

THE SPA





*Welcome to The Spa at
Four Seasons Resort and Residences Whistler*

Whistler is located on the unceded territories of the Lílwat Nation and the Sḱw̱x̱w̱7mesh Úxwumixw (Squamish Nation) who have lived on these lands since time immemorial. In their oral traditions, the Lílwat7úl and Sḱw̱x̱w̱7mesh people tell the story of the Celestial Bear, also known as Ursa Major. This powerful constellation symbolizes a spiritual connection to nature and marks the rhythm of the seasons.

Through our treatments, we honour the significance of Ursa Major as a symbol of the intuitive relationship between our bodies and place. Inspired by the magic of the mountains, our curated experiences harness the power of the alpine landscape to restore the rhythm in you.

We listen to what balance feels like in your body. In collaboration with our deeply knowledgeable therapists and estheticians, our treatments blend modern physiology with plant wisdom to guide your body and mind towards a state of powerful harmony. Immersed in Whistler's breathtaking natural beauty, we create transformative experiences inspired by the stories and seasons of the surrounding mountains, forests, sea, and sky.

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FOUR SEASONS
RESORT AND RESIDENCES
WHISTLER

Signature Journeys



Immersive, multi-stage journeys inspired by the landscape and guided by plant-based wisdom and attentive care.

MAGIC OF THE MOUNTAINS

180 Minutes

Full Body Botanical Experience
100 Minutes

Mountain Path Pedicure
80 Minutes

Crafted in collaboration with S̄kwálwen Botanicals, this experience moves the body from release to a state of gratitude, drawing on wildcrafted botanicals and expert techniques to restore balance in the body while feeling deeply connected to the place.

The immersive journey begins with a handcrafted, full body scrub infused with wild rose. The body is then wrapped in a warm, restorative mask made with nutrient rich usnea lichen. During this time of rest, the therapist provides a wild rose facial massage to stimulate circulation and reveal a radiant glow. Following the body wrap, an encompassing massage utilizes warm oils infused with nettle and devil's club to release deep tension. The body is brought to harmony with a grounding pedicure treatment including a foot soak and relaxing foot massage using a wild rose and yarrow salve, finished with nail care and polish. The journey concludes in the Ursa Lounge, where wild-harvested tea and delicate bites await — a final gift from the land to nourish body and mind.

RITE OF BALANCE

Black Tusk Sport Massage
80 Minutes

In-Room Hyperice Recovery Kit
1 Night

This experience is inspired by the raw beauty and wild terrain of Whistler — supporting active recovery through expert care and modern tools designed to ease muscle fatigue and restore strength before the next adventure.

The journey begins with a full-body massage expertly guided by the therapist to release tension and encourage circulation. In targeted areas, an arnica balm and fitness recovery oil are applied to provide soothing relief for muscles. The experience continues beyond the spa with one-night use of an in-room Hyperice Recovery Kit, featuring the percussion device, back wrap, and compression boots, allowing guests to extend the benefits of recovery in their own time and space.

RESTORE THE RHYTHM

120 Minutes

Black Tusk Sport Massage
80 Minutes

Scalp Massage + Mask
20 Minutes

Foot Massage
20 Minutes

The body's natural rhythm seeks to balance the contrast between effort and letting go. After a day of adventure or traveling from a state of action to recovery, this full body treatment invites you into a thoughtfully curated sequence designed to restore balance.

The journey begins with an extended massage. Your therapist will apply focused pressure on areas of muscle fatigue in combination with long, flowing strokes to restore circulation, promote recovery, and release any deep tension caused by stress or performance-related exertion. A scalp massage and nourishing mask are then applied to help melt into a state of pure relaxation. Then, a foot massage using a peppermint salve provides an exercise in grounding. You are then invited to indulge and recalibrate in the Ursa Lounge while embarking on a guided headphone meditation and enjoying a warm, botanical tea.

