SPA MENU
Vier Jahreszeiten Spa reflects the luxury, serenity and Nordic spirit of Hamburg with a blend of iconic German healing techniques and contemporary lifestyle therapies in a stunning Hamptons setting.

Located at the Bel Etage, including seven treatment rooms with natural daylight, two spa suites, a fireplace lounge for relaxation, first-rate thermal facilities, a state of the art fitness area as well as a rooftop spa terrace, the Vier Jahreszeiten Spa offers the most exclusive lifestyle retreat venue in Hamburg.

Immerse yourself in one of the three unique Vier Jahreszeiten Spa moods – water, breeze or clay. With a well-choreographed composition of music, fragrances, treatment techniques and spa nourishments, all three spa moods have been designed to target each of your senses, unique needs and deliver you the results you desire.
Celebrate a memorable spa journey with your partner or pamper yourself in the comfort of our spa suites. Your spa program provides unlimited day use of all spa facilities, as well as a seasonal spa nourishment.

WATER – DETOX & PURIFY
This detoxing spa program has been meticulously designed with selected thermal mineral ingredients and suitable spa therapies to activate purification from the outside in.

Stimulating Hydrotherapy Bath • Marine Flora Body Scrub • Hot Stone Massage • Detoxifying Salt & Oil Body Wrap

150 min. | 325

BREEZE – UNWIND & REBALANCE
A rebalancing and replenishing spa journey including our Aroma Massage to support circulation of vital energy throughout the body. This is followed by an Aroma Facial treatment to help you unwind and regain focus.

Foot Ritual • Aroma Massage • Aroma Facial

120 min. | 235

CLAY – ANTI-AGING & NOURISHING
Indulge with a nourishing and regenerating beauty program. This spa journey will conclude with a Gold Facial that leaves your skin with a gorgeous glow.

Foot Ritual • Classic Pedicure • Classic Manicure • Signature Facial

150 min. | 265
Experience our range of rewarding spa body treatments to activate the natural healing processes of your body and help you achieve ultimate recovery and restoration.

**Aromatherapy Massage**
A gentle pressure aromatherapy massage using premium quality oils to help ease physical tension and mental stress. This treatment will help to relieve stress levels and improve the overall immune system.

**Vier Jahreszeiten Signature Massage**
A fusion of traditional German bodywork techniques and our signature two-phase ebb (firming) and flow (lymphatic) massage therapy with the application of one of our three signature essential oil blends:

**Water – Detox & Purify**
**Breeze – Unwind & Rebalance**
**Clay – Anti-Aging & Nourishing**

**Couples Massage**
Based on your unique needs, you can individually select a massage therapy from our standard spa menu and choose to enjoy the experience alongside a friend or loved one in our luxurious couples spa suite.

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<th>Duration</th>
<th>Price per Person</th>
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<td>60 min.</td>
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BODY TREATMENTS

SLEEP WELL MASSAGE
If you’re struggling to get a good night’s sleep, this treatment is an ideal remedy. The SLEEP WELL treatment combines aroma therapeutic balms, that have been scientifically proven to help promote a better quality of sleep, while our targeted massage techniques will help you drift off into pleasant dreams.

- 45 min. | 105

HOT STONE MASSAGE
In this treatment, expert therapists use a combination of hot stones and flowing massage sequences to help stimulate circulatory and lymphatic systems. This helps to detoxify the body and provides an invigorating and rejuvenating effect.

- 60 min. | 140
- 90 min. | 195

DEEP TISSUE MASSAGE
This firm pressure massage treatment focuses on the deeper layers of certain muscle groups and fascia. Combining trigger point massage techniques with deep tissue manipulation, this full body therapy, performed by our seasoned physiotherapists helps to relieve tight muscles and release painful levels of tension.

- 60 min. | 140
- 90 min. | 195

ENHANCE
Your massage can be further enhanced with the following treatments:

- Additional 15 Minutes Massage: 35
- Body Scrub: 65
- Body Wrap: 75
- Mini Facial: 85
FACIALS

With our results-oriented products and advanced therapies, our well-trained estheticians will ensure that your individual needs are uniquely handled to produce the desired effects you’re after.

