



The Spa

Immerse yourself in a peaceful and relaxing oasis of wellbeing for your body and soul. Treat yourself to a spa experience of intense relaxation in one of Florence's most verdant spaces. Our Spa welcomes you with nine treatment rooms, an outdoor pool with heated Jacuzzi, a well-equipped gym and wet areas with sauna and steam room. We are delighted to welcome you to a heaven of wellbeing, set in a space covering 800 square metres, immersed in della Gherardesca garden, where you can also make use of our "Spa Suite", a secluded sanctuary among the trees of the park.



Our philosophy exclusively promotes Italian-made wellness, using brands that embody history and tradition, skincare and technological innovation, as well as organic treatments.

Our staff of highly qualified therapists are at your disposal for a personalized wellness experience.

The Spa Team

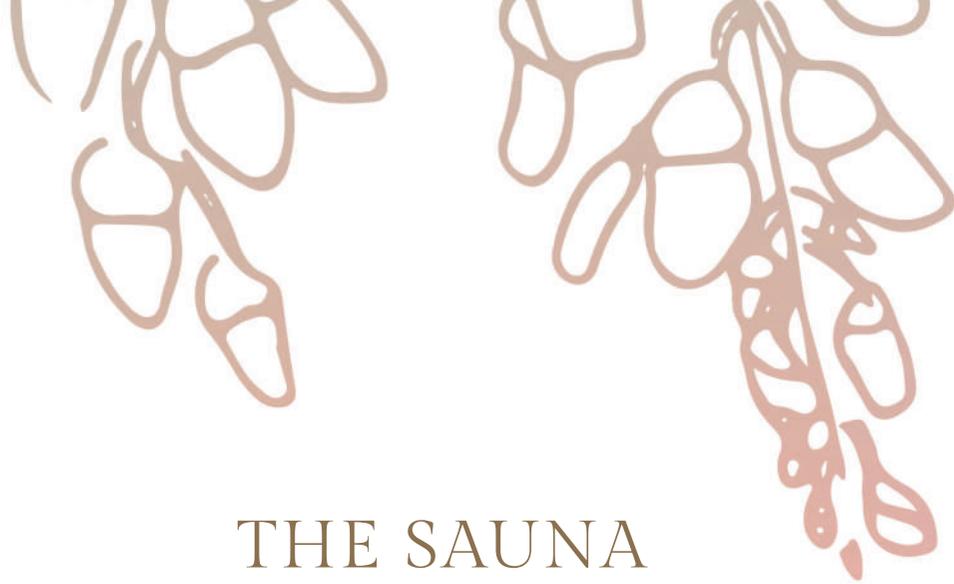




AREA SPA

*Welcome to The Spa experience,
breathe in another dimension*

The Spa



THE SAUNA

The Sauna mobilizes excess liquids and activates the metabolism as well as relaxing muscles and facilitating the sleep/wakefulness equilibrium resulting in general wellbeing.

Temperature > 80 · 100 °C | **Humidity** > 10 · 20 % | **Recommended Session** > 8 · 12 minutes max
Resting Time > 15 · 20 minutes | **How Often** > max 2 sessions | **Aroma** > Eucalyptus Essence

Cold Reaction > Cold Mist · Cold Rain · Ice Fountain

THE STEAM BATH

The steam room cleanses the skin, leaving it more elastic and softening the epidermal tissue, provides deep relaxation and improves breathing through steam inhalation.

Temperature > 45 · 48 °C | **Humidity** > 98 % | **Recommended Session** > 10 · 15 minutes max
Resting Time > 15 · 20 minutes | **How Often** > max 2 sessions | **Aroma** > Eucalyptus Essence

Cold Reaction > Cold Mist · Cold Rain · Ice Fountain

COLD REACTION

The right cold reaction technique immediately after spending time in hot environments enables the human body to lower the basal body temperature and the heart rate, bringing refreshing, energizing and toning benefits.