THE ULTIMATE RETURN

240 Minutes

Personal Balance Massage
80 Minutes

Personal Balance Facial
50 Minutes

Classic Manicure
50 Minutes

Classic Pedicure
60 Minutes

Thoughtfully paced and entirely personalized, The Ultimate Return is an invitation to slow down and recalibrate the entire body to a state of harmony.

The experience begins with a tailored massage, collaboratively guided by your therapist to address your body's unique needs through intentional techniques, tailored pressure, and a choice of aromatic oils. This is followed by a personalized facial, where your esthetician curates a skin rejuvenation treatment to restore clarity, hydration, and natural radiance. To connect the whole body, you then transition into a relaxing manicure and pedicure treatment. Complete the journey with a time of quiet pause in the Ursa Lounge, where a guided headphone meditation and warm, botanical tea nourish your nervous system for a restorative return.



Massage Therapies

Attentive massage experiences designed to release tension, support recovery, and guide the body back into natural alignment.

MIRRORED COAST MESSAGE

80 Minutes

Inspired by the soaring Sea-to-Sky passage taken to reach Whistler, this treatment offers a mirror of that journey — with the body ascending to a destination of total rejuvenation. The therapist applies long massage strokes that travel across the body, elevated by the intentional placement of warm river stones, soothing aromas, and hot towels. A grounding Moor mud salt exfoliation reaches your back to restore circulation and renew the skin. The experience inspires a return to the body — arriving fully present and renewed.

GLACIAL MELT MESSAGE

80 Minutes

Inspired by the gradual flow of glacial waters, this restorative massage guides the body back to a place of balance. Expertly designed by our therapists, the holistic experience uses targeted techniques like warm river stones and hot towels to release tension. Focused work on the legs and feet support muscle recovery, while an invigorating peppermint foot mask energizes the body from the ground up — gently easing inflammation and restoring full-body harmony.

MOUNTAIN BOTANICALS MESSAGE

80 Minutes

Embark on an integrative journey through the wild beauty of Whistler, where every scent and ingredient are local to this land. Crafted in collaboration with Skwálwen Botanicals, this full body treatment is guided by local Indigenous plant knowledge to curate a truly unique experience. To ground into the experience, the feet are exfoliated with local wild rose, then massaged with a healing nettle and arnica salve. The experience continues with a full-body massage. The therapist applies long, relaxing strokes in tune with the revitalizing scent of rainforest oil to encourage a return to your body's natural rhythm.

BLACK TUSK SPORT MESSAGE

50 | 80 Minutes

In local Indigenous storytelling, Black Tusk is the landing place of the Thunderbird, a revered symbol of protection and the enduring power of the mountains and sky. This treatment shares in the symbolism of the impressive peak as a representation of strength and transformation. The targeted massage is designed to support recovery after physical activity or extended travel. Stretching techniques, focused pressure, and carefully selected essential oil aromas work together to release muscular fatigue and support quicker recovery between adventures.

**PERSONAL BALANCE
MASSAGE**

50 | 80 | 100 Minutes

Designed to restore your body's natural rhythm, this fully customizable massage is guided by your vision of harmony. The therapist curates the massage to expertly address your body's unique needs. Choose a targeted treatment or full-body massage and personalize the depth of pressure as your therapist utilizes intentional techniques. Elevate the experience by selecting one of our popular aroma oils to create the perfect balance between mind and body.

**SALISH STONE
MASSAGE**

80 | 100 Minutes

Inspired by the quiet strength of the mountains and the intuitive movement of streams, this deeply intentional treatment unfolds as a grounding journey. To complement the full body massage, your therapist utilizes heated salt stones in combination with releasing techniques to ease tension and support detoxification throughout the body.

**GOLDEN DREAMS
OIL MASSAGE**

50 | 80 Minutes

Like the rhythmic, soothing waters that flow along the River of Golden Dreams, this experience guides the body on a transformative journey. A deeply relaxing massage designed to quiet the nervous system and soften the body into rest. A softly glowing candle provides warm natural soy oil. The therapist applies the oil with soothing massage techniques, paired with the subtle aroma of essential oils — transporting you to a state of fully-immersed relaxation.

