The background of the image features a repeating pattern of stylized blue flowers. Each flower has a solid blue circular center and is surrounded by a dense, radial network of thin blue lines. At the end of these lines are small blue circles of varying sizes, creating a complex, web-like texture. A thick, solid blue curved line sweeps across the image from the upper right towards the lower left, passing behind the central text.

Be well. Stay well.

*Massage Treatments*

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*Mind and Body Treatments*

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*Facial Treatments*

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*Dermatology Treatments*

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*Yamaguchi Salon*

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*Nutrition and Life Balance*

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## The Spa

FOUR SEASONS HOTEL WESTLAKE VILLAGE

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Four Seasons Hotel Westlake Village is proud to offer premier spa and wellness services in a luxury environment with signature Four Seasons service. The Spa and on-site wellness center, California Health & Longevity Institute, provides you with a comprehensive approach to well-being by offering customized products and services. Lead by a nationally renowned team of doctors and experts, our integrated approach to wellness is designed to fulfill your personal needs and provide long-lasting health and happiness.

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# Massage Treatments

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AT THE SPA



## **Tranquility** 50 · 80 MINUTES

This therapy uses light-to-moderate pressure to reduce stress, improve circulation and stimulate the nervous system. The art of relaxation is perfected with a customized session by your therapist using soothing techniques and flowing strokes.

## **Custom-Blended Aromatherapy**

50 · 80 MINUTES

A centuries-old treatment, pure essential oils are massaged into the body. Breathe deep and allow the healing properties of natural plant extracts, botanicals and flowers stimulate your nervous system and enhance overall well-being.

## **Advanced Therapeutic**

50 · 80 MINUTES

This deep tissue treatment offers a comprehensive range of massage modalities that work to break down the body's adhesions and nodules to encourage proper muscle function.

## **Sports** 50 · 80 MINUTES

A combination of compression and stretching techniques is used on specific muscle groups targeted to help relieve discomfort or pain from over activity.

## **Couples** 50 · 80 MINUTES

Share a serene Tranquility Massage with a trusted companion. The curative touch of trained therapists guides couples to new heights of relaxation. 80-minute service includes chocolate-covered strawberries.

## **Maternity** 50 · 80 MINUTES

Specially designed for mothers-to-be, this soothing massage provides comfort and relaxation to ease the stresses and strains of pregnancy. Please note that this treatment can only be performed after the first trimester.

## **Thai** 80 MINUTES

This ancient treatment incorporates aspects of yoga and compression to stretch muscle groups and stimulate energy flow. Beginning with a traditional Thai ritual, this massage focuses on pressure points, energy lines and breathing to increase flexibility and range of motion.

## **Shiatsu** 50 · 80 MINUTES

A Japanese healing art that literally means "finger pressure," this Asian therapy combines acupressure, stretching and compression along the body's meridian channels, releasing blocked or unbalanced energy to stimulate the body's natural healing processes and restore overall well-being.

## **Reflexology** 25 · 50 MINUTES

A traditional Chinese practice that includes an application of pressure to the hands and feet. This technique asserts healing and renewed energy flow along the body's meridians and the reflex areas that correspond to all vital organs. All flows of energy are restored to their natural pathways.

## **Syncrossage** 50 MINUTES

The ultimate spa experience is provided as two highly skilled massage practitioners utilize Swedish massage techniques in perfect harmony to ease tension and reduce stress. Four hands are always better than two.

## **Reiki** 50 · 80 MINUTES

This Japanese energy treatment is known to alleviate stress while promoting restful sleep and healing. Little or no pressure is involved in this relaxing treatment in which the therapist provides qi by placing hands on or above specific parts of the body, balancing the seven chakras.

## **Executive Escape** 25 MINUTES

The therapist focuses on key areas with Swedish techniques to relieve tension in the head, neck, shoulders and upper back.

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# Mind and Body Treatments

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AT THE SPA

2

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## ***Return to Balance*** 100 MINUTES

Take an extraordinary journey to restore balance and well-being. A personalized experience is crafted for your specific wellness needs, beginning with a relaxing foot soak followed by a full body exfoliation and then a bath soak with minerals and organic extracts. A customized signature massage with your wellness formula enhances the therapeutic benefits. Foot rejuvenation, head and scalp massage and face hydration further the journey to the place of ultimate relaxation where the body's natural intelligence to heal is awakened.

