



FOUR SEASONS  
HOTEL  
TORONTO

# TRANS FORMATION

YOUR INVITATION TO REJUVENATION >



WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# NATURAL CALM

WELCOME TO THE SERENE LUXURY OF THE SPA AT FOUR SEASONS HOTEL TORONTO. INSPIRED BY THE TRANSFORMATIVE TREATMENT OF NATURAL GEMSTONES – FROM RAW MINERALS TO POLISHED PERFECTION – OUR SPA PROMISES YOUR OWN GENTLE TRANSFORMATION. ESCAPE FOR A FEW HOURS TO OUR WARM, COMFORTABLE OASIS AND RELAX INTO THE SKILLED HANDS OF OUR EXPERT FOUR SEASONS TEAM.





WELCOME

**FACIALS**

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# FACIALS

## ELEMENTAL FACIAL

This refreshing Four Seasons facial is inspired by Canada's natural elements. Start with a thorough cleansing, toning and exfoliation to treat sensitive skin and visibly reduce pore size. After light extractions, the treatment continues with a mineral-rich mud mask used to draw out impurities, nourish the skin and create a fresh glow. Finally, a specialized facial massage lifts and firms the skin. You'll feel revitalized and refreshed with noticeably brighter, hydrated skin.

*Weekday*

*60 min. \$215*

*Weekend & Holiday*

*60 min. \$240*

*Upgrade this facial by adding a copper peel to illuminate the skin of the face, neck and décolleté \$25*

## LTB (LIGHTEN, TIGHTEN & BRIGHTEN) PEEL

Looking for an extra boost for your skin? This advanced preventative treatment uses powerful fruit enzymes, polypeptides and vitamin C to lighten, tighten and brighten the skin. After a thorough cleanse and skin preparation, a four-layer peel goes to work. First, a deeply exfoliating microcrystal solution is applied and massaged into the skin, followed by an active enzyme mask to brighten the skin. Two more masks double the effects: a vitamin C-infused layer is followed by an organic cooling and hydrating gel mask. These masks are massaged into the skin using rose quartz crystals - working to lift and tone, while creating a dewy glow and youthful bounce.

*Weekday*

*60 min. \$245*

*Weekend & Holiday*

*60 min. \$280*





WELCOME

**FACIALS**

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# FACIALS

## 3-IN-1 SUPER FACIAL

Exfoliate, infuse and oxygenate.

See immediate improvement in your skin's texture, tone and appearance with this technologically advanced facial. An effervescent exfoliation thoroughly polishes your skin and significantly accelerates the absorption of vital nutrients to achieve a smooth and healthy appearance. Your body responds by sending oxygen-rich blood to your face, which naturally rejuvenates the cells. Vitamin. A, C and E, peptides and a hyaluronic serum are infused deep into the skin where they are most needed. The result is better cellular turnover, creating radiant skin with a beautifully fresh glow.

*Weekday*

60 min. \$255

*Weekend & Holiday*

60 min. \$280

## ROSE GOLD FACIAL

This oxygen-boosting treatment begins with a double cleanse to leave the skin refreshed and hydrated. Customize with either a blue-diamond peel or a copper-enriched peptide peel, applied to accelerate oxygenation of the skin and boost collagen production. This is followed by extractions to remove impurities. While our rose-infused colloidal gold mask heals micro-damage and strengthens skin, enjoy a relaxing hand and arm massage to hydrate and quench dryness. A second nano-gold royal jelly mask is applied and massaged in with rose quartz crystals to tone and tighten skin. This luxurious treatment finishes with an application of our anti-aging gold serum to reduce the appearance of wrinkles and renew youthful elasticity.

*Weekday*

75 min. \$305

*Weekend & Holiday*

75 min. \$330

*Note: This facial is not recommended for pregnant or nursing women, and may not be the best choice for guests who have had injectables within the last 14 days.*



WELCOME

**FACIALS**

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# FACIAL ENHANCEMENTS

## ROSE QUARTZ MASSAGE

Request our cooling rose quartz facial massager, designed to increase blood flow and circulation – helping to tone facial muscles and smooth fine lines. Ideal for sensitive skin.