**SACRED WATERS
PRENATAL MASSAGE**

80 | 100 Minutes

During pregnancy, the body is deeply connected to nature through the cultural significance of water as the ultimate life force. Inspired by the powerful and intentional stewardship of mothers on this sacred journey, this nurturing massage takes cues from the gentle flow and motion of water to create a supportive and relaxing experience. Offered exclusively during the second or third trimester, the gentle, attentive techniques of this treatment target common areas of tension. The expertly designed massage experience promotes relaxation, circulation, and a grounded sense of calm for both mother and baby.

A black and white photograph of a woman in a white bathrobe lying on a dark sofa, looking up at a ceiling with a starry sky pattern. The scene is dimly lit, with a soft light source from the left creating a glow on the wall behind her. The overall mood is serene and restful.

Body Rituals

Restorative treatments that refine the skin and calm the nervous system through minerals and botanicals, delivered with grounded care.

**URSA MAJOR
SIGNATURE
EXPERIENCE**

100 Minutes

Ursa Major tells a story of the connection between land and sky, with the constellation marking the transformation of every season. This deeply restorative treatment is inspired by the beauty of nature's renewal. The journey begins with an exfoliating Moor mud salt scrub. With renewed skin, a nourishing balm is applied as a nurturing body wrap. While wrapped in this immersive cocoon, the hair and scalp receive a revitalising scalp massage and treatment. The experience concludes with a deeply moisturizing full-body massage using a firming body oil, leaving the skin replenished and the body restored.

**MOUNTAIN WISDOM
EXFOLIATION**

70 Minutes

Crafted in collaboration with Sḱwálwen Botanicals, this refining full-body exfoliation uses a decadent blend of wild rose, French pink clay, exfoliating sugars, and shea butter to gently polish the skin, restore balance, and reveal buttery softness. The quieting notes of chamomile, rose, and vanilla are in harmony, immersing the mind and body into a magical sensory experience. The treatment concludes with rainforest oil applied in relaxing, rhythmic strokes to replenish moisture and encourage deep relaxation.

**ALTA ORIGINS
EXFOLIATION**

70 Minutes

Inspired by the ancient path of water that flows from glacial streams to Alta Lake and through the Cheakamus River system to eventually reach the Salish Sea, this invigorating treatment connects the body to land and sea. It begins with a detoxifying exfoliation using sea salt and a mineral-based Hungarian thermal mud scrub. The energetic buffing technique encourages cell regeneration and supports the absorption of essential nutrients into deeper layers of the skin. The therapist utilizes healing massage techniques to release deep tension and improve flexibility. A signature essential oil blend of frankincense, bergamot, and calendula leaves the skin deeply nourished and the body rejuvenated.



Skin Care

Expertly curated facials that cleanse, replenish, and restore the skin using a thoughtful balance of natural and advanced formulations.

**ELEMENTAL
DIAMOND RADIANCE
FACIAL**

80 Minutes

A luxurious facial designed to revive tired or stressed skin. Using products from Omorovicza's Blue Diamond collection, diamond peptides help improve skin's firmness and elasticity. A Knesko Diamond Radiance mask delivers a deep infusion of marine collagen, hyaluronic acid, and essential vitamins for a luminous and healthy glow.

**ELEMENTAL GOLD
REPAIR FACIAL**

80 Minutes

An advanced anti-aging facial designed to heal micro-damage and balance complexion using the rejuvenating power of colloidal gold. The addition of Vitamin A, Vitamin C, and Omegas work to target hyperpigmentation, reduce the appearance of fine lines, and improve overall elasticity. The treatment is completed with a Knesko Nanogold mask — delivering a powerful infusion of age-defying complexes that improve skin's texture and enhance natural radiance.