Emotional Showers

COLD MIST *Cold Water Spray*

LIGHT: Blue | **Aroma:** Cold Mint | **Recommended session:** 30 seconds

COLD RAIN *Drops of Cold Water*

LIGHT: Green | **Aroma:** Lime | **Recommended session:** 30 seconds

ICE FOUNTAIN *Ice Shavings*

Use: Apply to legs, then working up the body.

REST

After spending time in hot environments and using a cold reaction technique, the body must return completely to its initial metabolic functions by resting. Sip a herbal tea to replenish the liquids lost through sweating. Only a few minutes are needed for the functions to restabilize, for the body to stop sweating, the heart rate to slow down and the mind to achieve total relaxation.





THE POOL

The pool at The Spa is uniquely coloured because the walls and bottom were purposely painted ochre in order to create a green effect with the reflection of the water. The green blends with the natural hues of della Gherardesca garden which surround the pool. The outdoor pool is not heated.

DEPTH > Gradual · from 90 cm to 1.70 mt | **LENGTH** > 19 m | **OUTDOOR JACUZZI** > 38° C
OPENING HOURS > 8 am to sunset, throughout the summer

THE FITNESS CENTER

An exclusive place to escape the bustle of the city nestled in the Gherardesca gardens, our Fitness Centre is equipped with latest-generation Technogym facilities. Up-to-the-minute cardio equipment (complete with individual TVs) and a full range of endurance and training facilities. You can train individually or under the guidance of a personal training, trying our private lessons.

OPENING HOURS > Every day from 7 am to 10 pm | **Yoga Room** > 30 m²
Daily fitness classes program

Personal Trainer



PERSONALIZED CLASSES AND TAILOR-MADE WORKOUTS.
Private Lessons for Yoga, Pilates, and other disciplines.

For further information, inquire at The Spa.



BODY SLIMMER

The gym is equipped with exercise bike, treadmill and massage roll vaunting advanced Body Slimmer technology. A 30-minute low-intensity workout with these devices guarantees high-intensity results. The infrared system and the vacuum technology stimulate blood circulation and improve the oxygenation; this combination leads to the calories burning increment and, combined with a healthy lifestyle and correct diet, to a quicker and more effective weight loss.

The equipment must be used with the help of a specialist and combined with a balanced diet.

For further information, inquire at The Spa.

BRANDS

BLACK PEARL®

An innovative and revolutionary treatment range dedicated to preventing ageing, Black Pearl is an exclusive international brand that offers **pure luxury experiences**. Black Pearl **24 karat gold** is extremely pure and perfect for the skin. Its concentrated properties have a powerful **anti-aging effect**. The brand uses **precious ingredients** such as **rare minerals** from the Dead Sea, antioxidant algae and Tahitian black pearls.

Sodashi

As a **100% natural Australian brand** with a **holistic approach to beauty**, Sodashi is about total health that goes beyond nourishing the physical body, it comforts **the soul, the senses, the mind and spirit**. Sodashi means completeness, purity and light in Sanskrit. With its blends of **natural plant extracts and essential oils**, the brand provides incredible nourishment, deep purification and outstanding luminosity.

Rephase®
ALTA COSMESI

Rephase, the **diamond point of wellbeing**, is recommended for all those seeking to preserve their beauty through a **line of state of- the-art products**. The effectiveness of its high-performance and extremely precious dermo-cosmetics is seen in clear results in just one treatment, made possible through latest generation technologies. Rephase uses **plant stem cells**, in combination with **radiofrequency and oxygen dermo-infusion technologies**.



The Officina Profumo – Farmaceutica di Santa Maria Novella was **founded in Florence in 1612**. Unique ingredients are still used today according to **traditional artisan methods**, handed down by Dominican friars since 1221, following the same original formulas. **Medicinal herbs** are extracted while fully respecting the balsamic seasons of the plant and its aromas: intimate souvenirs of Florence, distinguished by **truly authentic craftsmanship**.

ETIQUETTE

OPENING HOURS

Fitness area and wet zones: 7 AM · 10 PM - Spa and Jacuzzi:
9 AM · 8 PM (hours may vary depending on the time of year)
Pool: 8 AM until sunset, only in the summer.

