

SPA RITUALS

水疗疗程

Tailor-made treatments customized for your needs, to rebalance your body and mind for a true voyage of the senses.

JOURNEY TO PROVENCE

(FACIAL & MASSAGE)

Choice of any 60 or 90 minutes Massage and Choice of any 60 minutes Facial

尊贵普罗旺斯舒压疗程

(面部护理及按摩)

任选一种60/90分钟按摩及

60分钟面部护理

120minutes / S\$310 | 150minutes / S\$355

PAMPERING RETREAT IN

PROVENCE

(FACIAL, HAND & FOOT CARE)

Choice of any 60 minutes Facial and 40 minutes of Hand & Foot Care

普罗旺斯尊享舒压疗程

(面部护理，手部和足部护理)

任选一种60分钟面部护理及

40分钟手和足部护理

100minutes / S\$280

PROVENÇAL RETREAT

(SCRUB & MASSAGE)

Choice of any 60 or 90 minutes Massage and 30 minutes Scrub

普罗旺斯身心舒压疗程

(磨砂及按摩)

任选一种60/90分钟按摩及

30分钟身体磨砂

90minutes / S\$270 | 120minutes / S\$315

PROVENÇAL DELUXE

(SCRUB, WRAP & BODY MASSAGE)

Choice of any 60 minutes Massage and 60 minutes Scrub & Wrap

普罗旺斯至尊舒压疗程

(磨砂，身体软膜及按摩)

任选一种60分钟按摩及

60分钟身体磨砂和裹敷

120minutes / S\$370

SHEA NURTURING MASSAGE

(90 minutes only)

A collection of our signature techniques to ease stress, release muscular tensions and boost energy.

Ideal for those who want to get a first taste of the Four Seasons Spa experience.

经典乳木果滋润按摩疗程

一套特色按摩手法，将压力释放，舒缓绷紧肌肉及提升能量。为初体验 Four Seasons Spa 身体按摩之首选。



RELAXING AROMACHOLOGIE MASSAGE

A relaxing massage that combines Swedish, Chinese and Balinese massage techniques with essential oils to stimulate circulation and ease tension.

香薰舒缓按摩

结合瑞典式、中式及峇里式的按摩手法，配合香薰治疗促进血液循环及消除紧张压力，放松身心。

REVITALIZING AROMACHOLOGIE MASSAGE

A revitalizing massage that combines Swedish, Lomi Lomi and Balinese massage techniques with aromatic essential oils to rebalance body energy.

香薰焕发更生按摩

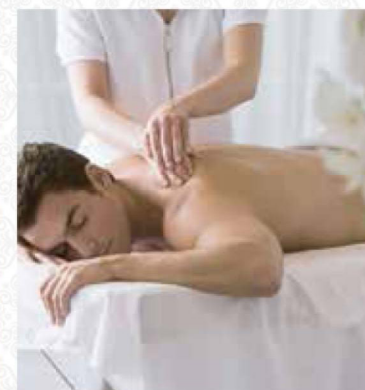
结合瑞典式、夏威夷式及峇里式按摩手法，配合香薰治疗舒缓压力，驱走疲倦，恢复精神。

BODY MASSAGES

按摩护理

60minutes / S\$165 | 90minutes / S\$235

120minutes / S\$305



DEEP TISSUE INTENSE RELIEF MASSAGE

A massage therapy focusing on the deeper layers of the muscle tissue to release tension.

深层减压按摩

疗程着重释放深层肌肉压力，运用中强度深层按摩，放松绷紧肌肉。

ALMOND DETOXIFYING BALANCE

A treatment that uses a set of lymphatic drainage movements to boost circulation, eliminate toxins and reduce water retention.

杏仁淋巴排毒按摩

以淋巴引流手法加强淋巴运作及毒素排出，促进血液循环，改善水肿问题。

BODY ENHANCERS (ADD-ONS)

按摩加购护理

SHEA ULTRA-SOFTENING HAND CARE

A softening hand massage and mask for nourished and soft hands.

乳木果柔滑滋养手部护理

乳木果手部护理，使双手变得滋润柔滑。

25minutes / S\$60

SHEA ULTRA-SOFTENING FOOT CARE

A softening foot treatment and massage for nourished and delicate feet.

乳木果柔滑滋养足部护理

柔滑的足部护理配合乳木果，有效修护双足。

25minutes / S\$60

BODY TREATMENTS

身体护理

45minutes / S\$135



SHEA ULTRA-MOISTURIZING BODY WRAP

A restorative wrap to repair dehydrated, sun-damaged or overworked skin.

乳木果深层保湿身体软膜

深层修护滋养身体，适合干燥或晒伤的肌肤。

SHEA ULTRA-SOFTENING HAND & FOOT CARE

A targeted massage and mask to repair, soften and protect the skin.

乳木果柔滑滋养手部及足部护理

乳木果有效修复和滋润肌肤，使肌肤更柔滑美丽。

SHEA NOURISHING SCRUB

A nourishing scrub that refreshes the skin with Shea butter and leaving it moisturized and supple.

