

HISTORIC, TIMELESS, CLASSIC SPA EXPERIENCE



FOUR SEASONS HOTEL

THE
SPA

WASHINGTON, DC



FOUR SEASONS
HOTEL
WASHINGTON, DC

REJUVENATE, INDULGE AND RELAX WITH US ›

There's practically no element of our lives that's not improved by getting adequate sleep.

— ARIANA HUFFINGTON

WELCOME

Whether you’re visiting Washington, DC for business or leisure, unwind in one of eight treatment rooms and enjoy an array of relaxing spa services. Recognized as one of the Top 5 Luxury Spas Not to Be Missed in Washington, DC, by *Forbes*, The Spa at Four Seasons is synonymous with excellence.

Spa guests are invited to enjoy complimentary three-hour valet parking at Four Seasons Hotel Washington, DC. This will allow ample time to enjoy the private women’s and men’s locker rooms, saunas, steam rooms and whirlpool. Spa-goers are also invited to unwind in the Spa’s relaxation space with complimentary fresh fruit and refreshments.

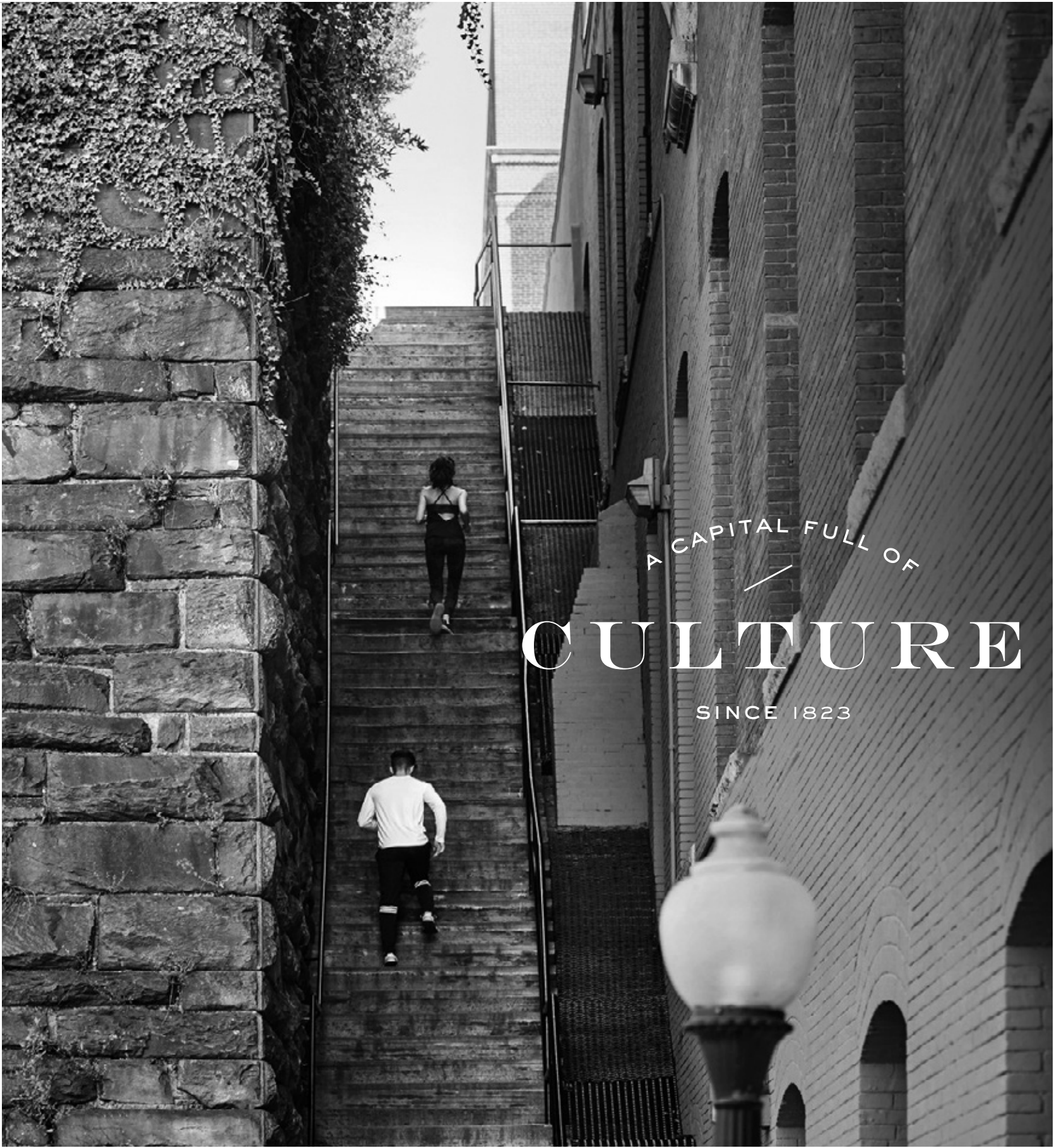
Your escape is waiting...