## ***Lavender Milk and Honey Cocoon***

100 MINUTES

This deeply relaxing treatment begins with a whole grain and organic oil body buff to increase the skin's vibrancy and stimulate circulation. Next, a velvety blend of pure honey and warm lavender milk envelops you in a nourishing cocoon to feed the skin and renew elasticity. Finish with a lavish full-body massage using pure herb and lavender cream to bring you to a state of deep relaxation. This comprehensive whole-body treatment restores the glow of health.

## ***California Dream*** 80 MINUTES

Our signature service begins with a walnut scrub infused with shea butter, noni, safflower and other soothing oils that will leave your skin hydrated and radiant. A detoxifying, peppermint clay body mask is applied to draw out impurities and toxins from the skin. Your experience concludes with a nourishing cocktail of grape stem cell and white tea body butter to leave you glowing from head to toe.

## ***Ginger Lime Sugar Glow*** 80 MINUTES

A perfect blend of sugar cane infused with ginger gently exfoliates, leaving skin looking and feeling refreshed and vibrant. Next, skin is cleansed with a healing Kombucha body wash. The treatment is concluded by an application of warm coconut and argan massage oil.

## ***Organic Body Polish*** 50 MINUTES

This unique treatment combines the exfoliating properties of organic apricot seed, oat kernel and walnut shells, with the nourishing properties of jojoba, shea butter and vitamin E, delivering superior hydration. White grape stem cells, green and white tea deliver anti-aging and toning effects to the skin.

## Complementary and Alternative Medicine

CALIFORNIA HEALTH & LONGEVITY INSTITUTE

## ***Acupuncture*** 50 · 80 MINUTES

A painless and effective Eastern medical therapy that uses hair-thin needles on specific body points to stimulate its own healing responses. Scientifically shown to help with pain, inflammation, headaches, nausea and many other conditions.

## ***Acupressure*** 50 · 80 MINUTES

Related to acupuncture, but uses manual pressure instead of needles to stimulate therapeutic points on the body.

## ***Medical Hypnotherapy***

50 · 80 MINUTES

Hypnosis is a natural therapy that allows the client to experience a sense of deep relaxation. During this time, the therapist offers the client the power to choose beneficial habits and actions and helps them to release destructive ones which allows them to make positive changes within themselves. Hypnosis is used to lose weight, stop smoking, stress and anxiety management, insomnia, plus so much more.

## ***Energy Healing*** 50 · 80 MINUTES

An energy medicine therapy that uses touch to influence the body's energy system for balance physically, emotionally and spiritually. A session will leave you feeling clearer and lighter, with a renewed sense of purpose.

Schedule a follow-up appointment for the same Complementary and Alternative Medicine Treatment within 30 days at a reduced rate. Remote service options available for alternative medicine.

## Waxing

AT THE SPA

Chin <sup>1</sup>	Half Arm
Bikini Line	Lip <sup>1</sup>
Full Arm	Chest
Brow Shape <sup>1</sup>	Half Leg
Back	Underarm
Full Leg/Feet	Face

<sup>1</sup>Service must be booked in conjunction with a facial treatment.

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# Facial Treatments

AT THE SPA

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## Royal Transformation Experience

110 MINUTES

SERIES OF 10 · SERIES OF 6 · SERIES OF 3

The First Hotel Spa in the United States to feature the IN-Skin 6 in 1 technology combined with the non-invasive wrinkle relaxing treatment using Natura Bissé’s exclusive Inhibit Collection. Due to targeted ingredients, this formulation dramatically reduces expression lines and wrinkles, leaving the face smooth and rejuvenated. Inhibit is the first anti-wrinkle treatment formulated with Natura Bissé’s own Octamioxyl ingredient, which is the most effective inhibitor of facial contractions, and a Lipofiller complex to fill existing deep wrinkles and expression lines.

## Four Seasons Signature Facial

50 · 80 MINUTES

Let us design a facial just for you. Lay back and relax while one of our trained experts closely analyzes your skin’s needs and customizes a treatment perfect for your unique skin type.

## Perfect Radiance Facial

50 · 80 MINUTES

Our radiance facial is a customized treatment that combines active vitamin C, natural fruit acids, and a wide variety of potent botanical extracts and coenzymes to brighten skin, noticeably improve tone and texture, and minimize the appearance of fine lines and wrinkles, leaving skin noticeably radiant, hydrated and glowing.

