



**FOUR SEASONS HOTEL**  
*Cairo at The First Residence*

# Spa your way to Relaxation, Fitness and Beauty

By Nada H. Abdelmoniem

**THEY SAY TOO MUCH  
OF ANYTHING IS NOT  
GOOD FOR YOU!**

Step away from the hustle of the city into the cool, laid back atmosphere of the Four Season's Spa & Wellness Center for some serious sessions aimed at relaxing you and easing away tension.

Pampering is a divine concept, one which embraces both inner and outer self & The Spa and Wellness Center allows you to do that. Located beside the banks of the River Nile and the Great Pyramids, the Four Season's Spa cares for the whole person. Exotic body treatments are provided including scrubs, baths, wraps and polishes all with the aim of inducing glowing skin and improving self-esteem.

As excitement is part of human nature, ones' pulse could rise and rise

till they can't make a clear statement. But their masseurs may stop your pulse and you would also wind-up breathless!

The assistants may look tiny, but don't let their size fool you; Ayo, one of the masseurs has the strength of three women put together! She could loosen your back muscles with both her hands and elbows and make all the worries, stress, and uptight brute force depart your body like your soul was leaving to heaven! She stands in a centrifugal location focusing on your left side for a while, then moves to the right side allowing you to relax in 75 minutes of perpetual bliss! Now that was only an aroma therapy relaxing massage, the Spa & Wellness Center has a wide range of massages one wouldn't know which to choose. Too much of that wouldn't be bad!



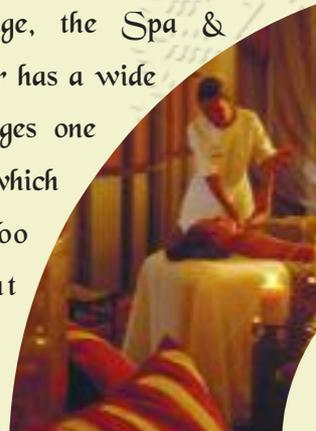
Cairo mixed gym



Moisturizing facial



Private Jacuzzi

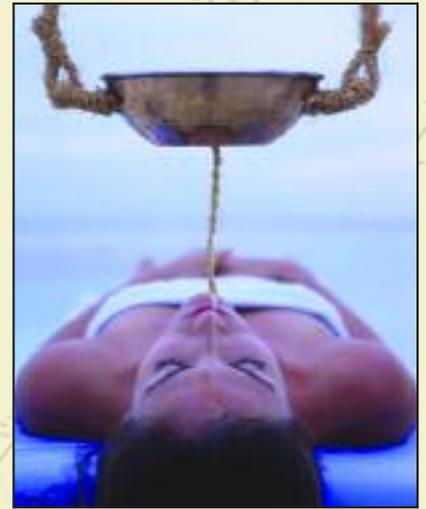


The Nefertiti facial was a subtle experience. It does not include deep pore cleansing, but only an outer swift circulation of cleansing and moisturizing whilst the skin inhales the aromatic oils, leaving the skin feeling rejuvenated. It would be recommended for those who have fine skin textures and would just need minor cleansing. However those who need natural face lifts, try the coffee mask. A top tip, coffee is known to cleanse, give a glow, diminish blemishes, and kill all cellulite cells from any part of your body.

The Four Seasons Hotel distinguishing edge is service that has evolved over four decades of exclusive focus on deluxe hospitality. Furthermore, their services and standards will meet your every need allowing you time to restore your well being and re-energize your zest for life.

There are eight treatment rooms, underwater massages, facials, male and female spas (private and general), and much more. Their staff are selected for their resourcefulness and dedication; and are trained to be the best. All the best regards to the center director, Nada Ismail, and the director of public relations, Riham Reda, for the professionalism and wide smile they have shown and that would make anybody want to go everyday.

Though the prices are on the high end of things, it's only due to the choice of products they use. Nevertheless, it's highly recommended you go there, definitely money well worth spent. ■



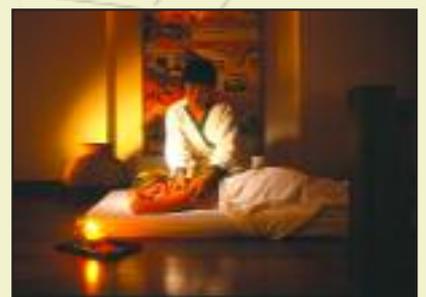
Harmony massage



Cairo foot treatment



Stone therapy



Thai massage

