



SPA by FOUR SEASONS

# WELCOME TO AVA SPA

Set in a historic neoclassical building overlooking Prague Castle, AVA Spa at Four Seasons Hotel Prague is designed in synergy with the hotel's décor and offers truly authentic spa and well-being experiences.

'Ava' is the Celtic word for water. To this day, 'ava' remains part of the names of many Czech rivers, including the Vltava River, upon the banks of which stands the Four Seasons Hotel Prague. Water and historical Czech spa traditions are central to the AVA Spa concept. Several of AVA Spa's treatments are based on water and mineral-rich products and are augmented by state-of-the-art traditional Czech thermal baths.

Guests are invited to relax in the sauna, steam bath and vitality pool with its waterfall, massage jets and accessories for hydrotherapy. The relaxing atmosphere of the pool room is further enhanced with chaise lounges and a fireplace.

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# FACIALS by Swiss Perfection

Defy aging with the most advanced anti-aging skincare

## **CELLULAR EXCLUSIVE LIFT CONCEPT**

Inspired by anti-aging medical techniques, this five-step lifting treatment produces spectacular, immediate results. Specific and highly concentrated formulas working in symbiosis target loss of firmness, sagging and wrinkles. This naturally lifts the skin and brings long-term benefits.

## **CELLULAR HYDRATING REJUVENATION**

This unique rejuvenating treatment targets wrinkles, loss of hydration and irregular skin texture. It leaves the skin feeling smooth and revitalized. Wrinkles are visibly diminished, and optimal skin hydration is preserved.

## **CELLULAR BRIGHTENING RADIANCE**

A precision remedy worked deeply into the skin, this treatment directly targets the cells responsible for hyperpigmentation. This revolutionary facial is specifically designed to rapidly lighten dark spots, leaving you with an even and bright complexion.

## **CELLULAR PURIFYING FACIAL**

This effective treatment combines real solutions to repair imperfections and breakouts, improving skin having an oily tendency. It balances oil production and deeply purifies pores while accelerating tissue healing to diminish all inflammation. The result means fewer imperfections and a balanced and healthy complexion.

## **CELLULAR MEN'S TREATMENT**

Specifically designed for men's skin, this deep-cleansing and rejuvenating face treatment ensures optimal skin protection from external aggressive environments. All signs of fatigue are eliminated and the skin is soothed, resulting in a fresh and youthful appearance.

# EXPRESS TOUCH by Swiss Perfection

## **CELLULAR EYE CONTOUR**

Focusing on the most delicate area of the face, this amazing treatment guarantees a rejuvenated and uplifted eye contour. Fine lines and wrinkles are smoothed, and all signs of fatigue are erased. The skin becomes luminous and firm.

## **PERFECT DÉCOLLETÉ**

This specific care rejuvenates and reshapes the décolleté area. It targets wrinkles, skin sagging, as well as loss of firmness and dark spots. The skin of the neck and décolleté is visibly rejuvenated and firmed.

## **PERFECT HANDS AND ARMS**

Concentrating on the hands and arms to hydrate, firm and rejuvenate, this specific and targeted treatment brings a comfortable feeling with a light sensation and beautiful finish.

# FACIALS by Omorovicza

Rejuvenate with a magic combination of minerals and trace elements

## **BLUE DIAMOND FACIAL**

This premium anti-aging, firming and brightening treatment helps to revitalize dull, lackluster skin. It firms and energizes using gentle enzyme exfoliation. Blue Diamond facial includes a cooling eye treatment and restores skin fitness, essential to the youthful behavior of skin cells, and it accelerates oxygenation of the skin to re-energize and lift.

## **GOLD LIFTING FACIAL**

A unique anti-aging facial, this treatment begins with an application of moor mud in order to cleanse, exfoliate and peel. A rose-scented gold mask then deploys hyaluronic acid in three different forms to plump and nourish the skin while bioavailable gold repairs microdamage to strengthen the skin. The facial massage lifts and firms. A sprinkling of gold shimmer oil adds a subtle sparkle to arms and décolleté.

## **QUEEN FACIAL RITUALS**

This treatment starts with a gentle scrub and relaxing back massage using warm rose quartz stones. After cleansing and mild exfoliation, a cocooning gold mask is applied, deeply hydrating and lifting the skin and spirit. While unwinding in this relaxing interlude, an arm treatment is performed. A gentle lymphatic drainage massage reduces puffiness and eliminates excess fluids and toxins accumulated in the tissue.

