



**VIER JAHRESZEITEN**  
SPA & FITNESS

A SYNONYM FOR  
LUXURY AND RELAXATION



## WELCOME TO VIER JAHRESZEITEN SPA

Experience the timeless tranquillity and incomparable elegance of Vier Jahreszeiten Spa situated above the rooftops of Hamburg. Tradition meets the most modern technologies in the midst of a Nordic atmosphere, offering you a unique experience of well-being.

Immerse yourself in an oasis of relaxation at our Vier Jahreszeiten Spa, situated on the stylish Bel Etage. Seven light-flooded treatment rooms, luxurious manicure and pedicure suites, and a cosy relaxation room with an open fireplace invite you to stay awhile. Experience exclusive saunas, steam baths, a first-class fitness area, and enjoy direct access to the Rooftop Terrace with breathtaking views over the city.

We offer you unique therapies and treatments fully customised to your individual needs. Allow yourself to be pampered with our selected technologies from Landsberg-First Class Aesthetics and products from Augustinus Bader – and discover Hamburg's new definition of well-being.





## WELLNESS MASSAGES

Immerse yourself in our wide range of soothing spa body therapies that will gently activate your body's natural healing processes. These treatments help you to relax and ensure maximum regeneration so that you feel completely revitalised.

### VIER JAHRESZEITEN MASSAGE

The classic Vier Jahreszeiten Massage is individually customised to your personal needs and combines powerful and gentle massage techniques to relieve tension and relax the muscles. Precious oils chosen based on the season intensify the effect and transform the massage into a soothing time-out for body and mind.

50 min  
80 min

Single Massage € 165  
Single Massage € 215

Couple's Massage € 330  
Couple's Massage € 430

### DEEP TISSUE MASSAGE

This treatment focuses on the deeper layers of specific muscle groups and fascia. The optimal combination of intense pressure, joint mobilisation, and passive stretching relieves tension in specific muscles while gently releasing painful blockages and tension. This full body massage provides lasting relaxation.

50 min  
80 min

€ 180  
€ 230

## YOUR SPA UPGRADES

*These upgrades can be booked individually with your spa treatment.*

## BACK, NECK AND SHOULDER MASSAGE

30 min € 95

## FOOT MASSAGE

30 min € 95

## BODY SCRUB

30 min € 95

## BODY WRAP

30 min € 95

## HOT STONE MASSAGE

This treatment combines the soothing warmth of hot stones with gentle, flowing massage movements to stimulate blood and lymph flow. This method assists the body's natural detoxification process and leaves you feeling revitalised, bringing body and mind into harmony.

50 min	€ 180
80 min	€ 230

## SLEEP WELL MASSAGE

Your body will relax with this combination of soothing aromatherapy balms – which have been scientifically proven to enhance sleep quality – and gentle, targeted massage techniques. Allow yourself to be guided into a state of deep regeneration and gently glide into a restful night's sleep.

50 min	€ 165
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## WELLNESS JOURNEYS

### WELLNESS JOURNEYS

Discover our exclusive wellness journeys, specially designed to pamper body and soul into finding perfect harmony. Choose from a range of carefully selected treatments and enjoy deep relaxation, individually customised to your needs.

#### SMALL WELLNESS JOURNEY

Design your own personal spa holiday and allow our experienced wellness team to pamper you with two soothing spa treatments of your choice:

- Back, neck and shoulder massage
- Foot massage
- Full body massage
- Mini facial

50 min

€165

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#### WELLNESS JOURNEY DELUXE

Enjoy these relaxing moments and replenish your energy with our extensive wellness programme. Relax with a soothing foot ritual, detox body wrap, and full body massage, perfectly customised to your individual needs – your well-being is our priority.

80 min

€230

### VIER JAHRESZEITEN WELLNESS JOURNEY

Experience an exclusive wellness journey that will pamper your senses and bring your body and mind into harmony. Start with a revitalising foot ritual that will gently care for and invigorate your feet. Afterwards, allow yourself to be pampered by our Vier Jahreszeiten Massage, which uses targeted techniques to provide deep relaxation. Round off your Wellness Journey with the Vier Jahreszeiten Facial, which will leave your skin refreshed and radiant.