It's 4 a.m., but can I get breakfast?

Of course. Sweet or Savoury?



NEED ANYTHING?
LET'S CHAT.



OUR SPA DIRECTOR
RECOMMENDS

THE SPA’S FAVORITE

BEST OF THE BEST

PENNSYLVANIA

AVENUE RETREAT / 80 min.

This full-body treatment begins with a cleansing foot massage with essences of rosemary and sage followed by a peppermint tea tree cream focusing on acupressure points. A deep-forest oil is then massaged into the skin, opening up sinuses and clearing the lungs. The result: clarity, calm and relaxation from head to toe.

ULTIMATE

LUXURY FACIAL / 80 min.

Supercharged anti-aging effects with exclusively concentrated supernatural serums combined with stimulating massaging for luxurious, long-lasting results. Natural ingredients are perfect for all skin types to provide intensive correction and prevention of aging concerns. Your eyes will look youthful and bright with our signature eye therapy, while your hands will get the attention they deserve with a completely transforming experience for renewal.

[CONTINUE TO MASSAGES ›](#)



SECRET TO
RELAXATION

THE
MASSAGE

WORK HARD, SPA HARDER

Being a healthy woman isn't about getting on a scale or measuring your waistline. We need to start focusing on what matters – on how we feel, and how we feel about ourselves.

— MICHELLE OBAMA

FOUR SEASONS
CUSTOM MESSAGE / 50, 80 or 100 min.

Developed by our tenured team of massage specialists, this completely customized massage is focused on your unique needs. Choose from any of the following massage styles, or create your own combination in consultation with your massage therapist:

Swedish / Sports / Deep Tissue

JET LAG MESSAGE / 50 or 80 min.

This massage is designed to reduce fatigue and alleviate the symptoms of jet lag. Specialized massage techniques, along with your choice of energizing or calming essential oils, increase blood circulation and pay particular attention to areas that suffer the most during long travel times, such as aching calves, legs, back and shoulders. This massage will leave you feeling renewed for the day ahead or relaxed for a good night’s sleep.

HEALING STONE THERAPY / 80 min.

Smooth, heated river stones are strategically placed on the body to induce deep relaxation. Handheld stones are then used to massage aching muscles. A wonderful, unique and comforting massage.

MOM-TO-BE / 50 min.

This therapeutic massage for Mom focuses on the special needs of her changing body. Benefits of prenatal massage include relief from headaches, sinus congestion, backaches, leg cramps, swollen ankles, sciatic pain and sleep issues. *(Available during second and third trimesters. In the first trimester, we are unable to perform any type of massage.)*

THAI YOGA MESSAGE / 80 min.

Performed fully clothed in a classic Thai style on a mat on the floor of our yoga room, this massage uses stretching, acupressure and yoga-type movements to open up the body, increase flexibility and promote optimum flow of energy. Loose-fitting or workout clothing required.

A DATE TO REMEMBER
(FOR COUPLES) / 80 min.

For the ultimate experience, your date begins here. A spiced exotic tea is served with decadent chocolate-covered strawberries as you enjoy a warm foot scrub and scented soak side by side. After melting into a warmed paraffin foot cocoon, experience a full-body massage of your choice in your individual spa suite, and then reunite at the pool for a chilled, sparkling glass of Prosecco.*

** We highly recommend a delicious dinner for two at Bourbon Steak to top off the perfect day. Ask one of our spa receptionists to secure the reservation for you on the same day as your spa package and receive a complimentary dessert with any entrée.*



SECRET TO
RELAX
ATION

THE
MESSAGE

WORK HARD, SPA HARDER

SERIES OF SIX TREATMENTS

AVAILABLE MONDAY TO FRIDAY

Buy a series of six:

50-minute massages

or

80-minute massages

DIGITAL DETOX –
EXPRESS TREATMENTS / 20 min.

TECH NECK

A targeted massage for the neck and shoulders to relieve muscle tension from using those addictive electronic devices.

