90min $120 Trim and shampoo 40min $70
Wedding Make up 90min $150 Haircut and shampoo 60min $120
Make up application 50min $95

Hair braiding $65 and up Gentleman’s
Single Braids $8 Haircut and shampoo 30min $50

Gentleman’s Hair/Beard Trim 30min $30

Root Color $75
All-over color $100
Partial foil highlights $150

Please Contact Spa for reservation
(869) 469–6264

Four Seasons Resort
Nevis, West Indies

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