100 min

€ 295

### WELLNESS JOURNEY FOR TWO

Treat your favourite person to something special and gift yourselves a soothing time-out together. Immerse yourself in a world of relaxation and savor precious time away from everyday life. Choose between a refreshing foot scrub with a soothing massage for body and mind, or a radiant facial treatment with a touch of makeup to highlight your natural beauty.

50 min

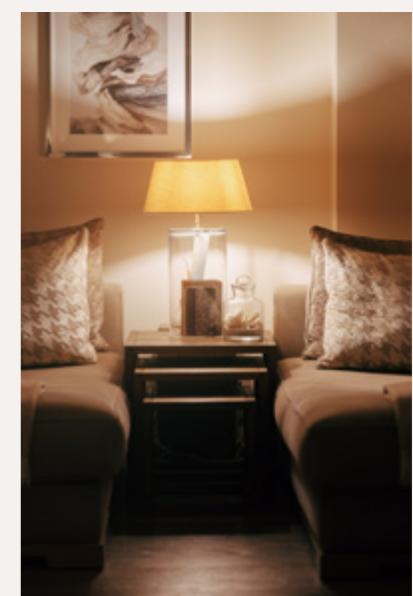
€ 330

### RENDEZVOUS FOR TWO

Enjoy a soothing time-out with your favourite person and allow yourself to be pampered with a full body massage of your choice. Afterwards, enjoy a revitalising facial that will leave you with radiant skin, and then enjoy a glass of champagne together.

80 min

€ 460





## FACIALS

### FACIALS

Our exclusive facials are designed to give you radiant skin and to provide your skin with thorough care. Using high-quality products and individual treatment techniques, we offer you customised facials adapted to your skin's specific needs.

#### VIER JAHRESZEITEN FACIAL *by Augustinus Bader*

Experience a personalised care journey with Augustinus Bader's high-quality products, perfectly adapted to your individual needs. Afterwards, you will experience a deep sense of relaxation as high-quality products pamper your skin and highlight your natural beauty.

50 min  
80 min

€ 165  
€ 215

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#### MIDNIGHT RECOVERY

Pamper your skin with this effective, rejuvenating facial – and get a good night's sleep. The active ingredients used in this facial stimulate the natural healing processes of your skin that occur at night.

50 min  
€ 165

## LANDSBERG TECHNOLOGIES

Our new Landsberg devices offer you the latest technologies and innovative functions that have been specially developed to maximise your well-being and relaxation. At the beginning of your treatment, we will carry out a comprehensive Visia® skin analysis to precisely determine your skin's individual needs. This analysis informs you of important factors such as lines, wrinkles, UV damage, redness and inflammation, and it calculates your actual skin age.

We optimally adapt the treatment to your skin on the basis of this precise analysis. You will have the exclusive opportunity to perfect your spa ritual by using JetPeel™, Dermwave Pro™, Feather Touch™ and D.N.A. PEEL® to achieve the best results for your skin.

These treatments are exclusively adapted to the skin type, using the product lines tHermoCEUTICAL® and AROCELL™, which were developed in South Korea.



**tHermoCEUTICAL®**  
\* LANDSBERG

**AROCCELL**  
\* LANDSBERG





LANDSBERG TECHNOLOGIES

#### VISIA® SKIN ANALYSIS

Discover the power of professional skin analysis with Visia®. This technology provides an in-depth examination of your skin and helps to identify your individual needs. Using the latest imaging technology, Visia® analyses various aspects of your skin, such as moisture, pigmentation, texture and lines. Based on this analysis, we create a customised treatment plan that is adapted to your skin's specific needs.

20 min

€ 95

## YOUR SPA UPGRADES

*These upgrades can be booked individually with your spa treatment.*

### JETPEELPRO DUO™

#### MINI FACIAL

25 min € 185

### JETPEELPRO DUO™

#### EYE TREATMENT

15 min € 95

### JETPEELPRO DUO™

#### LIP TREATMENT

15 min € 95

### MINI DERMWAVE PRO™ FACIAL

25 min € 165

### FEATHER TOUCH™ BOOSTER

15 min € 95

## JETPEELPRO DUO™

JetPeel™ technology offers non-invasive skin rejuvenation with immediately visible and long-lasting results. A fine aerosol jet pampers your skin with lymphatic drainage, while highly concentrated JetCare™ active serums penetrate into the deepest layers of the skin, where they unfold their hydrating, nourishing and regenerative effects. Your skin will be instantly toned, smoothed and given a natural glow, while long-lasting regenerative processes are stimulated deep down.