RESERVATIONS

Guests at the Four Seasons Hotel Firenze can phone The Spa from their rooms by pressing the spa symbol. Non-hotel guests can reserve by calling or emailing:

The Spa: +39 055 2626630 | spa.firenze@fourseasons.com
Four Seasons Chat

HEALTH

If you have conditions that may be relevant to your treatment, please refer to the Spa Receptionist at the moment of the booking.

ARRIVAL

It is recommended that you arrive at The Spa 15 minutes before your appointment in order to fill out the medical questionnaire and to change for your treatment. We suggest to come even earlier to enjoy the facilities as recommended before every treatment and or after your workout.

FACILITIES

The Spa offers wellness facilities within the men's and women's changing rooms, which consist of a sauna, steam room, aromatherapy showers and an ice fountain with relaxation areas.

TREATMENTS

Our Spa team will assist you finding the right treatment that best suits your needs. It is recommended that you reserve in advance.

DELAYS

We suggest you to be on time for a full enjoyment of the treatment reserved; should you arrive late for your appointment, the duration may be shortened with no reduction in price.

IN-ROOM MASSAGES

You can enjoy a massage in the comfort of your room. A 50% supplement will be applied to the price of the treatment.

CANCELLATIONS

Should you like to cancel or reschedule the appointment, please inform us at least four hours in advance, otherwise we proceed with the charge of the full amount.

THERAPISTS

Our treatments are conducted by highly trained expert therapists in full respect of the guest's privacy. A male therapist may be requested upon availability.

AGE RESTRICTIONS

Treatments: depending on their age, treatments are available for KIDS (3-10 years) and TEENS (11-16 years). An adult must fill out a written consent form for children under 18 years. Gym: children from 12 years must be accompanied by an adult. Pool & Jacuzzi: children under 12 years must be accompanied by an adult. Sauna and steam room: children under 14 years must be accompanied by an adult.

N.B. Children aged three years and under shall not be permitted access to the Jacuzzi, Sauna or Steam Room under any circumstances.

SPA CLOTHING

There is no specific dress code, you can find all the necessary equipment for your comfort in our changing rooms (bathrobe, slippers, and disposable underwear).