RESET BUTTON

Give your hands and arms a break from the computer with a revitalizing massage.

PUT YOUR FEET UP

Put your feet up on our massage table instead of your desk for a re-energizing foot massage with peppermint-infused lotion using reflexology techniques.

REJUVENATING
MINI FACIAL / 20 min.

Recharge your skin in minimal time with an infusion of botanical vitamin, minerals, omegas and antioxidants to naturally provide environmental protection and nutrition for a luminous, healthy glow.

CONTINUE TO BODY TREATMENTS ›



INDULGE IN
CUSTOM

BODY
TREATMENTS

TO SUIT YOUR EVERY NEED

To love what you do and feel that it matters – how could anything be more fun?
— KATHARINE GRAHAM

POLITICAL DETOX
SALT SCRUB / 50 min.

This invigorating scrub of rich, mineral Dead Sea salts, blended with uplifting essential oils of rosemary and citrus, stimulates circulation and sloughs away dull, flaky skin. This delicious body buffing finishes with a relaxing lotion application and leaves skin soft, smooth, polished and hydrated.

THE GEORGETOWN
POLISH / 50 min.

Fresh lemongrass and gentle buffing grains are blended with stimulating jasmine and mimosa flower extract. This gentle exfoliation moisturizes and revitalizes the skin. The treatment concludes with a hydrating body cream that moisturizes and nourishes the skin.

GREEN TEA ANTIOXIDANT
WRAP / 80 min.

Stimulate the circulation and lymphatic system with a dry brush exfoliation, followed by a massage application of green tea, lavender and peppermint-infused whipped shea butter. While your body is cozily wrapped to increase the absorption of nutrients, enjoy a deeply relaxing face, neck and scalp massage. This treatment leaves your skin dewy, supple and glowing.

CAPITOL’S C / 80 min.

This ultra-hydrating deluxe treatment starts with an energizing lemon-verveine and lime salted body scrub. Next, steamed lemon-verveine towels are applied, leaving skin supple and smooth. Then, you are massaged from head to toe with a whipped vitamin C-infused sweet orange & neroli shea butter. Muscles are relaxed and skin is dewy soft!

CONTINUE TO OUR PACKAGES ›



EXPERIENCE
UNIQUE

PACKAGES

RE-ENERGIZE. HYDRATE

*If you allow yourself, you can become stronger
in places that you've been broken.*

— JANE FONDA

PRESIDENTIAL RETREAT / 130 min.

Experience our ultimate Presidential Retreat and enjoy luxury from head to toe. This indulgent spa experience begins with a wonderfully relaxing rosemary, sage and peppermint foot massage focusing on acupressure points to relieve stress and tension. Then, a full-body muscle-relieving massage uses custom-blended deep-forest oil with deep inhalation techniques to clear city congestion. This exclusive package ends with the best skin in DC! Add the organic Tata Harper custom facial to revitalize, hydrate and tone the skin. The result is clarity, relaxation and rejuvenation from head to toe.

This package also includes complimentary access to enjoy a swim in our two-lane saline lap pool and work out with state-of-the-art equipment from Technogym in our Fitness Club.

Spa guests who have booked the Presidential Retreat are welcomed with complimentary five-hour valet parking and are invited to enjoy the full-service men’s and women’s locker rooms, steam rooms, saunas, whirlpool and refreshments.

Total treatment time is 130 minutes, with extra time allowed to enjoy the facilities before or after.

NIGHT SPA PACKAGE

You and the one you adore, alone, enjoying a uniquely private spa experience? What could be sweeter? At the Night Spa, you’ll slip into a state of pure bliss.

THE NIGHT SPA PACKAGE INCLUDES:

- Two monogrammed bathrobes
- A bouquet of one dozen roses
- Two 80-minute massages
- Exclusive use of the Hotel’s pool level between 10:30 p.m. and 1:30 a.m.
- A personalized Michael Mina dining experience (includes one bottle of house champagne or wine)

Add a one-night stay in a luxurious Premier Room for USD 500 (*upgrade to a suite for an additional USD 300*).

Please call for pricing. The Night Spa must be booked at least 72 hours in advance and is subject to availability. Pre-payment and menu selection are required 24 hours prior to the experience, and cancellations must be received at least 72 hours in advance.

CONTINUE TO FACIALS ›



THE SECRET
OF

FACIALS

REFRESH & RENEW

The Spa at Four Seasons Hotel Washington DC, offers luxury skin-care services exclusively from Kate Somerville and Tata Harper.