*Face and neck treatment – 50 min € 275*

*Face, neck and décolleté treatment – 80 min € 375*

*Teen JetPeelPro Duo™ treatment – 25 min € 125*

*(For teenagers up to 14 years old)*





### DERMWAVE PRO™

This technology sets new standards for smooth, firm skin and enables precise lifting and toning of the face and body. Experience how lines and wrinkles become smoothed, the complexion is refined, and how the contours appear firmer. The body circumference can be reduced even after the first treatment, providing a new feeling of firmness and smoothness.

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<i>Face and neck treatment – 50 min</i>	€ 275
<i>Face, neck and décolleté treatment – 80 min</i>	€ 375

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### DERMWAVE PRO™ BODY SHAPING

Experience precise body shaping with Dermwave Pro™ technology – you choose the body part that you want to pamper. This will leave your skin visibly toned and radiant.

<i>30 min</i>	€ 199
<i>50 min</i>	€ 275
<i>80 min</i>	€ 375

### FEATHER TOUCH™

At the beginning of the treatment, the JetPeel™ technology pampers your skin with lymphatic drainage and cleansing. In the next step, using the Feather Touch™, 49 "nano hollow pyramids" will gently introduce highly effective active ingredients into the skin without damaging the barrier. The result is visibly radiant skin, promoted by the stimulation of collagen formation and regeneration.

*Face and neck treatment – 50 min*

€ 275

*Face, neck and décolleté treatment – 80 min*

€ 375

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### D.N.A. PEEL®

D.N.A. PEEL® is a skin care system that stimulates cell metabolism, rejuvenates the complexion, and evens out the traces life has left behind. The result is healthy, smooth and radiant skin. The treatment begins with cleansing the skin using JetPeel™ technology, moves on to lymphatic drainage, then concludes with thorough skin care.

