



The Spa

A GARDEN OF
SERENITY &
CONNECTION



FOUR SEASONS
RESORT
NEVIS, WEST INDIES

WELCOME

The Spa at Four Seasons Resort Nevis is a sanctuary of relaxation and rejuvenation that offers an unparalleled connection to nature and tranquility. Nestled amidst the breathtaking beauty of Nevis, the Spa is a haven where the lush surroundings and the majestic Nevis Peak become an integral part of your wellness experience.

This menu is fully interactive. Click the links throughout the brochure to access various pages and the online Spa menu.

LOCATION

Adjacent to the Sports Pavilion

HOURS

Spa Reception
8:00 AM - 7:00 PM

Locker Rooms & Steam Rooms
8:00 AM - 6:00 PM

Spa Treatments
8:30 AM - 6:00 PM

OUR STORY

Whether you're seeking a rejuvenating spa treatment or a moment of quiet contemplation, this oasis promises an experience that will linger in your heart and soul long after you leave.

ARRIVAL EXPERIENCE

SPA AMENITIES

RELAXATION LOUNGES

TREATMENT ROOMS

SALON

BOUTIQUE

TATA HARPER

SOUND BATH HEALING

FITNESS & WELLNESS

CONTACT US

ARRIVAL EXPERIENCE

Please arrive at the Spa at least 20 minutes before your treatment to complete the medical questionnaire, change into your robe and enjoy the tranquil gardens.

Guests are encouraged to bring swim attire, as the hydrotherapy pools are co-ed, requiring swim clothing to be worn at all times.



SPA AMENITIES

While you wait for your treatment to begin, you can store your belongings in our locker rooms. Before entering the Spa, guests are welcome to enjoy the steam rooms, which are gender-specific, or relax in the therapeutic hot volcanic stone Jacuzzi or take a refreshing dip in the cold plunge pool overlooking the majestic Nevis Peak.

It is kindly requested that phone calls are not taken while in the Spa so you and your fellow guests can fully relax and recharge.

Children under 12 years of age must be accompanied by an adult to use the cold pool or Jacuzzi.



OUR STORY

TREATMENTS

RELAXATION *LOUNGE*

Before and after your session, relax in one of our many lounge areas with a refreshing tea or re-energize yourself with some of our sweet and savory cuisine options from our dining menu.



TREATMENT *ROOMS*

The 12,000-square-foot facility features nine treatment rooms, six of which are hidden away in private Nevisian huts, providing the ideal environment to enjoy the sounds and scents of Mother Nature.



OUR STORY

TREATMENTS

HAIR & NAIL SALON

Experience a relaxing day at the salon, where the decadent aromas of Nevis will take you on a journey to serenity during your manicure and pedicure treatments.



LIFESTYLE *BOUTIQUE*

Treat yourself or someone you love to something rejuvenating from a curated collection of cosmetics, skincare and jewelry. Each brand was specially selected to enhance your experience once you leave the Spa for a little piece of Nevis at home.



OUR STORY

TREATMENTS

TATA HARPER *COLLECTION*

Sourced from more than 300 different ingredients from over 68 countries, Tata Harper skincare has been known for its commitment to all-natural, non-toxic and high-performance beauty products. This range of skincare essentials is crafted from sustainably sourced ingredients, all produced on their farm in Vermont, USA. The products are celebrated for their effectiveness and dedication to clean beauty for a natural and eco-conscious skincare solution.



OUR STORY

TREATMENTS

SOUND *HEALING*

Feel your entire being relaxed and rejuvenated from the vibrations of sacred instruments, as they resonate throughout your body. This deeply immersive and transformative experience is the perfect way to de-stress, unwind and find a sense of inner balance and harmony through the healing power of sound and meditation.



OUR STORY

TREATMENTS

FITNESS & WELLNESS

From yoga and meditation to Pilates, the Spa offers weekly fitness and wellness classes to help you find mindfulness and balance in your life.

Book a one-on-one training session with our instructor. We offer indoor and outdoor sessions for group and private classes.

Access to the Fitness Centre and Spa area is exclusively reserved for hotel guests and those with Spa reservations and private training.

