



**FOUR SEASONS RESORT**  
*Sharm El Sheikh, Egypt*

**S P A & W E L L N E S S**

## THE SPA AT FOUR SEASONS RESORT SHARM EL SHEIKH

*Spa Hours: 6 am - 9 pm Treatments: 10 am - 9 pm*

*Fitness Facilities: 24 hours*

*The Four Seasons Resort Sharm El Sheikh Spa is an ambiance designed to soothe mind, body and soul through various blends of spa treatments from ancient Pharaonic legends to Asian spirituality and European innovative and sensuous treatments.*

*Four Seasons Resort Sharm El Sheikh, has created a tranquil spa where tension dissolves with the gentle ebb and flow of the Red Sea and the outside world drifts away to a distant memory.*

*Our Vision is to offer, not only, local treatments but also a diverse selection of treatments from all around the globe, customized to meet your needs.*

*Our highly qualified international therapists will take you through this journey of tranquility and relaxation.*

## BODY TREATMENTS

### **Arabian Coffee Ritual**

*This is a coffee lover's dream come true...*

*Begins with a soft scrub & wrap of freshly ground coffee beans combined with other healing ingredients, such as Red Sea minerals and milk. The coffee's detoxifying elements purify the skin and increase blood circulation. This aromatic experience culminates in a brief energizing massage with cocoa butter, leaving a smooth and moisturized effect on your skin.*

**80min USD 170**

### **1st Total Cleansing**

*Start-up treatment that involves a sea salt scrub, face and body exfoliation, followed by an energy massage. Clears skin and enhances the benefits of other treatments.*

**110min USD 250**

### **Coconut Bliss**

*Freshly shredded coconut is blended with warm milk. Rich in nutrients and natural oils, our Coconut Body Bliss will replenish the skin with pure healing. During the body wrap, enjoy a relaxing head massage and the gentle application of honey and milk moisturizing lotion that will leave skin feeling soft and refreshed. Perfect for dry, sensitive or wind-swept skin.*

**80min USD 170**

### **Brown Sugar Scrub**

*Soft body exfoliation with brown sugar and almond oil. Natural moisturizing mask with avocado and yoghurt to hydrate the skin.*

**50min USD 140**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

### **Essential Sculpting Care**

*Contouring Treatment for Abdomen, Buttocks, and Thighs. An all-in-one solution to refine the figure and smooth cellulite. Intensive massage movements targeted on the abdomen-buttocks-thighs area for complete contouring action and significant results after the first treatment. Loose up to one size after 5 treatments.*

**80min USD 220**

### **Anti-Cellulite Package, 5 sessions**

*Natural ingredients of this slimming, anti-cellulite and firming wrap will help treating and reduce the appearance of the cellulite.*

**5 sessions USD 820**

### **Cleopatra Treatment**

*Relax into a legendary Egyptian bath of milk, honey and rose followed by a gentle aroma massage for 50 minutes.*

**80min USD 170**

### **Moisturizing Hair and Scalp Treatment**

*Revitalizing treatment to freshen up your scalp and revive dried hair using fresh coconut milk and moisturized hair mask.*

**50min USD 140**

### **After Sun Refreshment**

*Soothing treatment includes calming Aloe Vera wrap and cooling face mask.*

**50min USD 140**

*Spa treatments are subject to 24.32% service charge and applicable taxes*

## FACIALS

### **Classic Facial**

*Traditional treatment which involves a deep cleansing exfoliation face and décolleté mask, culminating in a face massage.*

**80min USD 200**

### **Energy Facial**

*A series of refreshing and energizing massage techniques for the face, head and neck aimed at reviving stressed and tired skin. Special focus is applied on the lymphatic system and on increasing oxygen and blood circulation that helps regenerate skin cells.*

**50min USD 140**

### **Rejuvenating Facial**

*A perfect moisturizing and nourishing after sun facial based on the calming and hydrating mask, the stimulating energizing essence and Aloe Vera massage.*

**50min USD 140**

### **Pioneer Treatment**

*Developed by Phytomer researchers using high-tech cultivation program in their laboratory, this relaxing face care is using a 100% natural biotechnological ingredients and exceptional treatment techniques for instant visible results. The innovative ingredients restore the skin's youthfulness, softness and luminosity. The specific face massage completes the action of the products and heightens relaxation.*