**PERSONAL BALANCE
FACIAL**

50 | 80 Minutes

A fully customized facial guided by your skin's unique needs. The journey begins with your esthetician selecting from a curated collection of products that offer everything from the nurturing benefits of organic botanicals to the rejuvenating results of advanced active ingredients. The personalized treatment combines deep cleansing, gentle exfoliation, and nourishing hydration to return your skin to a state of balance, clarity, and supernatural glow.

HYDRAFACIAL

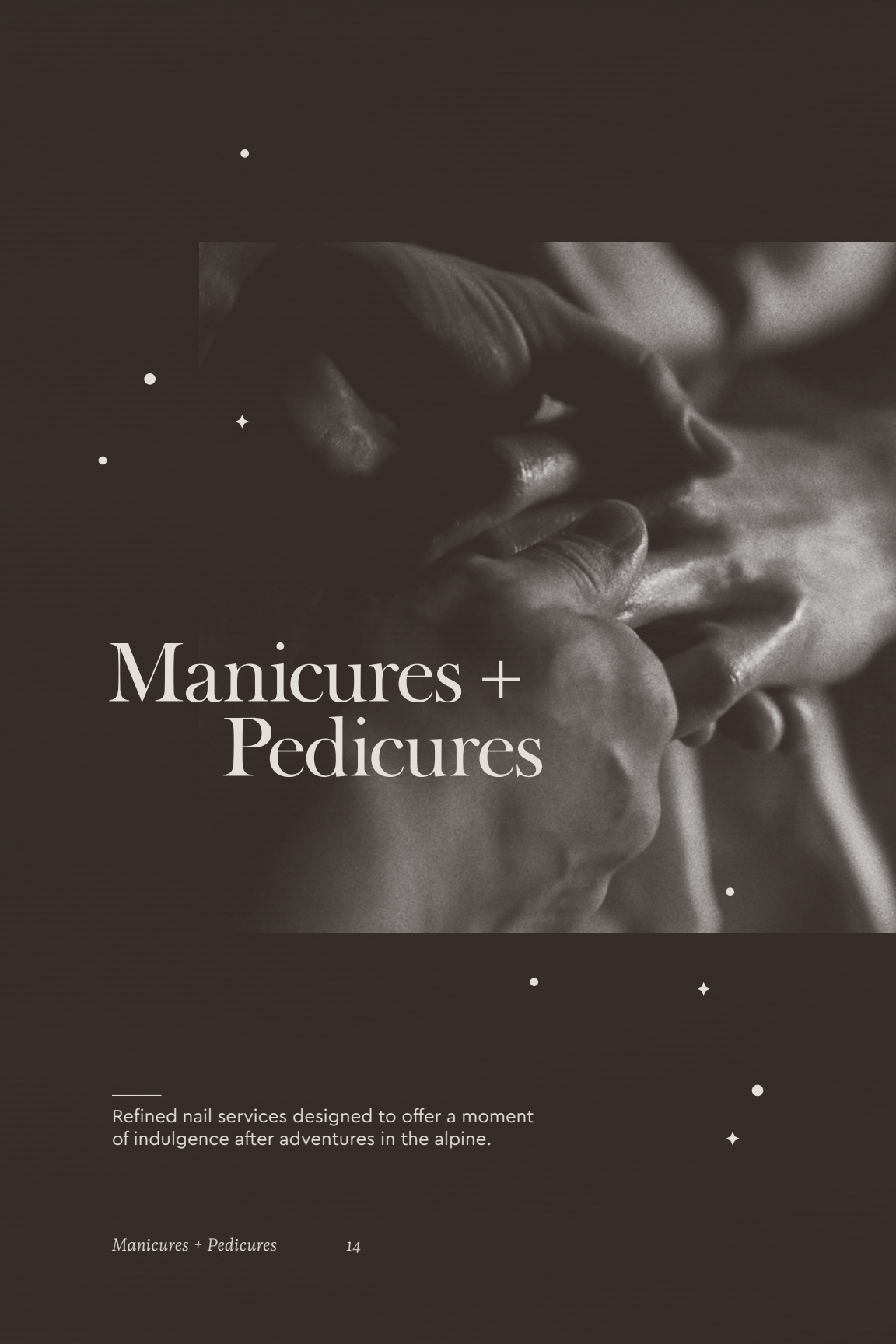
50 Minutes

A personalized, high-performance skin-resurfacing treatment designed to instantly improve tone and texture. This rejuvenating treatment immediately reduces the appearance of fine lines, wrinkles, acne, hyperpigmentation, congested pores, and uneven skin tone on the face and neck.

**ADVANCED
HYDRAFACIAL**

80 Minutes

An enhanced HydraFacial experience for deeper results. In addition to advanced resurfacing, this treatment includes LED light therapy and lymphatic drainage massage to further brighten skin and restore the complexion.



Manicures + Pedicures

Refined nail services designed to offer a moment
of indulgence after adventures in the alpine.

**MOUNTAIN PATH
PEDICURE**

80 Minutes

A holistic pedicure experience inspired by Indigenous plant wisdom, crafted in collaboration with Skwálwen Botanicals. Unwind with a soothing wild rose and yarrow soak, followed by gentle, skin-renewing exfoliation. A nourishing cranberry rose mask is then applied to your feet while your hands are massaged — offering a moment of transcendent relaxation. The treatment journey concludes with a grounding foot massage using a botanical balm and finishing with the polish of your choice.

**TWIN SISTERS
PEDICURE**

80 Minutes

Inspired by the story of two mountain peaks that symbolize unity, this restorative pedicure provides a sense of grounded harmony. The experience includes detailed nail and cuticle care, with your choice of polish, and concludes with an extended foot and lower leg massage, and a hydrating foot mask treatment.

Please book additional time for shellac removal; additional fees apply.

CLASSIC MANICURE

