



S P A

ONLY STEPS FROM THE VIBRANT STREETS OF LOWER MANHATTAN, THE SPA AT FOUR SEASONS BLENDS HIGH TECHNOLOGY TREATMENTS WITH LUXURIOUS, NATURAL PRODUCTS DESIGNED TO INDULGE THE BODY AND THE MIND.

OUR URBAN-CHIC RETREAT HAS PARTNERED WITH DR. BURGNER SWITZERLAND, THE SWISS EXPERT IN BEAUTY AND REJUVENATION, AND OMOROVICZA, FROM THE INTERNATIONAL SPA CITY OF BUDAPEST, TO CREATE CUSTOMIZED EXPERIENCES FOUND EXCLUSIVELY AT FOUR SEASONS HOTEL NEW YORK DOWNTOWN. IN THIS HAVEN OF BEAUTY AND WELLNESS, RESULTS-DRIVEN SPA THERAPIES FIND HARMONY WITH SCIENCE AND NATURE. UNDERSTATED AND SOPHISTICATED, THE SPA IS A RETREAT IN THE HEART OF DOWNTOWN NEW YORK. FROM SERENE MASSAGES TO OPULENT SKIN CARE, ESCAPE TO A PLACE OF WELL-BEING WITH TREATMENTS THAT REFLECT THE ENERGY OF THE WORLD'S MOST DYNAMIC CITY.



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MASSAGE

LUXURY SKIN CARE

SKIN CARE

BODY RITUAL

NAIL CARE

SPA ETIQUETTE

CONTACT



FOUR SEASONS
HOTEL
NEW YORK DOWNTOWN

MASSAGE

SLEEP SERENITY 220 | 305 | 405

Long rhythmic strokes to ease the mind for deep relaxation, restful sleep and jet lag recovery.

50 | 80 | 100 min

THERAPEUTIC AWAKENING 235 | 330

Deep, specific pressure combined with stretching techniques and arnica will help relieve tension and increase your body's mobility.

50 | 80 min

HERBAL VITALITY 340

Healing herbs and warm poultice clear your mind of negativity and naturally detoxify the body. A true holistic journey to tranquil peace.

80 min

AROMATHERAPY 225 | 320 | 410

Expertly blended essential oils reduce anxiety and promote a sense of calm, allowing the body to return to a state of harmony and balance.

50 | 80 | 100 min

PEACEFUL PREGNANCY 225

This intuitive and relaxing therapy restores mothers-to-be to optimum wellness.

50 min

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MASSAGE

EXECUTIVE RECHARGE

135

Rushed for time? Take a break from the busy day to unwind and recharge with focused work on the head, neck and shoulders.

25 min

REFLEXOLOGY

145 | 225

Applied pressure to specific points on the feet or hands removes blockages in the body's energetic meridians, stimulating energy flow and encouraging optimal body function.

25 | 50 min

LOVE ADORNED,

A COUPLES MASSAGE

460 | 630

A warm Rose Quartz massage and custom essential oils are perfectly paired to ignite the feeling of positivity and love.

50 | 80 min

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LUXURY SKIN CARE

by Dr. Burgener, Switzerland

LUXURY GREEN CAVIAR 340

Using an intense dose of green caviar and gold to repair and revamp, this treatment is particularly suited to skin in need of a regenerative boost.

80 min

COLLAGEN FIRMING 340

Stimulating from the inside out, the VitaSkin Ultrasound allows the skin to produce more collagen essential to improve cellular function, leading to a firmer, smoother complexion.

80 min

INTENSE GLOW 340

The skin is left radiant and illuminated through a specialized sequence of massage techniques and glycolic acid treatment.

80 min

SWISS ANTI-AGING JEWEL 270

Combat the signs of aging with this nutrient rich treatment. A deep cleanse, gentle exfoliation and nourishing mask rejuvenate the skin and turn back the hands of time.

