

THE SPA

FOUR SEASONS RESORT NEVIS



The Spa at Four Seasons Resort Nevis is an authentic Caribbean sanctuary set in a garden amid lush greenery and the brightest of blooms. The 12,000 square foot facility features treatment rooms, some of which are hidden away in private Nevisian huts providing the ideal environment to enjoy the sounds and scents of Mother Nature. Relax on the Sala Deck with a glass of flavoured water or fresh lemongrass tea. Inspired by traditions and infuses with Nevisian herbs, our Spa treatments and dody rituals will leave you refreshed and relaxed.

Contact us at 869-469-1111 for reservations

Reservations need to be made at least 24- 48hrs in advance.

OUR GARDEN OF EDEN

Come for a message and stay for the tranquil beauty



SPA HOURS & LOCATION

Spa Reception & Bookings
9:30a.m. - 8:00 p.m.

Spa Treatments
10:00 a.m. - 7:00 p.m.

Oceanside Treatments
11:00 a.m. - 4:00 p.m.

Location: Adjacent to the Sports Pavillion

PRE & POST TREATMENT

PRE-TREATMENT

Please arrive at the Spa at least 20 minutes before your treatment to complete the medical questionnaire, change into your spa robe and enjoy the tranquil spa gardens.

POST-TREATMENT

Please take the time to enjoy our Spa garden or relax by the Sala Desk overlooking Nevis Peak.



SPA MANNER

Guests are encouraged to wear a mask at all times when relaxing around the Spa. Guest must wear a mask during treatments when they are lying face up.

Complimentary robes and slippers are available for use throughout your spa journey.

We are pleased to offer complimentary Internet access, though we kindly ask you not to make or take phone calls whilst in the Spa, so you and your fellow guests can fully relax and recharge.



SIGNATURE NEVISIAN MASSAGE

65 MINUTES

Reflecting the beauty and natural history of Nevis, the signature Nevisian Massage begins with a relaxing and cleansing foot ritual, where feet are bathed in warm, lemongrass-infused water, before a detoxifying aromatic scrub (crafted from famed Nevisian ingredients, including brown sugar, cinnamon and coconut) is applied. The exquisite massage features a locally-infused blend of oils inspired by exotic scents and spices of the West Indies. Long, flowing strokes mimic the waves of the Caribbean Sea, easing the senses and recharging the mind and body.

MASSAGE AND BODY RITUAL TREATMENTS



We offer the following massage oil blends for you to customize your massage journey.

Muscle Melt Oil - ideal for deep muscle relaxation and muscle strains: signature oil Clary Sage.

Tranquility Blend - ideal for relaxation and soothing stressful minds: signature oil Sweet Marjoram.

Better Together - ideal for drifting away: signature oil Rose Geranium.

TROPICAL HOT STONE

This medium pressure massage combines the elements of fire, water and earth, bringing profound relief to tight muscles and built-up stress. The heat of the stone penetrates into the muscles, bringing you to a complete state of relaxation and stress relief. 80 minutes

CARIBBEAN FUSION

This treatment is perfect for revitalizing the mind with lemongrass-infused oils and long flowing gentle strokes combined with gliding warm basalt stone 50 or 80 minutes

SWEDISH

This classic full-body massage uses light to medium pressure to encourage all-over relaxation. 50 or 80 minutes

SPORTS

For those who have participated in strenuous activities, this massage will ease muscle stiffness through varied techniques and stretching. 50 or 80 minutes

PREGNANCY

This massage has been designed for the expectant mother (second and third trimester only) and uses light to moderate pressure with non-scented oils. 50 minutes

DEEP TISSUE

A treatment for experienced spa users, this deep massage uses forearms, elbows and advanced techniques to treat muscle stiffness and soreness. 50 or 80 minutes

OCEAN BREEZE BEACHSIDE TREATMENTS



Let the gentle breeze and the calm crashing waves of the Caribbean ease you into a tranquil state of mind. With four essentials treatments to relax you from head to toe, our Ocean Breeze Beachside Treatments will leave you refreshed and rejuvenated.

CORAL FOOT

This ancient relaxation technique will revitalize tired legs and feet, improve circulation and enhance joint mobility.

25 minutes



BEACH WAVE

This classic full-body massage uses light to medium pressure to encourage all-over relaxation.

50 or 80 minutes

DEEP SEA

A treatment for experienced spa users, this deep massage uses forearms, elbows and advanced techniques to treat muscle stiffness and soreness.

50 or 80 minutes





BLISSFUL MOMENTS

To enhance your Spa experience with added benefits, these can be added to any 50 or 80 minute treatment, but can not be booked individually.

FOOT REFLEXOLOGY

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

25 minutes

BACK TO BASICS MASSAGE

Allow your body to completely unwind by adding a regenerating back massage combining a series of techniques to relax the muscles.

25 minutes

SCALP MASSAGE

This soothing scalp massage hydrates the hair and stimulates the scalp.

25 minutes





SPA UNDER THE STARS

6:30 PM - 10:30 PM

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, the Spa is open to just one lucky couple, who will enjoy the volcanic-stone whirlpool, Japanese-inspired cold plunge pool and Sala Deck in the complete privacy of the Eden-like garden.

A bottle of red, white, rose wine or bottle of Champagne will top off the evening after your treatment, where Nevis' clear skies set the perfect canvas for undisturbed stargazing – and the opportunity for eye gazing.

Couples will also enjoy a signature Nevisian Massage and a candle-lit dinner on the sala deck overlooking the glistening Nevis Peak.

NAIL SALON

CLASSIC MANICURE/ PEDICURE

This classic treatment includes a relaxing arm and hand/ leg and foot massage along with nail shaping, cuticle care and polish.

30/ 60 minutes

LEMONGRASS MANICURE & PEDICURE

This signature treatment is perfect for revitalizing and detoxifying the skin with lemongrass from our Herb Garden.

50 minutes manicure.

60 minutes pedicure

POLISH CHANGE

30 minutes

REMOVE GELS FROM HAND OR FEET

20 minutes

FRENCH POLISH

15 minutes

PARAFFIN HAND/FOOT TREATMENT

30 minutes



PRICE LIST

All prices are subject to 18% service charge.

MASSAGE TREATMENTS

Signature Nevisian Massage
65 minutes | \$190 single

Massages

50 minutes | \$175
65 minutes | \$190
80 minutes | \$235

Blissful Moments
25 minutes | \$95

OCEAN BREEZE BEACHSIDE TREATMENTS

Coral Foot (Reflexology)
25 minutes | \$100

Beach Wave (Swedish)
50 minutes | \$165
80 minutes | \$225

Deep Sea (Deep Tissue)
50 minutes | \$165
80 minutes | \$225

SPA UNDER THE STARS

3hrs+ | USD 1,295 per couple

NAIL SALON

Classic Mani 30 minutes | \$65

Classic Pedi 60 minutes | \$70

Lemongrass Mani 50 minutes | \$70

Lemongrass Pedi 60 minutes | \$85

French Polish hands or feet | \$15

Polish Change 30 minutes | \$25

Paraffin hands or feet treatment 30 minutes | \$25

Gel removal from hands or feet 20 minutes | \$25

The Spa Menu is subject to change at any time based on government protocols and regulations. Prior reservations are required as treatments will have limited capacities. Additional fees may apply.