50 Minutes

An elevated manicure experience with detailed nail filing and cuticle treatment, a moisturizing hand massage, and your choice of polish.

Please book additional time for shellac removal; additional fees apply.

CLASSIC PEDICURE

60 Minutes

A relaxing pedicure with attentive nail care including nail shaping, cuticle clean-up, foot massage, and polish application.

Please book additional time for shellac removal; additional fees apply.

SHELLAC MANICURE

50 Minutes

A long-lasting manicure with a polished finish and durable effect.

Please book additional time for shellac removal.

SHELLAC PEDICURE

60 Minutes

A long-lasting pedicure with a polished finish and durable effect.

Please book additional time for shellac removal.

SHELLAC REMOVAL

25 Minutes

A gentle shellac or gel polish removal service designed to protect the health of your natural nails before your next treatment.

**ESSENTIAL
MANICURE**

35 Minutes

A streamlined manicure treatment including nail shaping, cuticle work, and buff. Finished with a soothing hand massage and application of a natural clear finish.

**ESSENTIAL
PEDICURE**

45 Minutes

A streamlined pedicure treatment including a foot soak, nail shaping, cuticle work, and buff. Finished with a soothing foot massage and application of a natural clear finish.

Experience Elevations



Targeted enhancements that deepen relaxation and extend the benefits of your primary treatment.

**SCALP MASSAGE +
MASK**

20 Minutes

A calming scalp massage using nourishing oil and finished with a revitalizing scalp mask to release tension and improve circulation. A perfect addition to massage or facial treatments.

FOOT MASSAGE

20 Minutes

A deeply relaxing foot massage using a rejuvenating peppermint foot crème to relieve fatigue and support circulation.

BACK EXFOLIATION

20 Minutes

A gentle back scrub encourages circulation. A warm towel removes product to reveal refreshed and softened skin.

ESSENTIAL FACIAL

20 Minutes

A refreshing facial designed to awaken the skin. Includes cleansing, exfoliation, and hydration to restore moisture and enhance natural radiance.



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