## Swift Lift Firming Facial

50 · 80 MINUTES

Actively firm, lift and address the visible signs of aging with the emerginC Swift Lift Peptide Firming Facial. The facial includes a thorough facial analysis, deep cleaning, and a natural fruit acid exfoliation peel to rapidly remove dead skin cells. Cutting-edge algae-based peptides, hyaluronic acid, and a variety of plant extracts help to noticeably firm and visibly diminish the appearance of fine lines and wrinkles, leaving skin younger-looking, toned, soothed and glowing.

## Hydration Booster

50 · 80 MINUTES

Help alleviate dryness and dehydration with our intensive hydration treatment. The hydration booster facial consists of a two-part exfoliation system to remove dead skin cells and instantly improve tone and texture, while minimizing the appearance of fine lines and wrinkles. Plant-based ceramides, hyaluronic acid and botanical extracts help restore natural moisture, leaving skin hydrated, toned and firmed.

## Custom Organic Facial

50 · 80 MINUTES

This customized facial brings together the finest fruits, vegetables and herbs to deliver the most potent and active treatment available. After a detailed skin analysis, the perfect combination of Eminence organic skincare products are applied for a deep-cleansing, results-driven facial experience.

## The Cure

80 MINUTES

A thoroughly cleansing treatment based on a cutting-edge thermo-active enzymatic detoxification that opens and softens the pores while the refreshing botanical elements included in the formula purifies. Extractions are expertly performed through a nearly imperceptible extraction technique while a nano-stimulating mask with a deliciously foamy texture efficiently releases its moisturizing, soothing and revitalizing effects on the skin. The final touch is a tinted hydrating veil that provides a radiant and luminous appearance.

## Diamond Brightening

80 MINUTES

Reveal a brighter complexion with this revolutionary facial treatment that provides results for hyper pigmented skin. High concentrations of effective whitening and lightening active ingredients deeply renews the skin, evens skin tone, prevents the formation of pigmentation and minimizes pores to unveil a luminous complexion without imperfections.

## DNA Growth Factor

Exfoliating Facial 50 MINUTES

Exclusive to The Spa and created by Ronald L Moy, M.D., FAAD, Director of Dermatology at California Health & Longevity Institute.

**DNAEGF Renewal** represents the skincare of the future. Targeting the skin’s own DNA, this medical grade facial transforms aging, stressed and photo-damaged skin to look younger and healthier. A unique amino acid glycolic peel gently removes dull surface cells and prepares the skin for an infusion of professional strength growth factor from Iceland, paired with DNA repair enzymes for visibly revitalized and radiant skin.

## Men’s Facial

50 MINUTES

Created by men and for men, this skincare treatment features products from Organic Male OM4 to address the specific needs of men’s skin. This results-driven facial diminishes the effects of stress and irritation from shaving and soothes and tones the skin while removing impurities and restoring hydration and suppleness to the skin. Includes hot towels, facial massage and a deeply relaxing warm oil neck and shoulder massage.

*Please inform us of any known allergies, skin conditions or medications you are currently taking when booking a facial treatment.*

## Facial Enhancements

### Knesko Hydration Masks

Eye	Face
Neck	Decolletage

### In-Skin Technology Enhancements

**Air Massage** Lymphatic drainage and toning widely used throughout Europe and new to the U.S.!

**Microdermabrasion** One of a kind patented diamond tip unlike any other diamond tip you have used.

**Oxygen** Our filter is 13x stronger than any other oxygen machine, it pulls 80% of the air and turns it into pure oxygen for deep infusion.

**Led Therapy** Customizable spectrum of colors that balances skin and mood.

**Radio Frequency** Heat stimulates collagen production and the overall result is tighter skin which significantly reduces sagging skin and wrinkles.

**Electroporation** Newest form of micro-galvanic current which allows product delivery directly into the cells.

### Perfect Sense Paraffin Hand Rejuvenation

This paraffin treatment contains natural ingredients rich in vitamins and nutrients to deliver heat and hydration, leaving skin soft and smooth and preventing dryness and irritation.

### Glycolic Peel

This three-step process aids in removing dead skin cells while improving skin texture and increasing product penetration into the dermis.