\$15

## COPPER PEEL

This foaming two-phase peel – combining blue copper with a lactic acid activator – deeply polishes and smooths the complexion, visibly reduces pore size and creates a brighter, more even skin tone.

\$25

## COLLAGEN MASK

Marine collagen helps promote the suppleness and elasticity of the skin, reducing the signs of fatigue and dehydration.

\$25

## LIP TREATMENT

A must-try lip treatment that instantly exfoliates dry, chapped skin, while visibly plumping the lip contour.

\$20

## MOISTURE MELT FOR HANDS OR FEET

Our holistic hand or foot treatment features a heated blend of palm, soy, jojoba and organic coconut oils, shea butter, vitamin E and essential oils. These rich moisturizers leave the skin soft and supple.

\$25





WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# MASSAGES

*Pricing for all massages:*

*Weekday*

60 min. \$200

90 min. \$300

*Weekend & Holiday*

60 min. \$225

90 min. \$325

## ELEMENTAL MASSAGE

A deeply effective massage, influenced by Toronto's multicultural character. Energetically paced, this flowing head-to-toe massage is infused with invigorating techniques from Bali and Malaysia, combined with restorative Swedish movements that release stress and restore balance.

## FOUR SEASONS AROMATHERAPY MASSAGE

Ideal for the first-time spa visitor or anyone seeking pure relaxation, our signature massage has been developed by our bodywork specialists to reduce tension, soothe muscles and achieve blissful relaxation. We combine light to medium pressure and a flowing technique, while using your intuitive choice of four seasonal organic oil blends. Our bestselling spa treatment.

## HIMALAYAN SALT STONE MASSAGE

Himalayan crystal salt is a natural element that was formed over 200 million years ago near the foothills of the Himalayan Mountains. Considered the purest and most beneficial on earth, this salt features up to 84 trace minerals and elements. Using a luxurious organic whipped shea butter, our warmed salt stone massage has wonderfully relaxing properties that nourish, rejuvenate and detox the body – both inside and out.

## UP EXPRESS TREATMENTS

Short on time but still looking for a spa escape? Try one of our uplifting mini services, available weekdays only.

## NECK, BACK & SHOULDER MASSAGE

30 min. \$140

## REFLEXOLOGY

30 min. \$140



WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# MASSAGES

## DEEP-TISSUE MASSAGE

For the firmer pressure enthusiast, this deeper massage is the best choice – combining firm forearm and elbow techniques with an invigorating blend of peppermint, eucalyptus and rosemary. Experience a release of muscle tension and increased mobility.

## BAMBOO MASSAGE

In Eastern cultures, bamboo symbolizes life, energy, prosperity and longevity. This wonderfully natural massage is known for its restorative properties. Using different-sized pieces of smooth, warmed bamboo, this firm-pressure massage reduces stress, relieves tension in the muscles and tendons, and stimulates the flow of blood and lymph – naturally healing the body and mind.

## ROSEDALE REFLEXOLOGY

So much more than a foot massage! Inspired by the steep ravine walks in one of Toronto's most historic neighbourhoods, this treatment offers luxurious indulgence for the feet and lower legs. Begin with a softening, exfoliating lime-blossom scrub, removed with steamed towels. Then enjoy a smooth, salted hot stone massage using warmed rich crème, followed by a reflexology pressure-point foot massage.

## MOM-TO-BE MASSAGE

For women in their second or third trimester, this relaxing spa massage is performed as you are supported by luxuriously soft pillows, in a side-lying position. Unscented organic oil improves circulation and reduces swelling in wrists and ankles. Choose from light or medium pressure.

## COUPLE'S MASSAGE

Relax and indulge with a friend or loved one, as you enjoy your choice of side-by-side massage treatments.

*Price is per couple*

*Weekday*

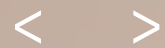
60 min. \$400

90 min. \$600

*Weekend & Holiday*

60 min. \$450

90 min. \$650



WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# MASSAGE

## ENHANCEMENTS

### YOGA BALM COOL MUSCLE RELIEF

Benefit from Yoga Balm's elevated combination of seven powerful healing oils – including Yakima peppermint, hempseed extracts and St. John's wort – applied on target areas during your massage to increase blood flow, reduce inflammation and elevate mood.