*50 min*

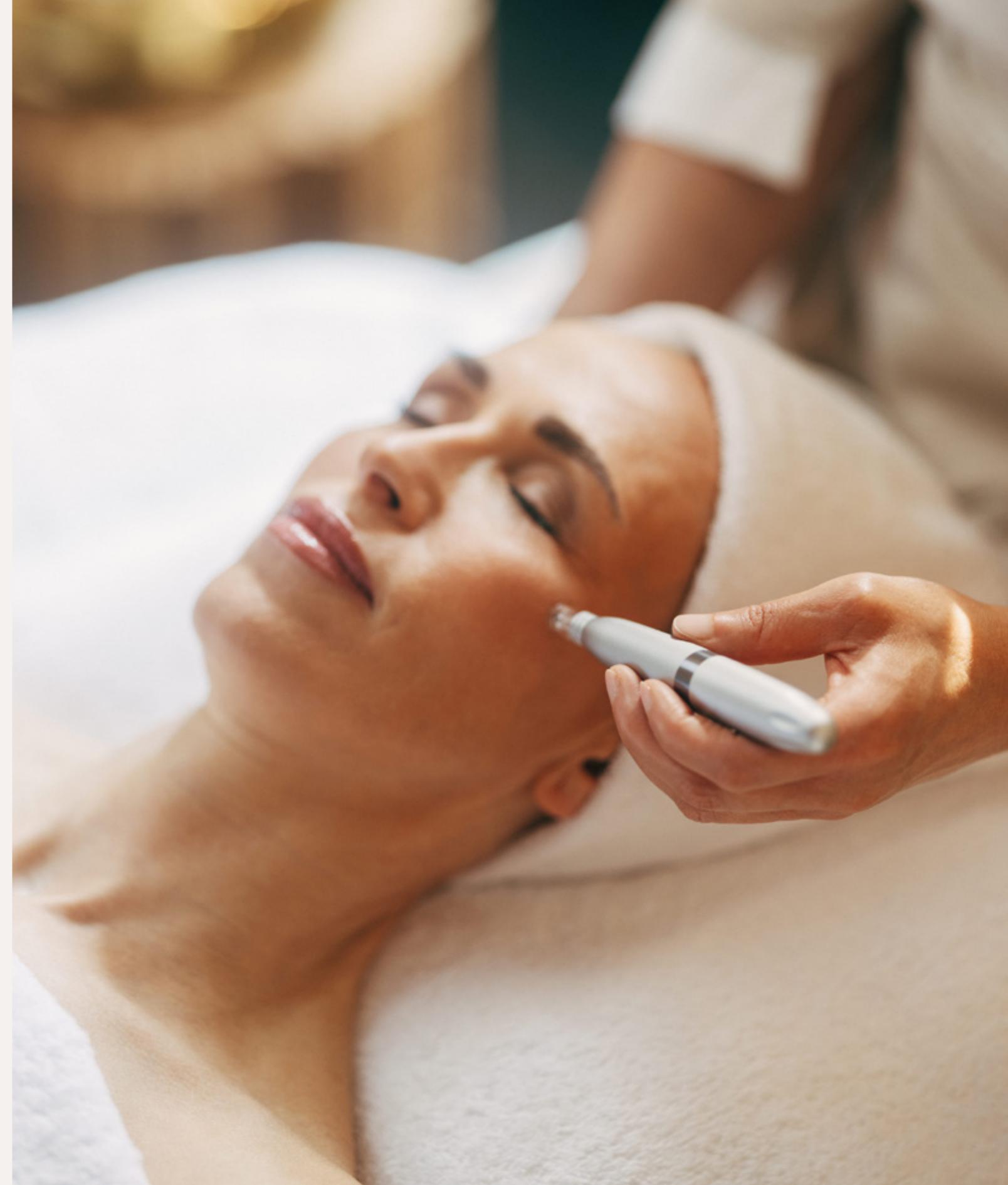
€ 245

### LANDSBERG WELLNESS JOURNEY

This luxurious treatment combines JetPeel™, DermWave Pro™, Feather Touch™ and D.N.A. PEEL® to achieve comprehensive skin rejuvenation and grant you a radiant, fresh look. Enjoy this transformative treatment that intensely moisturises, firms and revitalises your skin – for an all-round beautiful complexion! Afterwards, you can enjoy a soothing time-out with a glass of champagne.

*110 min*

€ 795



## YOUR SPA UPGRADES

*These upgrades can be booked individually with your spa treatment.*

## EYELASH TINTING

20 min € 25

## EYEBROW TINTING

20 min € 25

## EYEBROW DESIGN

20 min € 25

## DAYTIME MAKEUP

30 min € 85

## BEAUTY TREATMENTS

Experience pampering manicure and pedicure treatments that will leave your hands and feet radiant. Our comprehensive beauty programme combines targeted nail treatments and facials.

## VIER JAHRESZEITEN MANICURE

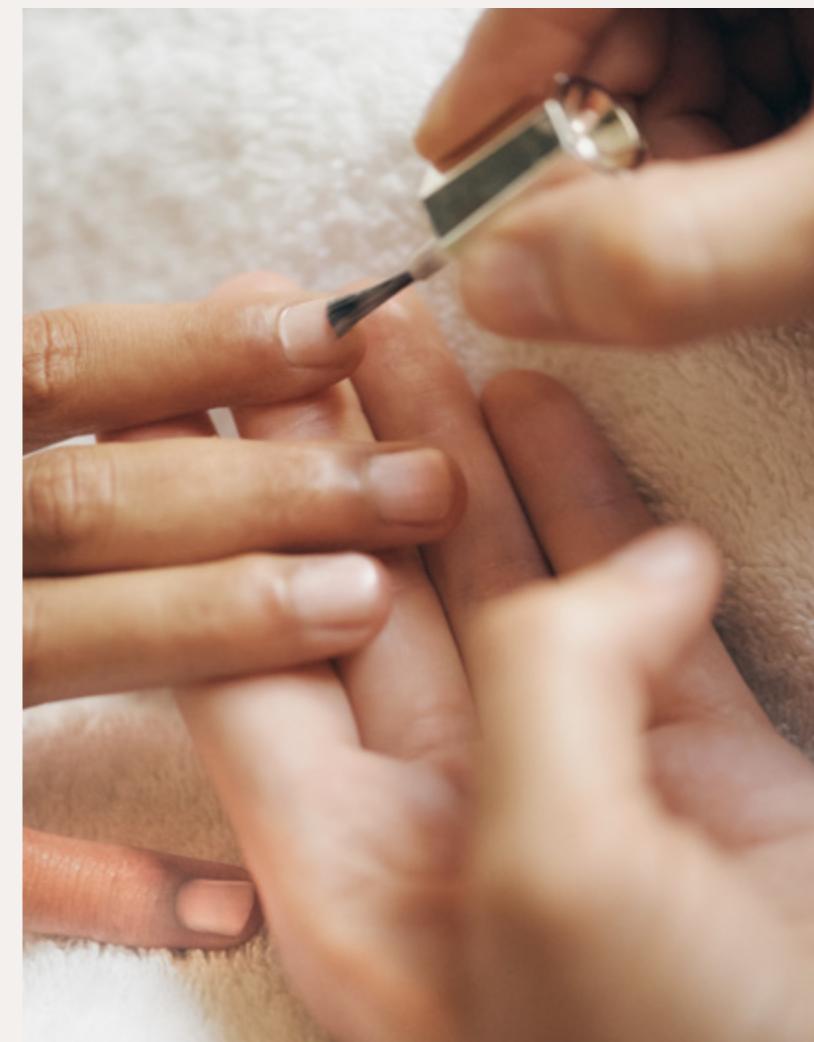
Experience our comprehensive pampering package: nail varnish removal, a refreshing hand scrub and hand bath, precise nail modelling, cuticle care, polishing and gloss treatment, a relaxing hand massage, and the application of a new layer of nail varnish.