N.B. A bathing costume is required for the pool and jacuzzi

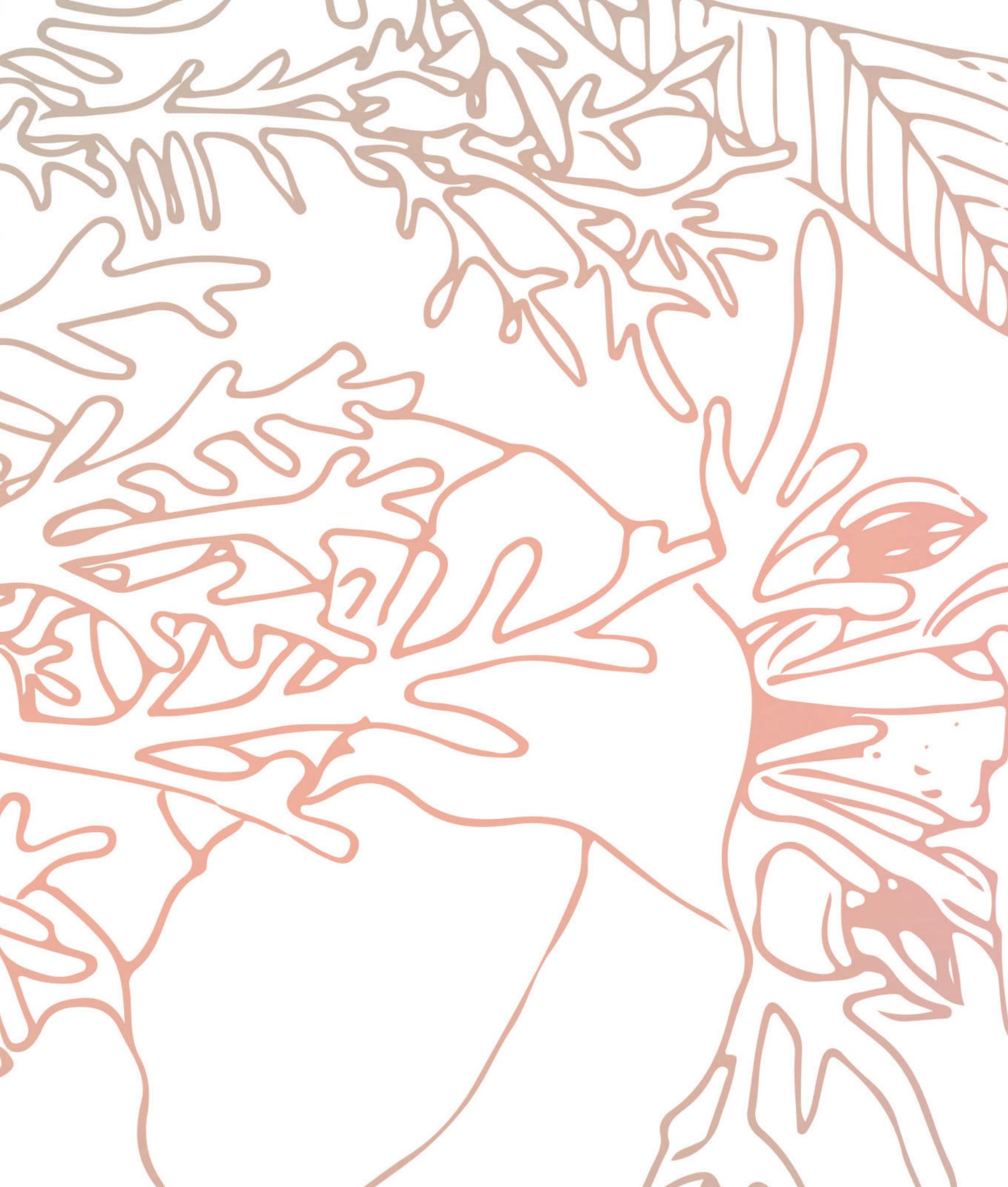
SMARTPHONE AND TABLET

The Spa is a place of peace and tranquillity. For the comfort of other guests, we ask you to put your devices in silent mode or to turn them off during your time in The Spa.

PREGNANCY

For the safety of expectant mothers and babies, facials are the only treatment available during the first trimester of pregnancy. Body scrubs and wraps are not available at any stage in a pregnancy. Certain massages can be provided in the second and third trimesters, unless there are contraindications.





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TREATMENTS

Be inspired by our treatments.

The **Sla**

SIGNATURE

Lux Ceremony

The luxury of gold is introduced to your skin through the application of pure and natural 24 carat gold. Through the unique gold mask, serum, scrub and body butter you are cocooned in the power of gold. Rejuvenating minerals, hyaluronate, vitamins and 24 carat gold is utilised to minimise signs of ageing for the face and the body and quelle the rigours of everyday life.

Black Pearl | 2 hours and 15 minutes › € 590,00

Irisensations | Four Hand Massage

This sensory experience moves the mind into a parallel dimension, detaching you from the stresses of everyday life. This revitalizing treatment consists of an iris-scented body scrub, followed by an exceptional four hand by two beauty therapists and ending with a unique facial.

Santa Maria Novella | 1 hour and 45 minutes › € 460,00

Bioliv'Experience

This regenerative treatment gives your skin an energy boost due to the exceptional antioxidant and nourishing properties of extra-virgin olive oil, whose precious active principles are also found in the olive stone powder used to exfoliate the body. The revitalizing treatment ends with a delicate exfoliation and facial.

Santa Maria Novella | 1 hour and 45 minutes › € 345,00

Natural Renewal

Designed to renew and balance the mind, body and soul this supremely rejuvenating spa experience is truly transformational. Stress and tension fade away with a body massage, and later guests delight in a hydrating and cleansing facial, individually adapted to the skin needs to promote natural radiance and leaving their entire being revived, revitalized and fresh.

