



FOUR SEASONS RESORT
Seychelles

The Spa | HEIGHT OF SERENITY



TRANSCENDENT RELAXATION

High above the beach, brushed by gentle breezes at the summit of the hill, the Spa at Four Seasons Resort Seychelles promises blissful seclusion. Relax in your own private spa pavilion with heavenly views of Petite Anse. Experience pampering inspired by ancient Indian and Asian traditions, blending local herbs and spices with all-natural products. In this hideaway of soaring beauty, feel the serenity unfold ...



RITUALS



Our deeply soothing rituals combine a variety of spa treatments – including massages, scrubs and wraps – to create a multi-dimensional experience.

Child of the Earth

150 minutes

This grounding ritual pays homage to gris gris – a herbal healing tradition once widely practiced by Seychellois medicine men and women known as bonhom/bonfem du bois (man/woman of the woods). Incorporating frangipani, cinnamon, coconut, vanilla, wild flowers and crushed herbs, this medley of eight hair, body and foot treatments uses the natural bounty of the surrounding forests to balance and strengthen from head to toe.

Coco de Mer

150 minutes

A tribute to the many tales of love that the Coco de Mer has inspired throughout the ages, this sumptuous ritual encourages us to love ourselves. It begins with an invigorating passion fruit and Coco de Mer body scrub and a nourishing heart of palm and caviar body wrap. A massage with rich Coco de Mer whipped massage cream follows, before a relaxing floral bath with cinnamon, honey and coconut milk, complemented by beautiful bay views and a refreshing coconilla drink. A final application of passion fruit and Coco de Mer body lotion leaves the skin luminescent and soft.

Chakra Well-Being

120 minutes

Seven blends of essential oils, chosen for their harmonising qualities with each of the seven chakras, form the basis of this exquisite treatment. Personalised to the individual needs of each recipient, the journey to well-being involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to relax and revive the senses.

Kundalini Devi

120 minutes

This ritual journeys into the mystery of the self. It starts with chakra purification using sage smudge sticks, followed by a kundalini scrub to awaken the subtle energies. A kundalini back and leg massage follows, using yogic healing, chakra balancing and hot poultices. This deeply balancing sequence brings heightened awareness, enhanced joy and inner peace. Women experience an awakening of the feminine spirit and men, a nurturing of the sensitive and compassionate self.

Shirodhara

120 minutes

Deeply relaxing to the nervous system, this East Indian therapy takes the mind to another level of consciousness. Two therapists perform a synchronised Abhyanga massage using warm oils to balance specific dosha types. A stream of warm coconut oil is then poured onto the centre of the forehead – the ‘third eye’ chakra – inducing a deep sense of stillness whilst intensely nourishing hair and scalp.



Jet-Lag Recovery

120 minutes

This balancing face and body treatment re-energises the whole system. To begin, invigorating body brushing reduces fatigue and stimulates circulation. Sodashi's natural purifying body mask is then applied to relieve sluggishness and congestion, and the body is cocooned in a comforting wrap. A relaxing scalp and foot massage and application of jet-lag recovery tonics follow, before an energising facial, rich in marine extracts, to awaken and rejuvenate the complexion.

Blissful Connection

120 minutes

This nurturing ritual for couples focuses on the sacral, heart and crown chakras and involves a combination of exquisite essential oils: jasmine to stimulate the flow of love; rose to promote deep love; and orange blossom to uplift the soul with higher energy. Performed side by side, the ritual includes a full body scrub, chakra healing techniques, and body and facial marma massage to open the energy fields and harmonise mind, body and spirit.



M A S S A G E S



Hilltop Fusion

60/90 minutes

Like the cultural heritage of the Seychelles, our signature massage draws on influences from around the world. Combining techniques from Malaysia, India, Europe and Asia, and applied with medium to firm pressure, this unique massage eases muscular tension and induces a deep sense of well-being.

Mahé

60/90 minutes

East meets West in this fusion treatment that combines European oil massage with Asian palm pressure and stretching. The addition of an herbal poultice of indigenous Seychellois ingredients soothes aches and tension.

Kundalini

60 minutes

This back treatment balances the nervous system with soothing and strengthening oils and the application of Himalayan salt and marigold poultices to the chakras. Named after Kundala – the Hindu goddess of awareness who takes the form of a coiled snake – Kundalini is the dormant energy in the base of the spine. When awakened, this energy travels upwards to the third eye, increasing vitality and spiritual enlightenment.

Shell Serenity

60/90 minutes

Enjoy the penetrating intensity of heated sea shells along tired muscles – releasing knots and tension with medium to firm pressure. Filled with warm sea minerals, dried sea kelp and algae, the shells generate a soothing heat, increasing circulation and alleviating stress.