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# Dermatology Treatments

AT CALIFORNIA HEALTH &  
LONGEVITY INSTITUTE

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## ***Skin Evaluation & Cosmetic Consultation***

A facial analysis to determine best non-surgical methods to look younger including the use of skin tightening and DNA repair creams, fillers, injectables, or lasers to resurface and tighten skin. An appointment with our dermatologist is required for any dermatological service.

## ***Skin Cancer Screening & Prevention***

It is important to have a yearly check-up by a dermatologist trained to look for skin cancers. Both cumulative damage and sunburns can eventually lead to skin cancer.

## ***Cosmetic Laser Treatment***

Blood vessel, pigmented lesion, tattoos, sun and age spot laser removal.

## ***Radiesse***

A cosmetic filler perfect for improving smile lines and lines between the nose and mouth. The advantage of this product is the long-lasting effects compared to other fillers.

## ***Sculptra***

Sculptra works by filling in lines and stimulating the body to naturally produce new collagen. Sculptra thickens aging skin and creates a fuller, more youthful appearance by volume-lifting the skin.

## ***Voluma***

Voluma works by lifting the cheek skin by injection over the cheek bone and improving the lower eyelid area. Voluma lasts for more than 2 years.

## ***Botox/Dysport/Xeomin***

A cosmetic enhancer that dramatically reduces wrinkles and fine lines on the face.

## ***Juvederm/Restylane/Belotero***

A cosmetic filler designed to reduce wrinkles and lines in the skin of the face and lips. You will see the results as soon as your treatment is complete and for up to eight months.

## ***KYBELLA™ (deoxycholic acid) Injection***

The first and only FDA-approved injectable drug that contours and improves the appearance of submental fullness, commonly known as “double chin”. KYBELLA™ is a non-invasive treatment, when injected into subcutaneous fat, it eliminates the fat cells in the treatment area. Depending on the severity of the submental fullness, patients can expect to have 2-4 treatments to achieve individual aesthetic outcome.

## ***Sclerotherapy***

Reduce or eliminate the appearance of spider veins just below the surface of the skin. In most cases, multiple treatments are needed four to six weeks apart.

## ***Fractional Erbium Laser Treatment***

This is an effective laser to treat wrinkles, photo damage and skin discolorations while helping to thicken skin and prevent skin cancer. This laser can also stimulate collagen production resulting in your skin appearing more supple and full. The treatment is painless and takes about 3 days to heal.

## ***Fractional CO2***

New technology for wrinkle removal including lines around the mouth and eyes. This exciting medical breakthrough gently removes unappealing skin surfaces to expose underlying healthy skin, tightens skin, and makes skin appear years younger. The skin-tightening is significant enough that the laser is used to tighten the skin around the upper and lower eyelids without any surgery.

## ***Radiofrequency Skin Tightening with ThermiRF***

Tightens skin using radiofrequency heating without any downtime.

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# Yamaguchi Salon

AT THE SPA

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As a devoted practitioner of Feng Shui, international and celebrity stylist Billy Yamaguchi was the first to integrate it into the beauty and wellness industry.

Yamaguchi and his team of designers balance and harmonize your hair, makeup and personal style by applying the ancient principles of Feng Shui.

Reservations: 818-575-3016

## Hair

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### ***BY Beauty***

Be in your own element with the BYBeauty style system. This signature package begins with a one-on-one beauty consultation and energy reading with celebrity stylist and salon owner Billy Yamaguchi, who applies the ancient principles of Feng Shui to determine which colors and styles complement your features and reflect your inner beauty. After your consultation, allow our experienced Team Yamaguchi stylists to continue your beauty transformation with the perfect haircut, color and blow-dry.

Hair Cut	Blow-dry
Extensions	Hair Color
Geisha Straightening	Up-do
Highlights	Children's Cut
Hair Treatment Ritual	

## Nails

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Begin your Yamaguchi Experience through the five elements: Our five essential oils represent the five energies in Feng Shui. The Element you select will determine the products and type of massage for your services.

### ***Hayaku Manicure and Pedicure***

Perfect for when you are rushed for time, this service includes a cleansing, nail shaping, cuticle conditioning, emollient balm and polish application or buffing of the nails.