Sodashi | 2 hours and 15 minutes › € 405,00

FACE

Lux Perfection

Experience the absolute luminosity that is brought to your skin with the purest and finest quality 24 carat gold: combined with potent antioxidants in a Citrine Ritual for the face. This anti-ageing journey delivers powerful rejuvenation and healing benefits derived from high concentration 24 carat gold and nanotechnology.

Black Pearl | 1 hour and 45 minutes > € 550,00

Lux Indulgence

This remarkable treatment for the face combines anti-inflammatory plant essences, minerals, 24 carat gold, shea butter and collagen diffusion with vitamins. This rare and powerful combination of ingredients assures a flawless skin tone and significantly minimises imperfections.

Black Pearl | 50 minutes > € 350,00

Lux Brilliance

The exceptional and innovative pectin mask system delivers a combination of natural and soft gold, collagen, white and black pearl, minerals and hyaluronate to the face and eye area. The rapid luminescence result is intensified by a high concentrate serum delivering superlative hydration and even skin tone.

Black Pearl | 20 minutes > € 120,00

Lux Lift

- **COLLAGEN:** This rejuvenating treatment gives the skin a collagen boost through the use of the exceptional Black Pearl Collagen Serum and the Collagen Firming Mask to help rebuild the skin's scaffolding and skin structure: lifting and strengthening the skin's core.
- **HYALURONIC ACID:** This skin treatment is based on the restorative power of Hyaluronic Acid and offers a transformative journey to skin renewal. Emerge with a younger looking and more hydrated skin. The treatment uses patented Black Pearl technology to help maintain the lipid balance in your skin and aid skin regeneration.

Black Pearl | 50 minutes > € 290,00

FACE

Lux Bespoke | for Man

The Black Pearl Mineral Mud for Face envelops your skin with the ultimate in healing natural ingredients and advanced technology to deal with excess oil. The mineral mud purifies and rebalances the skin also leaving it free of toxins. A ritual massage around the eyes helps puffiness and will alleviate dark circles and a powerful pectin mask will hydrate. The skin emerges re-energised and replenished.

Black Pearl | 50 minutes > € 290,00

Lifting Ultimate

An innovative treatment that fights aging through an exceptional botox-like effect. The active ingredients reduce wrinkles, making the skin more compact, which immediately looks smoother and more uplifted. The lifting effect is instantaneous due to the use of radiofrequency and cryotherapy technologies.

Rephase | 1 hour e 45 minutes > € 520,00

Anti-Aging Sublime

A plant stem cell treatment that increases the self-regenerative power of skin cells, restoring the skin by reactivating its rhythms and guaranteeing an overall anti-aging effect. Immediate results are guaranteed thanks to the precious combination of cosmetic technologies such as dermo-oxygen infusion and radiofrequency.

Rephase | 1 hour e 45 minutes > € 520,00

Oxygen Dermo Infusion

The skin is rejuvenated immediately, against the effects of time and stress. Blood and lymph micro-circulation is stimulated, regenerating the metabolism of the cells as the oxygen carries the active ingredients of the nanotechnologies deeper into the skin.

The treatment is tailored to the needs of your skin:

- **ANTIOXIDANT & REVITALIZING**
- **PURIFYING & BALANCING**
- **HYDRATING & ANTI-AGING**

 Suggested by The Spa

Rephase | 75 minutes > € 350,00

FACE

Deep Cleansing Facial

A complete and deep cleansing skin treatment that guarantees a refreshed appearance. Specific purifying and soothing products complete this beauty experience.

Rephase | 75 minutes › € 320,00

Customized Organic Facial

We will take your skin on a journey of renewal and yourself on a journey of holistic experience, combining unique plant essence formulas with profound cleansing of mineral-rich clay. Facials individually adapted to your skin needs deliver high-quality nutrients to balance, nourish, purify, rejuvenate or hydrate your skin.

MINERAL FACIAL

This is the perfect treatment to oxygenate, tone and revitalise the skin for a younger and refreshed appearance, using marine plants extracts such as Spirulina and Fucus.

FACIAL FOR MEN

Cleansing and exfoliating, assisting in preventing ingrown hairs, this facial will de-sensitise the skin and firm the muscles leaving you looking fresh and revitalised.

