



# PRE- AND POST-NATAL CARE AT FOUR SEASONS

The Spa at Four Seasons celebrates motherhood by offering a comprehensive wellness menu to nurture and nourish. Each stage of motherhood is transformational, and it is essential for mommies to look after herself as she embraces these changes.

## PRE-NATAL

Our Pre-Natal Massage helps mothers-to-be relax and release bodily tensions related to pregnancy. During a consultation in a reclined position, a skilled therapist will develop a massage attuned to your specific needs, easing any back, neck, shoulder and lower leg pain along with lymphatic drainage to ease the discomfort of bloating.

**Monday – Thursday: 90 minutes – HKD 2,150**  
**Friday – Sunday: 90 minutes – HKD 2,350**

**Monday – Thursday: 120 minutes – HKD 2,940**  
**Friday – Sunday: 120 minutes – HKD 3,230**

## NURTURING MATERNITY

The treatment starts with a back exfoliation followed by a cooling Aloe wrap for the back and legs. A massage includes warm poultice to relief any back, neck, shoulder and lower leg pain along with lymphatic drainage to ease any bloating. This ritual is then completed with a mini facial using guasha to leave the expectant or new mother feeling refreshed and rejuvenated overall.

**Monday – Sunday: 180 minutes - HKD 4,800**

## POST-NATAL

Our Post-Natal Massage helps new mothers get on a speedy road to recovery. This full body massage uses lymphatic drainage techniques to slim, purify and tone the body. For deep relaxation, a homemade aromatic poultice of lavender and rose is applied to the back and abdomen, drawing out lingering fatigue and tension.

**Monday – Thursday: 90 minutes – HKD 2,150**  
**Friday – Sunday: 90 minutes – HKD 2,350**

**Monday – Thursday: 120 minutes – HKD 2,940**  
**Friday – Sunday: 120 minutes – HKD 3,230**

## CRANIAL SACRAL THERAPY

Harnessing the professional value of osteopath Inès De Beer, Cranial Sacral Therapy provides enormous benefits for maternal wellness in terms of emotional balance, alleviating physical pain and releasing tension. This therapy is recommended for both expectant and new mothers.

**Monday – Sunday: 45 minutes – HKD 1,800**



## JOURNEY OF MOTHERHOOD

This program is tailored for pregnant women and new mothers. For ladies who are expecting, this program helps relieve the stress of preparing a new life and typical pregnancy discomforts. For new mothers, it helps restore the body back to its pre-pregnancy state. We recommend spreading the program over two days in the span of a week.

### BOOK NOW

Call: +852 3190 8900

Email: [spa.hkg@fourseasons.com](mailto:spa.hkg@fourseasons.com)

**HKD 5,500 per person**

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(including Healing Ginger Bath Ritual)**

- 45-minute Cranial Sacral Therapy with osteopath, Inès de Beer
- 180-minute Journey of Motherhood Ritual at The Spa
- 60-minute Pre-natal or yoga for women with Ikigai practitioner
- Wellness lunch at the Pool Terrace
- 60-minute Healing Ginger Bath Ritual (recommended for new mothers only)

### HEALING GINGER BATHS

This post-natal treatment includes a luxurious warm ginger bath ritual to drive out 'yin' from the body and keep it warm. Ginger is a powerful herb known to keep infections at bay and set up detoxification processes in the body – a reason why it enjoys a prominent place in the diet and bathing rituals of new mothers in Chinese traditions. Receive the healing benefits of a freshly drawn ginger bath in our private spa facility as you enjoy the precious first few weeks of your motherhood journey.

**HKD 950 - 1 session**

**HKD 2,500 - 3 sessions  
(to be taken over a week)**

**HKD 9,500 - 12 sessions  
(can be taken over a month)**

### PRE- AND POST - NATAL YOGA

Partnering with Ikigai - a well-known yoga and meditation studio, these one-on-one classes at The Spa can help mothers ease into a fitness routine before or after having a baby.

**Monday – Sunday: 60 minutes - HKD 1,700**

**The Spa Gift Certificate at Four Seasons is the perfect present allowing the recipient to freely select any treatments or programmes of choice.**

#### Terms and conditions:

\* Rate is subject to 10% service charge

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