**80min USD 250**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

### **Extended Youth Treatment**

*Treatment targeted for first signs, wrinkle correction firming treatment. Using high-performing professional products and a unique procedure which optimizes the effectiveness of their ingredients, it resurfaces the skin using a new generation exfoliant, it corrects wrinkles using a specifically formulated massage wax and it restructures facial skin by combining the use of specifically concentrated ingredients with a high-tech smoothing, firming mask. Results: a younger looking face, wrinkles are less visible and skin is firmer and more radiant.*

**80min USD 250**

### **Skin Escape for Men**

*A high-performance professional facial treatment specifically designed and adapted to treat the need of men's skin. Treatment is detoxifying and deep cleansing, which give results of remoisturized, rejuvenated and soothed skin.*

**80min USD 250**

### **White Lumination**

*Highly recommend to reveal the radiance of the complexion and diminish dark spots. This very complete treatment offers skin cleansing and chemical exfoliation in order to encourage a "new skin" effect. This is followed by a face massage carried out with the new Perfecting Massage Cream, an advanced professional product formulated to combine brightening action, dark spot correction and action on wrinkles. The application of the new Luminous Complexion Mask, Plasticizing with Vitamin C delivers a final burst of radiance for a glowing face.*

**80min USD 250**

**Eyelash Or Eyebrow Tinting      15min USD 45**

**Eye Lash & Eyebrow Tinting      25min USD 60**

**Eyebrow Shaping                      15min USD 25**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

## HANDS AND FEET

### **Luxury Foot Care**

*This treatment aims to give you a fresh awareness of your feet. It combines a salt scrub with a Moroccan soap foot bath and expertise to smooth areas of hard skin and nail. A unique buffing process to bring a brilliant shine to the nail plate and a foot and leg massage to leave you feeling weightless.*

**80min USD 130**

### **Cosmetic Pedicure**

*Grooming of feet - including nail polish application*

**50min USD 95**

### **Cosmetic pedicure with French polish**

**50min USD 105**

### **Luxury Hand Care**

*A pampering hand treatment that comprises of a gentle scrub, paraffin mask to seal in moisture for perfectly soft hands. A manicure performed on treated hands.*

**80min USD 130**

### **Manicure**

*Perfect nail care including nail polish application.*

**50min USD 80**

### **Manicure with French Polish**

**50min USD 90**

### **Crystal Manicure**

*Intensive nail treatment with gentle exfoliation, leaving the nails with natural buffed shine*

**50min USD 70**

### **Silky Hands**

*Soft exfoliation, paraffin mask and massage*

**25min USD 45**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

**Nail Polish application**

*Application of base coat, color polish and top coat*

**25min USD 35**

*Application of base coat, French polish*

**30min USD 40**

**Hair removal with beeswax**

**Underarm USD 30**

**Full Arm USD 45**

**Bikini USD 40**

**Bikini Complete USD 55**

**Half Legs USD 50**

**Full Legs USD 60**

**Chest USD 55**

**Upper Lip Or Chin USD 20**

**Back USD 50**

**SPA AND WELLNESS ADVICE:**

A manicure is a cosmetic treatment enjoyed by all for the hands and nails. It includes shaping and polishing of nails and is a treatment that originated in India 5000 years ago. A pedicure is a cosmetic beauty treatment designed to improve the appearance of the feet and nails.

Simply put, it is a manicure for the feet.

*Spa treatments are subject to 24.32% service charge and applicable taxes.*



## MASSAGES

### **Pharaonic Massage**

*This ancient form of massage was once reserved for Egyptian royalty. Linen pouches filled with chamomile and mint, dipped in warm pure sweet almond oil is massaged on the body. Herbs have a calming effect on the body and pressure from the pouches ensures total relaxation of tired muscles.*

**80min USD 190**

### **Balinese Massage**

*A Balinese massage works to soothe damaged tissue and relieve strained muscles and joint pain. The increased blood circulation reduces stress and rebalances the body.*

**50min USD 150**

**80min USD 180**

### **Thai Massage**

*Oil-free massage techniques, using the thumbs, elbows, palms, forearms, feet, and knees include: rocking, rhythmic muscle compression, assisted yoga positions and stretching, working along energy meridians called Zen line.*