Signature Earth

60/90 minutes

Combining the healing power of touch with Sodashi's unique techniques, this treatment uses slow, stroking movements to relieve emotional and physical tension. Incorporating natural wood-scented plant oils and essences, the massage increases lymphatic circulation and clears blockages in the body's energy channels. Deep rest is promoted, and body, mind and spirit are powerfully re-energised and balanced.

Therapeutic

60/90 minutes

This massage uses deeper pressure and a variety of targeted techniques to promote the recovery of injured or strained muscles and increase flexibility and range of movement. Also ideal after vigorous exercise or for massage aficionados seeking a more intense experience.

FACIALS



Ananda

60 minutes

Ananda, meaning bliss in Sanskrit, is the focus of the third eye chakra on the forehead. This healing and reviving facial bring deep feelings of peace as well as beautifully glowing skin.

Rainforest Rejuvenation

60 minutes

This facial helps to promote regeneration at a deep level. Hot poultices applied over the lymph nodes warm and stimulate the lymphatic flow, whilst the rich, natural ingredients in the rainforest mask encourage cellular rejuvenation.

Marine Mineral

75 minutes

Harnessing the remarkable power of marine plants, this facial is rich in spirulina and fucus extracts, bringing radiance and restoring elasticity. Enhanced by a facial massage, the treatment oxygenates, tones and revitalises.

Thermal Infusing

90 minutes

Experience an intensive boost of vitamins and minerals deep into the layers of the skin with a warm mask tailored to purify and cleanse, or nourish, hydrate and tone. Restoring elasticity and firmness, this is more than a facial: it's a natural facelift.

Crystal Essence

75 minutes

This sparkling experience combines Sodashi's unique facial massage with the semi-precious gems of rose quartz, green aventurine and carnelian. Using plant essences and the balancing energy of warm and cool crystals, this treatment removes impurities – leaving a vibrant, enhanced complexion.

Pure Radiance

75 minutes

Tailored to individual needs, this deeply relaxing and restorative facial begins with a warm, aromatic compress designed to soften and exfoliate. A nurturing face mask, rich in herbal extracts, purifies and hydrates while a facial massage and Sodashi's plant essences leave the skin feeling fresh and revitalised.

Rejuvenating Facial for Him

75 minutes

A Sodashi salt-therapy back massage relaxes the body before a cleansing facial, specially designed to balance the skin's oils and assist in preventing ingrown hairs. Soothing mists with woody aromas desensitise the skin, while a facial massage tones.

BODY SCRUBS

Ila Body Scrubs

Ila products are known for their pure ingredients and deeply nurturing and restorative benefits. These two body scrubs are ideal treatments for cellulite, stress and exhaustion. They stimulate the lymphatic system and help to cleanse from deep within, leaving the whole body feeling rejuvenated and refreshed.

Blissful Experience 60 minutes
Energising and Detoxifying 60 minutes

Fruits of Eden

Created exclusively for our spa, these scrubs use natural ingredients inspired by the Seychelles to rejuvenate the body and enhance the natural radiance of healthy skin.

Sugar Cane and Pineapple Body Scrub 60 minutes
Lemon Grass and Desert Rose Body Glow 60 minutes
Vanilla and Orange Blossom Body Polish 60 minutes

BODY WRAPS



Bio-Energy Mud Wrap

90 minutes

This healing wrap balances the body's energy fields and encourages the flow of positive energy. Toxins are drawn out, revitalising the lymphatic system and skin, removing cellulite and balancing the whole body.

Refining Body Toner Wrap

75 minutes

This treatment begins with Sodashi's exfoliating and cleansing jojoba body polish. A pink clay and herbal body mask, comforting wrap and relaxing scalp massage follow. Skin feels firm, hydrated and conditioned.

Detoxifying Marine Body Wrap

90 minutes

Using deeply therapeutic marine plants and minerals, this cleansing treatment begins with an invigorating exfoliation using Sodashi's organic green tea salts. A warm marine body mask and wrap follow, before a luscious lotion softens and rejuvenates.

Sodashi Contour Wrap

90 minutes

A volcanic clay and ground pumice exfoliation prepares the skin for this warm body mask and wrap. Rich in algae and marine extracts, the mask stimulates the removal of toxins – a common cause of cellulite. After a refreshing shower, a contouring body gel leaves skin toned and lustrous.

BATH RITUALS

Extend your spa indulgence by adding a bath ritual to the end of any spa experience. Soak in an oversized tub filled with flowers, cinnamon leaves and orange slices – alone or with a loved one after a shared treatment. As shades of red and orange streak the evening sky, savour the soaring views of Petite Anse bay and enjoy an uninterrupted escape.

Soothing

30 minutes

Nourishing coconut milk is enriched with the essences of lavender and ylang-ylang. This indulgent combination calms the mind and engulfs the body with a comforting and uplifting sensation.