## **ILLUMINATING FACIAL**

Designed to leave one's complexion rejuvenated and glowing, this facial begins with a gentle peeling, enriched with copper for an anti-oxidant collagen-stimulating punch. A unique facial massage soothes the senses and accelerates micro-circulation while a rose and peony mask plumps the epidermis to reduce the appearance of fine lines and wrinkles.

## **DEEP CLEANSING FACIAL**

Mineral-rich moor mud detoxifies and draws out impurities for deep cleansing. The application of a fragrant mud mask follows a thorough cleansing and exfoliation using moor mud, as well as rosemary and pineapple extracts, a combination that gently treats sensitive skin and reduces pore size.





## SIGNATURE TREATMENTS

### **GOLDEN RITUAL**

Indulge yourself with this luxury Omorovicza treatment designed to soothe your senses and leave your skin with a unique glow. Your journey starts with a deeply relaxing Bath Retreat to limber your muscles and prepare your skin for our signature Omorovicza Gold Body Massage. The pampering culminates with a divine anti-aging Gold Lifting Facial.

### **CELLULAR EXCLUSIVE LIFT CONCEPT**

Inspired by anti-aging medical techniques, this five-step lifting treatment produces spectacular, immediate results. Specific and highly concentrated formulas working in symbiosis target loss of firmness, sagging and wrinkles. This naturally lifts the skin and brings long-term benefits.

### **PRAGUE ROMANCE – RETREAT FOR TWO**

Prepare yourself for a romantic escape with this ultimate spa retreat for couples. Begin with a relaxing interval in our Rhassoul, followed by a pampering Aromatherapy Massage designed to relax body and mind. Complete the experience with an illuminating facial.

## LOCAL TREATMENTS

Inspired by the linden, national tree of the Czech Republic.

### **LA BOHÉME MASSAGE**

This relaxing head-to-toe massage uses detoxifying and regenerating linden blossom oil to diminish cold symptoms and encourage healthy sleep.





# BODY TREATMENTS by Omorovicza

## **GOLDEN BODY TREATMENT**

Gold is a mineral with proven anti-inflammatory properties, helping to heal microdamage inflicted by daily life and to revitalize the skin. This treatment involves exfoliation with a golden sugar scrub and soothing massage while applying fragrant oil enriched with gold particles. It will leave your skin glowing.

## **STRESS FIGHTER**

A complete and unique body experience that starts with detoxifying exfoliation using sea salt, moor mud, and capsicum peptide. This amazing experience will nourish your skin and the full-body mineral massage will relax your mind...

## **BODY DETOX RITUAL**

Much more than just an ordinary wrap treatment, this body experience begins with detoxifying exfoliation using sea salt. A deep cleansing mud mask is then lavishly spread over the body and you will be cocooned in a comforting wrap while a scalp massage is performed. The treatment includes a back massage using a rich blend of essential oils or a full body massage lasting 120 minutes.

## **ANTICELLULITE RITUAL**

Designed to detoxify and eliminate the appearance of orange-peel skin. Experience the bed filled with warm water and relax in an almost weightless lying position. The water pressure inside the bed relieves muscle tension and improves blood circulation while an anticellulite thermal cream reshapes the silhouette through its slimming and restructuring action. Following this, a deeply invigorating massage works to brighten and tone the problematic area. High-powered essential oils help to revive your body, firm your skin and reset your mind.



# MASSAGES

## **AROMATHERAPY MASSAGE**

Combining the healing power of unique massage techniques with the synergy of natural plant oils, your skin will be nourished and your body will be relieved of emotional and physical tension. Choose from an exquisite selection of aromatherapy oils.

## **SWEDISH MASSAGE**

Swedish massage is designed to ease away tension and relieve stress. It involves kneading, long strokes and the application of various types of relaxing pressure.

## **DEEP TISSUE MASSAGE**

Deep tissue massage is tailor-made to target specific areas of muscle tension and soreness. The strong, deep technique promotes better circulation and improves relaxation and enables greater bodily mobility.

## **TAILOR-MADE MASSAGE**

This treatment will allow you to enjoy a customized massage focusing upon your main area of concern.

## **HOT STONES MASSAGE**

With this warming and relaxing basalt hot stones massage, you will feel tension melt away. Smooth, heated stones will work their magic on the key points of your body.