FOUR SEASONS GOLD
& DIAMOND FACIAL / 90 min.

Relish the ultimate luxury of gold and diamonds. Touted as the ultimate in anti-aging, this facial combines several cutting-edge technologies designed to achieve maximum skin health while promoting cellular renewal. Your journey will begin by exfoliating the skin using ultrasonic waves to resurface dull skin. Microcurrent therapy is administered to lift and tone tired muscles. A specialty serum is then infused for smoother, firmer and more hydrated skin. The treatment is finished with LED therapy to calm any redness and stimulate collagen production. This comprehensive facial is recommended for our advanced spa-goers seeking highly progressive technologies and instant results.

FACIALS CONTINUED >



THE SECRET
OF

FACIALS

REFRESH & RENEW

Follow your passion, follow your heart, and the things you need will come.

— ELIZABETH TAYLOR

TATA HARPER

100% natural highly effective, luxurious anti-aging and beautifying skin care with organically grown, botanical ingredients made fresh. Concern-based treatments to transform and revitalize the skin to boost resilience and preserve the skin’s balance.

INTENSIVE RESULTS / 50 min.

Intensify results with a customized mask treatment to focus on hydration, firming or purifying concerns. Concentrated formulas of high-performing natural ingredients treat the skin and deliver immediate, dramatic results. A nourishing and therapeutic face massage will reveal a healthy glow.

ULTIMATE LUXURY FACIAL / 80 min.

Supercharged anti-aging effects with exclusively concentrated supernatural serums combined with stimulating massaging for luxurious, long-lasting results. Natural ingredients are perfect for all skin types to provide intensive correction and prevention of aging concerns. Your eyes will look youthful and bright with our signature eye therapy, while your hands will get the attention they deserve with a completely transforming experience for renewal.

KATE SOMERVILLE

GEORGETOWN GLOW FACIAL
(FOR HIM OR HER) / 50 or 80 min.

The ultimate hydration quench by Kate Somerville! Oxygen, vitamin, and hyaluronic acid combined under hyperbaric pressure to deliver unparalleled hydration and age-defying results. This delightfully relaxing and nurturing treatment instantly brings healthier, younger skin. It’s an ideal treatment for a special event to combat jet lag or whenever an amazing glow is desired.

CLASSIC KATE FACIAL / 50 min.

Designed to reverse the signs of aging, this highly customizable facial involves a multilevel approach to a healthier, youthful complexion.

ANTI-GRAVITY FACIAL / 50 or 80 min.

Turn back time with our non-surgical face lift using scientifically developed microcurrent technology to enhance collagen. Focus on anti-aging to lift, tone and firm the contours of the face for a brighter, more youthful appearance. For optimal results, a series of three to six treatments are recommended.

KATE SOMERVILLE SIGNATURE
TREATMENT / 80 min.

This signature facial treatment is the ultimate in results, pampering and skin health. It begins with a powerful exfoliation using fruit enzymes and vitamins, as it polishes the skin. A very pampering facial massage is performed to relax the senses. A super-hydrating oxygen treatment is applied using effective dermal boosters that plump the skin. This experience continues with the DermaLucent light therapy while you enjoy a luxurious hand, arm and foot massage. Skin is left looking radiant and luminous.



THE SECRET
OF

FACIALS

REFRESH & RENEW

Happiness is not a goal; it is a by-product.
— ELEANOR ROOSEVELT

INDULGENCES:
SPECIAL TOUCHES

State-of-the-art enhancements can be added to your facial for maximum results.

LIGHT THERAPY

Targeted or Full.

MICROCURRENT

FACE LIFT

Immediately visible effects – lift and tone during your facial with the NuFACE device using microcurrent, your contours will be sculpted for the ultimate definition.

EYE OPENER

Microcurrent therapy regenerates and lifts the eye area for instant results revealing a bright, refreshed look.

OXYGEN

BLEMISH BLAST

Zap blemishes away with a targeted concentration of oxygen and light therapy.

QUENCH

Infuse skin with oxygen, vitamin and hyaluronic acid for instant glow.

PLUMP UP

Targeted infusion of oxygen and hyaluronic acid to plump the lips and signs of aging around the eyes, combined with the NuFACE Ele.

ULTRASONIC

ULTRASONIC EXFOLIATION

Pain free alternative to traditional microdermabrasion with optimal results. Sound waves exfoliate the skin to smooth texture and brighten.

ULTRASONIC INFUSION

Sound waves infuse serums into skin for maximum effectiveness, inducing a natural glow.