### ***Spa Manicure and Pedicure***

Our Yamaguchi Spa nail services are a beautiful, calming treatment. Soak in aromatic water before an ex mask is applied to your hands and arms or feet and calves. Your skin will glow after a rejuvenating massage. Nail shaping, cuticle conditioning and polish application complete these services.

## Beauty

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### ***The Geisha Beauty Experience with International Celebrity Artist Billy Yamaguchi***

A unique experience to unleash your natural beauty. After a Feng Shui Consultation, your personalized design services will begin with hair coloring, designer haircut, styling, makeup, manicure and pedicure. Not a new you... a true you.

## Bridal

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Let our expert team of stylists prepare you for your special day. Pricing and more information for hair consultation and trial available by request.

Plan your bridal shower, birthday, or celebration with friends with a blow out or nail party. Please ask about special rates.

### ***General Information***

Guests with select salon services are invited to enjoy our Spa amenities for the afternoon of their treatment, subject to availability.

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# Nutrition and Life Balance

AT CALIFORNIA HEALTH &  
LONGEVITY INSTITUTE

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## Wellness Kitchen

Fresh, whole food and nutrition education come together in this cooking experience. Led by a Registered Dietitian and Wellness Chef, our rotating schedule of classes and events offer simple, delicious meals, using foods that improve health and increase longevity.

### ***Interactive Cooking Class***

Put a new spin on daily cooking with health conscious techniques. Recipes use locally grown and fresh ingredients to create exciting and seasonal meals. Includes communal dining in the Feel Good room to end the class.

### ***Cooking Demonstration***

Wellness Kitchen Chef's demonstrate healthy cooking techniques in a theater style venue. Watch a entertaining and educational cooking show with dinner and wine to follow.

### ***Lunch and Learn***

Get Wellness information from the expert team at California Health & Longevity Institute. A presentation on current health and wellness topics, Q&A with the expert, followed by a Wellness Kitchen meal.

For more information or to book your private event, please call 818-575-1106.

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## Nutrition

### ***Nutrition Consultation*** 50 MINUTES

A Registered Dietitian will create a personalized healthy eating plan that considers specific medical concerns and lifestyle needs. Our Registered Dietitians are certified, experienced professionals who are committed to helping develop a new perspective on eating well.

Continuous coaching and follow-up sessions available in-person or by phone.

### ***Metabolism Assessment (RMR)*** 50 MINUTES

This test takes the guesswork out of weight loss by determining the specific number of calories your body burns. Based on this data, our experts can design an individual dietary plan that allows you to eat according to your metabolism.

### ***Metabolism Assessment Duo***

Combine the Metabolism Assessment (RMR) and a Nutrition Consultation to gain insight into your metabolism and optimize your weight.

### ***Metabolism Assessment Trio***

Upgrade to the Metabolism Assessment Trio by adding a Body Composition Analysis (800 P00) for a more in-depth look.

### ***Grocery Store Tour*** 120 MINUTES

Let one of our Registered Dietitians personally guide you through your shopping experience at a local grocery store, helping you find healthier products while avoiding product-marketing traps. Gain confidence about choosing the right foods for you and your family.

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## Life Balance

### ***Relationship and Family*** 50 MINUTES

Learn strategies to address life's many challenges. Our experts will give you the tools to build successful relationships and family dynamics moving you successfully through every stage of life.

### ***Life Strategies*** 50 MINUTES

Take away increased motivation and personalized strategies for redesigning your lifestyle to create balance, reduce stress, and optimize your health.

Continuous coaching and follow-up sessions available in-person or by phone.

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## Mindfulness

### ***Guided Meditation*** 50 MINUTES

Stress is the basic cause of most illness today. Allow our experts to ease you into wellness through guided meditation, a technique that uses vocal cues and mindfulness techniques to bring the mind to a state of relaxation.

### ***Somadome*** 20 MINUTES

This fully immersive meditation experience combines color immersion therapy, binaural beats and crystalline tiles with your choice of personalized guided or non-guided mediation

### ***Stress Reduction*** 50 MINUTES

Experience a series of mindfulness techniques designed to increase self-awareness and enhance coping strategies. This realignment of cognitive processes decreases psychological feelings of anxiety and stress.