\$15

### WHIPPED SHEA BUTTER

Instead of using oil for your massage, we enhance the experience with 100% organic shea butter to leave skin feeling dewy and supple. Choose from refreshing green tea, fresh grapefruit or unscented. We recommend leaving this product on the skin after the massage to ensure maximum benefits.

\$20

### MOISTURE MELT FOR HANDS OR FEET

Our holistic hand or foot treatment features a heated blend of palm, soy, jojoba and organic coconut oils, shea butter, vitamin E and essential oils. These rich moisturizers leave the skin soft and supple.

\$25

### CONSCIOUS COCONUT HAIR & SCALP TREATMENT

What could be more relaxing than a dreamy scalp massage with warmed coconut oil? The result is healthy, smooth and strikingly shiny hair. During the scalp massage, your therapist will apply our conditioning and restorative oil. For maximum benefits, leave it in your hair after the treatment.

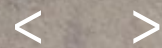
\$25

### FRESH EYES

Infused with hyaluronic acid, this eye gel mask delivers extremely decongestive properties that instantly reduce signs of fatigue. Immediately hydrated, the eye contour area is fresh, visibly smoothed and more rested. Ideal to apply during a massage!

\$25





WELCOME

FACIALS

MASSAGES

**BODY TREATMENTS**

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# BODY TREATMENTS

## COFFEE & MAPLE SUGAR SCRUB

A treatment inspired by two favourite Canadian flavours! Treat your skin to a sweetly invigorating coffee, sugar and maple butter scrub, designed to deeply exfoliate and infuse moisture into the skin. Finish with an ultra-hydrating shea butter application, leaving your skin silky smooth and replenished.

*Weekday*

60 min. \$225

*Weekend & Holiday*

60 min. \$250

## LIME & MACADAMIA SCRUB

Your body is gently exfoliated from tip to toe, using sustainably harvested cane sugar in a macadamia crème lime-blossom base. The scrub not only cleanses and softens, but also stimulates blood flow to the surface of the skin. This heavenly scented exfoliating treatment stimulates new cell growth and is an excellent remedy for stress.

*Weekday*

60 min. \$225

*Weekend & Holiday*

60 min. \$250

## THE ISLAND BODY WRAP

Follow local tradition by getting your body ready for summer on the beaches of Toronto Island. This deeply hydrating shea butter body wrap is combined with a hot coconut oil hair treatment. Warmed organic shea butter is drizzled onto your body, then you are wrapped in a luscious cocoon to render your skin smooth and dewy. During the wrap, a luxurious warmed coconut scalp massage hydrates the hair, leaving a brilliant shine. Ideal for dry skin or as a pre- or post-vacation treat.

*Weekday*

60 min. \$225

*Weekend & Holiday*

60 min. \$250

## PHYTO-LIFT SEAWEED WRAP

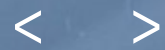
Start with a dry body brushing to increase microcirculation. Your skin is then buffed with an invigorating eucalyptus and sage chlorophyll scrub. After a sparkling rinse, a soothing seaweed and aloe gel is applied, and your body is wrapped for maximum nutrient absorption. Your skin is drenched, quenched and glowing with hydration!

*Weekday*

80 min. \$300

*Weekend & Holiday*

80 min. \$325



WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

**NAIL BAR**

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# NAIL BAR

## SPA MANICURE

Try our classic manicure, beginning with a warm soak in white tea and bergamot. Enjoy a nail clean-up, light massage and your choice of buff or polish.

*Weekday*

40 min. \$55

*Weekend & Holiday*

40 min. \$65

## SPA PEDICURE

Simple and sophisticated, this treatment starts with a refreshing white tea and bergamot soak. Your feet are groomed and buffed with our French lavender-enriched scrub, then massaged with our hydrating lotion. As the final step, your nails are filed and polished to perfection.

