



VIER JAHRESZEITEN
SPA & FITNESS

READY TO DISCOVER
HAMBURG'S DEFINITION
OF WELL-BEING



WELCOME TO VIER JAHRESZEITEN SPA & FITNESS

Located in the heart of the city, directly at the side of the picturesque Inner Alster lake, Vier Jahreszeiten Spa & Fitness offers its guests a unique oasis of well-being. Discover pure relaxation for body, mind and soul in an area measuring almost 1,000 square metres. Soak up a mix of Hanseatic flair and cosmopolitan lifestyle reminiscent of the Hamptons.



OUR SPA PHILOSOPHY

The Vier Jahreszeiten Spa unites luxury and tranquility, symbolizing the Hamburg way of life. A peerless combination of established and modern treatments from around the world provide you with a unique experience perfectly tailored to your individual requirements. Immerse yourself in a world full of relaxation and delight.



Discover
an oasis of
well-being
and leave your
daily routine
behind.



FACIAL & BODY TREATMENTS

Focused entirely on the desires of our guests Vier Jahreszeiten Spa offers unique treatments that bring together the very best of Western and Eastern philosophies. Thanks to a wide range of treatment methods – to reflect the specific needs of him and her – you can look forward to discover Hamburg's definition of well-being.

REST & RELAXATION

THE PERFECT PLACE
FOR PURE RELAXATION





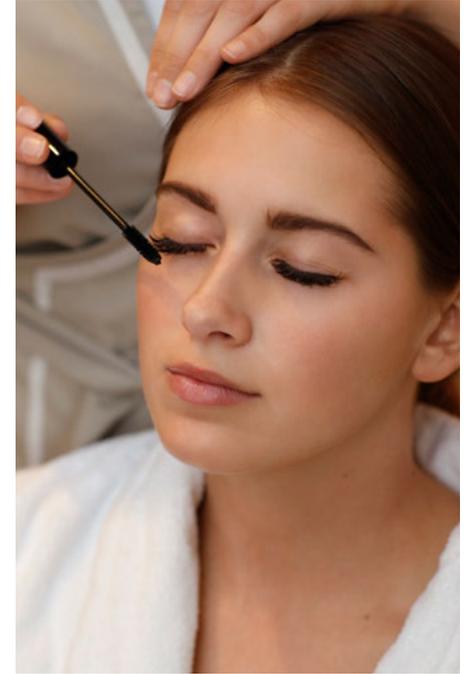
Unwind with a facial treatment or one of our reinvigorating massages in a heaven of tranquility.





Leave your day-to-day concerns behind you and unwind as you enjoy a back, neck or shoulder massage specially tailored for men. Selected care products pamper stressed men's skin

in sublime fashion, with a soothing manicure or pedicure rounding off the experience. Treat yourself and enjoy pure relaxation.



Specially created cosmetic salons offer the perfect retreat for your personal spa and cosmetic treatments.



AN OASIS OF RELAXATION ON THE BEL ETAGE

Find your very own sanctuary in the relaxation room of the Vier Jahreszeiten Spa. Warm colours, soft recliners and the crackling sound of log fire provide the perfect retreat with direct access to the exclusive rooftop.



A MAGNIFICENT
WELLNESS RETREAT



Make the most of your break by enjoying a good book on one of our cozy couches. Relax by the crackling fire with a cup of tea or snuggle down in one of the comfy blankets – surrounded by maritime accessoires and warm sand tones.



THE ROCK SALT SAUNA —
THERAPY FROM THE SEA



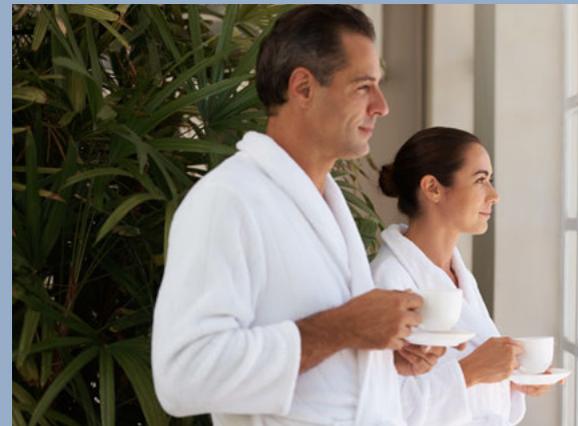
Aspen wood, Austrian mountain chalet-style roof beams and large salt rocks provide the ideal opportunity to relax and revitalise. You can also enjoy a private session in the separate men's and women's Finnish saunas.





ABOVE THE ROOFTOPS OF HAMBURG

Discover a unique mix of Hanseatic flair and lifestyle reminiscent of the Hamptons in the heart of Hamburg. The 300 square metre rooftop of the Hotel Vier Jahreszeiten is an exclusive insider tip.



Relax and enjoy the breath-taking views over Hamburgs rooftops before or after your spa treatment.





VIER JAHRESZEITEN FITNESS

Work out in the heart of Hamburg in our New York-style state-of-the-art Vier Jahreszeiten Fitness located on the Bel Etage of the Hotel Vier Jahreszeiten. Start with a vitamin-rich snack in the lounge and benefit from our wide choice of fitness programmes with our personal trainer.



POWER & SPEED
WITH A NEW YORK
LOFT FEEL



If you wish to focus on your physical fitness, mental sharpness, agility or inner balance, your personal fitness instructor will draw up a training plan that is perfectly suited to your goals.



GENERAL INFORMATION

SPA ETIQUETTE

In order to make your time out as relaxing as possible, we kindly ask you to keep noise to a minimum in the quiet area and to switch off mobile phones and other electronic devices. Smoking and the consumption of alcohol are not permitted in the spa area.

RESERVATIONS

We kindly recommend you to book your personal spa treatment well in advance to ensure that you can enjoy your treatment at the desired time.

CHECK IN

Please be so kind to be present at least 10 minutes prior to your scheduled appointment in order to enjoy the full time of your treatment.

VOUCHERS



Treat your loved ones on a special occasion – or just because. Our spa vouchers create unique moments of relaxation, enjoyment and well-being. We would be delighted to personalise your voucher in accordance with your wishes and ideas.





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