INVIGORATING MIX

Back massage will reduce tension in the mind and body. A profound face cleansing and exfoliation will prepare to a relaxing facial massage to tone and firm the muscles leaving fresh and revitalizing effects.

Sodashi | 50 minutes › € 230,00 - 75 minutes › € 295,00



BODY

Body Illumination

Envelop your body in the healing power of a mineral salt and rich scrub: for full body iridescence and vital skin rejuvenation. The application of 24 carat gold Devine Body Butter provides intense nourishment to the skin: and provides the body with an extraordinary anti-ageing effect.

Black Pearl | 50 minutes › € 190,00

Iridescent Mud Therapy

Detoxifying for body and soul, this exquisite mineral mud experience is purifying and healing: internally and on the skin's surface. Complete the purifying process with application of Black Pearl Luxury Body Cream which harnesses the strength of Tahitian Pearl for purification.

Black Pearl | 50 minutes › € 210,00

Lux Mineral Purity

Gentle massage movements are used to heighten the sensorial enjoyment of a mineral rich scrub. After this intense exfoliation, your body is then wrapped in an exquisite, detoxifying mud. Whilst you are cocooned in this rich mud, you enjoy a facial experience. Precious green amethysts are then used to help the absorption of a treatment capsule enriched with omegas for skin health and hydration. The application of The Black Pearl Devine 24K Body Butter completes the golden rebirth of your skin.

Black Pearl | 75 minutes › € 280,00

Intensive Shaping Treatment

Innovative firming treatment thanks to the precious combination of specific active ingredients and radiofrequency technologies.

Rephase | 50 minutes › € 250,00



BODY

Biokalco

Tone and reshape your body with Biokalco treatments specifically researched for four different parts of the body, those most affected by adiposity and lack of tone:

Breasts, Décolleté & Arms | Abdomen & Hips | Thighs & Gluteus | Legs

Eden | 75 minutes > € 190,00

Exfoliating Massages

Bring your body back to balance with the application of warm soothing oils, followed by a massage with mineral salt and plant essence. Choose Sodashi salts to detoxify and stimulate or to relax tired aching muscles. A scented Sodashi moisturiser will leave your skin replenished.

- BALANCE SALT THERAPY
- ORGANIC GREEN TEA
- VANILLA
- JOJOBA (very sensitive skin)

Sodashi | 50 minutes > € 170,00

 Suggested by The Spa



MASSAGES

Lux Holistic

This magnificent massage uses anti-ageing 24 carat gold massage oil to stimulate muscle circulation and release tension. Utilising modalities of stretching and medium pressure techniques, this realignment experience is enhanced by a blissful head massage and by the application of a 24 carat gold Precious Day Cream to the face.

Black Pearl | 75 minutes › € 205,00

Drops of Light

A relaxing massage softened by the hot amber aroma of the candle embraces all the senses, instilling wellness and nourishment

Santa Maria Novella | 50 minutes › € 170,00 - 75 minutes › € 190,00

Chianti Wine | Back Massage

A massage that concentrates on critical areas, relieving tension and eliminating stress

Santa Maria Novella | 20 minutes › € 85,00 - 45 minutes › € 160,00

Trigger Point Treatment

The Trigger Point treatment consists of a high-intensity technique pressing on specific points to provide muscle relief through relaxing movements around the treated area.

Santa Maria Novella | 75 minutes › € 230,00

Deep Tissue Treatment

A high-intensity massage using firm pressure and slow strokes to reach deeper layers of muscle, easing chronic aches and relieving muscle pain and tension.

Santa Maria Novella | 50 minuti › € 190,00 - 75 minuti › € 220,00

 Suggested by The Spa

MASSAGES

Jet "Leg" Massage

A reawakening for your body's wellbeing with a leg and foot massage. Pair the Biokalko treatment for amazing results.

50 minutes *Only Massage* > € 160,00
75 minuti *Massage + Biokalco Treatment* > € 190,00

Head Or Foot Massage

Gentle rebalancing movements relieve tension and everyday stress.

