INTRODUCING

SELF-HEALING IMMERSIONS
Welcome to Self-Healing Immersions, a personal journey that encourages profound change and self-improvement. Each experience can be enjoyed in the private comfort of a guest room or your own private home.

Each ritual targets a personal goal, allowing you to fully immerse yourself in your own self-care journey. Our specialty Self-Healing Immersions are designed to embrace change, embody self-love and encourage you to explore a new state of well-being.

Curated by our Wellness Director, these programs are tailored to your personal needs and range from a single night experience to a five night wellness excursion.
THE SKIN CURE
Virtual skin consultation with Four Seasons Aesthetician
Infrared light treatment
Product kit
Skincare tools with instruction (options include facial brushes, cooling globes, crystal facial rollers)
Anima Mundi herbal product

SLEEP SPECIFIC
Several bespoke healing oils catered to support optimal sleep
Crystal Eye Sleep Mask from Revityl by Rashia Bell
Audio Meditation by Liza Colpa
Virtual Hypnosis by Resident Healer, Nicole Hernandez
Maison de Papillon Silk Pajama Set
KIN Euphoric Night-Cap
Option to purchase Four Seasons bedding + linen set
HEART HEAL

Virtual Crystal Meditation and Chakra Balance by Resident Healer, Rashia Bell or Wellness Ambassador, Nicole Sievers

Rose Quartz and Pursoma Salt Bath Soak

Customized affirmation and journal

Soveral bespoke blended oil

Plant Program With Anima Mundi Apothecary

BODY & MINDFUL SHIFT

Virtual Astrology Reading with Rebecca Gordon

Virtual Healing Yoga & Meditation with Liza Coppa

Custom clearing set (crystal and palo santo)

Pursoma Dry Brush and Soak

Soveral bespoke blended oil

Custom journal
BODY ACCELERATOR

Hypertice placed in-room

In-room workout set including free weights, jump rope and resistance bands, medicine ball, yoga mat and blocks

Stretching tutorial

Virtual Work-Out with personal trainer, Mickey Myvett

Infrared light panel to target inflammation, circulation and increase blood flow

Healthy Wellness Lunch
THE ULTIMATE MULTI DAY EXPERIENCE

Virtual Clairvoyancy Session with Resident Healer and Clairvoyant, Deganit Nuur

Virtual Hypnosis by Resident Healer, Nicole Hernandez

Virtual consultation and self-care demo with Alexandra Soveral

Skincare delivered post-session

Virtual Session with Resident Healer and International Sonic Alchemist, Michelle Pirret

Crystal Meditation with Resident Healer, Rashia Bell

Custom crystal stone set delivered pre-session

Virtual Yoga and Travel Immunity Session with Resident Healer, Snow Shimazu

Travel Wellness Kit delivered post-session

In-Room or At-Home Delivery:
  - Four Seasons silk pajamas
  - Silk eye pillow
  - Embroidered robe
  - Collection of bespoke oils
  - Custom crystal set
  - Bath soak
  - Wellness beverages
  - Yoga mat
  - Journal
For additional information or to book your individual experience, please contact The Spa at (646) 880-1990 or spa.nyndowntown@fourseasons.com