50 min

MEN'S SKIN FITNESS 270

Our treatment designed specifically for men leaves the skin feeling refreshed and renewed removing accumulated impurities

50 min

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SKIN CARE

by Omorovicza, Hungary

BLUE DIAMOND

220 | 300

This firming and brightening treatment helps to revitalize dull, lackluster skin and restore a more vibrant complexion.

50 | 80 min

PORE REFINING

220 | 300

A thorough deep cleansing and exfoliation with Hungarian moor mud detoxifies, draws out impurities and reduces pore size.

50 | 80 min

GOLD HYDRALIFTING

220 | 300

Using the power of bio-available gold, this repairing and hydrating treatment strengthens the skin barrier, leaving it nourished and plumped.

50 | 80 min



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BODY RITUAL

REMINERALIZING CRYSTAL DETOX

225

This full body salt exfoliation, rich in trace elements, purifies, eliminates toxins and restores balance to your skin.

50 min

HYDRATING SWISS MILK

315

This regal treatment, reminiscent of Cleopatra's favorite beauty ritual, uses Swiss Milk and an active, anti-aging concentrate to leave your skin highly nourished.

80 min

PURIFYING MUD

395

A detoxifying sea salt exfoliation, deep cleansing mud wrap and soothing hot stone massage combine for ultimate bliss.

100 min

LUXURY CHARDONNAY RITUAL

455

Antioxidant-rich grapeseed extract is the basis for this full body, anti-aging, vinotherapie ritual. Your skin is left glowing and rejuvenated after this indulgent experience.

120 min

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NAIL CARE

SIGNATURE MANICURE

50

Nourishing soak, nail shaping and cuticle care, hydrating massage and polish application.

45 min

GEL MANICURE

75

Long-wear gel polish leaves nails with chip free, high shine color up to two weeks.

45 min

DELUXE PEDICURE

95

Aroma therapeutic soak, invigorating scrub and callus removal. Nail shaping and cuticle care, hot stone massage and polish application.

60 min

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Stress reduction is an important contributor to overall good health and the Spa at Four Seasons New York Downtown aims to help each of our guests attain the highest levels of relaxation. In this tranquil environment we ask that all guests' rights to privacy and quiet are respected. Our services have been designed to ease what ails you, guiding you to optimal comfort and well-being.

SPA RESERVATIONS AND CANCELLATIONS

For maximum convenience and flexibility, we recommend that you schedule your spa treatments in advance. All appointments can be guaranteed with a credit card or room confirmation number.

Because we reserve your spa appointment time especially for you, we ask that you give us four hours' advance notice should you need to change or cancel your appointment. No-shows and cancellations made fewer than four hours before scheduled time will be charged at full treatment rate.

CHECK-IN

We suggest that you arrive to the Spa at least 15 minutes prior to your scheduled appointment, providing you with sufficient time to change and make use of the Spa facilities; robes, slippers and a locker will be provided upon your arrival. Feel free to dress down to your comfort level for any Spa service, as our team of professionals is skilled in proper draping techniques to ensure your complete comfort and privacy.

MEDICAL

Kindly inform us of any special or medical needs that require additional attention. If you are pregnant, or have specific medical conditions, some treatments are not recommended.

VALUABLES

Please remove any jewelry and other valuables prior to your Spa visit. You can secure them in the safe located in your room.

GIFT CARDS

Four Seasons Global Gift Cards are available for purchase at the Spa.

FITNESS

Our fitness facilities are available 24 hours. Please contact our Spa for any inquiries regarding private fitness instruction.

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HOURS OF OPERATION

SPA	7:00AM – 9:00PM
POOL	6:00AM – 9:00PM
FITNESS	24 HOURS

SPA RESERVATIONS

spa.nydowntown@fourseasons.com
+1 (646) 880-1990

ADDRESS

Four Seasons Hotel New York Downtown
27 Barclay Street New York
New York 10007, U.S.A.



Spa services are now available
on the Four Seasons app.