*Weekday*

50 min. \$90

*Weekend & Holiday*

50 min. \$100

## DELUXE MANICURE

Our deluxe manicure begins with a creamy cane-sugar scrub and lime-scented hot towels, then continues with a warmed lime-oil hot stone massage and expert nail detailing with polish.

*Weekday*

55 min. \$85

*Weekend & Holiday*

55 min. \$95

## DELUXE PEDICURE

Take your pedicure to the next level with a deep macadamia sugar exfoliation, extra muscle-melting hot stone massage and the perfect buff or polish.

*Weekday*

60 min. \$110

*Weekend & Holiday*

60 min. \$120





WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# NAIL BAR

## NAIL REFRESH

After cleansing and soothing with lemongrass-steamed towels, enjoy a fresh polish application for your fingers or toes.

*Weekday*

20 min. \$40

*Weekend & Holiday*

20 min. \$50

## YORKVILLE MANICURE

Treat yourself to Toronto's most luxurious manicure – including a glass of bubbly and a touch of golden decadence. Our gold-flecked scrub uses fair-trade cane sugar to refine the texture of the skin by eliminating dead skin cells. A powerful anti-inflammatory, gold helps to heal micro-damage, while a unique blend of oils gives your skin a dreamy scent. Complete with your choice of buff or polish.

*Weekday*

55 min. \$95

*Weekend & Holiday*

55 min. \$105

## YORKVILLE PEDICURE

For the ultimate indulgence, this pedicure includes a luxurious gold-flecked sugar scrub, a hydrating mineral mud mask, warmed towels and organic melted paraffin. This is followed by baby-soft buffing, expert nail shaping and polish application. Sit back and relax with a glass of bubbly.

*Weekday*

80 min. \$135

*Weekend & Holiday*

80 min. \$145

## SHELLAC® MANICURE

Enjoy the latest must-have nails with long-lasting Shellac® polish. Choose your favourite colour for a flawless, shiny manicure that lasts for two weeks. If you already have gel polish on your nails, please book this treatment with a gel polish removal.

*Weekday*

40 min. \$80

*Weekend & Holiday*

40 min. \$90

## SHELLAC® PEDICURE

Benefit from long-lasting Shellac® polish, providing a flawless, shiny pedicure that lasts for two weeks. If you already have gel polish on your nails, please book this treatment with a gel polish removal.

*Weekday*

50 min. \$115

*Weekend & Holiday*

50 min. \$125

# HAIR & MAKE-UP

DISCOVER THE SECRET OF TORONTO'S MOST STYLISH MEN AND WOMEN. OUR FULL-SERVICE FOUR SEASONS SALON OFFERS HAIRCUTTING, COLOUR, CONDITIONING AND MAKE-UP SERVICES. OUR SALON EXPERTS ARE HIGHLY TALENTED AND EXPERIENCED – BOASTING A DEVOTED LOCAL CLIENTELE.

## CUTTING

Bangs Trim	15 min.	\$25
Beard Trim	5 min.	\$25
Men's Haircut	30 min.	\$55
Women's Haircut & Blowout		
Short Hair	60 min.	\$90
Long Hair	60 min.	\$100
Women's Blowout		
Short Hair	45 min.	\$60
Long Hair	45 min.	\$75

## COLOUR

Men's Single-Process Colour	\$45
Women's Single-Process Colour	\$85 and up

## Highlights

Partial	\$130 and up
Full	\$185 and up
INOA Colour	\$110 and up

*Discover INOA, a no-ammonia permanent hair colour range, featuring Oil Delivery System (ODS2) technology. Suitable for all hair types.*

## GLAM UP-DO

Searching for the perfect hairstyle for a special event or a night out? Our expert stylists will help you find the right style – whether a ballet bun, chignon, a sleek ponytail or Boho-chic braids. 90 min. \$95

*Note: This service does not include a blowout. Please arrive with your hair pre-washed and dried.*

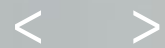
## BRIDAL TRIAL UP-DO

In this fun session, you'll meet with your Four Seasons hair stylist and play with a range of ideas to ensure your personality is reflected in every aspect of your wedding-day style. 60 min. \$130

## WEDDING-DAY UP-DO

We finalize your bridal look, ensuring you look your most beautiful on this special day. 75 min. \$195





WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# HAIR ENHANCEMENTS & MAKE-UP

## POWERDOSE

For instant deep conditioning and incredible shine, try this in-salon superfood treatment, featuring core-to-surface technology that targets all areas of the hair strand.

