



SPA by FOUR SEASONS

SPA MENU

## AVA SPA BY FOUR SEASONS – the epitome of luxury, renewal and beauty

Set in a historic neo-Classical building overlooking Prague Castle, AVA Spa at Four Seasons Hotel Prague is designed in synergy with the Hotel's décor and is offering authentic spa and wellbeing experiences.

Based on water and mineral rich products, treatments are enhanced with state-of-the-art traditional Czech thermal baths.

The vitality pool with a wide variety of massage jets and accessories provides the ultimate hydrotherapy in a relaxing Central European spa ambiance.

The AVA Spa offers three cosmetics lines: Omorovicza, Sodashi and Swiss Perfection.

**SPA opening hours:** 8 AM - 10 PM

**SPA TREATMENT hours:** 9 AM - 9 PM

**VITALITY POOL opening hours:** 8 AM - 10 PM

**FITNESS CENTRE** with 24 hour access is located in the Hotel's Modern building and includes separate lockers and male and female saunas.

Should you wish to cancel or reschedule your treatment, please inform us at least four hours prior to your appointment in order to avoid a 100% cancellation fee. In-room treatments are available upon request. They carry an additional charge of 20% per treatment.

We kindly request that you arrive 30 minutes prior to your appointment in order to enjoy our facilities, including our vitality pool, steam room, sauna and relaxation lounge. Prices and treatments are subject to change without notice.

*Note: Out-of-hours treatments can be arranged upon request and are subject to additional fees. A surcharge will apply for treatments after 9 PM.*



## TRADITIONAL CZECH INSPIRED BATH TREATMENTS

The Czech Republic is known for its powerful and healing hot springs and spa towns. These exclusive, traditional Czech-inspired healing baths will allow you to benefit from their unique properties and deeply relax soaking in a luxurious bath enhanced with essential oils and flower petals.

### 🔴 **KARLOVY VARY INSPIRATION** (30 minutes)

Since the Medieval Era, Karlovy Vary has been renowned for the healing properties of its waters in removing toxins and purifying the body. Rich in minerals, potassium, calcium and magnesium, it has been known by Europeans as “The miracle mineral water” since as far back as the 18th century. You can benefit from the amazing baths inspired by these waters and their unique healing compounds. As a special touch, we will enhance the properties of your bath soak with some essential lemon oil.

### 🔴 **TEPLICE INSPIRATION** (30 minutes)

Teplice Spa is the oldest spa in Central Europe with a tradition dating back almost two thousand years. Located in northern Bohemia, at the foothills of the Ore Mountains, it used to be referred to as “The Salon of Europe”. You can enjoy the rare elements contained in this sulfurous healing bath inspired by Teplice. The water is hugely beneficial for the musculoskeletal system, relaxing your body, muscles and joints. As a special touch, we will enhance your bath experience with some essential rosemary oil.







### 🔴 **MARIANSKE LAZNE INSPIRATION** (30 minutes)

Marianske Lazne Spa is famously nicknamed the “Spring of Love”. With its high content of iron, it became popular as a way of improving blood circulation in lower extremities, improving heart activity and lowering blood pressure and anaemia. Allow yourself to enjoy a unique experience from this Marianske Lazne inspired healing bath. As a special touch, we will enhance your relaxing bath with some aromatic essential lavender oil.