Express manicure – 30 min	€ 65
Without nail varnish – 45 min	€ 75
With nail varnish – 60 min	€ 85

## VIER JAHRESZEITEN PEDICURE

Enjoy a pampering pedicure that takes care of everything your feet need: from removing old nail varnish and revitalising foot scrubs, to foot baths and a redesign of your nails. Experience the careful removal of cuticles, a polishing and shine treatment, and a gentle foot massage.

Express pedicure – 30 min	€ 75
Without nail varnish – 45 min	€ 85
With nail varnish – 60 min	€ 95





## JUNIOR TREATMENTS

### JUNIOR TREATMENTS

Our spa treatments for young guests up to the age of 14 are specially designed to provide a relaxing and soothing experience. With gentle treatments and child-friendly products, we create an environment in which even the youngest children can feel completely at ease.

#### JUNIOR FACIAL

This special facial balances sensitive young skin and lends it an optimal radiance.

20 min

€ 75

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#### JUNIOR MASSAGE

Our gentle pressure massage, combined with high-quality almond oil, offers young wellness lovers a treatment that provides soothing relaxation.

20 min

€ 55

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#### JUNIOR MANICURE

Our manicure also offers special care for young hands, starting with a gentle hand scrub and nail modelling, followed by a hand massage and, if desired, the application of child-friendly nail varnish.

20 min

€ 45

## A SPACE OF RELAXATION

Leave the stress of the daily grind behind and discover deep relaxation in the stylish ambience of our resting room. Enjoy a relaxing time-out by the crackling fireplace, while you unwind on our comfortable lounge sofas.



## SAUNAS

Immerse yourself in a feeling of complete revitalisation in our saunas, where aspen wood and coarse salt stone harmoniously combine. Rounded off by our steam baths and Finnish saunas – the perfect sauna experience awaits you.



## VIER JAHRESZEITEN FITNESS

Enjoy a unique workout in our stylishly designed gym modelled after a New York loft. Be inspired by an unrivalled workout with the latest equipment from Technogym, designed to invigorate body and mind. Come here to find the perfect space to achieve your fitness goals and at the same time take a soothing time-out from the daily grind.

VOUCHERS

## GIVE THE GIFT OF UNFORGETTABLE MOMENTS

Give the gift of unforgettable experiences at the Vier Jahreszeiten Spa. Our vouchers offer unique moments of relaxation, enjoyment and well-being above the rooftops of Hamburg.

[Discover gift vouchers](#)





## AUGUSTINUS BADER

In close cooperation with our partners, we offer you a range of luxurious, unique brands at our Vier Jahreszeiten Spa. These products are natural, safe, and tolerated by sensitive skin, allowing body and mind to achieve complete relaxation.

Enjoy your spa ritual with the luxurious products from Augustinus Bader – based on the self-healing principle. The use of exclusive care products gently and effectively stimulates the skin and ensures a visibly improved complexion.

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AB  
Augustinus Bader



**VIER JAHRESZEITEN**  
SPA & FITNESS

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