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# Fitness

AT CALIFORNIA HEALTH &  
LONGEVITY INSTITUTE

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Our 16,000-square foot fitness center includes a Mediterranean-inspired indoor pool, yoga studio, and designated spin studio for group cycling classes.

## ***Fitness Consultation*** 50 MINUTES

A personalized consultation with an Exercise Physiologist or Specialist may include goal-setting strategies and aerobic, strength and flexibility training. Receive essential tools to jump-start a fitness program or to take your current routine to the next level.

## ***Personal Training*** 50 MINUTES

Receive private, expert instruction in fitness, yoga or Pilates, emphasizing proper technique in a results-driven format. Our certified trainer will motivate and refine your existing program or create a new one to optimize results.

## ***Guided Hike*** 2 – 4 HOURS

Experience the scenic beauty of the Conejo Valley with private guided hikes tailored to your experience and fitness level. Choose a calorie-burning multi-hour hike up challenging hills or a leisurely nature walk through the countryside surrounding Westlake Village.

## ***Outdoor Road Cycling***

2 – 4 HOURS

Explore the canyons of Malibu or the hills of the Simi Valley on a guided tour led by our expert cycling guide. Duration and intensity based on experience and tailored to your goals. Equipment required.

# Fitness Assessments

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## ***Body Composition Analysis***

(**BOD POD**) 25 MINUTES

Weight on the scale merely reflects a quantity. The “BOD POD” measures the quality of a person’s weight or percentage of body fat and includes a mini-consultation with a fitness expert to review results. This technique is precise and takes just a few minutes while sitting comfortably.

## ***Target Heart Rate Assessment***

(**VO2**) 50 MINUTES

Considered the “gold standard” in cardio respiratory fitness testing, VO2 determines the amount of oxygen a person utilizes during exercise. Using this value and your heart rate, precise caloric expenditures can be determined at different training intensity levels. With this information, a custom program can be designed to achieve personal goals, allowing you to train smarter, not harder.

## ***Posture and Movement***

**Assessment** 50 MINUTES

A great tool for those who may be struggling in their workouts, have aches and pains or are low in energy. Our experts carefully examine flexibility, posture and balance to assess how your body moves in both a static and dynamic fashion for optimal physical functioning.

## ***Jump-Start Pack***

Begin with a BOD POD, which is then reviewed in depth during a 50-minute consultation with an Exercise Specialist. This one-on-one session will provide meaningful tools and strategies to achieve or maintain optimal leanness for vitality and health.

## ***Performance Evaluation***

A combination of fitness assessments, including BOD POD, VO2, RMR and Posture and Movement Assessment. Results are reviewed in a 50-minute one-on-one consultation with a fitness expert who will provide a highly individualized exercise plan.



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# Health and Medical Services

AT CALIFORNIA HEALTH &  
LONGEVITY INSTITUTE

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Experience a proactive and integrative approach to health and wellness.

An evaluation at California Health & Longevity Institute is so much more than a routine doctor visit. Guests receive the maximum benefits of the most advanced health care available today. Our approach is focused on preventing illness and blending the most effective aspects of Western medicine with Eastern philosophies.

To schedule a visit: 818-575-8000

## ***Comprehensive Physical***

This state-of-the-art comprehensive diagnostic assessment, from physicians practicing evidence based medicine, focuses on the latest discoveries in preventive health care.

Physicians at California Health & Longevity Institute have a unique approach tailored to every individual, personalized to your age, gender and family history.

### **Components include:**

- Comprehensive Medical Interview and Physical Exam
- Body Composition Analysis (800 P00)
- Diagnostic Testing
- Extensive Laboratory Analysis
- Quarterly Follow-up Support

## ***Deluxe Health Package***

A Comprehensive Physical plus additional services including: Nutrition, Fitness, Life Balance and Therapeutic Spa. Our experts will help guide you to make immediate and specific lifestyle adjustments to improve your health, well-being and longevity.

### **Components include:**

- Comprehensive Physical
- Metabolism Assessment (RMR)
- Body Composition Analysis (800 P00)
- Personal Consultations in Nutrition, Fitness and Life Balance
- (1) 50-minute Spa Treatment (inclusive of gratuity)

## ***Women's Deluxe Health Package***

Designed with a woman's specific needs in mind, this signature program offers all the benefits of a Deluxe Physical, plus diagnostics and extended time with the physician to help you maintain optimal health.