**80min USD 190**

### **Egyptian Classic Massage**

*The ancient Egyptian massage is a therapy, where tension is treated by kneading, stroking and vibrating movement using oil made by mixing aromatic plants. By awakening the metabolism, one will experience serenity.*

**50min USD 140**

**80min USD 190**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

### **Swedish Massage**

*Swedish massage, considered the foundation of other massage treatments, is designed to alleviate pain and enhance the body's ability to absorb oxygen. It affects the nerves, muscles, glands and circulation, while promoting health and well-being.*

**50min USD 150**

**80min USD 190**

### **Sport & Fitness Massage**

*It is a powerful massage that focuses on problem areas of the body. Deep tissue and cross fibre techniques leave muscles relaxed.*

**50min USD 155**

**80min USD 195**

### **Ancient Healing Stone**

*This aged healing massage provides the body ultra-deep relaxation and a renewed sense of vitality. First a sensory blend of essential oils and smooth heated stones provides an extraordinary relaxing and stimulating massage treatment.*

**50min USD 155**

**80min USD 195**

### **Reflexology**

*A natural healing art stimulating all organs of the body through pressure points on the feet and hands.*

Hands & Feet

**80min USD 140**

Feet Only

**50min USD 190**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

### **Oriental Head Massage**

*Oriental head massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension. It is particularly good for reducing the effects of stress and tension.*

**50min USD 140**

### **Head, Neck & Back Massage**

*A Swedish massage that creates a sense of release and well-being. Ideal following a long flight as it focuses on areas of the body most prone to tension.*

**50min USD 150**

### **Aromatherapy**

*Massage is performed using calming strokes with three choices of oil blends that can relax, re-energize or rebalance the body.*

**50min USD 140**

**80min USD 180**

### **SPA AND WELLNESS ADVICE:**

**Touch is a natural reaction to pain and stress and is an effective way to convey compassion and support. Having a massage does more than relax your body and mind and should be utilized as a preventative, frequent therapy, not simply as a mere luxury.**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

## YOGA AND FITNESS

### **Personal Yoga**

*In this oasis of tranquility, you can leave your worries behind and treat yourself to a private session of Yoga. Receive individualized attention and therapy from our instructor who will pay close attention to your form and Prana (life energy) and recommend exercises that will enhance your physical condition and reinforce your inner psychological peace.*

**50min USD 120**

### **Couple's Yoga**

*Enjoy a series of Yoga exercises designed to reinforce a couple's bond with one another. In this session, couples can celebrate their relationship through playful stretches, synchronized breathing and mutually supportive poses. There is an exchange of energy that helps develop trust, communication and faith in one another.*

**50min USD 150**

### **Personal Training Session**

**50min USD 70**

### **Personal Training - Five Sessions**

**USD 280**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

## ULTIMATE PAMPERING

### **The Egyptian Masterpiece**

*Throughout the ancient world the Egyptians were renowned for their scents, perfumes and beauty rituals. The Egyptian Masterpiece features Egypt's best and timeless traditions. The Egyptian Masterpiece begins with Carob, Cocoa & Honey Scrub to naturally exfoliate and soften the skin. The body then massage with The Egyptian Scent Alchemist oil, followed by a deeply hydrating hair treatment with Argan oil hair wrap. This luxuriant ritual is completed with a relaxing bath.*

**140 min USD 320**

### **The Bedouin Ceremony**

*The Bedouin are people of the desert and mountains, scattered throughout the Arabian Peninsula. Although they live what many would consider a sparse life, they are known for their great generosity. Receiving a visitor is a cause for celebration, and every sojourner is honored by a tea ceremony. The Bedouin Ceremony is a lavish ritual inspired by the Bedouin's gracious hospitality.*

*A Rose Water & Zatar Foot Washing starts this ritual, followed by Black tea, Thyme & Sage Body Scrub and Herbal Body Wrap. Treatment continues with a deeply relaxing full body Traditional Bedouin Massage with Rose oil. The Bedouin Ceremony is completed with Rose water bath & body scenting.*

**140 min USD 320**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

## DAY INDULGENCE

The treatments have been designed with several components that actively complements one another leaving you re-energized and refreshed.