Price: CZK 3,200



## SIGNATURE RITUALS

-  **PRAGUE ROMANCE – RETREAT FOR TWO** (120 minutes)  
Prepare yourself for a romantic escape with this ultimate spa retreat for couples. The offer begins with a relaxing moment in our Rhassoul, followed by a pampering Aromatherapy Massage designed to relax body and mind, and a Pure Radiance Facial Treatment that will take your skin on a journey of total renewal. Your skin will feel fresh and radiant with a unique glow.  
Price: CZK 14,500
-  **KARLOVY VARY INSPIRATION** (30 minutes)  
Since the Medieval Era, Karlovy Vary has been renowned for the healing properties of its waters in removing toxins and purifying the body. Rich in minerals, potassium, calcium and magnesium, it has been known by Europeans as “The miracle mineral water” since as far back as the 18th century. You can benefit from the amazing baths inspired in these waters and their unique healing compounds. As a special touch, we will enhance the properties of your bath soak with some essential lemon oil.  
Price: CZK 3,200
-  **SIGNATURE DETOX** – including Rhassoul (180 minutes)  
Begin your day by unwinding in our Rhassoul Steam Bath before experiencing a full body exfoliation that draws upon the essential ingredients of Sodashi Marine Mineral Body Scrub. A contouring pink clay mask will then firm and strengthen your body before you enjoy the benefits of a warm shower to wash them away. The lymphatic system will be stimulated further using the essential essences of juniper berry, lemon & cypress during the full body massage. We will pamper your scalp & feet in this package to complete the purifying process.  
Price: CZK 11,000
-  **GOLDEN RITUAL** (140 minutes)  
Indulge yourself with this luxury Omorovicza treatment designed to soothe your senses and leave your skin with a unique glow. It starts with a full-body scrub that combines gold extracts and sugar to heal and revitalise the skin, followed by a deeply relaxing Bath Retreat. Thereafter, you will enjoy a deeply relaxing Gold Body Massage. The pampering ends with a divine anti-ageing Gold Lifting Facial.  
Price: CZK 11,000
-  **CELLULAR EXCLUSIVE LIFT CONCEPT** (60 minutes)  
Inspired by anti-ageing medical techniques, this five-step Swiss Perfection lifting treatment produces spectacular, immediate results. Specific and highly-concentrated formulas working in symbiosis target loss of firmness, sagging, wrinkles. It naturally lifts the skin and brings long term benefits.  
Price: CZK 22,000
-  **LA BOHÈME MASSAGE** (50/80 minutes)  
Enjoy yourself and relax with this head-to-toe massage. Inspired by the Czech national tree, this treatment uses detoxifying and regenerating linden blossom oil as part of a soft massage, decreasing cold symptoms and encouraging healthy sleep.  
Price: CZK 4,100 / CZK 6,100

## FACIAL TREATMENTS

by Swiss Perfection

The Swiss Perfection high-tech and high-touch exclusive Anti-ageing facials are focused on bringing immediate and lasting visible results. They include the unrivalled Cellular Active IRISA® technology combined with highly efficient plant extracts to effectively regenerate the skin and prevent premature aging. The production of new and healthy cells is stimulated and the specific skin concerns are corrected.

👉 **CELLULAR EXCLUSIVE LIFT CONCEPT** (60 minutes)  
Inspired by anti-ageing medical techniques, this five-step lifting treatment produces spectacular, immediate results. Specific and highly-concentrated formulas working in symbiosis target loss of firmness, sagging and wrinkles. It naturally lifts the skin and brings long term benefits.  
Price: CZK 22,000

👉 **CELLULAR HYDRATING REJUVENATION** (60 minutes)  
This unique rejuvenating treatment targets wrinkles, loss of hydration and irregular skin texture. It leaves the skin feeling smooth and rejuvenated. Wrinkles are visibly diminished and optimal skin hydration level is preserved.  
Price: CZK 19,000

👉 **CELLULAR BRIGHTENING RADIANCE** (60 minutes)  
This specific treatment is worked deeply into the skin, directly targeting the cells responsible for hyper-pigmentation. This revolutionary facial is specifically designed to rapidly lighten dark spots, leaving you with an even and bright complexion.  
Price: CZK 16,000

👉 **CELLULAR PURIFYING FACIAL** (60 minutes)  
This effective treatment combines real solutions to repair imperfections, breakouts and skin with an oily tendency. It balances oil production and deeply purifies pores while accelerating tissue healing in order to reduce all inflammations. The result is a reduction of imperfections and a balanced and healthy complexion.  
Price: CZK 16,000

👉 **CELLULAR MEN'S TREATMENT** (60 minutes)  
This deep-cleansing and rejuvenating face treatment is specifically designed for men's skin. It ensures optimal skin protection from external aggressive environments. All signs of fatigue are eliminated and the skin is soothed, resulting in a fresh and youthful appearance.  
Price: CZK 16,000

👉 **CELLULAR EYE CONTOUR\*** (45 minutes)  
Focusing on the most delicate area of the face, this amazing treatment guarantees a rejuvenated and uplifted eye contour. Fine lines and wrinkles are smoothed and all signs of fatigue are erased. The skin becomes luminous and firm.  
Price: CZK 12,500

👉 **CELLULAR NECK AND DÉCOLLETÉ TREATMENT\***  
(45 minutes)

This specific care rejuvenates and reshapes the neck and décolleté area. It targets wrinkles and skin sagging as well as loss of firmness. The skin of the décolleté is visibly rejuvenated and firm.  
Price: CZK 12,500

👉 **CELLULAR HAND AND ARM TREATMENT\*** (45 minutes)