### **Components include:**

- Comprehensive Physical
- Screening Mammogram
- Metabolism Assessment (RMR)
- Body Composition Analysis (800 P00)
- Personal Consultations in Nutrition, Fitness and Life Balance
- (1) 80-minute Spa Treatment
- Choice of (1) Skin Evaluation and Cosmetic Consultation [or](#)
- Complementary and Alternative Medicine Treatment (see page 2)

## ***Precision Health and Wellness***

A program which transforms concierge medicine into a personalized and tailored first-class experience, delivering in-depth, one-on-one support all year long with top specialists in the fields of medicine, nutrition, fitness, life balance and therapeutic massage. You will receive the medical and lifestyle services you need to enhance your wellness and relieve yourself from the constraints of insurance companies and their coverage limitations.

### **Components include:**

#### **Annual Services:**

- Comprehensive Physical
- Nutrition Consultation
- Life Balance Consultation
- Fitness Consultation
- Metabolism Assessment (RMR)
- Target Heart Rate Assessment (VO2)
- (1) 50-minute Spa Treatment
- Personal Training

#### **Biannual Services:**

- Target Heart Rate Assessment (VO2)

#### **Quarterly Services:**

- Body Composition Analysis (800 P00)
- Nutrition Consultation
- Personal Training
- Life Balance Consultation

For more information, please visit [chli.com](http://chli.com)

## ***Ultimate Health Package***

A three- to five-day all-encompassing package that includes the Deluxe Physical plus additional and extended lifestyle services. Our specialists collaborate to create a medically supervised program to help you attain your optimal wellness goals.

### **Components include:**

- Comprehensive Physical
- Metabolism Assessment (RMR)
- Target Heart Rate Assessment (VO2)
- Body Composition Analysis (800 P00)
- Dental Evaluation
- Complementary and Alternative Medicine Treatment (see page 2)
- Personal Consultations in Nutrition, Fitness and Life Balance
- Personal Training
- Wellness Kitchen Experience
- (2) 50-minute Spa Treatments

## On-Site Diagnostic Testing

State-of-the-art GE Medical Imaging equipment is utilized for many of our diagnostic and screening tests. Some tests may require an order from one of our physicians.

### ***Echocardiogram with Doppler***

### ***Stress Echocardiogram***

### ***Bone Densitometry***

### ***Digital Mammography***

### ***EKG | 3T MRI***

### ***4D Ultrasound | 64 Slice CT Scan***

### ***Digital X-Ray***

### ***Body Composition Analysis (800 P00)***

### ***Basic Metabolic Rate***

### ***Lung Function Testing***

### ***VO2 Max Testing***

## Dentistry

### ***Comprehensive Cosmetic and Restorative Dentistry***

Superior dental services include bio-compatible fillings, porcelain veneers, metal-free crowns and implant dentistry. The result is beautiful, functional and long-lasting.

### ***Teeth Cleaning***

Oral health is paramount to your overall well-being. Research links periodontal disease to other health problems, including heart and respiratory disease, osteoporosis, diabetes and more.

### ***Professional Teeth Whitening***

Our safe, advanced whitening system can lighten teeth up to seven shades in about an hour.

Please call 818-575-8040 for pricing and dental reservations.

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## Annual Memberships

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Become a member at Four Seasons Westlake Village and enjoy our premium Fitness Center and full service Spa. All memberships include access to The Spa and Serenity Pool (Monday through Friday), Fitness Center and Indoor Pool (5:30 am –to 10:00 pm daily), a wide variety of daily group fitness classes, including spin and yoga, and 20% savings at The Spa, Yamaguchi Salon, Hotel restaurants and select wellness services.

### ***Spa and Fitness Membership***

Privileges Include:

- One 50-minute Tranquility Massage or Custom Organic Facial per month
- One VO2 Metabolic Test and Body Composition Analysis (800 P00)
- One Nutrition, Fitness, and Life Balance consultation
- Two full day poolside cabana rentals per year