VIER JAHRESZEITEN FACIAL
Our signature facial treatment combines thermal mineral active ingredients alongside our signature two-phase ebb (firming) and flow (lymphatic) massage therapy. The result is instantly brighter and clearer skin. This treatment also includes a detailed skin analysis by our skilled team of estheticians which focuses on the individual and their unique skin conditions.

60 min. | 125
90 min. | 165

CONTOURING FACIAL
This contouring face, neck and décolleté treatment dramatically helps to improve the overall firmness of the cheeks and neckline, whilst smoothing out wrinkles and combating the effects of the ageing process on the skin.

90 min. | 185

MIDNIGHT RECOVERY FACIAL
Fall in to a beautiful sleep and pamper your skin with this effective overnight rejuvenating facial treatment. Active ingredients used in this facial enhance the natural overnight healing processes of your skin.

45 min. | 115
FACIALS

PURIFYING FACIAL
Our purifying facial treatment begins with a gentle cleansing ritual, including a soft exfoliation and a facial steam bath that will properly prepare your skin for a deep pore cleansing. This facial is then completed with a white clay mask to remove toxins from the skin and help calm any inflammation. 45 min. | 105

ENHANCE
Your facial can be further enhanced with the following treatments:

Eye Lashing Tinting 25
Eyebrow Tinting 25
Eyebrow Shaping 25
Daytime Make-up 65

GENTLEMEN’S TREATMENTS

Our range of Gentlemen’s treatments and therapies have been expertly created to address the unique demands of men’s skin and the male body.

GENTLEMEN’S FACIAL
This fitness facial is designed to target and address the distinctive skin care needs of men, activating the defensive barrier function of skin and providing it with an energized and healthier overall look. 60 min. | 125
75 min. | 155

SPORT MASSAGE
This massage treatment is focused on recovery and combines therapeutic stretching and deep tissue manipulation of the entire muscular system. An ideal treatment for both before and after placing the body under significant physical strain or undertaking workout routines. 60 min. | 140
90 min. | 195
GENTLEMEN’S TREATMENTS

MENTORING SPA PROGRAM
A 45-minute back, neck and shoulder massage treatment that also includes personalised home exercises.
A 45-minute facial that includes both a personalised skin analysis and skin care advise and suggestions tailored to the individual.

ENHANCE
Your Gentleman’s treatment can be further enhanced with the following treatments:
- Brightening Eye Treatment 45
- Manicure Express 55
- Pedicure Express 65
- Chest Waxing starting from 60
- Back Waxing starting from 60

YOUNG STAR TREATMENTS

The Young Star treatments collection has been designed to target the unique needs of teenagers skin and body conditions. Age limitation: 14 and below.

JUNIOR FACIAL
This ultimate cleansing facial is designed to target teenagers’ sensitive skin.

JUNIOR MASSAGE
This gentle pressure massage performed using a natural almond oil is an ideal relaxation treatment for young spa enthusiasts.

JUNIOR MANICURE
This manicure includes a hand scrub and bath, nail shaping, buff and shine treatment and a hand massage. Nail polish is optional.
Vier Jahreszeiten Spa and the luxury skin care brand ila are proud to introduce a collection of holistic ila spa treatments and therapies. Using the purest ingredients, all ila treatments start with a soothing foot ritual and consultation with our caring spa therapists.

MARINE FLORA FACIAL THERAPY
This unique facial combines an effective technique called ‘nerve point therapy’ which helps calm the nervous system by smoothing out the nerves, releasing any tension and stress within the face and using a special blend of active ingredients from the sea.

ANANDA FACE THERAPY
This divine therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant & honey exfoliation to the face, followed by powerful damascena rose otto and sandalwood oils to stimulate energy to skin cells. Skin glows with radiance and a sense of peace pervades the body.

GOLD CELLULAR
AGE-RESTORE FACE THERAPY
This powerful treatment encompasses a blend of the world’s most undiscovered ingredients that have been proven to work with the skin to heal and protect from the many natural signs of ageing. Three types of naturally occurring gold and the rarest of Frankincense from the Gardens of Ethiopia are delivered into the skin using special massage techniques.
ILA SPA THERAPIES

ATALA BODY SHAPING RITUAL
A toning, detoxifying and slimming treatment to smooth the body’s contours and eliminate excess fluids, resulting in a slimmer silhouette and smoother, softer skin. The skin becomes firmer and smoother whilst reducing fluid retention and cellulite.