This rejuvenating treatment will counter hyper-pigmentation and perfectly nourish the skin of the hands while fighting loss of firmness in the upper arm.  
Price: CZK 12,500

\* Please note that Cellular Neck and Décolleté, Hand and Arm and Eye Contour Treatments can also be reserved as add-ons to face treatments for an additional 20 minutes at a rate of CZK 8,000.

by Sodashi

Sodashi is a Sanskrit word that translates as wholeness, purity and radiance – the three pillars of the Sodashi ethos. This Australian skincare company has successfully harnessed the benefits of natural ingredients to produce effective, chemical-free skincare products. Considered the purest skincare brand in the world, the extensive range of Sodashi products is formulated using a unique combination of biochemistry, aromatherapy and Ayurvedic principles.

#### PURE RADIANCE FACIAL (50/80 minutes)

Enjoy Sodashi's aromatic warm facial compresses that soften and exfoliate, then a nurturing face mask rich in herbal extracts to purify and hydrate the skin. This facial experience is tailored to your skin's needs and is enhanced by our Sodashi Facial Massage. Luxurious Sodashi Plant Essence Synergies will leave your skin feeling revitalised and fresh.

Price: CZK 4,500 / CZK 5,900

#### THERMAL INFUSING FACIAL (80 minutes)

An intensive boost from all of nature's vitamins and minerals. Sodashi's exclusive Warm Infusing Mask will maximise penetration of these essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin's needs in order to purify, deeply cleanse, nourish, hydrate and tone. Restoring long-forgotten elasticity and radiance, this is more than just a facial, it's nature's face lift.

Price: CZK 6,500

#### MANKIND FACIAL (50/80 minutes)

Start with a deep-cleansing and exfoliating facial that balances the skin's natural oils and assists in preventing ingrown hairs. Sodashi's soothing mists with woody aromas will desensitise your skin and a relaxing facial massage will tone and firm the muscles leaving you with a fresh and revitalised appearance.

Price: CZK 4,500 / CZK 5,900

#### SAMADARA ULTIMATE AGE-DEFYING FACIAL (80/100 minutes)

The Samadara™ Ultimate Age-Defying Facial uses a sequence of timeless, anti-ageing techniques rooted in Ayurvedic healing traditions. Turn back the hands of time and transform your skin with this intensely hydrating and nourishing treatment to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. A Rose Quartz Crystal facial massage enables the powerful Samadara™ Ultimate Age-Defying Crème to deeply penetrate the skin for maximum gain.

Price: CZK 8,000 / CZK 9,900

#### SAMADARA ULTIMATE AGE-DEFYING EYE TREATMENT\* (45 minutes)

Petite rose quartz crystals are used to gently massage the area around your eyes to restore tone, remove tension from the eye area and reduce fine lines. Samadara™ Ultimate Age-Defying Eye Crème is applied under a mineral-rich eye mask, which gently warms to enhance the absorption of plant essences into the deeper layers of the skin. Timeless anti-ageing techniques rooted in Ayurvedic healing traditions are applied.

Price: CZK 5,000

\* Please note that this Eye Treatment can be reserved as an add-on for the Samadara Ultimate Age-Defying Facial for a duration of 20 minutes at a rate of CZK 3,500.

by Omorovicza

Omorovicza products are powered by a potent blend of mineral-rich healing waters and the patented Hydro Mineral Transference™ delivery system. This is combined with the finest vitamins, essential oils and other natural ingredients. Products are fragranced with natural scents crafted in Grasse, the heart of the perfume industry.

💧 **ILLUMINATING FACIAL** (50/80 minutes)

Designed to leave one's complexion rejuvenated and glowing, this facial begins with a gentle peeling, enriched with copper for an anti-oxidant collagen-stimulating punch. A unique facial massage soothes the senses and accelerates micro-circulation whilst a rose and peony mask plumps the epidermis to reduce the appearance of fine lines and wrinkles.

Price: CZK 4,200 / CZK 5,500

💧 **DEEP CLEANSING FACIAL** (50/80 minutes)

Mineral-rich moor mud detoxifies and draws out impurities for deep cleansing. The application of a fragrant mud mask follows a thorough cleansing and exfoliation using moor mud, as well as rosemary and pineapple extracts, which treat sensitive skin and reduce pore size.

Price: CZK 4,200 / CZK 5,500

💧 **REGENERATING FACIAL** (50/80 minutes)

This indulgent treatment combines tropical fruit extracts and moor mud to cleanse and hydrate. It includes a unique plumping massage, reduction of depth and visibility of fine lines and wrinkles, and lastly a nourishing poultice of organic oats and wheat to soothe the skin.