### **Royal Indulgence**

*First Total Cleansing, Feet Reflexology*

**3 hours USD 315**

### **Pampering Package**

*Body Scrub 30 minutes - (Brown Sugar, Mineral Salt or Fresh Coconut & Milk)*

*Massage 50 minutes - (Balinese or Swedish)*

*Facial 50 minutes - (Rejuvenating or Energy Facial)*

**130 min USD 300**

### **Spa Wellness 3 Days Package**

*Day 1*

*Yoga, 80 minutes Massage (Pharaonic or Egyptian Classic) and Spa Healthy Lunch*

*Day 2*

*Personal Training, 80 minutes Facial (Extended Youth or Skin Escape for Men) and Spa Healthy Lunch*

*Day 3*

*Pilates, 80 minutes Essential Sculpting Care, Feet Reflexology and Spa Healthy Lunch*

**3 days USD 900**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

## NIGHT SPA RITUAL

Available nightly from 9pm - 11pm, require 24hr advance booking

### **Botanical Renewal**

*A wonderful experience in which the energetic essence of Lavender is capture to work in harmony with your body. Using the intelligence of nature, your well-being ritual starts with a renewal foot scrub; gently exfoliating lifeless skin cell while nourishing. This journey is followed by a relaxing massage with Lavender Oil and concluded with rejuvenating facial that leave your skin glow.*

**120min USD 350**

### **Pharaonic Experience**

*The medicinal extract blended into coconut oil in a special way to help the skin rejuvenate itself. This treatment starts with an invigorating body scrub, followed by application of a soothing wrap for the whole body with a deep hydrating facial and moisturizing hair mask. This is then completed with application of moisturizing cream.*

**120min USD 350**

### **Detoxifier Journey**

*An invigorating treatment that stimulates self-detox activity. Combination of Arabic coffee is blended with honey and warm sweet Almond oil which improves blood circulation. Lymphatic drainage massage concludes this treatment, promote body's ability to balance and detoxify. A great treatment for water retention.*

**120min USD 350**

### **Royal Bliss**

*A Royal journey that uses chocolate, blended with shredded coconut scrub to soften signs of ageing. A hydrating facial performs while body absorb anti-oxidant blend as it improve skin hydration while fighting free radicals. Treatment concludes with a deeply hydrating cocoa butter massage, which take you to blissful place.*

**120min USD 350**

*Spa treatments are subject to 24.32% service charge and applicable taxes.*

## SPA GUIDE

### **When should I arrive for my treatment?**

*Please arrive at the spa at least 30 minutes before your scheduled treatment to relax and enjoy the facilities.*

### **What if I am late for my appointment?**

*Late arrivals will not be guaranteed their full treatment time. All guests are required to complete a confidential medical questionnaire before their treatment.*

### **What if I need to cancel my reservation?**

*Any spa appointment not cancelled 4 hours prior to appointment time will incur a 50% cancellation charge. Cancellations made after this time will be charged at full rate.*

### **What do I wear during my treatment?**

*Body treatments may be taken with or without underwear. Your therapist will advise you on how you will feel most comfortable. Disposable underwear is also available. We also recommend leaving all your valuables in your in-room safe. Please remember to bring your swimwear should you wish to enjoy a swim and usage of whirlpool.*

### **What do I wear during yoga or meditation classes?**

*Clothing should be worn that is comfortable and does not hinder the movement of the body. T-shirt, shorts or tracksuit are all suitable.*

### **Can my children use the spa?**

*Children under 14 years are not allowed to use the sauna, steam room, whirlpool and gym facilities. Guests must be over 16 years to enjoy facials and over 18 years to enjoy massage treatments.*



**What if I have special health considerations?**

*If you have high blood pressure, allergies, other physical ailments or disabilities or if you are pregnant, please be sure to notify your receptionist before booking so that they may better guide you. Many treatments are contraindicated for pregnant women.*

**Usage of Mobile phones, drinks and food consumption?**

*Smoking, alcohol and mobile telephones are all forbidden within the Spa and Wellness Centre. We want our guests to enjoy a tranquil and pure atmosphere.*

**The management of Four Seasons Resort Sharm El Sheikh reserves the right to change spa services without prior notice.**