乳木果身体滋润磨砂

乳木果磨砂可以促进循环，滋养干燥的皮肤，带来润泽感。

NÉROLI & ORCHIDÉE NOURISHING SCRUB

A scrub that gently exfoliates dead skin cells, leaving the skin soft and supple.

橙花和兰花身体滋润磨砂

橙花和兰花的清幽花香，结合滋润磨砂，有效去除老旧角质。

LEG REFRESHER WITH ESSENTIAL OILS

A revitalizing leg and foot treatment that stimulates drainage and nourishes the skin.

精油舒压脚部护理

焕发更生的脚部护理疗程，促进循环，滋润肌肤。

25minutes / S\$75

FACIAL TREATMENTS

面部护理

PREMIUM IMMORTELLE DIVINE SECRET

The ultimate facial for the face, neck & décolleté that combats wrinkles and loss of elasticity.

蜡菊高效极致面部及颈部再生护理

最全面的面部及颈部疗程，重点对抗皱纹及松弛皮肤，激活细胞再生，重塑面部轮廓。

90minutes / S\$265

REINE BLANCHE WHITE PERFECTION

Exclusive to Asia Pacific

Illuminating facial featuring Japanese Shiatsu techniques and a cooling white jade massage sequence to achieve an immaculate skin.

白皇后亮白净肤护理

亚太地区独家护理

亮白净肤面部护理，融合日本传统指压精髓及清凉白玉石按摩棒，以塑造白皙无瑕的肌肤。

90minutes / S\$255

FACE ENHANCERS (ADD-ONS)

面部加购护理

IMMORTELLE YOUTHFUL EYES

Fight fine lines, dark circles and puffiness, giving an instant radiance boost.

蜡菊眼部更生及提塑护理

对抗眼部细纹，黑眼圈及浮肿，回复光彩明眸。

25minutes / S\$75

IMMORTELLE SECRET OF YOUTH

A lifting and firming face massage that stimulates the acupuncture points to combat fine lines and restore youthful skin.

蜡菊面部紧緻提塑护理

结合独特的紧緻及提塑按摩手法，辅以穴位按摩，改善微循环，抚平细纹，令肌肤回复光彩。

60minutes / S\$199

SHEA NOURISHING COMFORT

A perfect escape for dry and sensitive skin, this nourishing facial repairs and restore balance.

乳木果修护滋养护理

适合干性及敏感性皮肤，滋润及修护肌肤，回复平衡。

60minutes / S\$180

CEDRAT VIVIFYING SKINCARE FOR MEN

Designed specially for men, this refreshing facial hydrates and energizes the skin.

香柠檬男士清爽保湿护理

专为男士而设的清新面部护理，保湿并提振活力。

60minutes / S\$180



NAIL TREATMENTS

美甲保养

	Ladies 女士	Gentlemen 男士
Manicure 手部美甲	45 minutes \$68	30 minutes \$58
Pedicure 足部美甲	60 minutes \$78	45 minutes \$68
Spa Manicure 水疗手部美甲	75 minutes \$88	60 minutes \$68
Spa Pedicure 水疗足部美甲	90 minutes \$98	75 minutes \$88
Gel Add-on 涂甲油胶	\$28	
Gel Removal 卸甲油胶	\$28	

Popular Women only Men only

All prices quoted are subject to 10% service charge and applicable government taxes. 所有价格皆为新元并需另收10%服务费和消费税。

"In respect for authenticity, we always prefer hand-performed treatments over machines and traditional massage techniques over technologies."



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FSSingapore

Located on tranquil, tree-lined Orchard Boulevard, Four Seasons Spa is a haven of calm and serenity in the midst of the city's bustle. Luxuriate under the masterful strokes of our skilled therapists, and pamper your skin with our exclusive Néroli and Orchidée treatments. Indulge in luxurious facilities including our themed cabins, steam bath, sauna, couple's suite and a 52 ft fitness pool.

*Reservations for spa services are recommended. All cancellations must be received at least four hours in advance of the scheduled appointment, or a 100% cancellation fee applies.
Please arrive 30 minutes prior to your scheduled appointment to utilize our facilities such as steam, sauna and shower.
Treatments can be conducted in the comfort of your room at a surcharge.*

FOUR SEASONS SPA



EXCLUSIVE TREATMENT

四季经典疗程

Bask in the afterglow of radiant skin with this exclusive treatment. The Orchid also holds great significance as Singapore's national flower. 透过新加坡四季酒店的独家护理，让您的肌肤焕发水润光泽。 誉为新加坡国花的兰花拥有卓越焕活功效。

NÉROLI & ORCHIDÉE

(SCRUB & MASSAGE)

Choice of 60 or 90 minutes Massage and 30 minutes Scrub

橙花和兰花舒压疗程

(磨砂及按摩)

任选一种60 / 90分钟按摩及30分钟身体磨砂

Enjoy a luxurious body scrub, gently exfoliating dead cells leaving a delicate fragrance. Then feel your muscular tensions ease with the expert strokes of our skilled therapists.

清幽花香结合滋润磨砂，有效去除老旧角质，缔造明净透亮肌肤。独有的按摩手法增强肌肤的弹性，促进身心和谐。

90minutes / S\$270 | 120minutes / S\$315