Fitness Centre Hours: 24/7

LEARN MORE ABOUT FITNESS & WELLNESS



TREATMENTS

Relax and recover with a variety of techniques to promote relaxation, relieve muscle tension and improve circulation.

SIGNATURE EXPERIENCES

SPA UNDER THE STARS

MASSAGES

MASSAGES ENHANCEMENTS

BODY TREATMENTS

FACIALS

FACIAL ENHANCEMENTS

HAIR CARE

NAIL CARE

KIDS' SERVICES

CELEBRATIONS

CONTACT US

SIGNATURE *EXPERIENCES*

The Spa's signature experiences are inspired by the stunning natural surroundings of Nevis and designed to create a harmonious and rejuvenating environment. As you step into the Spa, you'll be greeted by the soothing scents of Nevisian herbs, carefully infused into the treatments to provide a sensory journey like no other.

LEARN MORE ABOUT SIGNATURE EXPERIENCES



SPA UNDER THE STARS

This after-hours experience turns the entire Spa into your own private oasis, with full access to the volcanic-stone warm pool, Japanese inspired cold-plunge pool, Sala deck and spacious steam rooms. Enjoy a Signature Nevisian Couples Massage followed by an intimate candle-lit dinner. Complement your evening with a bottle of red, white, rose wine or Champagne to toast to the night. Nevis' clear skies are the perfect canvas for undisturbed stargazing and the opportunity for eye-gazing.

LEARN MORE ABOUT SPA UNDER THE STARS



MASSAGES

Indulge in the ultimate self-care experience at the Spa, where the dedicated therapists are committed to helping you achieve a state of blissful relaxation and improved physical vitality. Discover the perfect balance of tranquility and rejuvenation, all set against the breathtaking backdrop of Nevis Peak.

[LEARN MORE ABOUT MASSAGES](#)



MASSAGE *ENHANCEMENTS*

These enhancements are designed to elevate your experience to new heights, leaving you feeling revitalised and utterly pampered.

LEARN MORE ABOUT MASSAGE ENHANCEMENTS



BODY *TREATMENTS*

Relax and recover with a wide array of body treatments aimed at promoting not only relaxation but also physical well-being. The unique needs and preferences of each individual guest are catered to through a diverse range of treatments that meet your specific requirements.

LEARN MORE ABOUT BODY TREATMENTS



FACIALS

Enhance your natural beauty and leave your skin radiantly refreshed while you bask in the soothing ambiance of the Spa. For the ultimate in skin rejuvenation, consider the HydraFacial treatments, which combine the benefits of naturally occurring peptides, hyaluronic acid and potent antioxidants. The experienced estheticians will guide you into the best selection to ensure you achieve results.

[LEARN MORE ABOUT FACIALS](#)



FACIAL ENHANCEMENTS

Elevate your Spa experience when you add any of these indulgent facial enhancements to your 50 or 80-minute treatments.

[LEARN MORE ABOUT FACIAL ENHANCEMENTS](#)



HAIR CARE

Whether it's a chic haircut, a vibrant hair colour transformation or a glamorous styling session for a special occasion, the Spa's experienced stylists will work their magic to make your hair dreams a reality.

[LEARN MORE ABOUT HAIR CARE](#)



NAIL CARE

Pamper your hands and feet with the Spa's top-notch nail care services. Treat yourself to a manicure and pedicure that will leave your nails looking immaculate and your hands and feet feeling rejuvenated. Choose from a spectrum of nail colours and designs to complement your personal style.

[LEARN MORE ABOUT NAIL CARE](#)



KIDS' SERVICES

Because the whole family deserves a touch of relaxation and pampering, including your little ones on your next visit to the Spa. A range of specially curated kids' services are available, all designed to introduce them to the world of self-care in a fun and age-appropriate manner.

LEARN MORE ABOUT KIDS' SERVICES



CELEBRATIONS

Celebrations at the Spa are designed to offer you and your loved ones a unique and private experience. Imagine a day filled with soothing massages, invigorating facials and calming treatments, all while surrounded by the lush serenity of Nevis. Spa celebration packages can accommodate any occasion.

LEARN MORE ABOUT CELEBRATIONS



OUR STORY

TREATMENTS

CONNECT *WITH US*

To answer any questions or to book your Spa treatment, please contact 869-469-6264.

You may also **Book Online**