KU NYE 5 ELEMENT BODY & FACE RITUAL
This treatment begins with the Ku Nye massage, which works on awakening the meridians, lymphatic drainage and acupressure using essential oils and hot Himalayan salt poultices and crystals. The treatment finishes with the Ku Nye facial using our Sea Buckthorn elixir, which helps to strengthen the cell walls and improves circulation.

INNER PEACE IMMERSION BODY & FACE RITUAL
A blissfully balancing experience that restores positive energy: relaxing and reviving both body and spirit for a profound feeling of calm. Targeting skin and senses, a renewing all over scrub prepares the body for a deeply nourishing massage that is followed by a radiant face therapy.

COUPLES CONNECT
Designed for couples to experience together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional and spiritual level. Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils to encourage a beautiful union of body, mind and soul.

90 min. | 195
120 min. | 255
120 min. | 215
120 min. | 215 p.p.
**ILA SPA THERAPIES**

**DREAMTIME**

ila’s dreamtime treatments are an experience to help guests re-connect to their inner space of tranquility, to release and let go of tension and reconnect to the grace of sleep and joyful dreaming. Music, insight mantras for focused intent, Marma therapy, chakra healing and synergistic use of essential oils are the unique techniques used in dreamtime.

**MINIMALIST TREATMENTS**

Enjoy our 25 minutes express treatments that are expertly designed to target your individual demands and unique needs. These treatments are available as add-on services to your regular spa program.

- **BACK, NECK & SHOULDERS MASSAGE**
  - 25 min. | 65
- **FOOT MASSAGE**
  - 25 min. | 65
- **BODY SCRUB**
  - 25 min. | 65
- **BODY WRAP**
  - 25 min. | 75
- **MINI FACIAL**
  - 25 min. | 65
- **EYE BRIGHT**
  - 25 min. | 45
Pamper yourself from hand to toe in the serene surroundings of one of our luxurious nail spa suites.

**SPA MANICURE**
This manicure includes the removal of nail polish, a hand scrub and bath, nail shaping, removal of cubicles, buff and shine treatment, a hand massage and the application of a new layer of nail polish. 60 min. | 75

**SPA PEDICURE**
This pedicure includes the removal of nail polish, a foot scrub and bath, nail shaping, removal of cubicles, buff and shine treatment, a foot massage and the application of a new layer of nail polish. 60 min. | 85

**CND SHELLAC MANICURE**
The CND Shellac manicure treatment includes a classic manicure as well as CND Shellac application in a colour of your choice. 75 min. | 105

**CND SHELLAC PEDICURE**
The CND Shellac pedicure treatment includes a classic pedicure as well as CND Shellac application in a colour of your choice. 75 min. | 125
HAIR & MAKE-UP

Complete your spa program with a personalized hair and make-up styling. The team of our professional make-up artists will be delighted to assist you. For hairdresser services please contact our in-house hair salon Frank Köster at +49 (0) 40 340 962.

NATURAL MAKE-UP
An everyday make-up that focuses on creating even skin tone and natural look for eyes and lips. 30 min. | 65

GLAMOUR MAKE-UP
This individual make-up includes a step-by-step guidance to achieve your favourite look and ensures you can recreate it at home. 60 min. | 115

BRIDAL MAKE-UP
Our bridal make-up includes two sessions – first one including a consultation to create your wedding day make-up, and second, full make-up on your wedding day. 90 min. | 165
SPA BOUTIQUE BRANDS

BYNACHT
Discover the first luxury skin care brand that brings together what belongs together in a revolutionary series: beauty & sleep.

LA BIOSTHETIQUE
Life and beauty, bios and aesthetics – the combination of natural ingredients, cutting-edge research and passion for beauty has determined the philosophy of the La Biosthétique brand from the very first day.

ILA
ila promises the pure force of nature as a source of true relaxation - emotional, spiritual and physical wellbeing are combined here using these luxurious beauty products.

FRANK KÖSTER
Since 1932 the in-house hair salon of Hotel Vier Jahreszeiten is managed in Hanseatic tradition by the family Köster.