Revitalising

30 minutes

Peppermint-infused milk is enhanced with the essence of eucalyptus. These refreshing fragrances clear the airways, clarify the mind and help restore overall vitality.



AFTER - SUN TREATMENTS

Sun Soother

60 minutes

This specialty treatment soothes sun-dried or over-exposed skin. Comforting compresses of Sodashi's lavender and geranium plant essences calm redness and irritation while a cooling mist reduces body heat. Lotions are then applied to moisturise, even skin tone, prevent skin damage and promote rejuvenation.

Pareo Fré

60 minutes

Ideal for severe sunburn, this treatment (literally 'cooling wrap') uses ice-chilled compresses infused with the essence of calming lavender to provide immediate relief. A blend of cucumbers, yogurt and lavender soothes affected areas whilst a hydrating fresh cucumber mask is applied to the face, followed by an after-sun recovery cream.

HAIR CARE

Coconut Oil Hair Treatment

60 minutes

Excellent for dry or frizzy hair, this treatment restores lustre after a day on the beach. Locally produced coconut oil returns natural moisture to the scalp and hair shaft, followed by a relaxing scalp, neck and shoulder massage.

NAIL CARE

These pampering services combine nourishing treatments for the skin with perfect grooming for the nails.

Manicure	45 minutes
Pedicure	60 minutes
French Manicure	45 minutes
French Pedicure	60 minutes

Full salon and waxing services are also available. Please contact the Spa for details.



MULTI-DAY SPA PACKAGES

Make the spa an essential aspect of your Four Seasons stay and discover the cumulative benefits of a series of tailored therapies. Packages may be designed for three, five or seven consecutive days, with treatments lasting 60 to 150 minutes per day.

Sodashi Detox and Cleanse

This range of therapies has been specifically selected to help achieve a feeling of absolute purity. Detoxifying and cleansing the body from head to toe, the combination of Sodashi's Detoxifying Marine Body Wrap, Signature Earth Massage and our Thermal Infusing Facial will guide the body along a journey of renewal and rejuvenation.

Ila Deep Relaxation

Discover deep well-being with this special series of Ila treatments designed to rebalance and re-energise the body's inner energy fields. Personalised to individual needs, the package includes the Chakra Well-Being Ritual alongside a series of body treatments, facials and yoga sessions devised to deeply relax the nervous system.



Couples Unite

Embark on a spa journey *à deux* with this series of couples therapies designed to nurture cohesion and unity. From the sumptuous Coco de Mer Ritual complete with romantic floral bath to pampering body treatments and his and her facials, discover the joy of togetherness in a private spa suite high above Petite Anse bay.



Y O G A

Reflecting the influence of the Indian culture in the Seychelles, yoga – meaning “union” in Sanskrit – promotes physical health and spiritual tranquillity. Our yoga pavilion offers truly inspiring views from its perch above the spa.

Sunrise/Sunset Asanas

60 minutes

Experience the serenity of hatha yoga, with full-body postures aiding in the purification of the physical body and leading to the purification of the mind. Suitable for all experience levels.

Breathing and Meditation

60 minutes

Through these gentle practices, you gain greater strength of will and sense of purpose. Achieve a clearer mind, improve concentration and discover the wisdom within. Suitable for all experience levels.

Daily yoga classes are complimentary. For a schedule, check the activity guide in your villa, then contact the spa to reserve your place. Private sessions for individuals and couples are available, for a fee, for 60 or 90 minutes. These sessions are customised to your experience level and interests, based on a consultation with the yogi. Please contact the spa for details.



HOW TO SPA

To help you make the most of your Four Seasons spa experience, here are answers to some frequently asked questions:

What time can I book my spa treatment?

Our treatments are available from 9:00 am to 9:00 pm.

What should I wear?

Wear whatever is comfortable for you. We recommend wearing no clothing for most treatments, though you may wear undergarments if you prefer. All Four Seasons therapists are highly skilled professionals who are trained in draping procedures to ensure your complete comfort and privacy.

May I request a male or female therapist?

Yes, you may request a specific therapist or a therapist of a specific gender, and we will make every effort to accommodate your preference.

What if I have special health considerations?

Be sure to notify the spa concierge before booking your treatments if you have high blood pressure, allergies, any physical ailments or disabilities, or if you are pregnant. Please let us know of any other health concerns you may have.

What if I am late for an appointment?

Starting your treatment late will reduce the time available for your treatment. Your treatment will end at the appropriate time so the next guest is not delayed.

What if I need to cancel or change a treatment?

We reserve your appointment time especially for you. We require four hours' notice for cancellations or changes, or a 50% charge will apply. If you do not appear for your scheduled appointment, the total fee will be charged.





The Spa

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