Price: CZK 4,200 / CZK 5,500

💧 **GOLD LIFTING FACIAL** (80 minutes)

This unique anti-ageing treatment begins with an application of moor mud in order to cleanse, exfoliate and peel.

A rose-scented gold mask then deploys hyaluronic acid in three different forms to plump and nourish the skin while bio-available gold repairs micro-damage to strengthen the skin. The facial massage lifts and firms. A sprinkling of gold shimmer oil adds a subtle sparkle to arms and décolleté.

Price: CZK 6,500

💧 **REVIVING EYE TREATMENT** (15 minutes)

This exclusive eye treatment rids the area of puffiness and dark circles. A gentle massage using cooling dermaglobes soothes and relaxes facial and eye contours for a brighter and refreshed radiance.

Price: CZK 1,950



## BODY TREATMENTS

by Sodashi

### 💧 EXFOLIATION MASSAGE (50/80 minutes)

Restore harmony in your body with the application of warm soothing oils, followed by an exfoliating massage with mineral salt and plant essence. Choose Sodashi salts to detoxify and stimulate or to relax tired, aching muscles. As a finishing touch, the application of a richly-scented Sodashi moisturiser or body butter will leave your skin feeling vibrant and replenished. Sodashi offers you a variety of exquisite aromatherapy salts of your choice:

### 💧 VANILLA BODY EXFOLIANT

This gentle full-body exfoliant will revitalise and hydrate the skin. Containing Sandalwood powder combined with olive oil and vanilla extract, this treatment is the perfect tonic for relaxing the mind and body.

### 💧 ORGANIC GREEN TEA SALT EXFOLIANT

The combination of Sodashi's organic green tea salt and mineral-rich Himalayan crystal salts stimulates deep circulation and relieves stress and fatigue. It cleanses and exfoliates your skin while being rich in anti-oxidants and vitamins C and E.

### 💧 BODY BALANCE SALT THERAPY EXFOLIANT

This thoroughly relaxing salt therapy exfoliant rebalances and revitalises the mind and body and assists in the relief of stress and fatigue following long periods of travel.

Price: CZK 4,100 / CZK 6,100

### 💧 DETOXIFYING BODY WRAP (80 minutes)

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying on all levels. Exfoliation with Sodashi's Organic Green Tea Salt Therapy will leave your skin soft and enlivened. A warm Sodashi Marine Body Mask is then applied before you are cocooned in a comforting wrap in our "soft pack", a bed filled with warm water that gives a sensation of floating. Enjoy a soothing scalp massage for complete and utter relaxation. To finish, a luscious lotion leaves the whole body feeling rejuvenated.

Price: CZK 7,800

### 💧 GENTLE REFINING BODY TREATMENT (80 minutes)

This treatment begins with Sodashi's Jojoba body polish to exfoliate the whole body. A nurturing full-body mask is applied and you will be cocooned in a comforting body wrap, whilst enjoying a scalp massage. Sodashi's Refining Body Mask, rich in French Pink Clay and herbal extracts, firms, tones and conditions the skin. This rejuvenating therapy is extremely beneficial in the treatment of renewing scar tissue and stretch marks. Due to it being particularly soft and gentle its application is suitable during pregnancy.

Price: CZK 6,800

by Omorovicza

💧 **GOLDEN BODY TREATMENT** (80 minutes)

Gold is a mineral with proven anti-inflammatory properties, helping to heal micro damage inflicted by daily life and to revitalise the skin. This treatment involves an exfoliation with a golden sugar scrub and soothing massage with fragrant oil enriched with gold particles. It will leave your skin glowing.  
Price: CZK 6,500

💧 **MOOR SCRUB TREATMENT** (80 minutes)

A complete and unique body experience starting with a detoxifying exfoliation using sea salt, moor mud and capsicum peptide. This amazing experience is followed by a mineral massage.  
Price: CZK 6,500

💧 **MOOR MUD BODY WRAP** (80 minutes)

Much more than just an ordinary wrap treatment, this body experience begins with a vigorous, yet gentle brushing of the body and a detoxifying exfoliation using sea salt, moor mud and capsicum peptide. A deep-cleansing mud mask is then lathered onto the body and you will be cocooned in a comforting wrap in our “soft pack”, a bed filled with warm water that will give you a floating sensation. The treatment also includes a scalp and body massage with the application of a rich blend of essential oils.  
Price: CZK 7,500

