



VIER JAHRESZEITEN

SPA & FITNESS

SPA MENU

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WELCOME TO OUR VIER JAHRESZEITEN SPA

Vier Jahreszeiten Spa reflects the elegance, tranquillity and Nordic atmosphere of Hamburg - with its unparalleled combination of German healing methods and contemporary lifestyle therapies, it sets international standards and promises a new definition of luxury.

You find us at our Bel Etage - seven treatment rooms with natural light, two manicure and pedicure suites, a lounge with an open fireplace for relaxation, first-class saunas and steam baths, a fitness area and direct access to the roof top terrace.

Immerse yourself in one of the three unique Vier Jahreszeiten Spa elements - Water, Wind and Earth. With a perfect interplay of music, fragrances and treatments, the three spa elements have been designed to appeal to all your senses, personal needs and achieve the results you desire.

SPA JOURNEYS

Celebrate an unforgettable spa journey for two or indulge while your time-out in one of our spa suites. Your spa program offers you unlimited day use of all spa facilities as well as individually tailored treatment options.

WATER – DETOX & CLEANSING

This detoxifying spa program has been carefully designed with selected thermal minerals and appropriate spa therapies to activate detoxification from the outside in.

Stimulating hydrotherapy bath •
Lava Stone Massage • Body Detox Pack

150 min. | 335

SPA JOURNEYS

WIND – RELAXATION & BALANCE

A balancing and regenerating spa journey with our aroma massage to support circulation throughout the body. Followed by a relaxing aroma facial.

Foot ritual • Aroma massage • Aroma facial treatment

120 min. | 285

EARTH – ANTI-AGING & NOURISHING

Let yourself be indulged with a nourishing and regenerating beauty program. A soothing pedicure, a classic manicure and a smoothing facial for the perfect glow create your spa journey

130 min. | 305

BODY TREATMENTS

Enjoy our range of soothing spa body therapies that activate your body's natural healing processes and help you achieve the best possible rest and regeneration.

VIER JAHRESZEITEN MASSAGE

The classic Vier Jahreszeiten Massage is tailored to your individual needs. The perfect blend of firm and gentle techniques makes the application using excellent oils a true relaxation journey.

60 min. | 145
90 min. | 195

HOT STONE MASSAGE

In this treatment, experienced therapists use a combination of hot stones and flowing massage sequences to promote circulation and lymph flow. This supports the detoxification of the body and has an extremely invigorating effect.

60 min. | 160
90 min. | 215

BODY TREATMENTS

DEEP TISSUE MASSAGE

This application focuses on the deeper layers of specific muscle groups and fasciae. Through the perfect combination of strong pressure, joint mobilization and passive stretches, this full-body massage relieves tense muscles and releases painful blockages and tension.

60 min. | 160
90 min. | 215

SLEEP WELL MASSAGE

If you find it hard to get restful sleep, this treatment is an ideal way to change that. Our Sleep Well treatment combines various aromatherapy balms that have been scientifically proven to promote better quality sleep, while our targeted massage techniques let you drift off into the land of dreams.

45 min. | 125

BODY TREATMENTS

PAIR MASSAGE

Choose a massage therapy from our spa menu according to your individual needs and enjoy the experience for two in our luxurious couple's suite.

60 min. | 150 p.p.
90 min. | 200 p.p.

Back, neck and shoulder massage
Foot massage

30 min. | 75
30 min. | 75

YOUR UPGRADE

The following treatments can be added to your massage:

Additional 15-minute massage
Body scrub
Body wrap
Mini facial

15 min. | 45
30 min. | 75
50 min. | 105
30 min. | 75

FACIALS

Due to the application of high-quality products and state-of-the-art therapies, your individual needs can be optimally taken into account by our professional cosmetic team and the desired effects can be achieved.

VIER JAHRESZEITEN FACIAL

The classic Vier Jahreszeiten Facial promises the application of exclusive care products, perfectly tailored to your needs. You will receive a detailed skin analysis from our competent team of experts, who will focus on your very own skincare needs. Enjoy pure relaxation afterward.

60 min. | 145
90 min. | 195

FACIALS

CONTOURING

This sculpting face, neck and décolleté treatment magically improves the overall firmness of the cheeks and décolleté, while smoothing wrinkles and combating the effects of the aging process of the skin.

60 min. | 180
90 min. | 225

MIDNIGHT RECOVERY

Indulge your skin with this effective, overnight rejuvenating facial treatment and sleep beautifully overnight. The active ingredients used in this facial treatment stimulate the natural healing processes of your skin.