### ***Spa and Fitness Elite Membership***

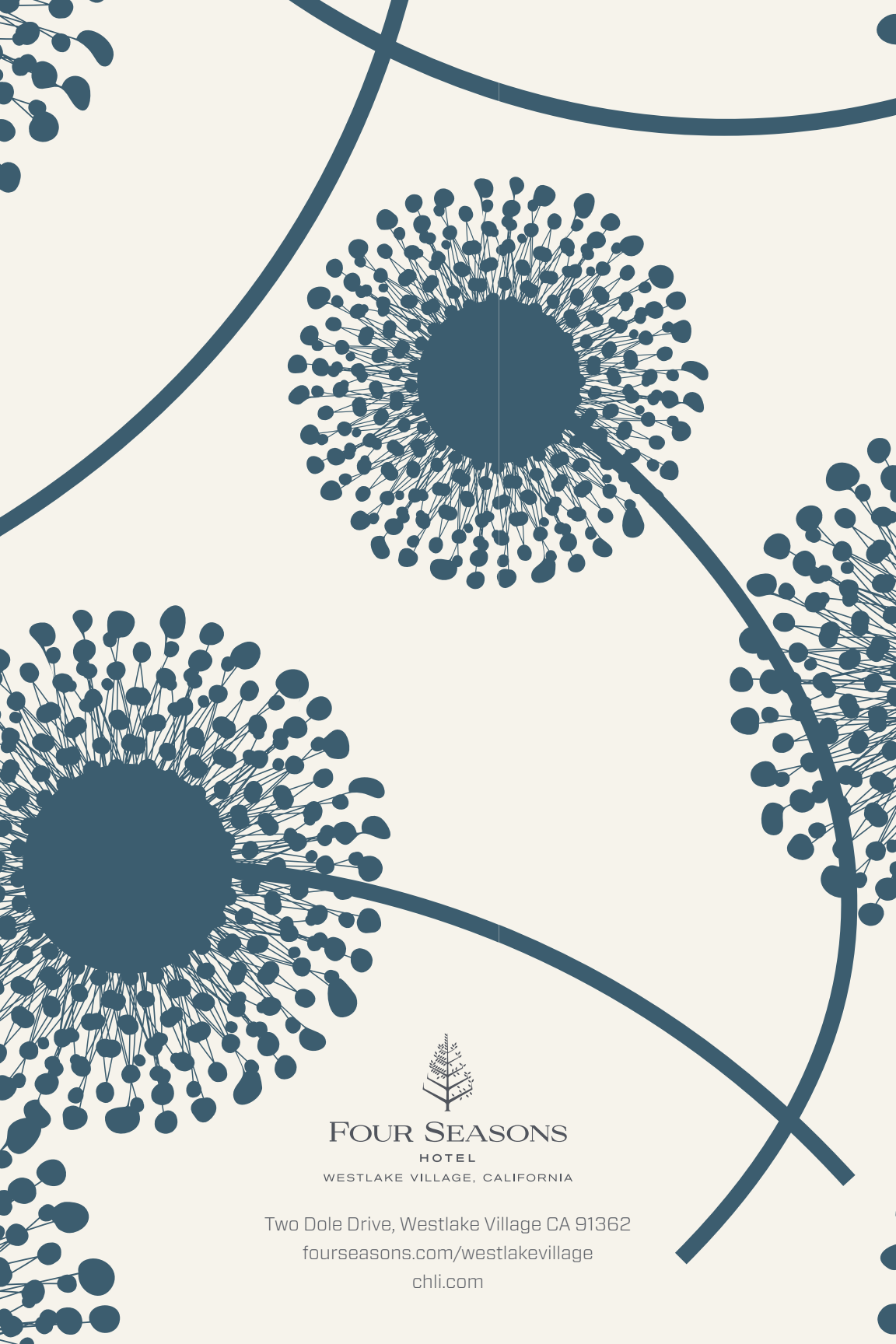
Privileges Include:

All benefits of the Spa & Fitness Membership PLUS:

- One guest allowed per member
- One complimentary deluxe room night
- Two Wellness Kitchen experiences
- Valet parking
- Access to Sherwood Lake Club Golf Course at preferred rates

### ***Group and Corporate Memberships***

Please contact membership services at [membership.wes@fourseasons.com](mailto:membership.wes@fourseasons.com) to receive information about group and corporate membership rates.



FOUR SEASONS  
HOTEL

WESTLAKE VILLAGE, CALIFORNIA

Two Dole Drive, Westlake Village CA 91362

[fourseasons.com/westlakevillage](http://fourseasons.com/westlakevillage)

[chli.com](http://chli.com)