Our stylists will customize the treatment according to your hair's needs.

\$25

## STEAM POD STRAIGHTENING

Achieve mirror-smooth, silky hair for up to 72 hours! Pro-Keratin crème is applied to the hair using our SteamPod Professional Iron, delivering nutrition deep within each fibre for the ultimate repair.

15 min. \$30

## CURLS OR WAVES

Add curls or waves in addition to your blowout, or visit us with clean dry hair and let us create the finishing touches to your style.

15 min. \$45

## PROFESSIONAL MAKE-UP

This service includes skin preparation and full make-up application for special events or photography.

75 min. \$160

## EXPRESS MAKE-UP (EYES & LIPS ONLY)

Is your base already applied? Let us take care of your eyes and lips to prepare you for a night on the town.

45 min. \$80

## LASH APPLICATION (INDIVIDUAL OR STRIP)

Let us add the perfect lashes to emphasize your eyes.

15 min. \$45

*Hair Enhancements may only be booked with your colour, cut or blowout service.*



WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# MEN'S SERVICES

## THE 6IX FACIAL

Designed specifically for our male spa-goers, this six-step facial reinforces the skin's natural defence system and leaves skin looking younger.

The treatment includes a double cleanse, buffing, extractions, customized hydrating mask and rich moisturizer massaged into the skin.

*Weekday*

60 min. \$215

*Weekend & Holiday*

60 min. \$240

## MASSAGE

All of our massages are ideal for men.

*Please see the Massages section >*

## POWERPLAY MANICURE

Simple and straightforward: a soak, massage, nail and cuticle clean-up and buffing.

*Weekday*

25 min. \$40

*Weekend & Holiday*

25 min. \$50

*Note: This manicure does not include polish application.*

## POWERPLAY PEDICURE

A rejuvenating pedicure for those who are hard on their feet. This specialized treatment relieves muscles and revitalizes tough skin and nails with a heated blend of palm, soy, jojoba and organic coconut oils, shea butter, vitamin E and essential oils.

*Weekday*

35 min. \$60

*Weekend & Holiday*

35 min. \$70

*Note: This pedicure does not include polish application.*

## THE KING STREET

Exclusively for men, this stress-relieving package combines our premier Deep-Tissue Massage and The 6ix Facial.

*Weekday*

120 min. \$400

*Weekend & Holiday*

120 min. \$450

## HAIR SERVICES

Men's Haircut

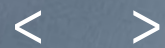
30 min. \$55

Beard Trim

15 min. \$25

Men's Single-Process Colour  
\$45





WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# TREATMENT PACKAGES

## THE ESSENTIAL ELEMENTALS

Experience two of our most popular services: the Elemental Massage and the Elemental Facial.

*Weekday*

120 min. \$400

*Weekend & Holiday*

120 min. \$450

## THE KING STREET

For gentlemen, this stress-relieving package combines our premier Deep-Tissue Massage and The 6ix Facial.

*Weekday*

120 min. \$400

*Weekend & Holiday*

120 min. \$450

## THE BABY POINT

Escape with us for a few hours before your baby is due! Enjoy the Mom-to-Be Massage and the Elemental Facial. This package is named after one of Toronto's wealthiest and most attractive neighbourhoods – known for its warm, family atmosphere.

*Weekday*

120 min. \$400

*Weekend & Holiday*

120 min. \$450

## BESPOKE PACKAGE

Create your own package by combining three or more spa treatments, choosing from our facials, massages and body treatments. Treatments must each be at least 60 minutes and must be received by the same guest on the same day.