## MASSAGES

### **AVA SPA MANICURE**

This luxurious and pampering Spa Manicure is a unique treatment where your hands are gently exfoliated and your nails, cuticles and hands are carefully nurtured. This is then followed by a relaxing massage topped off with an intense, nurturing hand mask. The treatment ends with the application of a selected nail polish.

### **CLASSIC MANICURE**

A classic manicure treatment that includes nail filing, cuticle care, a refreshing hand exfoliation and a relaxing hand massage. The treatment concludes with the application of a selected nail polish.

### **QUICK FIX MANICURE**

For a quick pampering of your hands, this is the perfect treatment. A gentle nail filing and hand hydration, followed by a new color or look on your nails, will leave your hands feeling fresh and revitalized.

## PEDICURES

### **AVA SPA PEDICURE**

This luxurious and pampering Spa Pedicure is a unique treatment whereby your feet are gently exfoliated and your nails, cuticles and feet are carefully nurtured. A relaxing massage follows and concludes with an extremely nurturing feet mask. The treatment ends with the application of a selected nail polish.

### **CLASSIC PEDICURE**

A classic pedicure treatment that includes nail filing and cuticle care, feet filing, a soothing foot exfoliation and a relaxing, hydrating foot massage. The treatment finishes off with the application of a selected nail polish.

### **QUICK FIX PEDICURE**

For a quick pampering of your feet, this is the perfect treatment. A gentle nail filing and foot hydration, followed by a new color or look on your nails, will leave your feet feeling fresh and revitalized.



# GENTLEMEN'S TREATMENTS

## **CELLULAR MEN'S TREATMENT**

This deep-cleansing and rejuvenating face treatment is specifically designed for men's skin. It ensures optimal skin protection from aggressive external elements. All signs of fatigue are eliminated and the skin is soothed, resulting in a fresh and youthful appearance.

## **BLUE DIAMOND FACIAL**

A premium anti-aging, firming and brightening treatment by Omorovicza, this facial helps to revitalize dull, lackluster skin. It firms and energizes using gentle enzyme exfoliation. Blue Diamond facial includes a cooling eye treatment and restores skin fitness, essential to the youthful behavior of skin cells, and it accelerates oxygenation of the skin to re-energize and lift.

## **TAILOR-MADE MASSAGE**

This treatment will allow you to enjoy a customized massage while focusing on your main area of concern. You can choose among neck, back, foot or leg massages.

## **CLASSIC MANICURE**

A classic manicure treatment that includes nail filing, cuticle care, a refreshing hand exfoliation and a relaxing hand massage. The treatment finishes with the application of a selected nail polish.

## **CLASSIC PEDICURE**

A classic pedicure treatment that includes nail filing and cuticle care, feet filing, a soothing foot exfoliation and a relaxing, hydrating foot massage. The treatment ends with the application of a selected nail polish.



# MOM & ME TREATMENTS

## **PREGNANCY MASSAGE**

Tailored to the needs of pregnant women, this treatment improves the circulation system and relieves muscle pain, especially in the back area. It is performed with gentle movements and can be done at any time during pregnancy except the first trimester. The aim of this massage is to induce relaxation and subsequently restful sleep for both mother and baby.

## **HEAD, SCALP & NECK MASSAGE**

This massage helps to relieve neck pain, insomnia and migraines, balance emotion and stimulate mental activity. The treatment improves blood circulation to the hair follicles to enhance scalp skin and hair conditions.

## **MOM & ME RITUAL**

Prepare yourself for a complete escape with this ultimate spa retreat for you and your child. Begin with a relaxing time in our Rhassoul, followed by a pampering Aromatherapy Massage designed to relax body and mind. Conclude with an illuminating facial to cleanse and hydrate your skin.



# WATER EXPERIENCES

## **SOFT-PACK**

Begin any of your treatments in “Soft-Pack”. It is a bed filled with warm water that gives the sensation of floating. Relax in an almost weightless lying position. The water pressure inside the bed relieves muscle tension and improves blood circulation.

## **PRIVATE STEAM ROOM**

Unwind your mind and warm up your body in the private steam room infused with eucalyptus essential oil, which refreshes the respiratory system and stimulates mental activity.

## **BATH EXPERIENCE**

Start out any of our treatments with a relaxing warm soak in our luxurious bath. Pamper your senses with a captivating scent as well as care for your skin with a healing bath featuring Omorovicza bath oil. The thermal baths typical of Central Europe inspire this exclusive experience.

Can I book an Aromatherapy Massage?

Absolutely!



NEED ANYTHING?  
LET'S CHAT.



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