



**VIER JAHRESZEITEN**

SPA & FITNESS

SPA MENU

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# WELCOME TO VIER JAHRESZEITEN SPA

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.

## SPA JOURNEYS

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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

## SPA JOURNEYS

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### 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

## BODY TREATMENTS

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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.

### 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

60 min. | 120

90 min. | 175

## BODY TREATMENTS

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### 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.

60 min. | 130 p.p.

90 min. | 185 p.p.

### 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.

60 min. | 110

90 min. | 165

## BODY TREATMENTS

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### 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

## BODY TREATMENTS

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### 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

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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

## FACIALS

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### 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

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### 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

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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

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### 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 advice and suggestions tailored to the individual.

90 min. | 215

### 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

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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.

30 min. | 65

### JUNIOR MASSAGE

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

20 min. | 45

### JUNIOR MANICURE

This manicure includes a hand scrub and bath, nail shaping, buff and shine treatment and a hand massage. Nail polish is optional.

20 min. | 35



## ILA SPA THERAPIES

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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.

90 min. | 155

## ILA SPA THERAPIES

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### 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.

60 min. | 115

### 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.

60 min. | 145

90 min. | 175

## ILA SPA THERAPIES

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### 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.

90 min. | 195

### 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.

120 min. | 255

## ILA SPA THERAPIES

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### 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.

120 min. | 215

### 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.

120 min. | 215 p.p.

## ILA SPA THERAPIES

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### 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.

120 min. | 215

## MINIMALIST TREATMENTS

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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 & SHOULDER 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

## MANICURE & PEDICURE

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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

## MANICURE & PEDICURE

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### 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

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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

## HAIR & MAKE-UP

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### 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

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### BYNACHT

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

### LA BIOTHETIQUE

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 Biothétique 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.

The logo for Bynacht features the word 'bynacht' in a lowercase, serif font. The letters are arranged in a staggered, overlapping manner, with 'by' on the top line, 'n' on the second line, 'a' on the third line, and 'cht' on the fourth line.The logo for La Biothétique Paris consists of the words 'LA BIOTHETIQUE' in a bold, uppercase, sans-serif font, with 'PARIS' in a smaller, uppercase, sans-serif font centered below it.The logo for Ila features the lowercase letters 'ila' in a bold, sans-serif font. The letter 'i' has a small dot above it, and the letter 'a' has a horizontal bar above it.The logo for Frank Köster features the name 'FRANK KÖSTER' in a bold, uppercase, sans-serif font. Below it, the words 'FRISEUR · KOSMETIK · LA BIOTHETIQUE' are written in a smaller, uppercase, sans-serif font.



**VIER JAHRESZEITEN**

SPA & FITNESS

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