*In addition, you'll receive the following:*

Glass of bubbly

One complimentary enhancement

*Up to a value of \$25*

10% off the total treatment price

Farewell gift



WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# SPA SUGGESTIONS

WHETHER YOU ARE COMING FOR AN HOUR OR AN ENTIRE DAY, WE WANT YOU TO ENJOY YOUR FOUR SEASONS SPA EXPERIENCE FULLY. HERE ARE SOME TIPS TO ASSIST YOU:

## ARRIVAL

Please plan to arrive at least 30 minutes before your treatment time – just five or ten minutes if you are having a nail or hair service – so that you may change, enjoy our spa facilities and complete a health questionnaire. If you are arriving from your guest room, please feel free to wear your bathrobe.

## PERSONAL COMFORT

We will provide you with a locker where you may store your clothes. Each locker has a digital keypad, allowing you to select your own code. We will also provide you with a luxurious robe and slippers to wear within the Spa. Undergarments may be worn during treatments if you prefer. All of our therapists are skilled in proper draping procedures to ensure complete comfort and privacy.

## VALUABLES

Please do not bring valuables to the Spa. We are not responsible for lost or stolen articles. Before leaving for the day, please check that you have not left any personal items behind in your locker or in the pockets of your bathrobe.

## SPA AMENITIES

Our locker rooms are generous in size and include lounge seating, pre-treatment relaxation areas, steam rooms and showers. Our showers feature the finest organic shampoo, conditioner and body wash. Grooming areas are fully stocked with amenities such as shaving cream, disposable razors, Q-tips, deodorant, face and body lotion, hair gel and hair spray. Our sunlit indoor pool and whirlpool are also located adjacent to the Spa on the ninth floor and overlook the city through

floor-to-ceiling windows. Access is available for spa guests receiving 60-minute or 90-minute services (based upon availability). For further relaxation on weekends, we recommend scheduling your spa services during our pool relaxation hours, which are 12 pm (noon) – 4 pm and 7 pm – 9 pm.





WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# SPA SUGGESTIONS

## AGE POLICY

Guests must be a minimum of 16 years of age to use the Spa's facilities.

## PRIVACY AND QUIET

With tranquillity in mind, we require that mobile phones and electronic devices be turned to silent mode and be used discreetly while at the Spa. To respect the privacy of others, no photographs, videos or other social media recordings are allowed inside our spa facilities.

## FACIALS

If you are having a facial, you may wish to remove your make-up before your treatment to allow your spa therapist more time to care for your skin. Eye make-up remover is provided in the women's locker room. We recommend that men do not shave for at least two hours before a facial.

## MEDICAL NEEDS

Kindly inform us of any special or medical needs that require additional attention. If you are pregnant, or have specific medical conditions, some treatments are not recommended. If you are unsure, please ask.

## SPA AND SALON RESERVATIONS AND CANCELLATIONS

For maximum convenience and flexibility, we recommend that you schedule your spa sessions in advance of your visit. Appointments may be guaranteed with a credit card, room or confirmation number. As we reserve your appointment time especially for you, please provide 24-hour advance notice should you need to change or cancel your appointment. No-shows and guests who cancel less than 24 hours before an appointment time will be billed for the full price. Late arrival for any service will limit the length of treatment.

## GRATUITIES

In appreciation of outstanding service, gratuities may be given at your discretion.

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WELCOME

FACIALS

MASSAGES

BODY TREATMENTS

NAIL BAR

HAIR & MAKE-UP

MEN'S SERVICES

TREATMENT PACKAGES

SPA SUGGESTIONS

CONTACT

# CONTACT

FOR MORE INFORMATION ABOUT OUR TREATMENTS OR  
TO BOOK AN APPOINTMENT, PLEASE CALL: 1 (416) 963-6006.

*Book your spa treatment online:*

**[fourseasons.com/toronto/spa](https://fourseasons.com/toronto/spa) >**

*Let someone special experience the spa:*

**[create an instant gift certificate](#) >**

The Spa at Four Seasons Hotel Toronto  
60 Yorkville Avenue, Toronto, Ontario M4W 0A4

*For more details on directions and maps, please [click here](#)*

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