💧 **HIPS AND THIGHS SLIMMING TREATMENT** (80 minutes)

This stimulating and effective treatment is an amazing way to reduce the appearance of cellulite by stimulating circulation and detoxifying the body. Starting with a gentle brush and exfoliation with sea salts and mineral rich thermal mud, this treatment continues with a lymphatic stimulating massage with a Dimple Vanisher. Your legs will feel light, fresh and will present remarkable results.  
Price: CZK 6,500



## MASSAGES

- LA BOHÈME** (50/80 minutes)  
Enjoy yourself and relax with this head-to-toe massage. Inspired by the Czech national tree, this treatment uses detoxifying and regenerating linden blossom oil as part of a soft massage, reducing cold symptoms and encouraging healthy sleep.  
Price: CZK 4,100 / CZK 6,100
- DEEP TISSUE MASSAGE** (50/80 minutes)  
The deep tissue massage is tailor-made to target specific areas of muscle tension and soreness. The strong, deep technique promotes better circulation and improves relaxation and mobility in the body.  
Price: CZK 4,500 / CZK 6,500
- SWEDISH MASSAGE** (50/80 minutes)  
The Swedish massage is designed to ease away tension and relieve stress. It involves kneading and long strokes. Different types of pressure may be applied: light, moderate or firm.  
Price: CZK 4,500 / CZK 6,500
- AROMATHERAPY MASSAGE** (50/80 minutes)  
Combining the healing power of touch with Sodashi's unique techniques. The synergy of Sodashi's natural plant oils and aromatic plant essences will nourish your skin and aid the relief of emotional and physical tension. You may choose from an exquisite selection of aromatherapy oils, specially created to individually suit all needs.  
Price: CZK 4,500 / CZK 6,500
- HOT STONES MASSAGE** (50/80 minutes)  
With this warming and relaxing Basalt Hot Stones massage, you will feel the tension melt away as smooth, heated stones work their magic on key points of your body.  
Price: CZK 4,800 / CZK 6,800
- TAILOR-MADE MASSAGE** (25 minutes)  
The benefits of a massage are well known. This treatment will allow you to enjoy a customised massage that will be focused on your main areas of concern. You can choose between a head, back, foot or leg massage.  
Price: CZK 2,900

## MANICURE & PEDICURE

by Spa Ritual

Spa Ritual is a luxurious, eco-conscious brand that offers vegan and paraben-free products for hands, feet and nails that contain high quality natural ingredients. Spa Ritual nail lacquers and elixirs are free of DBP, toluene and formaldehyde.

-  **SPA MANICURE (75 minutes)**  
This luxurious and pampering Spa Manicure is a unique treatment where your hands are gently exfoliated and your nails, cuticles and hands are gently nurtured. This is then followed by a relaxing massage topped off with an intense, nurturing hand mask. The treatment ends with the application of a selected nail polish.  
Price: CZK 3,100
-  **DELUXE MANICURE (50 minutes)**  
A classic manicure treatment that includes nail filing, cuticle care, a refreshing hand exfoliation and a relaxing hand massage. The treatment ends with the application of a selected nail polish.  
Price: CZK 2,400
-  **QUICK FIX MANICURE (25 minutes)**  
For a quick pampering of your nails, this is the perfect treatment. A gentle nail filing and hand hydration, followed by a new colour or look on your nails, will leave your hands feeling fresh and renewed.  
Price: CZK 1,300
-  **SPA PEDICURE (75 minutes)**  
This luxurious and pampering Spa Pedicure is a unique treatment where your feet are gently exfoliated, your nails, cuticles and feet are carefully nurtured, followed by a relaxing massage and finished with an extremely nurturing foot mask. The treatment ends with the application of a selected nail polish.  
Price: CZK 3,500
-  **DELUXE PEDICURE (50 minutes)**  
A classic pedicure treatment that includes nail filing and cuticle care, foot filing, a soothing foot exfoliation and a relaxing, hydrating foot massage. The treatment ends with the application of a selected nail polish.  
Price: CZK 2,600
-  **QUICK FIX PEDICURE (25 minutes)**  
For a quick pampering of your feet, this is the perfect treatment. A gentle nail filing and foot hydration, followed by a new colour or look on your nails, will leave your feet feeling fresh and new.  
Price: CZK 1,500
-  **LUXURIOUS MANICURE & PEDICURE (100 minutes)**  
The perfect combination of a Deluxe Manicure and Pedicure.  
Price: CZK 4,500

**FOUR SEASONS HOTEL PRAGUE**

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