

BODY TREATMENTS

Arabian Coffee Ritual 90 min

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.

Top to toe Cleansing 120 min

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.

Coconut Bliss 90 min

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.

Brown Sugar Cleansing 60 min

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

Essential Sculpting Care 90 min

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.

Anti-Cellulite Package, 5 sessions 90 min each session

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

Cleopatra Treatment 90 min

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

Moisturizing Hair and Scalp Treatment 60min

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

After Sun Refreshment 60min

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

FACIALS

Energy Facial

30 min

Facial cleansing followed by face massage aimed at reviving stressed and tired skin. Special focus is applied on increasing oxygen and blood circulation that helps regenerate skin cells.

Classic Facial

90 min

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

Rejuvenating Facial

60 min

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

Pioneer Treatment

90 min

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.

Extended Youth Treatment

90 min

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.

White Lumination

90 min

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.

Skin Escape for Men

90 min

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.

HANDS AND FEET

Luxury Foot Care

90 min

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.

Luxury Hand Care

90 min

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.

Pedicure

60 min

Grooming of feet - including nail polish application

Manicure

60 min

Perfect nail care including nail polish application.

Nail Maintenance

30 min

Intensive nail treatment with cut, file and Polish or with natural buffed shine

Nail Polish application/ Shellac removal/French polish application

30 min

MASSAGES

Pharaonic Massage

90 min

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.

Balinese Massage

60 / 90 / 120 min

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.

Thai Massage

90/120 min

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.

Swedish Massage

60 / 90 / 120 min

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.

Deep tissue Massage

60 / 90 / 120 min

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

Healing Stones

90 / 120 min

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.

Lymphatic Massage

60 / 90 min

Massage is performed using special technique to reduce water retention and re-energize or rebalance the body.

YOGA AND FITNESS

Private Yoga / Meditation

60 min

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.

Couple's Yoga

60 min

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.

Personal Training Session

30/60 min

DAY INDULGENCE

Spa Wellness 3 Days Package

Day 1

60 minute Personal training session, 90 minutes Massage and Spa Healthy Lunch

Day 2

60 minute Yoga session, 90 minutes Facial and Spa Healthy Lunch

Day 3

60 minute Personal training session, 60 min Scrub and wrap of your choice, 60 minute Feet Reflexology and Spa Healthy Lunch

NIGHT SPA RITUAL - 150 min

Available nightly from 9pm – 11:30pm, require 24hr advance booking

Exposure to moonlight is effective in cooling and calming body and mind. It also cures hypertension, hives, rashes, urticaria and other inflammatory conditions. Furthermore, it is considered beneficial for spiritual awakening, and realization of one's primal self. The night is illuminated by the soft, glowing light of candles – lining the path to the spa experience. Choose from below offerings of a tailor made experience just for you.

Detox Experience

Cleansing Energy Experience

Moon light wellness

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 16 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.

SPA PRICE LIST

BODY TREATMENTS

Arabian Coffee Ritual	90 min	USD 170
Head to toe Cleansing	120 min	USD 250
Coconut Bliss	90 min	USD 170
Brown Sugar Scrub	60 min	USD 140
Essential Sculpting Care	90 min	USD 220
Anti-Cellulite Package	5 sessions	USD 820
Cleopatra Treatment	90 min	USD 170
Moisturizing Hair and Scalp Treatment	60 min	USD 140
After Sun Refreshment	60 min	USD 140

FACIAL

Classic Facial	90 min	USD 200
Energy Facial	30 min	USD 80
Rejuvenating Facial	60 min	USD 140
Pioneer Treatment	90 min	USD 250
Extended Youth Treatment	90 min	USD 250
Skin Escape for Men	90 min	USD 250
White Lamination	90 min	USD 250
Eyelash Or Eyebrow Tinting	25 min	USD 60
Eyebrow Shaping	15 min	USD 25

Spa treatments are subject to 28.8% service charge and applicable taxes.

HANDS AND FEET

Luxury Foot Care	90 min	USD 130
Luxury Hand Care	90 min	USD 130
Pedicure	60 min	USD 95
Manicure	60 min	USD 80
Nail Maintenance	30 min	USD 50
Nail Polish application	30 min	USD 35
French Nail polish Application	30 min	USD 40
Shellac removal	30 min	USD 40

HAIR REMOVAL

Underarm	30 min	USD 30
Full Arm	60 min	USD 45
Full Legs	90 min	USD 60
Half Legs	60 min	USD 50
Bikini	30 min	USD 40
Brazilian Wax	60 min	USD 60
Eyebrow/Upper Lip/ Chin Wax/Thread	15 min	USD 20
Chest	60 min	USD 55
Back	30 min	USD 50

MASSAGES

Pharaonic	90 min	USD 190
Balinese	60 min	USD 150
	90 min	USD 190
	120 min	USD 230
Thai	90 min	USD 190
	120 min	USD 230
Swedish	60 min	USD 150
	90 min	USD 190
	120 min	USD 230
Deep Tissue	60 min	USD 155
	90 min	USD 195
	120 min	USD 235
Healing Stones	90 min	USD 195
	120 min	USD 235
Reflexology	60 min	USD 150
	90 min	USD 190
Anti Cellulite	60 min	USD 155
	90 min	USD 195
Pregnancy	60 min	USD 155
	90 min	USD 195
Head, neck, back	60 min	USD 150
Lymphatic	60 min	USD 155
	90 min	USD 195

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YOGA AND FITNESS

Private Yoga	60 min	USD 75
Group Yoga	60 min	USD 125
Personal Training	30 min	USD 25
	60 min	USD 40

ULTIMATE PAMPERING

Egyptian Masterpiece	150 min	USD 230
Bedouin Ceremony	150 min	USD 350
Night Spa Ritual	150 min	USD 350
Wellness package	3 days	USD 900

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