45 min. | 125

FACIALS

PURIFYING

Our cleansing facial begins with a gentle cleansing ritual including a soothing exfoliation that optimally prepares your skin for pore-deep cleansing and the final facial mask.

45 min. | 125

YOUR UPGRADE

The following facial treatments can extend your facial care:

Eyelash tinting	25
Eyebrow tinting	25
Eyebrow design	25
Day make-up	65

GENTLEMEN'S TREATMENTS

Our range of men's treatments and therapies has been specially developed to meet the particular needs of skin and bodies.

FACIAL TREATMENT FOR THE GENTLEMAN

This vital facial treatment takes care of the special care needs of men, activates the skin's barrier function and gives it an energized and healthier overall image.

60 min. | 145

SPORT MASSAGE

This massage treatment focuses entirely on recovery and combines therapeutic stretching with deep tissue treatment of the entire musculature. An ideal treatment before and after heavy physical exertion or workouts.

60 min. | 160

GENTLEMEN'S TREATMENTS

MENTORING SPA PROGRAMME

A 45-minute back, neck and shoulder massage, a 30-minute facial treatment with a personal skin analysis, tailored advice and individual skincare suggestions.

75 min. | 185

YOUR UPGRADE

Your Gentlemen's treatment can be supplemented with the following treatments:

Express manicure	55
Express pedicure	65

YOUNG STAR TREATMENTS

Teenagers have special skin and body care needs. Our Young Star treatment collection was developed precisely for this purpose. (Up to 14 years)

FACIAL FOR JUNIORS

This ultimate cleansing facial was developed for the sensitive skin of teenagers.

30 min. | 65

JUNIOR MASSAGE

The gentle pressure massage with a natural Almond oil is an ideal relaxing treatment for young spa fans.

20 min. | 45

JUNIOR MANICURE

This manicure includes a hand peeling and bath, nail modeling, polishing and shine treatment and a hand massage. Nail polish is optional.

20 min. | 35

MANICURE & PEDICURE

Let yourself be indulged from "hand to toe" in the tranquil surroundings of our luxurious spa suites.

SPA-MANICURE

Enjoy an all-around carefree package with nail polish removal, hand scrub and bath, nail modeling, cuticle removal, polishing and shine treatment, a hand massage and the application of a new coat of nail polish.

Express Manicure | 30 min. | 55
without polish | 45 min. | 75
with polish | 60 min. | 85

SPA PEDICURE

Relax with an indulging pedicure including nail polish removal, foot scrub and bath, nail remodeling, cuticle removal, a polishing and shine treatment as well as a gentle foot massage and the application of a new coat of nail polish.

Express Pedicure | 30 min. | 65
without polish | 45 min. | 85
with polish | 60 min. | 95

MAKE-UP

Crown your spa program with a make-up styling that suits your wishes and personality. Our professional make-up team will be happy to assist you. For your hair wishes, please contact our in-house hairdressing salon Köster at +49 (0) 40 340 962.

NATURAL MAKE-UP

Indulge in natural day make-up and focus on an even skin tone, beautiful eyes and lips.

30 min. | 75

MAKE-UP

GLAMOUR MAKE-UP

Your individual glamour make-up conjures up the perfect look for a fantastic evening or your next event - let our experts advise you and create the desired WOW effect.

60 min. | 125

MAKE-UP FOR THE BRIDE

Get advice on the design of your wedding make-up in an initial appointment and discuss your individual wishes with our trained beauticians.

90 min. | 165

SPA BOUTIQUE BRANDS

AUGUSTINUS BADER

Developed through many years of research, Professor Augustinus Bader's products are based on the principle of self-healing and thus gently and efficiently stimulate the skin.

BIOEFFECT

BIOEFFECT is an award-winning biotech skincare from Iceland and combines innovative with green science.

BYNACHT

The first luxury skincare brand to bring together what belongs together in a revolutionary range of aromatherapeutic oils and balms: sleep & beauty.

LA BIOSTHETIQUE

Life and beauty, bios and aesthetics - the combination of natural ingredients, cutting-edge research and passion for beauty, have defined the brand's philosophy since day one.

FRANK KÖSTER

Since 1932, the Köster family has been running their exclusive hairdressing salon in Hanseatic tradition in the Hotel Vier Jahreszeiten.

LA SULTANE DE SABA

LA SULTANE DE SABA offers high-quality care products and fragrances made from rare and precious ingredients as a luxurious source of inner peace.

AB
Augustinus Bader

Made in Iceland
BIOEFFECT

byn
acht

LA BIOSTHETIQUE®
PARIS

FRANK KÖSTER
FRISEUR · KOSMETIK · LA BIOSTHETIQUE

La Sultane de Saba
PARIS



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