NECK & DECOLLETE

Restore your neck & decollete from signs of aging and sun damage. Repair your skin with ultrasonic lifting of dead surface cells to prepare newly exfoliated skin for brightening and toning effects using light therapy.

MASK BAR

An indulgent choice of specialty masks and peels to stimulate collagen, purify, hydrate, radiate, brighten, tone and resurface the skin for optimal results.

CONTINUE TO GENTLEMAN’S GUIDE ›



UNIQUELY
TAIL
ORED

GENTLEMAN'S GUIDE
TO STRESS RELIEF
MAY WE RECOMMEND...

If you can't find peace within yourself,
you will never find it anywhere else.
— MARVIN GAYE

SPORTS MASSAGE / 50 or 80 min.
Customized to you to relieve symptoms of muscle soreness and increase mobility. Compressions to the muscles, cross-fiber friction and stretching techniques are used to mobilize tissue that has contracted from injury or overuse.

JET LAG MASSAGE / 50 or 80 min.
This massage is designed to reduce fatigue and alleviate the symptoms of jet lag. Massage techniques along with your choice of energizing or calming essential oils increase blood circulation and pay particular attention to areas that suffer the most during long travel times, like calves, legs, back and shoulders. This massage will leave you feeling renewed for the day ahead or relaxed for a good night's sleep.

**POLITICAL DETOX
SALT SCRUB / 50 min.**
A scrub of Dead Sea salts, rich in mineral content, blended with the spicy essential oils of rosemary and citrus, stimulates circulation and sloughs away dull, flaky skin. This invigorating scrub concludes with a relaxing lotion application that will soften the skin, leaving the surface smooth, polished and moisturized.

GENTLEMEN'S FACIAL / 50 min.
A custom men's treatment suited to all skin types, including those suffering from shaving irritation and overexposure to sun. Renewing fruit enzymes and vitamins, exfoliate, detoxify, cleanse and nourish for a long-lasting look of healthy skin. An intensely relaxing facial massage soothes the senses.



LEARN MORE
ABOUT

SPA
ETIQUETTE

WHAT YOU NEED TO KNOW

I want to live my life, not record it.
— JACKIE KENNEDY

TREATMENT RESERVATIONS

Appointments are available daily from 9 a.m. to 8 p.m. Book well in advance to receive your preferred time. Please specify your preference for a male or female massage therapist or esthetician.

MY ARRIVAL

Plan to arrive at least 20 minutes prior to your appointment’s start to complete a short health questionnaire. We invite you to arrive with even more time to start relaxing in our steam room and sauna prior to your appointment.

IF I AM LATE

Please understand that it may be necessary to shorten your service time without a reduction in rate should you arrive late for your appointment.

24-HOUR CHANGE AND
CANCELLATION POLICY

Your treatment time is reserved especially for you. We kindly request that any cancellations or changes to your treatment time be made at least twenty-four hours in advance for a single appointment.

We require 72 hours, advance notice for three or more appointments. A credit card is required to hold your reservation. If you do not cancel by the required time or if you miss your appointment, your credit card will be charged in full.

NO-SHOW POLICY

If you do not cancel by the required time or if you miss your appointment, your credit card will be charged in full.

AGE REQUIREMENTS

Massage and body treatments are appropriate for guests 18 years of age and older. The minimum age requirement for facials and access to the locker room facilities is 16 years.

SPA ATTIRE

A luxurious robe, slippers and a locker for your personal belongings are provided upon arrival. Robes and slippers are available in different sizes. Please disrobe to your level of comfort. Undergarments are not a requirement, but may be worn during a treatment if you prefer.

All staff are professionally trained and licensed to ensure the highest quality of service and integrity. Proper draping techniques are used for your privacy and comfort at all times.

HEALTH CONSIDERATIONS

Please inform us of any special needs, allergies or medical conditions. Possible pregnancy can also affect the type of treatment you may choose.

QUIET ATMOSPHERE

To ensure a tranquil and relaxing environment, we require that cell phones and electronic devices are turned to silent and used discreetly during your visit. *(For the privacy of others, photographs, videos or other social media recording must not be taken inside the spa facility.)*

GRATUITIES

Though not included in the price of the treatments, gratuities are appreciated for outstanding service. A typical gratuity is 18 to 22 percent of the treatment price.



CONNECT
WITH
US

CONTACT
OUR TEAM

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FOR INQUIRIES ABOUT OUR SPA
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