Santa Maria Novella | 20 minutes > € 85,00

Crystalus

A sensory experience designed to influence the mind, body and spirit using ancient Australian healing gemstones. Through the power of massage and intention, the vibrations of the Australian plant essences and gemstones resonate deeply with our beings, bringing about total relaxation, rejuvenation and harmony.

Sodashi | 75 minutes > € 210,00

Fusion Massage

Bring back the flexibility to your body, nourish your skin and relieve emotional and physical tensions. The combination of ancient Asian and European healing elements will balance your body and mind, encouraging in lymphatic circulation, balancing the energy flow and strongly focusing on enhancing elasticity.

Sodashi | 50 minutes > € 180,00 - 75 minutes > € 200,00



SPA SUITE

Pamper yourself in this private sanctuary nestled among the greenery of the hotel gardens, the perfect place to revive mind and body, and make the most of relaxing beauty treatments by Black Pearl, Santa Maria Novella and Sodashi before indulging in a healthy snack. The spa experience begins with a foot purification ritual, continuing with a deep exfoliating massage, followed by a body wrap. A body massage and facial complete the beauty treatments.

DETOXIFYING SUPREME - Black Pearl

3 hours and 15 minutes > € 630,00 per person

FLORENTINE EXPERIENCE - Santa Maria Novella

3 hours and 15 minutes > € 630,00 per person

REINVIGORATING - Sodashi

3 hours and 15 minutes > € 630,00 per person



BEAUTY

Manicure

BASIC	50 minuti > € 85,00
LUXURY	75 minuti > € 120,00
with Semi-permanent Nail Polish	+ € 35,00

Pedicure

BASIC	50 minuti > € 95,00
LUXURY	75 minuti > € 120,00
with Semi-permanent Nail Polish	+ € 35,00

Nail Polish

BASIC	20 minuti > € 35,00
Removal Semi-permanent	€ 30,00

Waxing

UPPER LIP	€ 25,00	BIKINI	€ 40,00
ARMS	€ 40,00	HALF LEGS	€ 50,00
UNDERARMS	€ 30,00	LEGS + BIKINI	€ 100,00
EYEBROW	€ 30,00		



KIDS 3 - 10 YEARS

Chocolate Hug

During a chocolate massage the body is pampered with one of the most enjoyment and entertaining treatments. After a shower to remove any excess product, the treatment ends with a relaxing full body massage, leaving the skin feeling soft and scented with sweet cocoa. A unique and delicious experience!

50 minutes › € 110,00

Princess for a Day

Express manicure and pedicure for young ladies, which include nail filing and polish in a range of colours. A special hand and foot massage ends the treatment, leaving the skin leaving soft. Add hairstyling by our in-house stylist to feel like a true princess.

MANICURE & PEDICURE | 50 minutes › € 70,00 - HAIRSTYLE | 30 minutes › € 30,00
FULL EXPERIENCE › € 100,00

Fruit Spa Experience

An aromatic and colourful experience featuring the irresistible fresh scents of fruit. A gentle body massage goes hand in hand with a relaxing face and head massage.

50 minutes › € 110,00



TEENS 11 - 16 YEARS

Florenteen's Facial

Perfect for all those seeking a treatment using natural products inspired by old Italian herbal traditions and the famous properties of plants. Products from the historic Officina Santa Maria Novella make this experience unique and revitalizing.

Santa Maria Novella | 50 minutes › € 150,00

Smart Facial

A hi-tech facial using three different Foreo devices: Luna for deep cleansing, Iris for a relaxing eye contour massage and Ufo for a mask combined with LED technology.

Foreo | 50 minutes › € 180,00

Sodashi Teens Special Combi

Purifies the body with a plant extract scrub followed by a body lotion that leaves the skin feeling hydrated. A facial provides the final touch, tailored to individual needs:

- **PURIFYING:** The cleansing and restorative properties of clay leave the skin feeling refreshed and purified.
- **CALMING:** A calming facial to soothe the skin. Unique plant extracts strengthen the capillaries and reinforce the skin. A face massage and mask complete the treatment.

Sodashi | 75 minutes › € 190,00





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